



3ts | turn the tide of suicide  
[www.3ts.ie](http://www.3ts.ie)

Research

Education

Support



**safeTALK**  
Suicide Alertness Training



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**3Ts is a registered charity founded in 2003 to raise awareness and funding to help prevent deaths by Suicide through Research, Intervention & Support**

## safeTALK Training

3Ts safeTALK Suicide Alertness Training can help you to help prevent suicide within your community, your workplace or even in your own home. Learn four basic steps to recognise someone with thoughts of suicide and connect them to the specialist support they need.

## What is safeTALK?

safeTALK or “Suicide Alertness for Everyone”, is an internationally recognised half-day training programme that increases suicide alertness, preparing participants to identify persons with thoughts of suicide and connect them to suicide first aid resources & specialist support. safeTALK participants are equipped to become active in helping to prevent suicide.

## Why safeTALK?

Have you ever felt someone you knew had thoughts of suicide, yet you were unsure how to help?

Most people with thoughts of suicide invite help, but often these opportunities are missed, dismissed or avoided, leaving people more alone and at greater risk. By using four basic TALK steps, (Tell, Ask, Listen & Keep Safe), safeTALK training prepares you to help and teaches you to recognise signs of suicide in others, providing clear and practical information on what to do and how to connect the individual to specialist help and care.

These skills are known as suicide alertness and are taught with the expectation that participants will use them to help reduce risk in their communities.



## Remember **TALK** steps **Tell, Ask, Listen & Keep-safe**

### Who?

Who should attend safeTALK training? Anyone over 18 years who wants to learn how to help prevent suicide, and how to provide practical help to people who have thoughts of suicide.

safeTALK training is not suitable for anyone who has been bereaved by suicide in the preceding 6 months.

### 3Ts Training

3Ts is a safeTALK training provider, approved by the National Office for Suicide Prevention (NOSP). 3Ts safeTALK trainers are internationally trained, and safeTALK certified. They work to best practice guidelines of both the NOSP and safeTALK programme developers, LivingWorks, and are open to feedback from participants.

In addition to safeTALK training, 3Ts representatives are available to present talks on subjects related to suicide and mental health. If you would like to arrange a talk for your school, college, workplace or community group, just give us a call or drop us an email. We'd love to hear from you.

To learn more about 3Ts training

**Email:** [3ts@alburn.com](mailto:3ts@alburn.com)

**Tel:** +353 01 213 9909

**Web:** [www.3ts.ie](http://www.3ts.ie)



## Fundraising

These are tough times for all charities and 3Ts receives no state funding. It is funded solely through fundraising activities. Our supporters and charity partners are essential in helping us to continue our work in suicide prevention & intervention. Every cent raised is vital to us and greatly appreciated.

### Thinking of fundraising in aid of 3Ts?

If you would like to fundraise for 3Ts, we'd love to hear from you! Whether you want to hold a table quiz, a cake sale or run a marathon, 3Ts can supply you with materials & support. Set up your own online fundraising page to spread the word (it's simple!) and simplify the task of collecting donations & sponsorship.

If you would like to talk to us about your idea, pick our brains, or request a sponsorship pack for any event or activity, call us on +353 1 2139905 or email [3ts@alburn.com](mailto:3ts@alburn.com).

**We need your support.**

## Donate

### How can you Donate to 3Ts?

#### Online on [www.3ts.ie](http://www.3ts.ie)

All you need is your credit card details  
Click "Donate Now" on the home page.

#### By Post

Send cheques, postal orders or bank drafts made payable to "The 3Ts Ltd" to:

3Ts  
Innovation House,  
3 Arkle Road,  
Sandyford, Dublin 18,  
Ireland.

#### By Bank Transfer

Call us or email for bank details.  
E: [3ts@alburn.com](mailto:3ts@alburn.com) Tel: +353 1 2139905

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