



3ts | turn the tide of suicide

Research

Education

Support



safeTALK
Suicide Alertness Training



3Ts TALK
Tailored Mental Health 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, Education & Support.

safeTALK Training

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.

What is safeTALK?

Have you ever felt someone 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.

Is safeTALK for You?

safeTALK training is suitable for anyone over 18 years who wants to learn how to help prevent suicide and how to provide practical help to people having thoughts of suicide. It is not suitable for anyone who has been bereaved by suicide in the preceding 6 months.

3Ts is a safeTALK training provider, approved by the National Office for Suicide Prevention (NOSP). Our trainers are safeTALK certified and work to best practice guidelines of the NOSP & Programme Developers, Living Works.

LEARN TALK STEPS

Tell

Ask

Listen &

Keep-safe



3Ts TALK Training

3Ts promotes positive mental health as well as suicide alertness and provides 3Ts TALKS Mental Health Training on a range of topics related to suicide and mental health. 3Ts TALKS aim to empower participants to look after their own mental health, to recognise the signs that things are not going well for themselves or for another and to learn how to access support.

Topics include:

- General Mental Health: the three main struggles - Depression, Anxiety & Stress;
- Know the Signs: learn to recognise signs of failing mental health in yourself and in others & what steps to take to seek further help;
- Mental Health for Schools & Colleges: Exam Stress;
- Suicide Bereavement & Grief;
- Tailored Talks for your particular group or organisation.

All of our workshops use our 3 Steps programme:

- Know the Signs
- Know the Words
- Know your Supports

3Ts TALK workshops last approximately 1 hour, but can be tailored & customised according to your group's particular needs. There is no maximum number of participants, but as these are interactive workshops, we do require a minimum of 12 people in order to get the most out of the talks.

To learn more about 3Ts training
Email: info@3ts.ie Tel: +353 1 213 9909
Web: www.3ts.ie



Fundraising

3Ts receives no state funding, but is funded solely through donations and 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 easy) 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 **info@3ts.ie**

We need your support.

Donate

How can you Donate to 3Ts?

Online on 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
2nd Floor - Elm House,
Leopardstown Office Park, Sandyford,
Dublin 18, Ireland.

By Bank Transfer

Call or email for bank details.
E: **info@3ts.ie** Tel: **+353 1 2139905**

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