Awareness and Skills Training for Depression, Self-harm and Suicide: A Workshop for Community Facilitators

Limerick Alliance for Mental Health Support

The EU funded Limerick Alliance for Mental Health Support is pleased to announce its first gatekeeper training workshop.

This training is suitable for those working in the field of mental health or other support and caring roles in the community such as social workers, clergy, geriatric caregivers, pharmacists, An Garda Síochána and others.

The training will provide you with:
Updates on depression, self-harm and suicide in Ireland.
Skills on how to recognize the signs of depression, self-harm and suicide in individuals you may be working with and how to identify those who may be at risk.
Practical guidance on the role of the gatekeeper and ensuring safety and recommended next care.

Participants will receive a certificate of completion of training.

This evidence-based training is provided by experienced facilitators; Professor Ella Arensman, Dr Darragh O'Shea, Dr Aileen Callanan and Ms Almas Khan.

Where

The training will take place on 19th June from 5.00-8.00pm at Istabraq Hall, City Hall, Merchants Quay, Limerick.

Register

Please register for the training here. Refreshments will be provided.

For more information please contact Aileen Callanan aileen.callanan@ucc.ie or Darragh O'Shea darragh.oshea@ucc.ie

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National Suicide Research Foundation NSRF