



3ts | turn the tide of suicide

Research

Education

Support



LIVINGWORKS
safeTALK





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

Research

Research is key to evidence-based suicide prevention. 3Ts commissions & supports innovative research projects, which we hope will help inform suicide prevention strategies. Recommendations from our latest research have recently been included in the National Clinical Programme for Self-Harm & Suicide-related Ideation.

Education

3Ts promote positive mental health and provide suicide prevention workshops free of charge to interested groups. We are accredited **safeTALK** training providers (Suicide Alertness for Everyone). This internationally recognised half day workshop encourages participants to become suicide alert, teaching them to look out for & recognise signs of suicide and empowers them to connect individuals with appropriate support. **3Ts** deliver **safeTALK** workshops free of charge to businesses, colleges, community groups, clubs and other interested groups & organisations. Email us on info@3ts.ie if you would like to organise **safeTALK** for your group.

Support

Collaboration is key if statutory & voluntary organisations are to work cohesively to help reduce suicide deaths. 3Ts actively promotes and supports the work of such concerns and over the years has provided funding support for selected grass roots organisations and projects in the fields of suicide prevention, intervention and post-vention. 3Ts receives no government / statutory funding, but is funded by donations and fundraising initiatives alone.

Learn more about 3Ts supported projects and organisations on www.3ts.ie.



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Learn and practice powerful, life-changing skills in just a few hours. Learn to make a difference.

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. safeTALK is recognised for CPD points by certain professional bodies. Ask our team for more info.

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

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?

Scan our QR Code to donate. It's easy and it's secure.



Donate 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, The Lodge, Ballyogan Rd, Sandyford, Dublin 18 D18 T2F3

By Bank Transfer

Call or email for bank details.

E: **info@3ts.ie** Tel: **+353 1 2139905**

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