

Suicide Prevention, Lions Clubs Members, can help to reduce Suicide.

Mr John Meehan, head of National Office of Suicide Prevention (nosp.ie) speaking recently in Galway, at the local launch of 'Connecting for Life' Irelands National Strategy to Reduce Suicide 2015-2020 said:

'The evidence shows that with the right help, support or intervention at many different stages, SUICIDE is PREVENTABLE'

-**ASIST** (Applied Suicide Intervention Skills Training) it is a two-day interactive workshop in suicide first-aid. ... ASIST trains participants to reduce the immediate risk of suicide and increase the support for a person at risk. See video on ASIST.

-**SAFE TALK** comprises a three hour presentation and will be provided by the HSE Suicide Prevention Resource Service.

Southern clubs contact nosp.ie. Northern clubs contact local NHS office.

-**Distribute** Lions Clubs small cards, with help line contact details

Please view the following video:

<https://www.youtube.com/watch?v=nNgGrm6dpAw>

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Lions Clubs Project (chairman) Suicide Prevention/Anti Bullying