

Some info on Urhan's Club Charity and our efforts to assist.



Started in the Cobh area in 2007, Breaking The Silence is an entirely voluntary group that works to help create a Suicide Safer Community by connecting the person at risk of Suicide with life preserving resources. Breaking The Silence provides two world standard training programmes in suicide intervention and prevention; the SAFE Talk three-hour workshop and the two-day ASIST course, which stands for Applied Suicide Intervention Skills Training.

They are constantly running fundraisers to support the numerous free training programmes they provide for communities.

Urhan GAA Club, with the help of our neighbours in Beara staged our first fundraiser for Breaking The Silence in July, a great day when the Over-40's of Beara donned thr football boots and helped raise awareness and funds. We are committed to stregthening the bond with

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Breaking The Silence and helping in any way that we can in the future, both within our community and beyond.

A workshop is planned for Beara in the near future for all clubs willing to participate which will help us as a community to look after each other and provide each other mental health, peace of mind and happiness.

Meanwhile, 1 Life is a dedicated 24-hour freephone national suicide prevention helpline: Call 1800 247 100 to speak confidentially with professional counselors, or text 'HELP' to 51444.



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