

Suicide or Survive: Free Supporters Programme in Dublin 7 **(<https://www.activelink.ie/node/109174>)**



SOS is delighted to be bringing a Supporters Programme to Carmichael House (4 Brunswick Avenue, Dublin 7), on Monday 15th July 2024.

SOS recognises and understands that supporting someone who may be struggling with their mental health can be challenging. For this reason, we have developed an innovative programme for people supporting family members, friends, neighbours, people in their community and others who may be struggling with their mental health. It is the first of its kind in Ireland.

The Supporters Programme will:

- Teach you practical skills you can use to support others
- Give you information on supports and how the system works
- Provide you with practical tips and tools you can use to look after your own mental health

Please note that this programme is for people supporting someone on a **personal basis** and not from a professional basis.

The programme is application based. If you are interested in attending, please fill in the form [here \(https://us3.list-manage.com/survey?u=29ec6c8844920a84d51a5d141&id=08da0ea2ec\)](https://us3.list-manage.com/survey?u=29ec6c8844920a84d51a5d141&id=08da0ea2ec) and we will contact you.

This **free, full day** programme runs from **9.30am to 4.30pm**. A light lunch and refreshments will be provided on the day, as well as programme materials.

You can find out more about the Supporters Programme on our [website \(https://suicideorsurvive.ie/programmes/supporters-programme/\)](https://suicideorsurvive.ie/programmes/supporters-programme/). For more information on this or any other SOS programme, you can call us **a01 2722158 (tel:012722158)** or email [info@suicideorsurvive.ie \(mailto:info@suicideorsurvive.ie\)](mailto:info@suicideorsurvive.ie) and we would be happy to talk to you.

This programme is fully funded thanks to the National Office for Suicide Prevention and our amazing donors and fundraisers. To find out more about how you can help SOS, please check our [website \(https://suicideorsurvive.ie/how-to-help/\)](https://suicideorsurvive.ie/how-to-help/).

Region

Dublin 7

[Find out more about the Supporters Programme\(https://suicideorsurvive.ie/programmes/supporters-programme/\)](https://suicideorsurvive.ie/programmes/supporters-programme/)

Date Entered/Updated

25th Jun, 2024

Expiry Date

15th Jul, 2024

Attachment

[SP Community D7](#)
[15.07.24.jpg](#)

Size

297.07
KB

Source URL: <https://www.activelink.ie/community-exchange/training/109174-suicide-or-survive-free-supporters-programme-in-dublin-7>