

Suicide or Survive: Free Online Supporters Programme **(<https://www.activelink.ie/node/111330>)**



SOS is offering places on the next a Supporters Programme. This 8-hour programme will be held over 2 sessions –

- Wednesday 6th November from 9.30am to 1.30pm
- Wednesday 13th November from 9.30am to 1.30pm

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.

How to Apply:

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. Or you can contact us directly by calling Catherine on 012722158 (tel:012722158) or by emailing catherine@suicideorsurvive.ie (<mailto:catherine@suicideorsurvive.ie>)

You can find out more about the Supporters Programme on our [website \(https://suicideorsurvive.ie/programmes/supporters-programme/\)](https://suicideorsurvive.ie/programmes/supporters-programme/). This programme is fully funded thanks to the National Office for Suicide Prevention and our amazing donors and fundraisers.

Region

Online

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

Date Entered/Updated

4th Oct, 2024

Expiry Date

6th Nov, 2024

Attachment

[SOS Supporters Programme Poster.jpg](#)

Size

249.29

KB

Attachment	Size
<u>Supporters Programme Information 2024.pdf</u>	308.48 KB

Source URL: <https://www.activelink.ie/community-exchange/training/111330-suicide-or-survive-free-online-supporters-programme>