

Suicide or Survive: Free Supporters Programme Online **(<https://www.activelink.ie/node/113148>)**



Free Supporters Programme Online

SOS is delighted to be bringing a Supporters Programme Online for the community in two half-day sessions, starting on the 10th of February from 9:30am to 1:30pm and finishing on the 17th of February 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. The programme is application based. If you are interested in attending, please click here and we will contact you. The Supporters Programme is free of cost. This programme will be delivered online over Zoom. Link will be sent to participants ahead of the start date.

Dates and Times

- Monday 10th February 9:30am-1:30pm
- Monday 17th February 9:30am-1:30pm You can find out more about the Supporters Programme on our website. For more information on this or any other SOS programme, you can call us at **01 2722158 (tel:012722158)** or email **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.

Region
Online

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Expiry Date
17th Feb, 2025

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