

## **Suicide or Survive: Free Supporters Programme Online - November (<https://www.activelink.ie/node/114815>)**



SOS is delighted to be bringing a Supporters Programme Online for the community in three sessions, starting on the 11th November from 6pm to 9pm and finishing on the 25th November from 6pm to 8pm.

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.

There is no cost to attend however we ask for a small, fully refundable booking fee which will be returned after the programme is finished.

**To register, please visit: <https://CommSPNovember2025.eventbrite.ie> (<https://CommSPNovember2025.eventbrite.ie>)**

### **Dates and Times**

- Tuesday 11th November 6pm-9pm
- Tuesday 18th November 6pm-9pm
- Tuesday 25th November 6pm-8pm

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**

Online

[Register Here \(https://CommSPNovember2025.eventbrite.ie\)](https://CommSPNovember2025.eventbrite.ie)

#### **Date Entered/Updated**

1st Apr, 2025

#### **Expiry Date**

1st Jun, 2025

#### **Attachment**

#### **Size**

Attachment	Size
<u>Community SP Poster November 2025 (1).png</u>	398.18 KB

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**Source URL:** <https://www.activelink.ie/community-exchange/training/114815-suicide-or-survive-free-supporters-programme-online-november>