

Suicide or Survive: Free WRAP 2-day Training in Waterford **(<https://www.activelink.ie/node/107148>)**



SOS are delighted to be bringing a 2-day WRAP training for the community, starting on Thursday 2nd May 2024.

This free, 2 -day educational course is for anyone who wants to learn about WRAP® and begin to incorporate it into their life to improve personal wellness and achieve an improved quality of life. This workshop is designed to be highly interactive and encourage participation and sharing from all present. This workshop also lays a broad foundation for building a peer workforce.

The programme will:

- Introduce participants to the key concepts underpinning recovery in mental health
- Support attendees to start developing their own personally tailored Wellness Toolbox and Daily Mental Health Maintenance Plan
- Help participants to identify their triggers and develop plans to manage them
- Provide participants with tools they can use to monitor their mental health on a day-to-day basis and to identify when their mental health is taking a dip
- Support participants to start developing plans for how they can manage their mental health if it does take a dip right through from minor dips to crisis and post crisis planning

Places are limited to 14 people.

Thanks to our funders in the National Office for Suicide Prevention (NOSP), we are able to bring this course to the public at no cost to the learner. As part of the two days, all programme materials, refreshments and a light lunch will be provided.

Dates: Thursdays 2nd and 9th of May 2024

Time: 9.30am - 4.30pm

You can book your place by clicking on [this link \(https://WRAPWaterford24.eventbrite.ie\)](https://WRAPWaterford24.eventbrite.ie).

You can find out more about WRAP on our website. For more information on this or any other SOS programme, you can call us at 01 272 2158 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 \(https://suicideorsurvive.ie/how-to-help/\)](https://suicideorsurvive.ie/how-to-help/).

Region

Waterford

Book here (<https://www.eventbrite.ie/e/wrap-waterford-tickets-868201773877?aff=oddtcreator>)

Date Entered/Updated

21st Mar, 2024

Expiry Date

2nd May, 2024

Attachment

[WRAP Waterford 2-9 May.jpg](#)

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