

## SOSAD Ireland, Save Our Sons And Daughter: Volunteer Admin / Support Worker (https://www.activelink.ie/node/115762)

## **Volunteer Admin / Support Worker for Cavan**

SOSAD Ireland, Save Our Sons And Daughters are a volunteer led charity providing Mental Health support and individual counselling to people 16 and over. In 2024 we delivered almost 23,000 hours of support to those in need. Primarily people affected by suicidal ideation, self-harm, depression, bereavement and anxiety.

## Please contact <u>049-4326339</u> (tel:0494326339) or email cavan@sosadireland

Region

Cavan

Date Entered/Updated 21st May, 2025

**Expiry Date** 

21st Jul, 2025

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