

Suicide or Survive: Free Supporters Programme Online **(<https://www.activelink.ie/node/115986>)**



Are you currently supporting a loved one who may be struggling? Our next online Supporters Programme Online will be delivered in two half-day sessions, starting on the 12th of June from 9:30am to 1:30pm and finishing on the 19th of June from 9:30am to 1:30pm. *There is no cost to attend.*

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 If you are interested in attending, please click <https://tinyurl.com/SPCJ25> (<https://tinyurl.com/SPCJ25>) to book your place. A small deposit is required to guarantee your place and is refundable on completion. This programme will be delivered online over Zoom. Link will be sent to participants ahead of the start date.

Dates and Times

- Thursday 12th June 9:30am-1:30pm
- Thursday 19th June 9:30am-1:30pm

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 at 01 2722158 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

Online / Zoom

Book here (<https://tinyurl.com/SPCJ25>)

Date Entered/Updated

3rd Jun, 2025

Expiry Date

12th Jun, 2025

Attachment

[SOS Supporters Programme June 25.jpg](#)

Size

138.09
KB

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

Source URL: <https://www.activelink.ie/community-exchange/training/115986-suicide-or-survive-free-supporters-programme-online>