

Suicide or Survive: Free Minding Me Programme, Waterford City **(<https://www.activelink.ie/node/115988>)**



SOS are delighted to unveil the Minding Me programme, the newest addition to our suite of mental health promotion and stigma reduction educational programmes on offer to the community and to organisations which aims to provide participants with tools to take a proactive approach to their mental health and wellbeing.

What are the Objectives of the Programme?

1. Develop a personal plan to support mental health and wellness
2. Introduction to the CHIME principles and how these impact our mental health wellbeing
3. Increase awareness of personal mental health and wellbeing
4. Identify a range of resources and supports to use as part of an individual's wellness plan

The Minding Me programme is open to anyone over the age of 18 and with thanks to the National Office for Suicide Prevention there is no cost to attend, (a small deposit will be returned on attendance).

It will be held in ***The Tower Hotel, Waterford City on the 19th of June from 9.30am to 4.30pm***, all programme materials, refreshments and a light lunch will be provided. Places are limited to 16 and can be booked here <https://tinyurl.com/WMMCJ25> (<https://tinyurl.com/WMMCJ25>)

Region

Waterford City

[Book here \(https://tinyurl.com/WMMCJ25\)](https://tinyurl.com/WMMCJ25)

Date Entered/Updated

3rd Jun, 2025

Expiry Date

19th Jun, 2025

Attachment

Size

Waterford Minding Me socials 1906.jpg	138.32 KB
Minding Me Programme Information May 2025.pdf	252.78 KB

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