

## **Suicide or Survive (<https://www.activelink.ie/node/563>)**

Suicide or Survive Ltd (SOS) provides services and supports aimed at suicide prevention in Ireland.

SOS is client focused and has designed and is running an innovative group programme (The Eden Programme) that provides people who have attempted or contemplated suicide with an opportunity to explore their own experiences, develop their personal skills and source avenues of support and assistance. The ultimate aim of this programme is suicide prevention. The Eden Programme is unprecedented in Ireland and is both unique and creative in its approach. Our aim is that the programme is offered nationwide.

SOS also aims to run and develop a one-to-one counselling service to be available at a number of locations in Ireland, for people affected in any way by suicide. SOS also intends to provide a subsidised counselling service for people in the future.

SOS is based in Arklow, Co Wicklow, with an initial catchment area of Wicklow, Wexford, Waterford and Carlow - an area in which 10% of suicides in Ireland in 2004 occurred, and where services are fewer than in more urban areas.

### **Contact Info**

#### **Suicide or Survive**

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#### **Website**

<https://suicideorsurvive.ie/> (<https://suicideorsurvive.ie/>)

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