



MINDING ME

The Minding Me Programme sos



Suicide or Survive

- Our mission is to challenge the stigma attached to mental health and provide a range of educational and therapeutic programmes that increase understanding of suicide and play an active part in its prevention in Ireland
- We aim to build a society where people embrace their mental health wellness and those with difficulties are treated with dignity and respect and experience a service that offers them hope, a safe place and a positive future
- We work hard to raise awareness around the area of mental health and recovery and eliminate stigma so that people are supported and enabled to talk about mental health and seek support when they need it





Who Is It For?

This programme is for anyone over 18 years of age who want to look after and maintain their mental health on a regular basis.

What Will I learn?



The aim of the Minding Me programme is to provide participants with tools to take a proactive approach to their mental health and wellbeing.

What are the Objectives of the Programme?

- **Develop a personal plan to support mental health and wellness**
- **Increase awareness of personal mental health and wellbeing; what keeps us well and what can pose a challenge**
- **Identify a range of resources and supports to use as part of an individual's wellness plan**

When and Where?

- **8 Hour in person programme delivered over 1 full day or 2 x half days.**
- **Or**
- **Online programme delivered over 2 x sessions over a 2 week period**
- **In-person or Online**
- **Closed group of 18 people**
- **2 Facilitators**



Contents

The CHIME Principles

An introduction to the CHIME principles and how these impact our mental health.

Contents



Maintaining My Mental Health – What keeps me well

Supporting participants to identify what keeps them well and what supports they have in their lives.

Next Steps

Check out our website for
scheduled programmes or
contact Catherine on 01 2722158
or by email at
Catherine@suicideorsurvive.ie

