


# Supporters Programme

## Suicide or Survive



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- **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 who is supporting a family member, friend, work colleague, neighbour, person in their community who is struggling with their mental health**



## What Will I learn?

**You will learn practical skills you can use to support others. You will get information on services and signposting as well as practical tips and tools on how to look after your own mental health**

## FOUR THINGS YOU CAN DO TO SUPPORT

- Listen. Learn. Love.
- Have Compassion
- Include, not Exclude
- Show Up

lifesadiscobell.com

## Where and When?

- 2 x half days over a 2 week period or 3 x sessions over a 3 week period
- In-person or Online
- Closed group of 12 - 14 people (12 Online/ 14 in-person)
- 2 Facilitators



Self-care is  
not selfish.  
You cannot  
serve from an  
empty vessel.

Elizabeth Brown with 21c  
www.21c.org

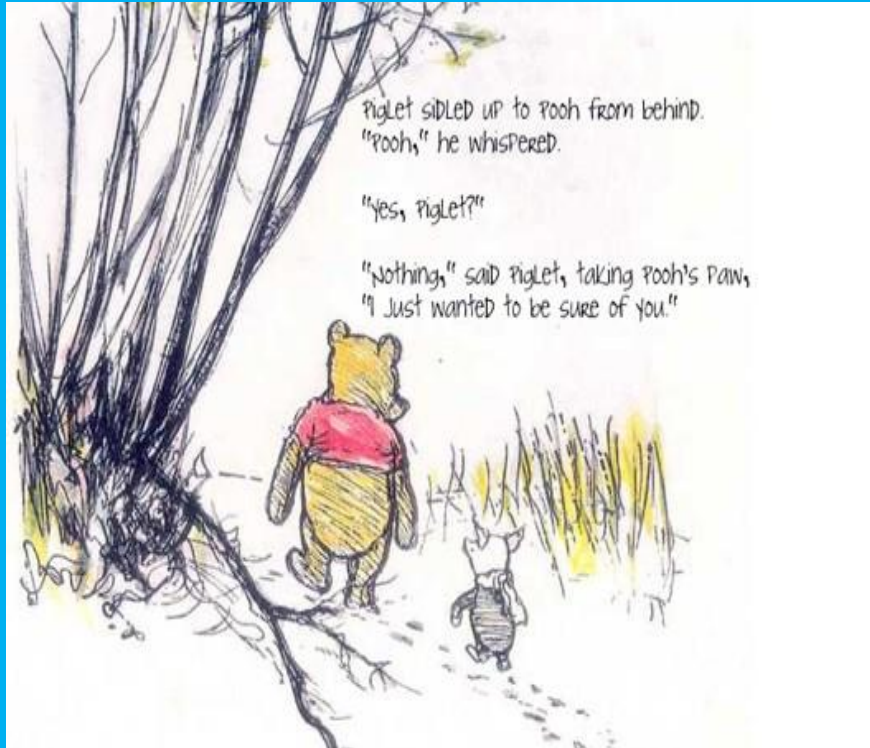
## Contents

### Self Care

**Highlights importance of self-care when you are supporting someone else**

**Explores practical tools and techniques you can use on a day to day basis to monitor and manage your own mental health**

# Contents



## Connecting

**Connecting is about tuning in to another person – heart to heart rather than head to head – being present in the moment**

**You will learn skills to help you connect more effectively with someone in emotional distress**

**Including practical skills like how to:**

- **listen and stay present**
- **tune in to the other persons emotions**
- **sit comfortably with silence and with distress**
- **meet the person where they are at and allow them to be as they are rather than jumping in to fix**

# Contents

There are some people  
who could hear you  
speak a thousand words  
and still not understand  
you.

And there are others  
who will understand  
without you even  
speaking a word.

## Empowering

Empowering is about helping the person to find their own power to change things for themselves

You will learn skills to support the person in moving from distress

and inaction into action

Including practical skills like how to:

- Collaborate with the person to help them find their own power to change things
- Help the person to recognise what works and does not work for them
- Encourage the person to seek help
- Increase the persons level of self-determination so that they can use their own resources to help themselves



# Contents

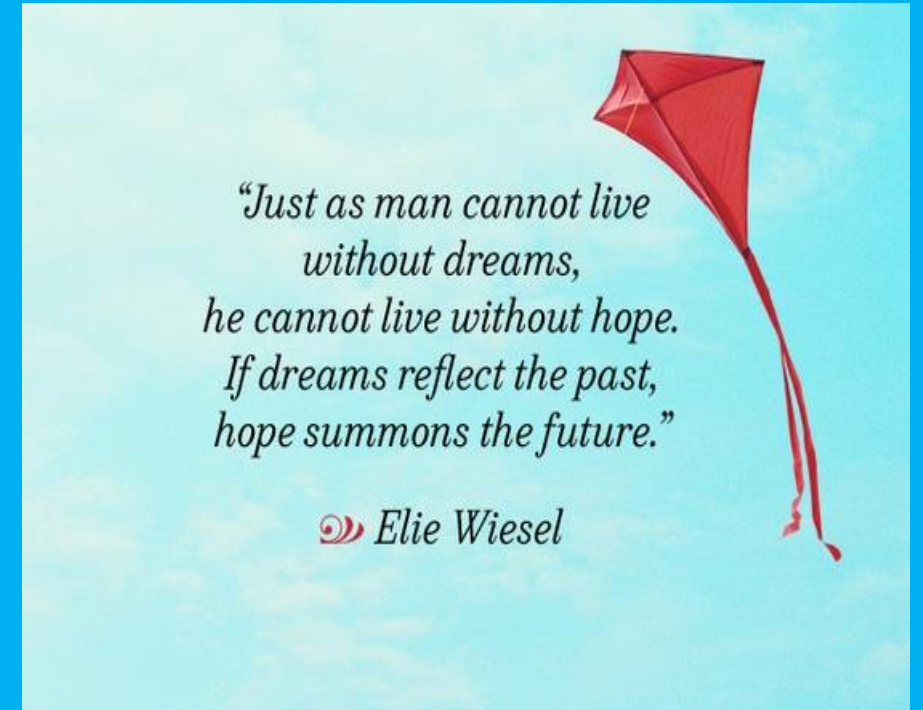
## Supporting Movement

Supporting movement is about building hope and helping the person connect with what brings meaning and purpose to their life

You will learn skills to support the person to see possibility and build hope

Including practical skills like how to:

- Help the person to identify and connect with what brings meaning and purpose to life
- Reconnect with a future – a dream/ hope
- Encourage the person to take small steps to move towards this future
- Support them to re-establish routines, roles and relationships



# Contents

## Supports and Signposting

**Identifying supports and services that may be of use to the person you are supporting and/or yourself and learning to navigate the mental health system**

**You will learn about what supports are out there and how to find them and how you can support someone to build a range of natural supports in their own community**



## Next Steps

If you are interested in attending (or know someone who might be) contact Catherine on 01 2722158 or by email at [Catherine@suicideorsurvive.ie](mailto:Catherine@suicideorsurvive.ie)

