

**About Suicide or Survive (SOS)**

**Our Mission**
To create and deliver innovative approaches that educate, inform, and inspire people to cultivate good mental health and reduce stigma—ultimately leading to fewer deaths by suicide.

**Role Purpose**

As part of the SOS Panel of External Facilitators, Eden Programme Facilitators deliver transformative mental health programmes. They create safe, person-centred, and inclusive environments that emphasise recovery, self-management, and personal growth, while aligning with the ethos and values of SOS.

**Reporting To**

**SOS Clinical Manager**

**Key Qualities Demonstrated by SOS Facilitators**

* **Optimism & Hope** – Promoting belief in recovery and growth.
* **Personal Meaning** – Honouring unique life experiences with respect.
* **Person-Centred Approach** – Emphasising strengths and equality.
* **Supporting Self-Management** – Encouraging ownership of recovery.
* **Respect for Lived Experience** – Valuing participants as experts in their own journey.
* **Inclusiveness** – Ensuring all participants feel welcomed and heard.
* **Different Perspectives** – Encouraging open dialogue and diverse viewpoints.
* **Practice** – Supporting participants to apply learning in meaningful ways.

**Key Responsibilities**

**1. Facilitation of the Eden Programme & Supporting Participants**

* Participate in the recruitment and interviewing of potential EDEN participants.
* Conduct Person-Centred Planning sessions in advance of the programme.
* Lead/co-facilitate weekly programme sessions as per timetable, in line with SOS policies, with emphasis on education and therapeutic group facilitation.
* Draw on lived/living experience, where appropriate, to enhance programme delivery.
* Build relationships with and empower participants to explore their recovery journey respectfully and non-judgmentally.
* Take an inter-agency approach when supporting participants.
* Provide one-to-one support where required and agreed with programme leads.
* Offer additional support between sessions when necessary.
* Apply evidence-based knowledge and lived/living experience to support participants.
* Adapt facilitation approaches for diverse groups, both in-person and online.
* Prepare the Eden room to ensure a welcoming, inclusive, and safe space.
* Take part in debriefing after each session with co-facilitator.
* Liaise with the EDEN Clinical Manager as appropriate.
* Attend Clinical Supervision as prescribed by SOS.
* Attend pre-, mid-, and post-programme meetings with the EDEN team.

**2. Administration of the Eden Programme**

* Assist with designing and updating timetables and materials, ensuring best practice.
* Review weekly content in preparation for delivery.
* Contribute to the development of training and education modules.
* Submit facilitator reports as required.
* Liaise with the National Programme Co-ordinator in programme preparation, delivery, and review.

**3. Confidentiality & Ethics**

* Uphold confidentiality in all interactions, within the limits of a mental health context and SOS policies.
* Adhere to ethical practice at all times.

**Qualifications & Skills**

**Essential**

* Minimum 3 years’ experience facilitating mental health, suicide, and/or educational programmes with a therapeutic element.
* Strong alignment with SOS values, particularly recovery, hope, and optimism.
* Demonstrable experience supporting people with suicidal ideation or mental health challenges.
* Knowledge of recovery principles and person-centred planning.
* Programme development and delivery skills.
* Competence in online facilitation (Zoom, Teams, etc.).
* Flexibility, adaptability, and strong confidentiality awareness.

**Desirable**

* Accredited membership of a professional body and adherence to its ethical code.
* Lived/living experience of mental health challenges or supporting someone with such experiences.
* QQI Level 6 in Training, Delivery and Evaluation.

**In Summary**

SOS Facilitators are committed to recovery principles, ethical practice, and the delivery of impactful mental health programmes. They combine professional expertise with personal insight, creating spaces where participants feel supported, respected, and empowered.