

Supporters Programme

Suicide or Survive is happy to be hosting a Supporters Programme here in the Carmelite Centre.

Are you supporting a family member, friend, work colleague or someone else who is struggling with their mental health?

Do you want to develop your skills?

If so this programme is for you - it will:

- Teach you practical skills you can use to support others
- Give you information on supports and how the system works
- Provide you with practical tips and tools you can use to look after your own mental health

This 2 ½ day programme will run on
Fridays 13th, 20th (9.30am - 4.30pm)
27th April 2018 (9.30am - 1pm) in
Carmelite Community Centre, Aungier Street, Dublin 2

If you are interested you can contact Catherine on
1890 577 577 or **01 2722158** or email catherine@suicideorsurvive.ie

suicideorsurvive.ie wellnessworkshop.ie youmatter.ie



Supported by Iris O'Brien Foundation, National Office of Suicide Prevention, Fundraisers and Donors

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For more information www.suicideorsurvive.ie and www.charitiesinstituteireland.ie