



## The Supporters Programme

Suicide or Survive recognises and understands that supporting someone who is struggling with their mental health can be challenging.

For this reason, we have developed a new and innovative programme for people supporting family members, friends, neighbours, work colleagues, people in their community and others who are struggling with their mental health. It is the first of its kind in Ireland.

This programme teaches supporters practical skills they can use to support others, it gives information on what supports are available and how they can be accessed and teaches practical ways of looking after your own mental health.

Participants will take away:

- Practical tips and tools they can use to look after their own mental health while supporting others
- The support skills of connecting, empowering and supporting movement
- Advocacy skills
- Information on where and how to find supports and how to navigate the mental health system.

The Supporters Programme is in line with Strategic Goals 1 and 3 of Connecting for Life: Goal 1: To improve the nation's understanding of, and attitudes to, suicidal behaviour, mental health and wellbeing; Goal 3: To target approaches to reduce suicidal behaviour and improve mental health among priority groups. This programme is run to the highest standards of practice and service delivery and is underpinned by an evaluation framework as required by 'Connecting for Life'.