



Cycle Against Suicide Community Buddy Training

Autumn Dates

4 evenings 7-10pm

Over 2 consecutive weeks

Option 1

SEPTEMBER 2023:

Wed 20TH and Thurs 21ST

& Mon 25TH and Tues 26TH

Option 2

NOVEMBER 2023:

Tues 21ST and Wed 22ND

& Tues 28TH and Wed 29TH

Training will be delivered via Zoom.

Places are limited.

Registration at:

www.cycleagainstsuiticide.com/register-to-become-community-buddy/

Our Community Buddy training is...

centered on having a structured but supportive conversation in a safe and non-judgemental space. It allows an individual to discuss how they are coping or not coping and then working together, problem solve and coproduce a plan for the individual to move forward and overcome challenges. Evidence suggests that peer support can improve an individual personal well-being and is associated with more positive attitudes towards mental and a physical health, increased positive coping strategies and a decrease in negative coping.

