

SOS SUPPORTERS PROGRAMME

**Are you supporting someone in a work capacity
who may be struggling with their mental
health?**

Our FREE online programme offers the skills of:

- ☒ **SELF CARE**
- ☒ **EMPOWERING**
- ☒ **CONNECTING**
- ☒ **BUILDING HOPE**
- ☒ **SIGNPOSTING**



**September 30th and October 7th from 9am to
1pm each session. Interested? Register your
place [here](#) or call us on 01272 2158 or scan the
QR code**


SCAN ME 

