

WELLNESS WORKSHOP



Suicide or Survive is an organisation dedicated to removing the stigma associated with mental health and suicide prevention. A major part of our work is giving people the tools to improve their own mental wellness. As part of that work we have developed a “Wellness Workshop” which continues to inspire and enhance the lives of those who have participated in it.



This workshop will

- **Encourage** participants to examine lifestyles, work practices, life habits, work environment, relationships, and help them to measure where they are on a scale of mental well being
- **Help** participants to understand and work towards positive mental health in today's demanding environment
- **Share** our tried and trusted methodologies and tactics to address the problems we have identified. Participants will benefit from the wealth of experience and training our facilitators have in the area of positive mental health.
- **Encourage** participants to take personal responsibility for their own mental health. It is often the realisation that our mental wellness is predominately within our own guardianship that sets us on the path to positive mental wellness. Many of us can not see that, until we have journeyed through the process of examination that this workshop offers.
- **Emphasis** the need to understand how we think, both positively and negatively and the consequent effects both have on our life and our wellbeing. This workshop will focusing on what keeps us well and will help you to recognise the ‘triggers’ that hinders our sense of wellness. It will also focus on goal setting and the importance of short term and long term individual goal identification and planning.

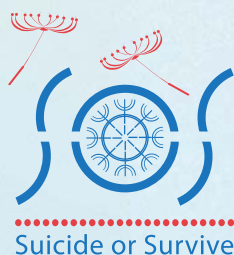
This is an inspirational, educational and motivational workshop

Thanks to the Vodafone Ireland Foundation for making these workshops free to the public

If you are interested in availing of one of the free spaces please complete the form below.

Name: Address:

E-mail: Contact number:



This is a one day workshop 10.00a.m. to 5.00 p.m.

Light lunch and refreshments will be provided

www.suicideorsurvive.ie

1890 577 577

Registered Charity No. CHY 16442

