

# Suicide Or Survive



## A word from Caroline

Hi folks. Well it's been a very busy, but really exciting start to 2011 for us here in SOS. We have been rolling out with the Wellness Workshops and the response continues to amaze us. Another Eden Programme has drawn to a close with the participants all making it through and doing well. We have engaged the services of a professional to help us tell our story to the media and it is heartening to report that our media coverage and interest has grown beyond our expectations. We are currently planning and preparing for two big fund and awareness raisers and you can read more about them in the coming pages. I just wanted to say thanks for your continued support. Together we are making social change and removing the stigma around mental illness. Lets keep on going!

Caroline

Save the Date!

**SOS Challenge**  
Sat 2<sup>nd</sup> April

**Feel-good Friday**  
Friday 22<sup>nd</sup> April

**Wellness Workshops**  
Check our website for  
The next one in your area



## Favorite Inspirational Poems

*Barter*

*Poet: Sara Teasdale*

Life has loveliness to sell, All beautiful and splendid things; Blue waves whitened on a cliff, Soaring fire that sways and sings, And children's faces looking up, Holding wonder like a cup. Life has loveliness to sell; Music like a curve of gold, Scent of pine trees in the rain, Eyes that love you, arms that hold, And, for the Spirit's still delight, Holy thoughts that star the night. Give all you have for loveliness; Buy it, and never count the cost! For one white, singing hour of peace Count many a year of strife well lost; And for a breath of ecstasy, Give all you have been, or could be

## Wellness Workshops

As an organisation we are dedicated to removing the stigma associated with mental health and suicide. As part of that work we have developed the Wellness Workshops

### What are they and Where Are they Happening?

The Wellness Workshops are happening right around the country . Already we have run a workshop in 17 different counties. It is part of our input into the See Change Programme being run by the government. The Department of Health have organised a mental health forum in each county where anyone with an interest or input into these areas can come along and express their opinion or suggestion. SOS speak at these events and offer the free Workshop which of course has been made possible by the generous sponsorship of the Vodafone Ireland Foundation and the Iris O'Brien Foundation



The Workshop has received incredibly positive feedback from attendees and the amazing thing is that each and every attendee seems to pick out something different as their highlight. For some it's the fact that we run a fully integrated programme. In attendance we have service users, service providers, community workers, carers, business executives, mothers, fathers, sons, daughters, charity organisations, in fact we welcome anyone who wants to improve their own wellness.

For everyone on the workshop we provide a day full of friendship, care, hope, and comfort. We share an array of tips and techniques that can be put in place to confirm, modify or change their behavior in relation to maintaining their own wellness.

It is our commitment to deliver a workshop that is inspirational, educational and motivational, and it is an absolute certainty that anyone who invests a day in this workshop will reap the benefits for many years to come.





## Have you Got Time For Yourself?

You will never find time for anything. If you want the time, you must make it.

- Charles Buxton

One of the learnings on the Wellness Workshop is the importance of making time to give ourselves headspace. This technique is called “mindfulness minutes” and on the Workshop participants learn how to sit still and to be in the “now”. It’s something we should all practice and before you say you don’t have a minute we can tell you there are 1,440 minutes in a day! Now, don’t you think you could take at least five of those just for yourself? It’s even easier than that as on the Workshops we are always looking for places where we can catch those minutes . Here’s some of the places participants have suggested... While the kettle is boiling.... When you are sitting in traffic.... When you are eating... When you are on the bus... It’s up to you to catch the time when you can. It will make a huge difference to your Wellness

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# FUNDS NEEDED

## FUNDRAISING

We have a number of fundraisers coming up that need your support. If you can't get along to, or be involved in, any of the activities below make sure you sponsor one of the crew. But do try to get along to an event as always a bit of craic is guaranteed !



## SOS DART CHALLENGE

Once again we are sending teams out on the wildest, craziest, most fun treasure hunt/fancy dress competition on the 2<sup>nd</sup> of April. So starting with a few beverages in Mac Torcaills in Tara Street teams then get on the DART to complete the tasks, and answer the quiz and complete the challenges, and then head back to Mac Torcaills for food and music. Could there be a better way to raise badly needed cash!!

## RUN BABY RUN

The Womens Mini Marathon is fast approaching and this year we are hoping for our biggest team ever to take part. So, if you think you can run, jog, walk or crawl the course call Louise and get a sponsorship card. And if you catch the Marathon bug we have discovered a list of nearly twenty fun runs that we can use as a chance to get fit and raise some cash!

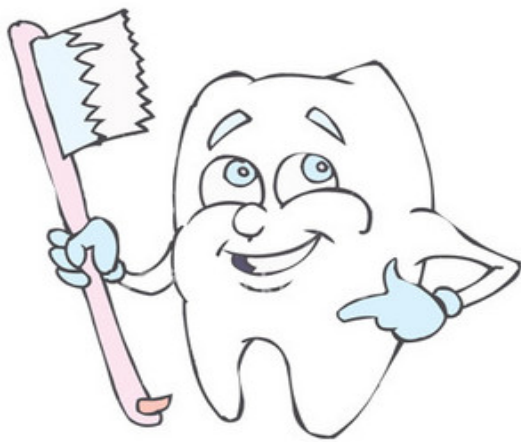


## FEEL-GOOD FRIDAY 22<sup>nd</sup> APRIL

Now, here's a date for your diary for every Good Friday from here on in. We are going to call this day Feel Good Friday and encourage everyone to do something that will make them feel good. It's a Wellness and fundraising exercise and we hope that it will become a national awareness day where at least once a year we spoil ourselves in some small way.

# Brush Three Times A Day!

So here is the simple message we want to get out to the nation. Your mental health is as precious as your dental health. Remember how in school you received training in how to clean and care for your teeth. Well we believe the same process has to be followed if we are to teach the nation how to mind their Wellness. We believe this programme should be in every school across the land and have started discussions with parent's teachers and pupils and any interested party to explore how we might make this happen. We will be contacting all our new TDs to enlist their support, so if you have any contacts let us know.



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Keep in Touch



[www.suicideorsurvive.ie](http://www.suicideorsurvive.ie)



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