

FREE Mental Health Peer-Support Training with Cycle Against Suicide

No funding is necessary to do our training. We offer it free to all volunteers in a drive to bring Peer-Support to the heart of communities as a critical part of mental health awareness and suicide prevention.

At its core, Cycle Against Suicide's Mental Health Peer-Support Training is about people supporting people. Our training equips people with the skills and empathy to guide people in their community needing support.

Our training transcends traditional boundaries, breaking down the stigma associated with mental health discussions. The benefits are profound and far-reaching. It creates a compassionate network within a community. Trained peer-supporters are attuned to subtle shifts in their community's well-being. This heightened awareness fosters a culture of genuine care and concern.

Course: **Cycle Against Suicide's *free** Mental Health Peer-Support Training**

Delivery: **Online via Zoom from 7-10pm on 4 evenings over 2 weeks**

Training Dates:

March 2024: Tues 12th , Thurs 14th and Tues 19th , Thurs 21st

April 2024: Mon 8th , Wed 10th and Mon 15th , Wed 17th

May 2024: Mon 13th , Wed 15th and Mon 20th , Wed 22nd

To Register: training@cycleagainstsucide.com

or online at www.cycleagainstsucide.com/register-to-become-community-buddy/

*free to over-18s, non-healthcare professionals, who volunteer in a community club and association or are associated with any part of their community's safety, health and wellbeing.

Kind regards,

Alice

Alice Cherry Dattee

Cycle Against Suicide (national charity CHY 20867)

Phone: + 353 87 647 1537

Website: www.cycleagainstsucide.com