

# SOS WORKPLACE WELLNESS

Taking a positive approach to a mental health strategy is not just a good HR initiative, it is an essential part of running a successful and profitable business. Mental Health plays a vital role in the productivity, functionality and overall wellbeing of individuals and teams.



***Increase Productivity  
Build Resilience***



***Lower Burn Out  
Decrease Absenteeism***

At Suicide or Survive, we work with organisations to open the conversation around mental health and to introduce staff and management to the positive benefits of taking personal responsibility for their own wellness. Our programmes help break the stigma that stops people from seeking help when they struggle.

***Empowering organisations to change the culture  
surrounding mental health in their workplace.***

# SOS TEAM



Our highly experienced team includes qualified psychologists, therapists, counsellors and expert facilitators.

Our facilitators have years of experience, both professional and personal, in the area of Mental Health.

We present information in a simple to understand and non-threatening style which is inclusive, interactive and fun.

***WE ARE  
PASSIONATE  
ABOUT BREAKING  
STIGMA AND  
CHANGING THE WAY  
WE LOOK AT  
MENTAL HEALTH***



# SOS PROGRAMMES

The SOS Wellness programmes have been independently assessed by Trinity College and are endorsed by the HSE.

So whether your company has an existing wellness programme, or you are just starting the journey, our team can tailor a plan to suit your organisation's needs.

We can help you build on the foundations already in place, identify any gaps and address any areas for improvement.

## **SOS Workplace Wellness Pack**

To enhance the participants experience and continue their learning we can also provide a seminar pack that includes our highly acclaimed Wellness Workbook, the SOS Wellness Jar, an SOS Mindfulness CD and a Life's Little Emergency Kit to accompany the seminar.

***TIPS, TOOLS  
AND TECHNIQUES  
THAT DEMYSTIFY  
AND DESTIGMATISE  
THE SUBJECT  
OF MENTAL HEALTH***

SUICIDE OR SURVIVE IS A REGISTERED CHARITY

Charity No. CHY 16442

[WWW.SUICIDEORSURVIVE.IE](http://WWW.SUICIDEORSURVIVE.IE)

# SOS Introduction to Workplace Wellness

 90 Minutes

 Up to 40 people

## Keeping your oomph at 100mph

This is a fast paced, information rich and fun seminar. It helps to create a common language around mental health in the organisation making it easier for people to be open and seek help when they are struggling.

**This short engaging session covers;**

- 1. Addressing issues such as stress and how your thinking impacts your mental health**
- 2. Becoming aware of our daily thoughts and moods**
- 3. Taking personal responsibility for managing your own mental health**
- 4. How and when to seek help**

Our facilitators share personal stories of how they have faced challenges to their own mental health and how by using the tips and tools shared on the workshop, along with other strategies and support were able to come through to brighter days.





# SOS Workplace Wellness Workshop



3 Hours



Up to 40 people

## If it's to be, it's up to me!

This half-day workshop affords the opportunity for staff and management to grow their own knowledge of wellness in a familiar environment, it gives attendees a deeper level of understanding of:

1. How to monitor and manage their own wellness
2. The importance of our thoughts and how they drive our moods
3. How to critically assess how they are thinking so they can change some of the negative thought patterns that impact on their wellness
4. Mindfulness and how it reduces stress if used on a daily basis
5. Taking personal responsibility for maintaining a positive mental health
6. How to seek help before a challenge becomes a crisis

Interaction and group discussion (on a no pressure basis) is a major part of the workshop.



# Workplace Wellness for Managers & Team Leaders



3 Hours



Up to 30 people

## Introduce the Elephant to the Room

This Workplace Wellness programme equips Managers and Team Leaders with the knowledge, skills and attitudes to be more effective in dealing with the issue of mental health in the workplace.

**This half-day open and inclusive workshop covers:**

1. Opening the conversation around mental health
2. How to support a team member who's struggling
3. Reducing stigma in the workplace
4. Legislation in relation to workplace mental health
5. How to provide reasonable accommodation
6. The role of the manager/ team leader in supporting and signposting
7. Understanding the relationship between mental wellbeing, employee engagement and increased productivity



# Continuing the SOS Wellness Journey Seminars, Webinars & Modules



90 mins



Up to 40 people

## Finding the Balance in Everyday Life



Sometimes with the hectic pace of life we can find ourselves feeling out of kilter or off balance, like something's not quite right. In this practical session participants will learn how to check in and identify the areas of their lives that need attention. This will allow them to take action to achieve balance and maintain their wellness.

## Dealing with the Dips and the Down Days



Everyone can feel down or can have a dip in their mental health. This thought provoking and engaging session demystifies the dips. It provides practical tools that participants can use to identify when their mood is dipping and provides tips on how they can help themselves when their mood is low.

# Select one or more SOS Wellness modules to continue the wellness journey



90 mins



Up to 40 people

## Silencing the Inner Critic



Often the greatest obstacle to achieving happiness and wellbeing is ourselves. Self-judgment and self-criticism along with fears about what others will think get in our way. This simple but powerful session teaches how to accept yourself and silence that inner critic so that you can live as your best version of you.

## How to Stop Feeding the Fear



Fear can literally take your breath away. In this practical and effective session the SOS team will share cutting edge thinking along with their own experience and expertise on how to identify and deal with the anxiety that can stop us in our tracks, stifle our creativity and prevent us from living life to its fullest.



# EMPOWERING LEADERS

## Managers Skills Development and Support Forum



90 mins



Up to 20 people

These SOS facilitated sessions provide a safe space where groups of managers/ team leaders get together to share their experience of supporting staff members. The group can learn from each other and get support from our team around implementing their learnings from the Managers Workshop. These Support and Skill Development Sessions will:

- Enhance the skills of managers/ team leaders in supporting staff
- Improve the level of collegiality and team work among managers/ team leaders
- Deepen the cultural shift around mental health
- Increase the return on investment in the area of mental health for the organisation

We recommend that these sessions occur on a quarterly basis to have the most impact.

# SUPPORTING CHANGE

## Ongoing Consultancy and Advice



90 mins



Face-to-Face

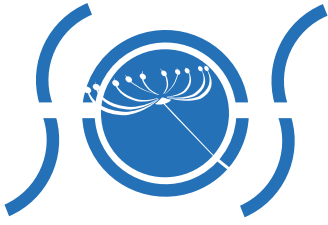


Phone/Skype

Suicide or Survive can provide you with ongoing consultancy and advice on how to create and sustain an open culture around mental health in your organisation. If your organisation is serious about mental health this ongoing consultancy and advice is an invaluable resource that you can tap into to support you to:

- Manage day-to-day issues that may arise
- Ensure that you operate in a way that supports the wellness of employees so that they can be as productive and creative as possible
- Keep mental health on your agenda in terms of strategy and planning

***Empowering organisations to change the culture surrounding mental health in their workplace.***



## Suicide or Survive

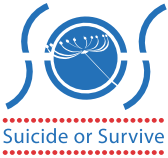
**Suicide or Survive** is a registered charity (CHY16442). It was established in 2003 to create and deliver innovative approaches that educate, inform and inspire people to cultivate good mental health and reduce stigma leading to less death by suicide.

Our Workplace Wellness programme is delivered by our team of highly experienced facilitators, on the premise that the workplace makes a contribution to our ongoing community programme, supporting SOS to deliver year-round Wellness Programmes in communities across Ireland.

### CONTRIBUTION

90 min Seminar	€800
1/2 Day Workshop	€1500
Managers Workshop	€1650
90 min Forum	€800
SOS Wellness pack	€15



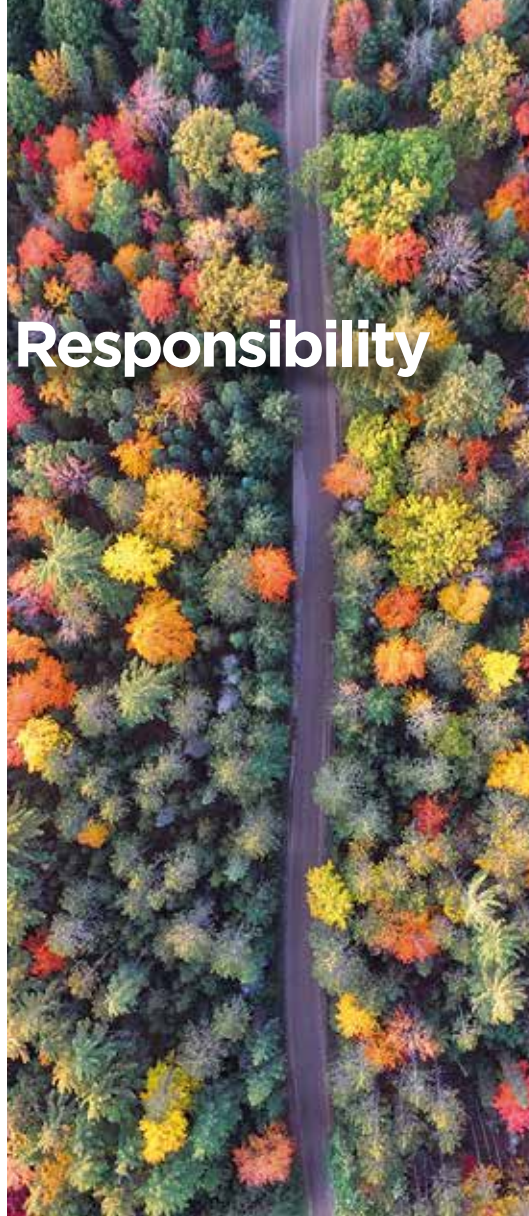


# Corporate Social Responsibility

Through our **Corporate Sponsorship Package** you can provide the funding to sponsor one or more of our innovative and life changing programmes in a community in Ireland.

Your branding will be used on the promotional material for the programme. Information on your organisation and how you have partnered with SOS will be put into the participant packs.

So you too can support our vision for **a world where everyone is empowered to look after their mental health and less people die by suicide.**



For more information on  
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