

MENTAL HEALTH

"I AM A
HUMAN BEING;
NOTHING HUMAN
CAN BE ALIEN
TO ME."





"Owning our STORY and
loving ourselves
through that process
is the **BravEST** thing
that we will ever do."

-Brené Brown, from The Gifts of Imperfection

Authenticity is the **daily**
practice of letting go of
who we think we're
supposed to be and
embracing who we are.

Brené Brown

"COMPASSION FOR
OTHERS BEGINS
WITH KINDNESS TO
OURSELVES."

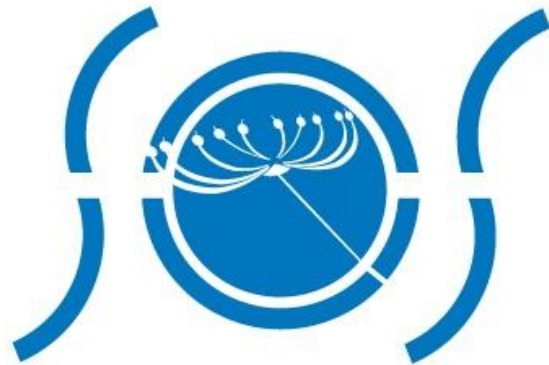
-PEMA CHODRON

I am imperfect
and I am enough

be
WHOLE
HEARTED

WHAT MAKES ME
Vulnerable,
MAKES ME
Beautiful

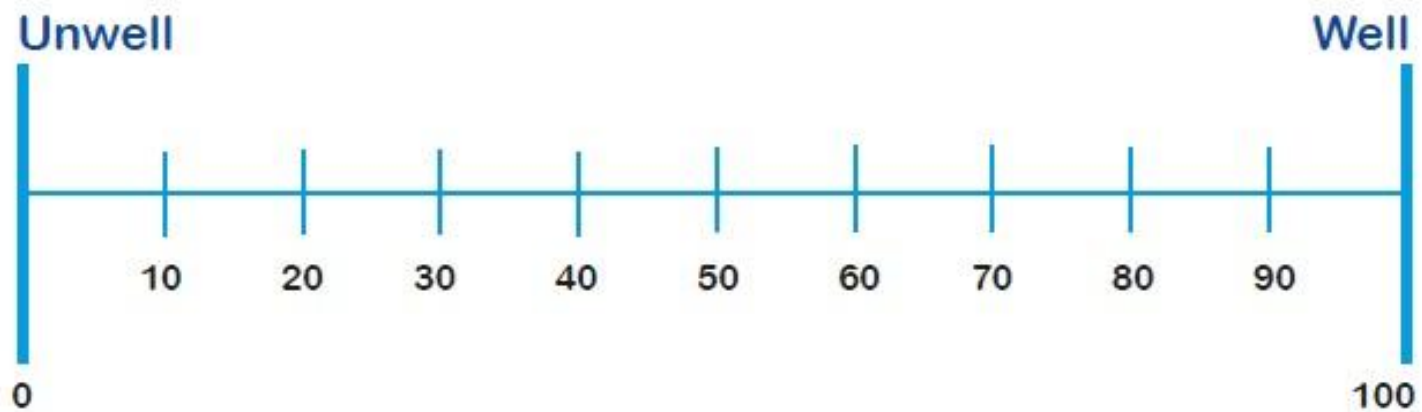
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Suicide or Survive

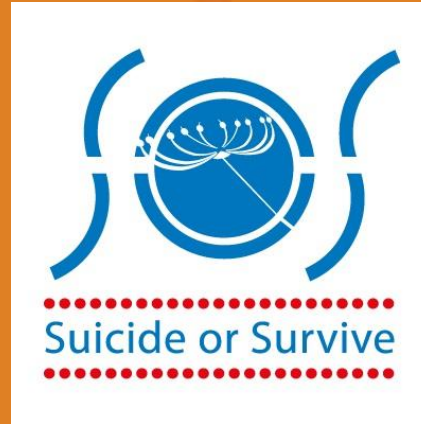


The Health Continuum



Who Makes it happen?

Team
Board
Foundation
Fundraisers
Volunteers



Collaboration

Global Village/Newstalk
National Organisations
ICA IFA LIONS CLUB
Prison Service
Irish College of GPs
Trinity & DCU
See Change
NOSP

SOS Programmes

WRAP
Mentoring Programmes
Wellness Workshops
Eden Programme
Wellness Online
Workplace



Thank you!



We need YOU!

*VHI Women's Mini Marathon 2015
Dublin 1st June*

*For your Mini Marathon participants'
pack please contact:*

1890 577 577 or
noeleen@suicideorsurvive.ie

www.suicideorsurvive.ie /
www.wellnessworkshop.ie

1890 577 577 / info@suicideorsurvive.ie

