



Eden Programme

'A sense of acceptance as I am right here and right now is probably one of the most important experiences of being part of the Eden Programme' (Eden Participant)

May 2023



Suicide or Survive

Suicide or Survive was set up in 2003. The idea for the organisation was borne from the personal experience of Founder Caroline McGuigan who had attempted suicide and survived. From its inception in 2003 the organisation began to attract people specifically interested in suicide and its prevention, who were passionate about being a part of change in relation to mental health. SOS became a registered charity in 2005. The mission of the organisation is *“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 vision is *‘a world where everyone is empowered to look after their mental health and fewer people die by suicide.’* One of the key drivers behind the work of SOS is the desire to harness individuals’ own strengths and provide them with the tools to improve their own mental wellness. Our vision is underpinned by four key values: genuineness, understanding, respect and acceptance.

The Eden Programme

What is it?

Eden is an educational programme with a therapeutic element for people over the age of 18 years who have attempted or thought about suicide. It provides a safe space where participants can develop the skills to monitor and manage their own mental health, build a range of supports appropriate to their individual needs, and move away from suicide as an option of choice in times of crisis.

The in person programme runs for 3 hours one day per week for 26 weeks and includes a 2 day Wellness Recovery Action Planning (WRAP) Programme. It can cater for up to 16 participants at a time in a group setting. The online programme runs for 1.5 hours one evening a week and participants receive a 20 minute video call from one of the facilitators every two weeks to support them in putting their learning from the programme into practice. They are also offered the opportunity to attend one of Suicide or Survive’s open WRAP programmes. The online programme can cater for 12 participants at a time.



The programme forms one part of an individuals' support system and encourages people who attend to work on building natural supports in their own communities. Participants are required to have access to counselling/ psychotherapy outside of the programme to support them while they are attending.

Where is it Run?

The Eden Programme is run in Dublin, Kildare and Online by Suicide or Survive and in Galway, and Mayo/ Roscommon by the HSE's National Counselling Service on license to Suicide or Survive.

What Happens on the Programme?

Each programme session starts with a short mindfulness exercise. Participants then check in saying how they are in coming to the programme that day and get support from facilitators and the group. This is followed by a tea/ coffee break. The remainder of the time is taken up with an educational session on a different topic each week and check out where participants can share how they are at the end of the session and if and how they think they can apply what they have learned.

What's covered on the Programme?

A different topic is covered each week ranging from emotions and emotional awareness to building resilience, through self-acceptance, relationships and relationship building, diet, exercise and mental health, spirituality, depression, anxiety, suicide, mindfulness, problem solving, building hope, and building supports to meet your needs among many others. We also have guest speakers who share their own experience of struggles with their mental health and suicide and what has helped them.

On the WRAP (Wellness Recovery Action Planning) Programme, participants develop their own Wellness Action Plan that goes right through from daily mental health maintenance, to identifying and planning for triggers, identifying when their mental health is challenged and planning for what to do if this happens, right through to crisis and post-crisis planning.



Who Facilitates the Programme?

The programme is run by two facilitators who have a background in psychology, counselling/ psychotherapy or mental health nursing who have been trained by Suicide or Survive to facilitate the Eden Programme. We also have a range of guest speakers who have personal experience and/or expertise in particular topics. The WRAP Programme is facilitated by two of the SOS WRAP facilitators.

How Long has it been Running?

The Eden Programme has been running since 2007 and has been continuously evaluated with three external evaluations carried out by DCU and an internal continuous improvement process that forms part of every programme. You can read the DCU evaluations on the Eden page on our website www.suicideorsurvive.ie

How to Apply

If you are interested in the Dublin, Kildare and West Wicklow, or Online programme you can download an application form from the Suicide or Survive website www.suicideorsurvive.ie and either email (eden@suicideorsurvive.ie) or post it back to us. Or you can phone us on 01 2722158 and we will send you out a form. If you are interested in the programme in Galway or Mayo/ Roscommon you can call Antoinette on 091 528030 or email antoinette.hennessy@hse.ie and she will send you an application form.

If you're not sure if this is the right programme for you, we are happy to take a call to chat it through. You can call us on 01 2722158 or email us on eden@suicideorsurvive.ie and we will arrange to give you a call

'I have been through some dark places this past year but I have been given support to help me to fight for my life, my right to live'

'I experienced hope for the future, there is one'