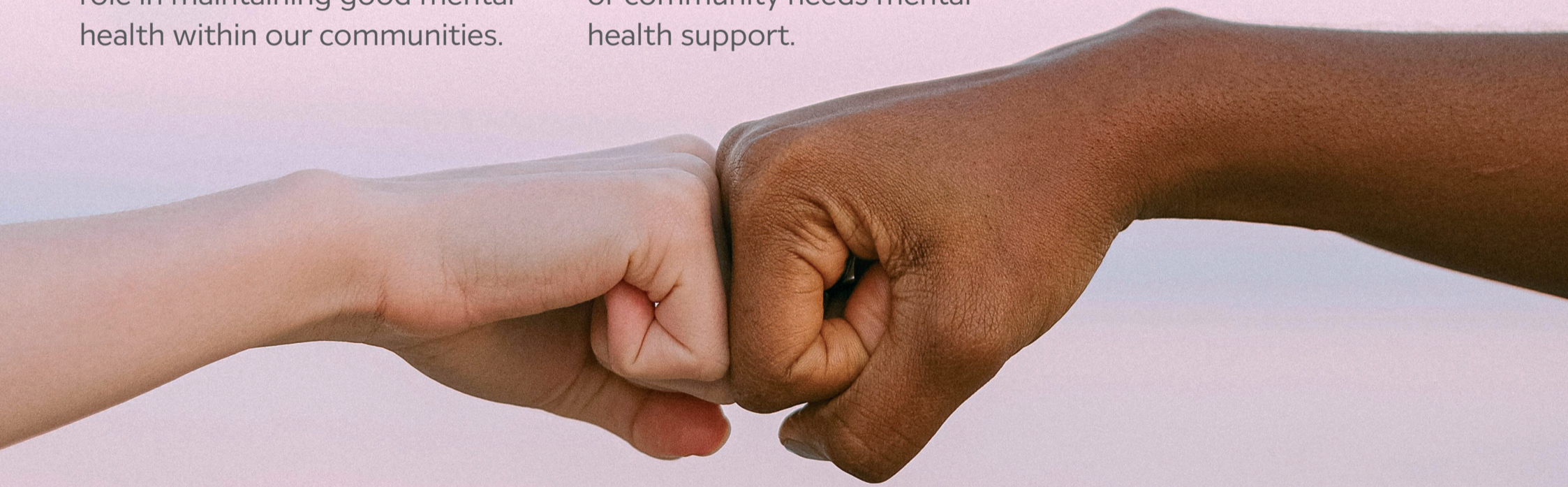


Is there a **Mental Health Peer-Supporter** available in your club or association?

Cycle Against Suicide's **free*** online Mental Health Peer-Support Training equips the everyday person with the step-by-step tools to give mental health support to their peers.

Train in Mental Health Peer-Support with Cycle Against Suicide to:

- ◆ Gain a better understanding of what peer-support is and its role in maintaining good mental health within our communities.
- ◆ Learn how to use peer-support if someone in your club, association or community needs mental health support.



Become Your Club/Association's Mental Health Peer-Supporter!

For dates and times of training, or to express interest email:
training@cycleagainstsucide.com

Or register directly online with this QR code or at:



www.cycleagainstsucide.com/community-buddy/

"It's OK not to feel OK, and it's absolutely OK to ask for help."

* Offered free of charge to any community volunteer who is over 18 and a non-healthcare professional, such as volunteers of local community clubs or associations, sports clubs, book clubs, arts clubs, Tidy Towns, Men's Sheds, parents' associations, residents' associations, and any group dedicated to engaging in their community's health and wellbeing.