

Building Connectedness in Our School Communities

WEEK 3 OCTOBER 18TH – 24TH 2021

A Series of Online Talks for Teachers Parents and Young People
in Post Primary Schools in Co. Wexford



Talk 9 "Parents: Connecting with your own Wellness"

A TALK AIMED AT PARENTS

by Paula Lawlor and Brian Kelly
Suicide or Survive



SOS is a national for impact organisation dedicated to breaking the stigma surrounding mental health, creating communities where help seeking behaviour is the norm. We are passionate about equipping people with information and practices for self-care that in turn will lead to less people dying by suicide.

Paula Lawlor – SOS National Eden Programme Manager, SOS Workshop Facilitator, Cognitive Behavioural Psychotherapist and Psychologist. Paula has worked with people experiencing mental health difficulties in a range of settings over a long number of years and has seen how, with services and supports (both formal and informal) that are tailored to meet their specific needs and the encouragement and space to find their own way, they can and do recover. She believes that SOS with its focus on creating an environment where people can find their own voice and develop their own inner strength is a very powerful force for change in the area of mental health and suicide prevention.

Brian Kelly – SOS Eden Programme Co-ordinator & Wellness Workshop Facilitator, Husband, Dad, Grandad, Reality Therapist, Life and Business Coach, Adult Guidance Counsellor, Founder and CEO of the Hope Centre in Crumlin, Dublin. He is passionate about people having both the opportunity and support to achieve everything that is possible to them and has worked in the area of Mental Health in the non-profit sector for over 25 years. His values and belief in the ability of every human being to experience recovery and live a full and fruitful life motivate his work with SOS.

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FOR THE TALK

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