

Cycle Against Suicide

Information for Cycle 2014



Cycle Against Suicide is a voluntary organisation that aims to:

- Empower people to seek help when they need it through promotion of our core message that **'It's OK not to feel OK; and it's absolutely OK to ask for help'**.
- Direct people in need to where this critical help is available both locally and nationally.
- Break the stigma associated with the open discussion of mental health and well-being.

Together, shoulder to shoulder, we can break the cycle of suicide on the island of Ireland!



2013 Cycle

In 2013, 2,500 people cycled, shoulder to shoulder, through 15 counties and 109 towns and villages covering 1400 km over 14 days, as we launched our campaign to break the cycle of suicide.

28 mental health events were held in schools, colleges and community venues throughout the country as the orange-clad peloton let the island of Ireland know that it's ok not to feel ok and it's absolutely ok to ask for help.



2014 Cycle

This year we are planning an even larger event! Thousands of mothers, fathers, sons, daughters, brothers, sisters, aunts, uncles, friends and colleagues will again take to the road to help break the cycle of suicide. As promised we will now take in the entire island of Ireland as our route will see Cycle Against Suicide visit Northern Ireland for the first time.



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www.cycleagainstsucide.com

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Taking Part

Registrations are flying in for Cycle Against Suicide 2014! Cyclists of all abilities are welcomed on board for the Cycle. Each day will be divided into two, roughly 50km, legs. Training programmes for beginner, intermediate and experienced cyclists can be downloaded at www.cycleagainstsucide.com, where you can also register for the Cycle.

Volunteering

Volunteers are the lifeblood of Cycle Against Suicide. We need your help and support to share our message. Volunteering opportunities are plentiful: from dedicated tea and sandwich makers to road marshals, and everything in between. Remember also that it's not just about cycling, people can assist us without ever hopping on the saddle! For more information on how you can lend a helping hand, even if it's only for an hour a week, email our Volunteers Officer at colin.bradley@cycleagainstsucide.com. Colin will be more than happy to advise on opportunities available.

Town Events

Each town in which we stop along the route is going to throw its very own unique mental health and well-being event to mark the arrival of Cycle Against Suicide. These events will take place in community hubs such as schools, clubs and community centres. Each event will be an opportunity for the community to showcase their town to the thousands of people visiting. You'll

find the full list of towns hosting afternoon and overnight stops at www.cycleagainstsucide.com. If you'd like to contribute towards one of these events, email info@cycleagainstsucide.com.

Homestays

Our Homestays programme sees homeowners all around the island of Ireland provide our cyclists with a warm meal, a chance to freshen up and a bed for the night. Our feedback has shown that this experience proves just as rewarding for the host family as it is for the guest. If you would like to host one or more Cycle Against Suicide participants, email homestays@cycleagainstsucide.com. Your help and participation in this event would be hugely appreciated.



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