

The NARA Programme – Power to experts through mindfulness

Andrej Marušič Institute – Slovene Center for Suicide Research started to implement the NARA Programme for experts in September. The dates and places of workshops are posted [here](#). The following people will be implementing the programme: [Vita Poštuvan](#), [Miran Babič](#), [Tina Podlogar](#), [Dimitrij Banda](#), [Dejan Kozel](#), [Urša Mars Bitenc](#) and [Janina Žiberna](#).

The aim of free workshops is to promote mental health of experts' who are usually in contact with people in distress, such as medical doctors, nurses and other health staff, psychologists, counsellors, social workers (e.g. from social work centres), police officers and others.