

Support your Mental Health & Wellbeing – 5 Ways!

CONNECT

BE ACTIVE

**TAKE
NOTICE**

**KEEP
LEARNING**

GIVE

'The Five Ways to Wellbeing' (2011, 2016)

Celebrating
World Mental Health Week
In Leitrim
8th – 15th October 2017



Brought to you by Mental Health
Ireland, HSE and
Leitrim Development Company
www.alive2thrive.ie

Promoting Mental Wellbeing in Leitrim

We are pleased to invite you, the people of Co. Leitrim, to participate in a range of activities to raise awareness about the very important topic of mental health. Events and activities promoting a positive sense of wellbeing will commence during World Mental Health Week and continue throughout the Autumn. People from all walks of life are encouraged to take time out to learn, talk, reflect and engage with others around the issue of mental wellbeing. We hope that through open dialogue and participation in some of the activities outlined in this brochure, local communities will recognise the importance of maintaining good mental health in today's hectic and stress filled society.

Research has indicated five aspects of everyday living which are seen to have a positive impact on our mental health. The Five Ways to Wellbeing were developed based on evidence relating to individuals behaviour. If individuals change their behaviour so as to incorporate more Five-Ways-type activities into their day-to-day lives, the evidence suggests that their wellbeing will improve. When you have these positive experiences you can change how you think and behave, becoming emotionally more resilient. The "Five Ways to Wellbeing" are simple, accessible and achievable for everyone...

- **Connect**
- **Be Active**
- **Take Notice**
- **Keep Learning**
- **Give**



Connect

Feeling close to, and valued by other people is a fundamental human need. Social relationships are critical for promoting wellbeing and can help reduce the risk of mental ill health for people of all ages. With this in mind, try to do something different today – and make a connection.

- Talk to someone instead of sending an email
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Phone or meet someone you care about for a proper catch up



Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is also essential for slowing age-related cognitive decline and for promoting well-being. It doesn't need to be particularly intense for you to feel good – slower-paced activities, such as walking, can have the added benefit of

encouraging social interactions as well as providing some level of exercise. Find an exercise you enjoy and that suits your level of mobility!



Take notice

'Taking notice' of the world around you, in the here and now, can directly enhance your wellbeing. Many of us spend so much time thinking about things in the past or worrying about the future that we don't enjoy the moment. Try taking some time every day to savour the moment and the environment around you.

- Go for a walk and make a conscious effort to notice the landmarks and landscape
- Have a 'clear the clutter' day
- Go somewhere pleasant for lunch, away from your normal setting, and really savour the environment and the tastes and textures of your food
- Take notice of how people around you are feeling or acting



Keep Learning

Continued learning through life enhances self-esteem and encourages social interaction and a more active life. Signing up for a night class or pursuing a new interest or hobby is a great way to boost your wellbeing. However, you don't have to sign up to a formal activity to learn new things. Here are a few more ideas which you could try building in to your regular activities

- Set up a book club
- Do a crossword or Sudoku
- Research something you've always wondered about
- Learn a foreign language



Give

Participation in social and community life – by volunteering for example – is strongly linked with improved wellbeing. Research has shown that carrying out an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

- Your time
- Your words
- Your presence

Activities & Workshops

Glencar Feels Good

Description	Connect and Be Active – join Glencar Feel Good Club for a morning of music, song, dance and conversation. Open to the public, free entry and refreshments served, sponsored by Carrickeeney Wind Ltd Community Fund.
Organisation	Glencar Feel Good Club/Rossinver Community Development Project
Date	Monday 9th October 2017
Time	11am – 1pm
Venue	Glencar Resource Centre, Glencar
	Sarah Bronkhorst 071 9854030 rise@rcdc.ie

Wellness Workshop

Description	This 3 hour workshop provides an opportunity for participants to examine how they can improve their overall health and wellness, adopt a healthy lifestyle and achieve greater balance in their life. Topics include: overcoming barriers to wellness, the importance of healthy food choices and exercise, advice on managing stress and practicing mindfulness.
Facilitator	Anne Marie Frizzell
Organisation	Breifni Mental Health Association
Date	Saturday 14 th October 2017
Time	10am – 1pm
Venue	The Hive, Carrick on Shannon
Register	Email: info@alive2thrive.ie Pre-Booking is essential
Cost	This is a free workshop. Sponsored by Breifni Mental Health Association

Balancing Act

Description	Child rearing – sleep – work – family - eating – exercise – romance – health.....Two friendly workshops exploring how we can find the right balance in life: looking after other people, getting our own needs met, whilst still finding time to relax and avoid stress
Facilitator	Rachel Webb
Organisation	North Leitrim Women's Centre
Date	Thursday 19 th & Thursday 26 th November
Time	7.30pm – 9.30pm
Venue	North Leitrim Women's Centre, Bee Park Resource Centre, Manorhamilton
Cost	The event is free of Charge—Funded by the IPB Insurance
Note	Open to Women Only – Pre-booking essential Call 071 9856220

Lunch Time Walk & Chat

Description	Make the most of your lunch hour by getting some light exercise and connecting up with others!
Organisation	North Leitrim Women's Centre
Date	Wednesday 11 th October
Time	1pm
Venue	Meeting at North Leitrim Women's Centre, Bee Park Resource Centre, Manorhamilton
Register	Phone: 071 9856220

Mindfulness Yoga	
Description	Take a break from your busy day to join us for Mindfulness Yoga for mental health week. Learn to relax and live in the present. This will provide an opportunity to introduce you to mindfulness and to try some gentle yoga. There is no cost for this event. It is open to everyone so why not give it a try?
Facilitator	Denise Smith
Organisation	Mohill Family Support Centre and Leitrim Development Company
Date	Wednesday 11 th October
Time	1 – 2pm
Venue	Mohill Family Support Centre
Register	Tina 071-9631253 or Bernie 071-9631715
Cost	The event is free of Charge

Community Health Day Drumreilly	
Description	A community health day will take place in Drumreilly with one to one health checks, speakers on a variety of topics including entitlements and looking after your physical and mental health. A lunch will also be served. This event is free and open to all people in Drumreilly and surrounding areas.
Organisation	Leitrim Development Company and Drumreilly Development Association
Date	Thursday 12th October 2017
Time	9.30am - 2pm
Venue	Drumreilly Community Centre
Contact Person	Bernie Donoghue 071-9631715 or Bernie@ldco.ie

Introduction to Mindfulness	
Description	This session will include an introduction to mindfulness and how this can be used to manage stress and anxiety in everyday life and will include some practice of mindfulness techniques.
Organisation	South Leitrim Community Health Forum
Facilitator	Cathi Murphy
Date	Friday 13 th October
Time	7 – 9pm
Venue	Ballinamore Primary Care Centre
Register	Email: bernie@ldco.ie or call 071 9631715 if you wish to attend
Note	Free event!

Tea Dance	
Description	Polish off your dancing shoes and come and join us in the Bee Park for an afternoon of fun and entertainment
Organisation	North Leitrim Men's Group and Kilgar Day Club
Date	Thursday 12th October 2017
Time	2pm
Venue	Main Hall, Bee Park Resource Centre, Manorhamilton
Cost	Free entry! Donations welcome to cover costs.
Contact	Georgina Boyd on 0860261031 or Joel Smith on 0872151617
Note	Open to everyone!

Volunteer with Your Local Simon Community

Description	With 10th October also being World Homeless Day, the North West Simon Community urge people to sign up to volunteer. Volunteering with and for others increases social interaction and helps build a support system based on common commitment and interests—both of which have been shown to decrease depression and assist with stress reduction. Why not host your own fundraising event such as a coffee morning in your home to help us gather some much needed funds? Visit www.northwestsimon.ie
Organisation	North West Simon Community
Date	Tuesday October 10 th 2017
Contact	Mary on 0877708865

Stress Control

Description	We all live in stressful times. Understanding how stress can impact on our lives and what we can do about it is key to strengthening our resilience and ability to cope. This 6 session course aims to help people manage stress both in the workplace and at home
Organisation	HSE
Date & Time	TBC visit www.alive2thrive.ie for update
Venue	Ballinamore Primary Care Centre
Cost	Free to attend!
Register	Email Thomas.mcbride@hse.ie . Booking essential!

Mind Your Mental Health	
Description	This is for anyone who wishes to learn about basic mental health and wellbeing. It aims to help participants to explore their understanding and knowledge in relation to health and mental health; stress and thinking patterns; mental distress, recovery and accessing supports; and self-care strategies.
Organisation	Mental Health Ireland
Date	Monday 20 th November
Time	10am – 4pm
Venue	Carrick on Shannon Education Centre
Register	Email: Rachel@mentalhealthireland.ie Places are limited
Note	Free workshop – sponsored by Breffni Mental Health Association

SafeTalk	
Description	<p>SafeTalk Suicide Alertness for Everyone is a half day training programme that prepares participants to identify people with thoughts of suicide and connect them to suicide first aid resources</p> <p><i>Please note that SafeTalk is not recommended for any participant that has been personally bereaved or affected by a suicide in the previous twelve months</i></p>
Organisation	HSE
Date	Thursday 28 th September
Time	10am – 1pm
Venue	Breffni Family Resource Centre, Carrick on Shannon
Register	Email: Belinda.Taylor@hse.ie Places are limited and filling up fast! Booking essential

Understanding Self-Harm	
Description	This workshop provides opportunities to improve knowledge, awareness and understanding of self-harming behaviour
Facilitator	Rachel Reilly – Mental Health Ireland
Organisation	HSE
Date	Monday 6 th November 2017
Time	9.30am – 4.30pm
Venue	Carrick on Shannon Education Centre
Register	Email: Belinda.Taylor@hse.ie Places are limited

Mental Health Community Education Programme	
Description	<p>The aim of this programme is to provide information and education on Mental Health related topics. This four-week programme is aimed at the general public, anyone interested in learning about living a healthy life and issues which can make life difficult. All who attend will receive tips on improving their mental health, hear personal stories of recovery and learn how GROW weekly support meetings can help those struggling with any aspect of their mental wellbeing.</p> <p>The programme will run over four consecutive Tuesday evenings in October. Each week we will have a guest speaker speaking on their area of expertise.</p> <p>Topics Include</p> <p>Session 1: Healthy Mind, Healthy Life</p> <p>Session 2: Living with Life's Losses</p> <p>Session 3: The Truth about Suicide</p> <p>Session 4: A Holistic Approach to Mental Health through GROW</p>
Organisation	GROW
Date	Four week programme commencing on Tuesday, October 10th to coincide with World Mental Health Week for four consecutive Tuesdays.
Time	8pm – 9.30pm
Venue	Mohill Family Support Centre, Canon Donohoe Hall, Mohill
Register	For further information contact Andrea on 086-8516939 or Mohill FRC on 071-9631253 (booking is not required)

Public Talks

Anxiety versus Panic – a modern epidemic and how to deal with them

The talk will deal with panic attacks, phobias, social anxiety and general anxiety – all of which are really common - how they present and how to deal with them.

With Dr Harry Barry



Dr. Harry Barry is an experienced medical doctor who qualified in 1976 and who has worked as a senior GP within the Irish Health System for over thirty-five years. He has a long-standing interest around mental health especially the management of anxiety and depression. He has developed a holistic approach with an emphasis on the combination of combining Neuroscience concepts, lifestyle changes and where necessary drug therapy, with the application of simple CBT approaches to effectively manage these approaches.

He has written extensively on the subject and his Flag series of books have been widely read by professional and lay people interested in the area. His 6th book Flagging Anxiety and Panic got to number one in the best – seller list in Ireland. It combines a novel new approach to combining Neuroscience concepts with CBT to assist people eliminate or learn to deal with panic attacks, phobias, social anxiety and general anxiety.

He is a regular contributor to national press and media, a monthly contributor to the Sean O' Rourke show and former Board member of the national depression group Aware.

Date	Wednesday 25 th October
Time	7pm – 8.30pm
Venue	The Bush Hotel, Carrick on Shannon
Register	Email: Rachel at info@alive2thrive.ie
Cost	Free! Sponsored by Breffni Mental Health Association

Youth Mental Health Series of Public Talks

Sligo Leitrim Children and Young People's Services Committee (CYPSC) in conjunction with the Sligo Leitrim Youth Mental Health Initiative have organised a series of informative talks relating to youth mental health. If you are a parent, teacher, or anyone who works with or has an interest in learning more about various topics around young people's mental health, please send an email with your name to office@carrickedcentre.ie or telephone 0719620838. These are free events!

Carrick on Shannon

Date	Topic	Speaker
Thursday 28 th September	Youth Mental Health	Mary Hough
Thursday 5 th October	Communicating with your pre-teen/teenager	Alan Gregory
Thursday 12 th October	Cyberbullying	Mary Hough
Thursday 19 th October	Alcohol and the Development of the Adolescent Brain	Dr. Helen Mc Monagle
Thursday 26 th October	Promoting & Encouraging Self-esteem and Resilience	Mark O'Callaghan
Venue: Carrick on Shannon Education Centre, Marymount, Carrick on Shannon		
Time: 7pm – 9pm		

Manorhamilton

Date	Topic	Speaker
Thursday 9 th November	Youth Mental Health	Mary Hough
Thursday 16 th November	Cyberbullying	Mary Hough
Thursday 23 rd November	Promoting & Encouraging Self-esteem and Resilience	Mark O'Callaghan
Thursday 30 th November	Alcohol and the Development of the Adolescent Brain	Dr. Helen Mc Monagle
Thursday 7 th December	Communicating with your pre-teen/teenager	Alan Gregory
Venue: Bee Park Resource Centre, Manorhamilton		
Time: 7pm – 9pm		

Homeopathy & Women's Wellness	
Description	Introductory Talk with Eileen Conneely, Homeopathic Consultant. Increasing numbers of women are turning to homeopathic medicine to restore balance, health & wellbeing. Homeopathy is safe and effective system of medicine, which is beneficial for the full range of emotional, mental and physical problems that a woman is likely to experience throughout her life.
Organisation	North Leitrim Women's Centre
Date	Friday 6 th October 2017
Time	10am - 1pm
Venue	North Leitrim Women's Centre, Bee Park Resource Centre, Manorhamilton
Register	Pre- Booking essential. Phone: 071 9856220
Cost	The event is free of Charge—Funded by the IPB Insurance
Note	Open to Women Only

Women's Health & Wellness Day	
Description	Featuring two talks: <ul style="list-style-type: none"> • Health & Diet- Focus on gut health (Fermentation) foods/drinks with Tamara Samson • Breast Aware Talk – with Rachel Fitzgerald Feeley from Breast Cancer Ireland Followed by a Healthy Light Lunch
Organisation	North Leitrim Women's Centre
Date	Wednesday 18 th October
Time	10am – 2pm
Venue	North Leitrim Women's Centre, Bee Park Resource Centre, Manorhamilton
Register	Pre booking essential 0719856220
Cost	The event is free of Charge—Funded by the IPB Insurance Open to Women Only

Supporting Someone with a Mental Health Issue

Description	The aim of this interactive talk is to give people the tools and reassurance they may need to support a family member or friend who are experiencing a Mental health/Anxiety issue. All too often the family/friends are struggling to find the right words to help support the person. Come along to access some support for yourself and pick up some tips for the journey ahead.
Organisation	Rossinver Community Development Co. CLG
Facilitator	Sean O'Connor
Date	Monday 9 th October 2017
Time	7pm
Venue	The New Ballagh Centre, Rossinver
Contact Person	Bridget Kerrigan 0719854030

Homeopathy & Family Health

Description	Introductory Talk with Eileen Conneely, Homeopathic Consultant. Join us for this introductory talk which will help demystify homeopathy, and explain how you can start using homeopathy at home today.
Organisation	North Leitrim Women's Centre
Date	Wednesday 14 th October
Time	10am -1pm
Venue	North Leitrim Women's Centre, Bee Park Resource Centre, Manorhamilton
Register	Pre-booking essential Phone: 071 9856220
Cost	The event is free of Charge—Funded by the IPB Insurance
Note	Open to Women Only

Want help with boosting your wellbeing?

There are many groups and organisations spread throughout the county of Leitrim which play an active role in helping people along the path to better mental wellbeing. Here are just some of those that may give you the kick start you need to move further along that journey. Check out...



Leitrim County Library Service supports learning throughout life. Leitrim Libraries are committed to supporting learners through the provision of quality library collections, which include books, newspapers, CDs, videos, DVDs, maps, information leaflets and brochures and online resources. Our library network also provides services in Adult Education, Language learning, Computer Skills Enhancement, Job seeking Information and other workshops on a variety of topics. For more information on any of the services listed above, please contact your local library or visit our website www.leitrimlibrary.ie



Experiencing challenges in your life at the moment? There are many things we can do to help ourselves to overcome these hurdles. Breffni Mental Health Association have sponsored a series of books entitled the '**Overcoming Series**' covering topics such as low mood and depression, worry, stress and anxiety, general mental health and wellbeing, addiction, relationships and social issues. These books will provide good information on many common mental health issues. The collection is available in the Carrick-on-Shannon library branch, but can also be availed of in other Leitrim library branches on request.



Leitrim Sports Partnership aims to increase the number of people involved in sport or physical activity in Leitrim. We organise sports programmes and activities for all age groups and for different population groups eg. Men, women, people with special needs, older people. We also offer Leadership and training courses with the aim that physical activity leaders will be equipped with the necessary knowledge and skills to plan, organise and lead sessions and ensure that we provide a safe, positive and nurturing environment. Phone 071 9650498 for information or check out our website www.leitrimsports.ie



Leitrim Development Company Volunteering Information Service operate a volunteering website which lists current volunteer opportunities in Leitrim. There are a variety of volunteering opportunities in Leitrim available on this site from youth, tidy towns, working with people with disabilities, fundraising and helping animal charities. Visit the website at www.volunteerinleitrim.ie and find a volunteering opportunity that suits you and register your interest. For more information, contact Bernie at 071-9631715 or Kathleen at 071-9641770



Breffni Mental Health Association is a local voluntary organisation based in Carrick on Shannon with a commitment to improving the mental wellbeing of those in our local community. We encourage working together to organise activities and events which promote positive mental health and also to provide support and friendship for those affected by mental health difficulties. If you are interested in volunteering with us, please contact Rachel on 086 8539010 or email rachel@mentalhealthireland.ie



Leitrim Adult Education Guidance and Information Service provides impartial and confidential advice, guidance and information to adults in relation to their education, training and careers. Please do not hesitate to contact Niamh or Jane if you would like to speak with us about your options. Phone 071 9621371 for information or to make an appointment. You can also see our range of education and employment opportunities on our website www.leitrimadultguidance.com

Mental Health Supports & Services



Connecting with others is key! Sometimes we may need a professionally trained listening ear. Remember reaching out is a sign of strength....

GROW is Ireland's largest community-based mental health organisation and is aimed at promoting positive mental health and recovery. GROW holds 120 peer support group meetings in communities across Ireland each week. GROW meetings are open to those aged over 18 and are free to attend. The GROW Program encourages people to find and develop their personal strengths and work towards improving their mental health and wellbeing in a supportive and confidential environment. Meetings are held on Tuesdays at 7pm in Breffni Family Resource Centre, Carrick on Shannon, just drop in. Phone Andrea on 0868516939 for further information.

Mind Matters' Support Group is for women who are feeling anxious or depressed and would like to meet with other women who understand – Meetings are on the 2nd Wednesday of every Month @7.30pm in North Leitrim Women's Centre. Phone 071 9856220 for information.

Counselling Service – The North Leitrim Women's Centre offer an affordable, accessible Counselling Service for women in North Leitrim. For more information or an appointment please contact the Women's Centre on 071 9856220

Social Prescribing is about supporting the health and wellbeing of people, by using community-based activities and supports, such as exercise, art, reading or gardening. The programme is for people who feel that they need some support to mind their health and wellbeing or if you feel isolated, stressed, anxious or depressed. For more information, in North Leitrim contact Bridget on 071-9854030 or email bridgetkerriganrcdc@gmail.com

Stop Suicide – provides a safe, confidential place where you can safely talk about loss, stress, confusion, conflicts or other pain in your life. Our style of counselling is to listen, support and perhaps help you with insight to either change what is possible to change or to live more contentedly and creatively with that which is not. We will act to intervene with appropriate support, commitment and compassion. FREE PHONE 0867772009/1850 211 877 Lines are open Monday to Friday from 9am to 6pm. Website www.stopsuicide.ie

GRASP (Greater Responsibility and Awareness in Suicide Prevention] **Life Foundation**. The GRASP Foundation hold free outreach counselling services in Sligo, Donegal and Leitrim, bereavement support for those bereaved by suicide, and education and awareness programmes. Contact 0874188053 /0876086276 /0863905999. Website www.grasplifefoundation.ie or email marymcternan8@gmail.com.

Pieta House Suicide Bereavement Liaison Service welcome anyone affected by suicide to make contact with this service for support, or to learn about what services might be available to them. The Suicide Bereavement Liaison Officer can meet with a bereaved family (at their request) as a group or individually. Perhaps you may have specific questions about some of the difficult practical issues following a death by suicide. You may want guidance or assistance in accessing a therapeutic service, or even just to talk with someone locally, about what has happened. Email anne.lynnch@pieta.ie or call 0852538638.

Aware is a voluntary organisation founded to assist those directly affected by depression. Aware run support groups to help people gain a better understanding of their depression (and elation) and its impact on relationships, work or social life. The caring and supportive nature of the groups allows attendees to develop the confidence to identify mood changes at an earlier stage, and so minimise the disruption on daily life. A support group is held in Markievicz House, Barrack Street, Sligo on Wednesdays at 8pm. Website www.aware.ie

Mental Health Services – some people experiencing mental health problems will be referred to the mental health services for treatment. You should always visit your GP in the first instance, who can then refer to the local mental health services if necessary. Contact number 071 9621215

Samaritans Ireland provides confidential and non-judgemental emotional support for people who are experiencing feelings of distress. Please contact Samaritans (24 hours) on 116 123 for help.

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