

Support your Mental Health & Wellbeing – 5 Ways!

CONNECT

BE ACTIVE

**TAKE
NOTICE**

**KEEP
LEARNING**

GIVE

'The Five Ways to Wellbeing' (2016, 2018)

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



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

Promoting Mental Wellbeing in Sligo

We are pleased to invite you, the people of Co. Sligo, 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

Tubbercurry FRC Wellness Walks	
Description	Everyone is welcome to come along and walk your way to better wellbeing. Both walks will be followed by a light lunch and an opportunity for everyone to have a chat.
Organisation	Tubbercurry Family Resource Centre
Date & Time	Tuesday 10th October – meet @ Yeats County Inn, Curry at 11.30am Wednesday 11th October – meet at Tubbercurry FRC @ 10.30am
Cost	€5
Contact Person	Mary 071 9186926. Booking is essential

Sligo East City Walk	
Organisation	Sligo Sport & Recreation Partnership
Date	Thursdays
Time	10.15am
Venue	Meet at Riverside Hotel
Contact Person	SSRP 071 9161511/Shane Hayes
Cost	€2 to include tea/coffee after walk

Sligo Lawn Bowls	
Organisation	Sligo Sport & Recreation Partnership
Date & Time	Every Tues & Thurs 6-8pm / Saturday 10.30am-12.30pm
Venue	Sligo Lawn Bowls Facility / Cleveragh Regional Park
Cost	€2 per session / Membership fee after 4 sessions
Contact	SSRP 071 9161511

Volunteer Voices	
Description	Sligo has been designated European Volunteering Capital for 2017. Volunteer Voices is a monthly meetup in cafes around County Sligo to discuss volunteer topics and network. For October and as part of World Mental Health Week, the theme for this month will look at the impact of volunteering on mental health and wellbeing.
Organisation	European Volunteering Capital Sligo 2017
Date	Thursday 12 th October 2017
Time	10am
Venue	Vintage Lane Café, Rathcormac, Co. Sligo
Cost	Admission free – complimentary refreshments
Contact	Sligo Volunteer Centre on 071 9111042. Visit www.evcsligo.eu

Yoga Nidra Course	
Description	Yoga Nidra is a highly effective and gentle practice known to reduce tension, anxiety and stress symptoms in the body whilst developing a deeper mind-body-soul connection through presence and awareness. Classes will include gently breathwork and guided meditation and can be done lying down or seated.
Facilitator	Emma Kennedy
Organisation	St Michael's Family Life Centre
Date	Wednesday 27 th September for 6 consecutive Wednesdays
Time	11 – 12am
Venue	St. Michael's Family Life Centre
Register	Enrol by phone 071 9170329 or email stmichaelsfamilylifecentre@eircom.net Please visit www.stmichaelsfamilylifecentre.com for further details and to find out about other courses
Cost	€60 for course

Wheelchair Basketball	
Organisation	Sligo Sport & Recreation Partnership
Date & Time	Every Tuesday 7-8pm
Venue	Knocknarea Arena, IT Sligo
Contact	SSRP 071 9161511/Shane Hayes
Cost	€2 per session.
Note	Looking for Able Bodied participants to boost numbers / All welcome

Mindfulness and Resilience	
Description	This 8 week mindfulness course will draw on a variety of mindfulness practices as well as gentle movements. The aim is to draw on more effective ways to handle challenging and stressful life situations. This in turn can lead to greater calm, ease, self compassion and resilience. The course is experiential and does not require any previous knowledge of mindfulness.
Facilitator	Frances Larkin
Organisation	St. Michael's Family Life Centre
Date	Thursday 5 th October for 8 consecutive Thursdays ending with a full day retreat on Saturday 2 nd December
Time	7.30-9.30pm
Cost	€100 for the course
Register	Enrol by phone 071 9170329 or email stmichaelsfamilylifecentre@eircom.net Please visit www.stmichaelsfamilylifecentre.com for further details and to find out about other courses

Social Soccer	
Organisation	Sligo Sport & Recreation Partnership
Date	Every Tuesday 1-2pm
Venue	Knocknarea Arena, IT Sligo
Contact	SSRP 071 9161511/Shane Hayes
Cost	€5 per session

Stepping into Your Best Self

Description	In order for us to be happy, sometimes we need to take the time to pause and consider what is most important to us in life. From this place, we can step into the future consciously creating a meaningful and fulfilling life. In this one day workshop, there will be a variety of activities using writing, relaxation, art, physical exploration and vision boards, within a friendly, nurturing environment
Organisation	St. Michael's Family Life Centre
Date	Saturday 4 th November
Time	10.30am – 4.30pm
Venue	St. Michael's Family Life Centre, Sligo
Cost	€60 to include light lunch
Register	Enrol by phone 071 9170329 or email stmichaelsfamilylifecentre@eircom.net Please visit www.stmichaelsfamilylifecentre.com for further details and to find out about other courses

Aromatherapy and Reflexology for Stress Management

Description	This six week course will focus on the introduction to the benefits and applications of aromatherapy and reflexology combined, exploring the power of using 'affirmations' to enhance our lives. It will include an introduction to holistic health including healthy eating; relaxation exercises; exploring creative and positive thinking; practical information on the uses of essential oils; beauty tips and massage techniques. Each class will be for the duration of 2 hours.
Organisation	St. Michael's Family Life Centre
Facilitator	Laura Bell
Date	Tuesday 3 rd October for 6 consecutive Tuesdays
Time	7 - 9pm
Venue	St. Michael's Family Life Centre, Sligo
Cost	€80 for course
Register	Enrol by phone 071 9170329 or email stmichaelsfamilylifecentre@eircom.net Please visit www.stmichaelsfamilylifecentre.com for further details and to find out about other courses

Sligo Parkrun	
Organisation	Parkrun Sligo
Date & Time	Every Saturday 9.30am
Venue	Doorly Park
Contact	Jim Rushe 0868389436 / www.parkrun.ie/sligo
Cost	Free

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	St. Michael's Family Life Centre
Date	Thursday 12 th October 2017
Time	7 – 9pm
Venue	St. Michael's Family Life Centre, Sligo
Register	Enrol by phone 071 9170329 or email stmichaelsfamilylifecentre@eircom.net Please visit www.stmichaelsfamilylifecentre.com for further details and to find out about other courses.
Cost	€10

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	2 separate workshops: Wednesday 11 th October or Thursday 7 th December
Time	10am – 4pm
Venue	TBC
Register	Email: Rachel@mentalhealthireland.ie Places are limited
Note	Free workshop – sponsored by Sligo 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	Tuesday 17 th October 2017
Time	10am – 1pm
Venue	TBC, Enniscrone
Register	Email: Belinda.Taylor@hse.ie Places are limited! Booking essential

Introduction to Mindfulness Meditation	
Description	Mindfulness is a word that is increasingly prominent in our culture, and thankfully so because it is part of a powerful set of teachings and practices for understanding well-being. It offers very specific techniques to help us re-connect to the field of awareness within which we can realize our innate potential for wisdom about why we suffer, how to dissolve that suffering and so how to increase our happiness. So often we are lost in thought, worrying about the future, ruminating about the past and Mindfulness Meditation offers very concrete instruction in paying careful attention to our present experience so that we can connect with the healing possibilities available in each moment of presence. Come along to find out more about how mindfulness can work for you!
Organisation	Yoga Home Sligo
Facilitator	Cathi Murphy
Date	Monday 9 th October
Time	8-9.30pm
Venue	Yoga Home Sligo, 7 JFK Parade, Sligo
Cost	Donations welcome!
Register	Email info@alive2thrive.ie to confirm attendance

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	Wednesday 4th October for 6 consecutive Wednesdays
Time	6.30-8pm
Venue	Room C1004 Sligo I.T.
Cost	Free to attend!
Register	Email Thomas.mcbride@hse.ie . Booking essential!

Introduction to Mindful Yoga for Teens	
Description	In a world of Facebook and Instagram where there is a lot of pressure to act, look and feel a certain way, and a time in our lives where there is a lot of challenge with school and relationships, Mindful Yoga can really offer a sense of relief and ease. It invites us into an experience of how we actually feel in our bodies and minds as opposed to how we think we should feel, giving us tools to meet our difficult thoughts and feelings in a way that is both skillful and friendly. In essence, it's about becoming friends with your own body mind and heart, an unconditionally supportive friendship that accepts and welcomes you as you are.
Organisation	Yoga Home Sligo
Facilitator	Cathi Murphy
Date	Saturday 14th October 2017
Time	11-12.30pm
Venue	Yoga Home Sligo, 7 JFK Parade, Sligo
Cost	Free event – sponsored by the HSE
Contact	Email: info@alive2thrive.ie to confirm attendance

Understanding Self-Harm	
Description	This workshop provides opportunities to improve knowledge, awareness and understanding of self-harming behaviour
Organisation	HSE
Facilitator	Rachel Reilly – Mental Health Ireland
Date	Monday 18 th September 2017 Monday 27 th November 2017
Time	9.30am – 4.30pm
Venue	Riverside Hotel, Sligo
Register	Email: Belinda.Taylor@hse.ie Places are limited and filling up fast

Anger Management & Assertiveness Communication	
Description	Anger is an emotion which we can learn to deal with – we can choose how we react to stressful, conflicting situations. This course will help participants to be more confident in dealing with conflict calmly and appropriately and show how to deal with criticism in a positive manner without allowing anger to take over. When we know how to communicate confidently and assertively, we can manage our emotions and improve our relationships.
Facilitator	Pernille Burns
Organisation	St. Michael's Family Life Centre
Date	Saturday 18 th and 25 th November 2017
Time	10am – 1.30pm both mornings
Venue	St. Michael's Family Life Centre
Cost	€40 for both mornings
Register	Enrol by phone 071 9170329 or email stmichaelsfamilylifecentre@eircom.net Please visit www.stmichaelsfamilylifecentre.com for further details and to find out about other courses

A.S.I.S.T.	
Description	<p>ASIST (Applied Suicide Intervention Skills Training) is a 2 day workshop for both professionals and members of the public. The aim of these workshops is to increase awareness, develop skills and promote the prevention of suicide in our communities. The emphasis of the course is on suicide first aid, on helping a person at risk stay safe and seek further help</p> <p><i>Please note that ASIST 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	Tuesday 24 th October & Wednesday 25 th October 2017
Time	9am – 5pm both days
Venue	Riverside Hotel, Sligo
Register	Email: Belinda.Taylor@hse.ie Places are limited, waiting list may apply. Booking essential.

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	Thursday 26 th October
Time	7 – 8.30pm
Venue	Clayton Hotel, Sligo
Register	Email your name to Rachel at info@alive2thrive.ie
Cost	Free! Sponsored by Sligo 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 info@ecsligo.ie or telephone 0719138700. These are free events!

Sligo

Date	Topic	Speaker
Tuesday 26 th September	Youth Mental Health	Mary Hough
Tuesday 3 rd October	Communicating with your pre-teen/teenager	Alan Gregory
Tuesday 10 th October	Cyberbullying	Mary Hough
Tuesday 17 th October	Alcohol and the Development of the Adolescent Brain	Dr. Helen Mc Monagle
Tuesday 24 th October	Promoting & Encouraging Self-esteem and Resilience	Mark O'Callaghan
Venue: Sligo Education Centre, Ash Lane, Ballytivnan, Sligo		
Time: 7pm – 9pm		

Ballymote

Date	Topic	Speaker
Tuesday 7 th November	Youth Mental Health	Mary Hough
Tuesday 14 th November	Cyberbullying	Mary Hough
Tuesday 21 st November	Promoting & Encouraging Self-esteem and Resilience	Mark O'Callaghan
Tuesday 28 th November	Alcohol and the Development of the Adolescent Brain	Dr. Helen Mc Monagle
Tuesday 5 th December	Communicating with your pre-teen/teenager	Alan Gregory
Venue: Pastoral Centre, Ballymote (opposite Catholic Church)		
Time: 7pm – 9pm		

How Mindfulness Can Help Overcome Mental Health Challenges

Description	<p>My Personal Journey Talk by Mindfulness and Yoga Instructor Cathi Murphy</p> <p>“My life has been thoroughly ordinary in so far as it's been a never ending series of ups and downs, but it was the rockiest parts of the road that led me to the wisdom of yoga and mindfulness. After having struggled with depression for many years, these powerful teachings and practices guided me home to a sense of belonging in my body heart mind that I had been sorely missing. Because my own life was so transformed by these practices, it is my passion to share the potency of these teachings with others so that we can all share in this liberating possibility of a basic friendliness towards our own experience and come home to a life infused with compassion, joy and wisdom”</p>
Organisation	Yoga Home Sligo
Date	Saturday 14 th October
Time	2-3pm
Venue	Yoga Home Sligo, 7 JFK Parade, Sligo
Register	Email info@alive2thrive.ie to confirm attendance
Cost	The talk is free of Charge -sponsored by the HSE

Promoting WellBeing in Young Children

Description	Sligo County Childcare Committee will host an information session for parents of young children. This session will identify the importance of well-being and resilience among young children and simple healthy practices families can put in place to create positive habits in the early years.
Organisation	Sligo County Childcare Committee
Date	Wednesday 11 th October 2017 (TBC)
Time	7pm
Venue	Riverside Hotel, Abbeyquarter North, Sligo
Cost	€5
Contact	For bookings and further information please contact Sligo County Childcare Committee on 0719148860 or e-mail sligochildcare@gmail.com

Travellers and the Importance of a Healthy Mind	
Description	The suicide rate for Travellers in Ireland is well above the national average with Traveller men 7 times more likely to die by suicide and women 6 times more likely. At this event, a range of speakers from a variety of backgrounds will discuss the issue of mental health within the travelling community from their own different perspectives, what needs to be done and the supports available. An important event for every community. All very welcome to attend.
Speakers	Darren Collins Fr Peter McVerry (Peter McVerry Trust) Exchange House National Travellers Service HSE Sligo Traveller Support Group
Organisation	Sligo Traveller Support Group
Date	Monday 9 th October 2017
Time	11am – 1pm
Venue	Riverside Hotel, Sligo
Cost	Free event! Tea and sandwiches provided
Contact	Jamie on 0851053319

Want help with boosting your wellbeing?

There are many groups and organisations spread throughout the county of Sligo 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 along that journey. Check out...



Sligo County Libraries aim to provide a responsive, accessible and inclusive library service for all customers, which fosters reading, stimulates the imagination and contributes to lifelong learning and cultural recreation. Sligo Libraries are committed to supporting learners through the provision of quality library collections, which include books, newspapers, audio-visual materials, DVDs, maps, information leaflets, free internet service, children's and schools library service, multicultural services, computer classes and much more. The overcoming series of self-help books which promote resilience are available to members. For more information on any of the services listed above, please contact your local library or visit our website www.sligolibrary.ie



Sligo Sport and Recreation Partnership aims to increase the number of people involved in sport or physical activity in Sligo. We organise sports programmes and activities for all age groups and for different population groups eg. Men, women, people with a disability, 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 9161511 for information or check out our website www.sligosportandrecreation.ie



Sligo Volunteering Centre provide a link between people interested in volunteering and non-profit groups looking for volunteers. We advertise for volunteers on behalf of 300+ non-profit groups in Sligo and we refer interested people to these groups. There are a variety of volunteering opportunities in Sligo available on this site from youth, tidy towns, working with people with disabilities, fundraising and helping animal charities. Visit the website at www.volunteersligo.ie and find a volunteering opportunity that suits you and register your interest. For more information, contact Phone: 071-911 1042 or email the Centre on info@volunteersligo.ie



Sligo Mental Health Association is a local voluntary organisation 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. We also run a social housing project to assist those with mental health challenges to live independently. If you are interested in volunteering with us, please contact sligomha@mentalhealthireland.ie or call Gerry on 086 8054383



Sligo Adult Guidance in Education - Are you over 18 years of age and thinking about doing a course but not sure what to do or how to go about it? Then SAGE is for you! SAGGE is for adults who are considering returning to or continuing with education; are having difficulty in finding or keeping suitable employment due to lack of appropriate educational qualifications; wish to explore new forms of further education or training. For further information please contact Josephine on 071 9138411 for information or to make an appointment or visit our website <http://msletbadultguidance.ie>

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 helps people who have suffered, or are suffering, from mental health problems. Members are helped to recover from all forms of mental distress, or indeed, to prevent such happening. GROW has a national network of over 130 Groups in Ireland. Its principal strength is the support members give each other from their own experiences. Meetings are held on Tuesdays at 10.30am and Wednesdays at 7.30pm in St. Michaels Family Centre, Sligo. Phone Andrea on 0868516939 for details

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

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. Call **Stop Suicide** on FREE PHONE 0867772009 / 1850 211 877. Lines are open Monday to Friday from 9am to 6pm.

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 your health and wellbeing or if you feel isolated, stressed, anxious or depressed. For more information, contact Thomas at 071-9135908 or Email thomas.mcbride@hse.ie

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.lynch@pieta.ie or call 0852538638.

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 www.grasplifefoundation.ie or marymcternan8@gmail.com.

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 9142111

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.

