

# Support your Mental Health & Wellbeing 5 Ways!



Celebrating  
**World Mental  
Health Week**  
In Leitrim

**8th - 14th October 2018**



Brought to you by Mental Health Ireland, HSE and  
Leitrim Development Company  
[www.alive2thrive.ie](http://www.alive2thrive.ie) [www.sligoleitrimdirectory.ie](http://www.sligoleitrimdirectory.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

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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

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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

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'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

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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

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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

# Interactive Activities

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## Inter Clubs Soccer Competition

<b>Description</b>	An under 12 soccer blitz for all clubs / cafes of YWI North Connaught in Leitrim.
<b>Organisation</b>	YWI North Connaught
<b>Date</b>	Friday, 12 <sup>th</sup> October
<b>Time</b>	7.30pm
<b>Venue</b>	Mayflower, Drumshambo
<b>Contact Person</b>	Mary (071) 9641721

## Movie Night

<b>Description</b>	A screening of Use your Brain, not your Fist
<b>Organisation</b>	Leitrim Comhairle na Nog
<b>Date</b>	Every Friday in October
<b>Time</b>	TBC
<b>Venue</b>	Bornacoola Youth Café Drumkeeran Youth Café
<b>Enquiries</b>	Fiona (071) 96 41721 or club leaders

## Canoeing

<b>Description</b>	An afternoon of canoeing for young people.
<b>Organisation</b>	YWI North Connaught
<b>Date</b>	Thursday, 11th October
<b>Time</b>	3pm – 5pm
<b>Venue</b>	Acres Lake
<b>Enquiries</b>	Tel: Fiona (071) 9641721

## Support for Young Men Talk

<b>Description</b>	A talk promoting the need for support for young men
<b>Organisation</b>	North Leitrim Men's Group
<b>Date</b>	Friday, 13th October
<b>Time</b>	10.30am
<b>Venue</b>	Bee Park Centre, Manorhamilton
<b>Enquiries</b>	Email: nlmensgroup@eircom.net
<b>Speaker</b>	Joel Smith

## Walk and Talk

<b>Description</b>	Leisurely walk from Leitrim Development Company offices to the Swimming Pool, Drumshanbo for half hour per week. Meet and greet at 12.30 p.m. Every Tuesday commencing in October. Tea and Refreshments will be served afterwards in main office.
<b>Organisation</b>	Leitrim Development Company
<b>Date</b>	Tuesday, 9th October
<b>Time</b>	12.30pm
<b>Venue</b>	Leitrim Development Company, Church Street, Drumshanbo
<b>Enquiries</b>	Tel Kathleen or Karen: (071) 9641770 Email: info@ldco.ie
<b>Notes</b>	Open to ex participants and employees. Be weather prepared

## Coffee Morning

<b>Description</b>	Come join us for a coffee morning to celebrate World Mental Health Week in Mohill.
<b>Organisation</b>	Mohill Family Support Centre
<b>Date</b>	Thursday 11th October
<b>Time</b>	11am
<b>Venue</b>	Mohill Family Support Centre, Main Street Mohill, Co. Leitrim
<b>Contact Person</b>	Tel: (071) 9631253 Email: majella@mohillfsc.info

## GROW Network Meeting

<b>Description</b>	A supportive and confidential environment encouraging people to find and develop their personal strengths and work towards improving their mental health and wellbeing.
<b>Organisation</b>	Mohill Family Support Centre
<b>Date</b>	Every Tuesday of the month
<b>Time</b>	2.15pm
<b>Venue</b>	Mohill Family Support Centre, Main Street Mohill, Co. Leitrim
<b>Enquiries</b>	Tel: (071) 9631253

## Ecumenical Service

<b>Description</b>	A reflective evening in remembrance during mental health week including a few reading from different denominations.
<b>Organisation</b>	North West STOP
<b>Date</b>	Monday, 8th October
<b>Time</b>	8pm
<b>Venue</b>	Glens Centre, Manorhamilton
<b>Enquiries</b>	Email: info@stopsuicide.ie Tel: (071) 9656070

## Positive Mental Health Talk

<b>Description</b>	A talk on the importance of mental wellbeing.
<b>Organisation</b>	North West STOP
<b>Date</b>	Saturday, 13th October
<b>Time</b>	8pm
<b>Venue</b>	Mayflower, Drumshambo
<b>Enquiries</b>	Email: info@stopsuicide.ie Tel: (071) 9656070

## November - The Invitation with Marie Evans

<b>Description</b>	Can we change our thoughts and see November and the beginning of Winter as a great invitation? Together let us learn ways to keep ourselves in balance during this time of hibernation when all of nature rests. Can we learn to rest and be at home in ourselves even in the darkness and stillness of Winter
<b>Organisation</b>	North Leitrim Women's Group
<b>Date</b>	Friday, 9th November
<b>Time</b>	10am – 1pm
<b>Venue</b>	North Leitrim Women's Centre, Manorhamilton
<b>Contact Person</b>	Tel: (071) 9856220 Email: nlwg@eircom.net
<b>Notes</b>	Open to women only Sponsored by the IPB Insurance Community Engagement Fund

### Tips to Build Resilience

Have a Sense of Purpose. Do things that bring meaning to your life. Create a life that feels good on the inside not one that looks good on the outside

Learn Healthy Habits. You'll manage stressful times better if you exercise regularly, eat a balanced diet and take time to rest

## Introduction to Mindfulness and Relaxation

<b>Description</b>	This session will include an introduction to mindfulness and relaxation. It can be used to manage stress in everyday life and will include mindfulness techniques.
<b>Organisation</b>	South Leitrim Community Health Forum
<b>Date</b>	Tuesday, 9th October
<b>Time</b>	7.30pm – 9pm
<b>Venue</b>	Balinamore Primary Care Centre
<b>Enquiries</b>	Email: <a href="mailto:Bernie@ldco.ie">Bernie@ldco.ie</a>
<b>Notes</b>	Free event. Come along for some relaxation and some time out.

## Homecoming with Rachel Webb

<b>Description</b>	We keep hearing that we need 'me' time. So how about exploring the different aspects of yourself, what you want from life and how you want to express yourself? We will be diving into our own worlds through mask making, mindfulness, painting, dreaming, clay work and other gentle explorations over three Saturday morning workshops. You can be as chatty or as quiet as you like. Why not take the plunge?
<b>Organisation</b>	North Leitrim Women's Group
<b>Date</b>	Saturday's. November 10th, 17th and 24th
<b>Time</b>	10am – 1pm
<b>Venue</b>	North Leitrim Women's Centre, Manorhamilton
<b>Enquiries</b>	Tel: (071) 9856220   Email: <a href="mailto:nlwg@eircom.net">nlwg@eircom.net</a>
<b>Notes</b>	Open to women only. Sponsored by HSE's National Lottery Fund

*Believe in Yourself. Recognise your personal strengths and build on the positives. Take pride in your abilities and what you've done*

## Social Get Together

<b>Description</b>	To celebrate World Mental Health Week Glencar Feel Good Club invites you to join us for a social get-together with music, song, dance and craic, including performances by Diffreen National School children. Connect and Be Active!
<b>Organisation</b>	Glencar Feel Good Club
<b>Date</b>	Monday 8th October
<b>Time</b>	11am – 1pm
<b>Venue</b>	Glencar Feel Good Centre
<b>Enquiries</b>	Email: rise@rcdc.oe Tel: (071) 9854030

## One of the Lads

<b>Description</b>	An Arts programme about and for men in contemporary times and in rural border places.
<b>Organisation</b>	Rabbit Riot Theatre Company
<b>Date</b>	Friday, 12th October
<b>Time</b>	8pm (doors open at 7.30pm)
<b>Venue</b>	The Glen's Centre, New Line, Manorhamilton
<b>Enquiries</b>	Tel: (071) 9856070 Email: info@stopsuicide.ie
<b>Notes</b>	Part of We Grow Strong. Raffle in aid of North West S.T.O.P. on the night.

*Laugh Often. Hold on to your sense of humour even when times are tough. Laughter relieves stress and helps you keep things in check.*

*Express your emotions. Make sure you have outlets to express your emotions and let go of tension. Focus on what you can control, acknowledging that change/ difficulties are part of life.*

# Educational Workshops

## Stress Control

<b>Description</b>	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
<b>Organisation</b>	HSE
<b>Date</b>	TBC. Course starting October 2018. Contact Thomás Mc Bride, Tel: 0873680423 Email: Thomas.mcbride@hse.ie
<b>Time</b>	6.30-8pm
<b>Cost</b>	Free to attend!

## Mind Your Mental Health

<b>Description</b>	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.
<b>Organisation</b>	Mental Health Ireland
<b>Date</b>	TBC
<b>Time</b>	10am – 4pm
<b>Register</b>	mail: marhealy@mentalhealthireland.ie, Places are limited

*Be Optimistic. A positive, hopeful outlook will make you much more resilient. Many of the problems you'll face in life are temporary; you have overcome setbacks in the past and you will overcome them again.*

## SafeTalk

<b>Description</b>	"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"
<b>Organisation</b>	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"
<b>Date</b>	HSE
<b>Time</b>	TBC
<b>Venue</b>	TBC
<b>Enquiries</b>	Email: Belinda.Taylor@hse.ie

## Understanding Self-Harm

<b>Description</b>	This workshop provides opportunities to improve knowledge, awareness and understanding of self-harming behaviour
<b>Organisation</b>	HSE
<b>Date</b>	TBC
<b>Time</b>	9.30am – 4.30pm
<b>Enquiries</b>	Email: Belinda.Taylor@hse.ie

## Childhood Worries and Anxieties:

### Parent's Workshop

If you are a parent of a child/children 0 to 12yrs this workshop is for you!

*With Dr Mary O'Kane*

All children worry at times, but for some children it can be a real challenge to manage their anxieties. As parents, when your child is anxious it can be difficult to know how best to support them. However, parents play an important role in helping their child to both understand and to manage anxiety. You don't want to belittle the child's feelings, but you also don't want to amplify them.



In this talk Dr Mary O'Kane explains anxiety in children, and offers parents practical advice on how to support their children during difficult times, helping them to manage their fears and gain confidence

Date	Thursday 25 <sup>th</sup> October
Time	7pm – 9pm
Venue	The Bush Hotel, Carrick on Shannon
Register by 19 <sup>th</sup> October	Email: <a href="mailto:info@leitrimchildcare.ie">info@leitrimchildcare.ie</a> Tel: (071) 9640870
Cost	Free!
Notes	Booking is essential.

# The Healthy Mind

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Manage your inner world and your outer world will transform.

## Talk by Mar Healy

Learning to understand and manage our minds is one of the greatest gifts we can give ourselves, opening to the possibility of a life with more calm, coping skills, emotional stability and mental wellness.

In this 90 minute talk, you'll get valuable insights into the workings of your mind, the unhelpful mental habits that can keep you stuck in negativity, stress, overwhelm, and self-criticism, and valuable techniques for rewiring your brain for peace and presence.



Mar is a professionally trained coach, meditation teacher, certified MBSR facilitator, and current acting area development officer for Mental Health Ireland in Sligo/Leitrim. The talk will be a warm, engaging mix of science meets humour, offering attendees some real wisdom for inner transformation.

Date	Wednesday, 24 <sup>th</sup> October
Time	7pm – 8.30pm
Venue	The Bush Hotel, Carrick on Shannon
Register by 23 <sup>rd</sup> October	Email: <a href="mailto:Thomas.mcbride@hse.ie">Thomas.mcbride@hse.ie</a> Tel: 0873680423
Cost	Free!
Notes	Booking is essential.

# Want help with boosting your wellbeing?

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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](http://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](http://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](http://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](mailto: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](http://www.leitrimadultguidance.com)

*Keep Perspective. This too shall pass. Try not to get stressed about the elements you can't control focusing only on the elements you can.*

*Be imperfect. Accept and work with your flaws and imperfections – everyone has them! Be true to yourself and aim to do your best.*

*Learn lessons. Let go of asking “why me?” and instead focus on the positive lessons you can learn from your experience.*

# Mental Health Supports & Services

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**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. 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 2<sup>nd</sup> 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

**Leitrim Calling** was set up in 2007 as a friendly telephone call service available to older and vulnerable persons living in our communities. We also very much welcome referrals from persons **of any age** feeling the burden of mental health challenges either in the short term or longer. Leitrim Calling is in a privileged position as a service in that it can offer people the great gift of time- to listen to a person's story. To contact us in confidence please call: **087 9585029. 'We are here because we care'**

**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](http://www.grasplifefoundation.ie) or email [marymcternan8@gmail.com](mailto: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.lynych@pieta.ie](mailto:anne.lynych@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](http://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.**

## BOOST YOUR MOOD WITH HEALTHY FOOD

Eating a healthy, balanced diet is proven to have a positive impact on how you feel.



Little things can make a big difference.  
[yourmentalhealth.ie](http://yourmentalhealth.ie)  
#littletings

## DO THINGS WITH OTHERS THERE'S STRENGTH IN NUMBERS

Being involved in activities that you enjoy is proven to have a positive impact on how you feel.



Little things can make a big difference.  
[yourmentalhealth.ie](http://yourmentalhealth.ie)  
#littletings

## ADD FRIENDS TO YOUR TEA

Knowing to reach out with friends is proven to have a positive impact on how you feel.



Little things can make a big difference.  
[yourmentalhealth.ie](http://yourmentalhealth.ie)  
#littletings

## LENDING AN EAR IS LENDING A HAND

Talking about your problems is proven to have a positive impact on how we feel.



Little things can make a big difference.  
[yourmentalhealth.ie](http://yourmentalhealth.ie)  
#littletings



[yourmentalhealth.ie](http://yourmentalhealth.ie)  
#littletings

## PROBLEMS FEEL SMALLER WHEN YOU SHARE THEM

Talking about your problems is proven to have a positive impact on how you feel.



Little things can make a big difference.  
[yourmentalhealth.ie](http://yourmentalhealth.ie)  
#littletings

## THE MORE YOU MOVE THE BETTER YOUR MOOD

Getting regular exercise is proven to have a positive impact on how you feel.



Little things can make a big difference.  
[yourmentalhealth.ie](http://yourmentalhealth.ie)  
#littletings

## 8 HOURS SLEEP MAKE THE OTHER 16 EASIER

Getting a good night's sleep is often as easy as you can be proven to have a positive impact on how you feel.



Little things can make a big difference.  
[yourmentalhealth.ie](http://yourmentalhealth.ie)  
#littletings

## IF A FRIEND SEEMS DISTANT CATCH UP WITH THEM

Being in touch and connecting with other people is proven to have a positive impact on how we feel.



Little things can make a big difference.  
[yourmentalhealth.ie](http://yourmentalhealth.ie)  
#littletings



# SLD Sligo Leitrim Directory

Services in Sligo and Leitrim for children,  
young people & families

[www.sligoleitrimdirectory.ie](http://www.sligoleitrimdirectory.ie)

The Sligo Leitrim Directory website provides official listings of services for children, young people and families in Sligo and Leitrim. This includes information on health, mental health, education, disability, youth, childcare and other services. The website's development was supported by statutory and voluntary agencies in the region and it is operated and maintained by North Connaught Youth and Community Service. Please visit [sligoleitrimdirectory.ie](http://sligoleitrimdirectory.ie) for more information.



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020