



Connecting for Life  
Cork

  
Cork Healthy Cities  
a healthier city together

  
CÚRAM SLAINTE POBAIL  
CORCAIGH CIARRAI  
CORK KERRY  
COMMUNITY HEALTHCARE



# You and Your Mental Health

**A resource to support your mental health  
and wellbeing every day**



Cork Kerry  
Community Healthcare  
2022

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*This booklet is not intended as medical advice or to replace medical guidance or support. If you are concerned about your mental health or the mental health of someone else, please contact your GP or mental healthcare provider.*

# You and Your Mental Health

## *A Partnership in Action*



This mental health and wellbeing resource booklet is a great example of the collaborative work across disciplines to promote the importance of good mental health. It underpins the concept of what we all can do to support our own mental health and wellbeing. This booklet also highlights the list of supports that are available throughout the year and crisis numbers that are available 24/7. We in the HSE are delighted to support this resource to ensure that the general public are aware of the diversity of support services available across Cork and Kerry.

*Hugh Scully A/General Manager Cork Kerry Mental Health Services  
Kevin Morrison A/Head of Service for Mental Health*

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Improving the mental health of our population is a key priority for our service. It is evident from our most recent Healthy Ireland survey that our current circumstances have posed a challenge to the mental health of our population. I am sure that this has manifested in many different ways. Yet I would imagine that we are all together in the hope of taking positive action. In light of this we are delighted to collaborate with our colleagues in Mental Health Services and Healthy Cities in the development of this practical booklet to help you to care for your mental health & wellbeing. We hope that within the guidance, information and supports available in Cork and Kerry you find something that helps you navigate this experience and maintain a healthy balance in your life.

*Sharon Parkinson  
Health Promotion & Improvement/Health & Wellbeing Manager*

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Cork Healthy Cities is pleased to collaborate with HSE Mental Health Services and Health Promotion and Improvement to bring this 'You and Your Mental Health' booklet, which aims to help you understand mental health, reduce stigma and promote well-being. Collaboration, partnership working and intersectoral working are the principles underpinning a WHO Healthy City. Cork Healthy Cities strives to connect people with places and promote health and wellbeing for all.

*Judy Cronin, Chairperson,  
Cork Healthy Cities*



## WELCOME TO YOU AND YOUR MENTAL HEALTH

Mental health is about how we feel, think and behave in the world. Like our physical health, our mental health can vary, depending on what is happening in our lives, our ability to cope and how we are looking after ourselves throughout our adult lives.

*You and Your Mental Health* was produced by the joint efforts of Cork Kerry Community Healthcare Mental Health Services and Health Promotion & Improvement in partnership with Cork Healthy Cities. It aims to support you to care for your mental health and wellbeing in your day to day life.

The first section of the booklet will help you understand what mental health really means and what can affect it. There are some tips on what you can do to improve and maintain your mental health and wellbeing by building healthy habits for every day. It also introduces the *Five Ways to Wellbeing*, which are evidenced based actions to support our mental health.

The *Signposts to Services and Supports* section provides details of local and national services available to you. A description of the service and contact details are included.

Sometimes in life we might need that extra bit of help. So this booklet aims to direct, support and encourage you to take that step and seek help when you need it.



## UNDERSTANDING MENTAL HEALTH

We all might have a different understanding of what mental health actually means, this is a definition from the World Health Organisation.

Mental health is *“a state of wellbeing in which the individual realises his or her abilities, copes with the normal stresses of life, works productively and fruitfully, and makes a contribution to his or her community”*.

Good mental health is not just about feeling happy all the time, it is:

- being able to function well in our everyday lives
- feeling fulfilled and content
- being able to build and maintain healthy relationships with others.

### **Our mental health can change...**

Our mental health may not always remain the same, because life does not always stay the same. 1 in 4 of us will experience a mental health problem in our lifetime. For some, this may be a short period of low mood, worry or stress. For others, it may be more severe or become a long term condition requiring medical treatment. At these times, doing what we can to take care of our mental health is even more important.

The better our mental health, the better able we are to cope with the tough or challenging times, which we can all face. Good mental health can help us come back from such times and look forward to the future. It will help us to get the best we can out of life and live well.



**1 in 4 of us will experience a mental health difficulty at some stage of our lives**

# WHY GOOD MENTAL HEALTH IS IMPORTANT

Our mental health impacts on all of our health. It shapes our day to day life, what we do, how we think and how we feel. The better our mental health is, the better our overall health and our day to day life will be.

## 7 Benefits of Good Mental Health

- It can help us to feel happier and more satisfied with our life
- It can help reduce the likelihood of some illnesses and to recover faster if we do become ill
- It can support us to perform better in education or in work and to contribute to our community
- It can help improve our relationships with family, friends and other people
- It can help us cope with problems and difficulties we may experience in life and supports us to recover from them
- It can help us to think more positively and to be less likely to worry
- It can support good self-esteem and self-belief.



**Good mental health does not mean that you will never feel bad or have tough times, but it can help you to cope better when they do happen**



## ARE YOU FEELING OK?

There will be times when you may not feel your best. Changes or challenges in life can have an effect on your mental health. There may be times when you are feeling annoyed or upset, maybe even angry or sad and find it hard to move on from these feelings. Notice if you are:

- feeling anxious or worrying a lot
- feeling sad or tearful
- feeling tired even after sleeping
- not able to get to sleep or waking during the night
- not feeling hungry or eating a lot more than usual or comfort eating
- drinking more alcohol than usual
- feeling low and not wanting to do very much
- getting annoyed easily with yourself or other people
- withdrawing from friends or family
- just not feeling good about yourself.

If you do notice these signs, trying some of the tips provided in the *Building Good Mental Health Habits for Everyday* and in the *Five Ways to Wellbeing* sections may be helpful. If you find that things don't improve or continue over time, we recommend you talk to your GP or a mental healthcare professional.

Many people experience mental health problems from time to time, mostly they are not serious and can be managed with a little help or guidance from others. Some people can experience more severe or long term mental health problems which do require professional treatment. Asking for help when you need it is one of the best things you can do for your mental health.

**Asking for help when you need it is one of the best things you can do for yourself**



## LOOKING AFTER YOUR MENTAL HEALTH

Your mental health, just like your physical health needs to be maintained and cared for. There are many things that you can do which may have a positive impact on your mental health. The key is to build them into your day as regular habits.

### Building Good Mental Health Habits for Every Day

#### **Be a good friend to yourself**

This means being kind to yourself and not being critical when you make a mistake. No one is perfect, but we can often be harder on ourselves than on others. Value and accept who you are, because you are pretty unique! Give yourself a pat on the back every now and again.

#### **Look after yourself with good self-care**

Self-care means taking time to look after your health and wellbeing and practicing habits that are good for all of your health. This includes: eating healthily, getting regular exercise, resting and sleeping well, limiting alcohol and avoiding tobacco use. Building these habits into your day has a positive impact on your mental health.

#### **Spend time with family and friends**

Having healthy relationships in your life has a really positive impact on your mental health. Sharing time with your family, friends, work colleagues or neighbours can help you feel connected and supported. Even having a short chat with someone at the bus-stop or in your local shop, can boost your mood.

#### **Get out and get moving**

Being active outdoors can be a great way to improve your mental health. Regular physical activity is proven to have a positive impact on mental health and being active outdoors is even better. Find an activity that you enjoy such as, walking, gardening, or cycling. Aim for 30 minutes of moderate exercise a day and make it a habit.



### **Manage stress**

Stress is a normal reaction to certain changes or events in your life. However, at times you may feel overwhelmed or unable to cope with the pressures you are experiencing and your stress builds. Knowing what causes your stress and how to respond to it is important for your mental well-being. Finding ways to relax, balance your responsibilities at home or at work and not let things build up, all help to keep stress in check.

### **Make time for what you enjoy**

Having interests and hobbies or activities that you enjoy are important for your mental health. They can help you relax, distract you from worries, entertain you when you feel low and generally boost your mood. From nature walks to cooking, playing an instrument or DIY, find one that you enjoy and make time for it.

### **Get a good night's sleep**

Adults usually need between 6 and 9 hours of sleep each night to feel rested and refreshed and function well each day. To get good quality sleep try to have a regular routine of going to bed and getting up at the same times each day. Keep your room at a comfortable temperature so that you are not too hot or too cold. Avoid screens, including mobile phones, laptops, tablets and television for at least one hour before bed. Try to get out in the fresh air during the day and avoid caffeine from early evening onwards.

### **Talk about it**

Sharing a problem, asking for help, talking about what is troubling you are all ways of helping your mental health. Don't let things overwhelm you or feel afraid or embarrassed to ask for help. Family, friends or at times professional support, can help.





## MENTAL HEALTH DIFFICULTIES

Your mental health can be challenged at different times, things may happen which you cannot control. You may feel overwhelmed or experience periods of low mood or distress.

Some of the more common mental health difficulties are described in this section as well as some tips which may be helpful.

## ANXIETY

Anxiety is very common and most of us will experience it from time to time. Anxiety relates to fear and overwhelm where you may feel unable to face a situation that is currently happening, or are worrying about what could happen. You may experience a sense of threat or that things are out of your control, a belief that something will go wrong or that you won't be able to cope.

### **People may experience anxiety in different ways**

- sweating or trembling
- voice shaking or throat tightening up
- difficulty breathing or faster breathing
- needing to immediately go to the toilet
- feeling nauseous
- wanting to leave/escape.

### **When anxiety occurs often or is constant there can be longer term difficulties**

- avoiding certain situations or people
- withdrawing from others
- can't get to sleep or waking often
- getting easily annoyed and irritated
- feeling depressed or often worrying
- reluctance to try new things or make changes.

### **What causes anxiety?**

Your anxiety may be triggered by a specific situation or event such as a job interview, speaking in front of others, meeting new people, health issues or specific places. It may also be as a result of distressing events or trauma that you have experienced. You might not be sure of the cause or you may even feel anxious most of the time.

## What may help?

- Being kind to yourself and not blaming or criticising yourself
- Talking to others and letting them know you are anxious, you do not have to hide it
- Trying to understand your anxiety, what makes it worse, what helps
- Mindfulness and relaxation practices can help you stay in the actual moment rather than stressing about what might happen. Learn how you could make them part of your life
- Physical activity can help reduce anxiety by using some of the pent up energy your body may hold, it can calm you down so you feel more at ease, even a little can help
- Seeking help. If your anxiety is getting in the way of your day to day life, speak to you GP. Counselling and other talk therapies can help, or short term medication may be advised.

## Signpost to Supports

If you need some extra help, go to the **Signposts to Supports Section** at the end of the booklet for useful supports and services.



# DEPRESSION

Most of us feel down at times, our mood may be low, we could feel sad and generally not want to do very much. This might last a few days or even a week or two then we are back to ourselves again.

If these feelings persist or perhaps worsen, then you may be experiencing clinical depression. Depression is quite common, but it can affect your everyday life and symptoms can become distressing and hard to cope with.

### People may experience depression in different ways

- Having persistent feelings of sadness, emptiness, worthlessness or hopelessness
- Not being motivated to do very much, even having difficulty getting out of bed
- Not taking pleasure out of things you usually enjoy
- Withdrawal from other people including family and friends
- Not looking after yourself – such as washing yourself, eating well, or getting dressed
- Difficulty sleeping or feeling tired a lot of the time
- Feeling tearful, anxious, irritable or nervous a lot of the time
- Using alcohol, tobacco or other substances to help you cope
- Feeling life isn't worth living or having suicidal thoughts or intentions.

### What causes depression?

Depression may be triggered by a specific event or situation in your life, such as illness, unemployment, bereavement or other stresses.

It can also be connected to alcohol or drug use, changes in your life or circumstances, loneliness or isolation. Sometimes the cause may not be clear or related to anything specific.

## What might help?

- Set small goals for every day, it may be to have a shower, cook a meal, make a phone call or get out for a walk
- Try to get into a routine of getting up at a reasonable time and getting to bed so you get enough sleep but don't over sleep
- Getting outdoors and being physically active every day, start with a few minutes and build it up
- Meeting people and talking or doing things together even for short periods of time
- Activities that distract you such as crosswords, cooking, reading, DIY or even housework can take your mind off things for a while.

### Signpost to Supports

If you need some extra help, go to the **Signposts to Supports Section** at the end of the booklet for useful supports and services.



## BEREAVEMENT AND GRIEF

Losing someone close to you is a painful experience. It hurts because you loved and cared for that person, they were part of your life. The grief you experience can affect you in different ways. Your sleep may suffer, you may not want to talk to or see people, you may feel sad and lonely or perhaps feel angry at everything and everyone. Everybody grieves differently and there is no right or wrong way for you to grieve, there is only your way. The main thing is to allow yourself to grieve. There are some things that may help you to cope with your grief and the feelings you are experiencing.

## What might help?

- Try to talk with others and spend time with people you care about and who care about you
- Allow yourself and others to talk about the person, sharing the memories that you have of your time together

- Give yourself time and understand that there is no limit on grieving, it takes as long as it takes
- Do not feel the need to fill every moment and be busy all the time, allow yourself time to feel your feelings
- Accept help and support, it's important that you look after yourself and others may help you to do that.

### Signpost to Supports

If you need some extra help, go to the **Signposts to Supports Section** at the end of the booklet for useful supports and services.



## LONELINESS

We may all feel lonely at one time or another, it is the feeling we get when our need for social connection isn't being met. We can even be with other people but still feel lonely, this may happen because we do not feel connected to them at that time.

The causes of loneliness are different for all of us such as, moving to a new place, not feeling able to connect with others, bereavement, relationships ending, retirement or unemployment or feelings that others don't like us or want us around. Loneliness can affect our mental health and wellbeing, especially if we have felt lonely for a long time.

It can be hard to admit that you are lonely and that means you might not seek help, but it is important that you do and things could get better.

### What might help?

- Plan things to do that occupy your time and mind to keep you busy
- Talking or sharing activities with others, even for short periods of time
- Do things that you enjoy, like cooking your favourite food, lighting the fire, playing music you like or picking out a film to watch. Make an effort just for yourself

- Getting out and about where you will see other people, even the shops, your local café or park
- Tell a trusted person how you feel, talking it out may help you get to the cause of your loneliness
- Try not to avoid other people, accept invitations or invite others to meet or visit.

### Signpost to Supports

If you need some extra help, go to the **Signposts to Supports Section** at the end of the booklet for useful supports and services.



## UNDERSTANDING SELF-HARM

Self-harm is when someone intentionally, hurts or injures their body. This can be as a result of feeling overwhelmed and not being able to cope with very difficult emotions. People may self-harm as a way of distracting themselves or relieving the effect of the feelings, in order to cope with them. It can be connected to anxiety and depression but also loneliness, being hurt by others and very stressful events or situations.

People start to self-harm for many different reasons and at any stage of their lives. It may take the form of: cutting or burning their skin, pulling out their hair, hitting or punching themselves, overuse of alcohol or drugs, depriving themselves of food, making themselves vomit or exercising too much.

### Self-harming activity could be triggered by

- emotions building up
- isolation
- a relationship ending or family changes
- feeling you don't have anyone to talk to
- thinking that nobody understands you
- being confused or concerned about your sexuality



- being bullied
- hating your body
- being abused, physically, sexually or emotionally
- addiction in the family or other family problems.

Self-harm is often done in secret and without telling anyone else about it. If you self-harm, you may make a lot of effort to hide it or deny it when asked by others. Self-harm can be dangerous as your need to hurt yourself may increase to a point where your health or life may be at risk. Your injuries may go untreated which could cause infections or other health problems.

It also may mean that the cause of the self-harm is not brought out into the open, so you don't receive the help you need to cope with your distress. It is important that you get help to deal with what is troubling you. You don't have to keep suffering by yourself.

### **What might help?**

- Try to start a conversation about how you are feeling with someone you trust, you can take it slowly and just say as much as you are comfortable, to start with
- If you find it hard to talk about your feelings, try to write them down, you could show this to a friend or family member
- Talk with your GP or a counsellor about how you are feeling
- Try to understand what might trigger a need to self-harm. Understanding what triggers it may help you to have something in mind to distract you or delay hurting yourself, this might allow the feeling to pass
- Certain activities might help you cope when you are beginning to get overwhelmed, calling a friend or family member and maybe meeting up, getting outside for a fast walk or cycle, writing down your feelings
- Keep crisis numbers handy such as the Samaritans or Pieta so that you can easily find them to call.

## Signpost to Supports

If you need some extra help, go to the **Signposts to Supports Section** at the end of the booklet for useful supports and services.



## FEELING SUICIDAL

Suicide is the act of intentionally taking your own life. Suicidal thoughts and feelings means thinking about ending your life or feeling you do not want to live the life you have right now. You might think that people, your family or friends, would be better off without you. Some people may think about methods of suicide or actually make a plan to end their life.

These kinds of thoughts and feelings can be very frightening and confusing. They may be stronger at times and other times they reduce. You may not even know exactly why you are feeling them. At times, it might be because you feel unable to cope with what is happening in your life or the feelings you are experiencing and you just want it all to stop.

### You might feel

- hopeless like there is no point in anything
- sad or want to cry all the time and maybe not know why
- tired or exhausted at the thought of doing anything
- fed up with life and not feeling able to do anything about it
- like that's the final straw, you can't take anymore
- angry with other people, feeling let down or hurt
- very interested in death and what dying is like
- you want to hurt or punish yourself.

If you are feeling suicidal or want to end your life, it is important that you try to keep yourself safe. Remember that thoughts about taking your life are just thoughts.

They do not mean you have to act on them, no matter how overwhelming they are. The most important thing to do if you are having thoughts of suicide is to talk to someone. It is okay to ask for help.

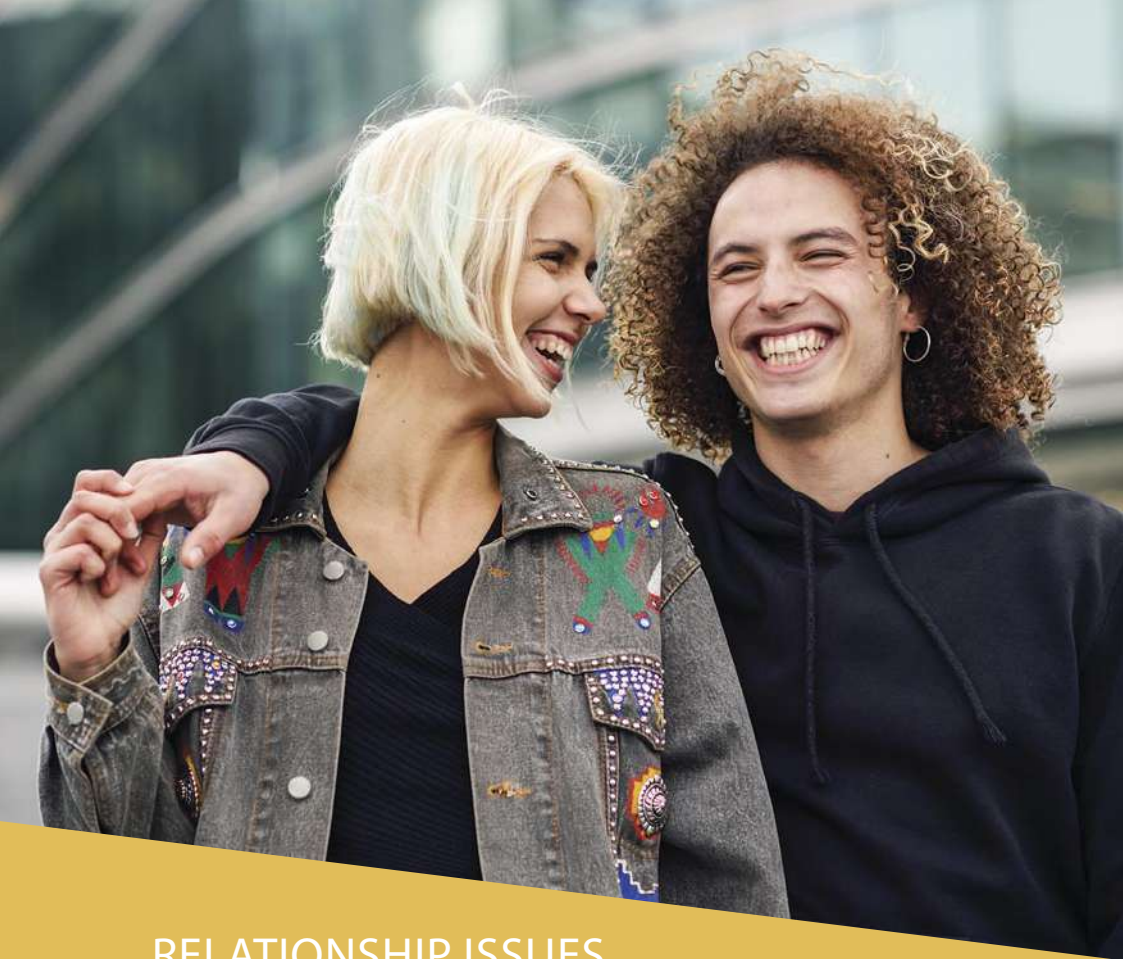
### What might help?

- Reach out to someone and tell them how you feel, this could be a family member or friends
- Don't ignore the thoughts and feelings that you are having, talk with your GP or mental healthcare professional
- Try to be where other people are rather than being by yourself
- If you feel able, move around, take a walk outside or do another physical activity, it may help ease some of the stress or anxiety that you might be feeling
- Remember the crisis helplines such as Pieta or the Samaritans, are available 24 hours a day, call them at any time. You will find these numbers at the end of the booklet.

### Signpost to Supports

If you need some extra help, go to the **Signposts to Supports Section** at the end of the booklet for useful supports and services.





## RELATIONSHIP ISSUES AND MENTAL HEALTH

We know from many different sources of research that the evidence shows that positive relationships are good for our mental health. We will be happier, healthier and more satisfied with life if we have healthy relationships with others. Your important relationships may include those within your family, with your friends, colleagues, neighbours or wider community.

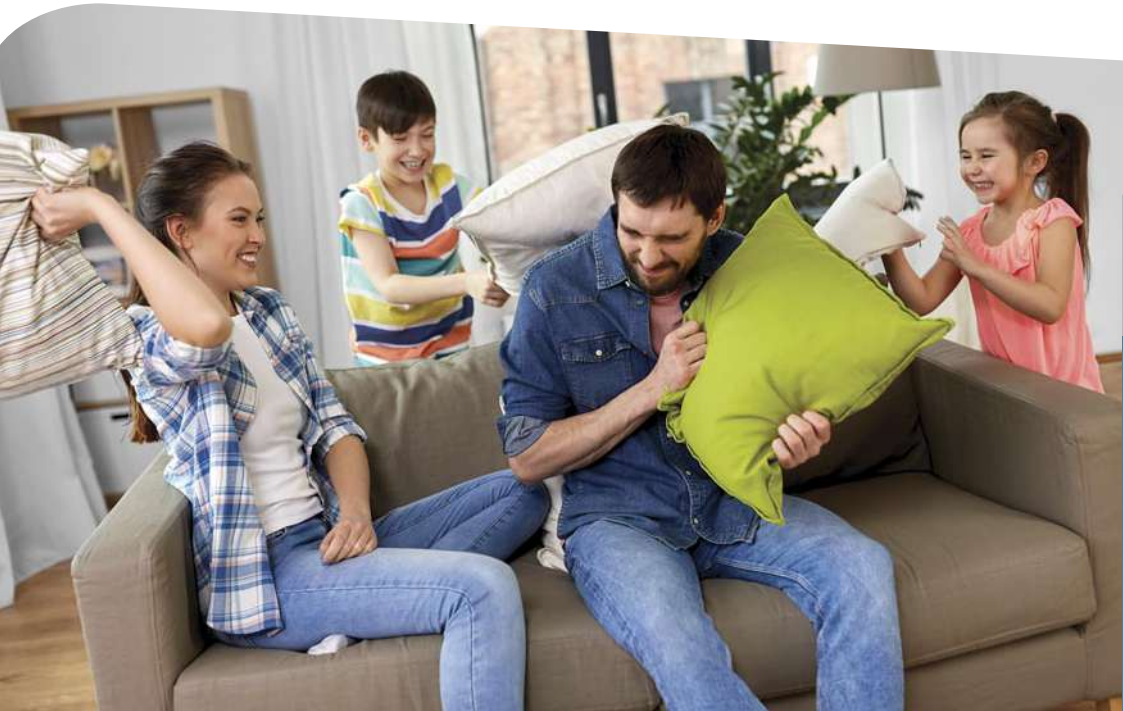
Unfortunately, at times our relationships can also be a cause of stress, anxiety, sadness or even fear. Conflict and other problems within relationships are common, but it is when they are unresolved and build up that our mental health is challenged. While there is no single magic solution for all relationship difficulties, here are some tips you could try which might be of help.

## What might help?

- Try to prioritise your important relationships, they need time and attention to thrive
- Talk about problems or difficult situations when you are not stressed, tired or angry
- Try to deal with issues as they happen, rather than letting them pile up and bringing them all into one argument
- If necessary, involve another outside person who can help you work through the issues, but not take sides
- Be aware of your safety, if you believe that conflict or other issues may put you in danger, seek help as soon as possible.

## Signpost to Supports

If you need some extra help, go to the **Signposts to Supports Section** at the end of the booklet for useful supports and services.







## TECHNOLOGY USE AND MENTAL HEALTH

Technology, including social media, has added so much to our lives and has opened up the world to us in ways we couldn't have imagined. We have access to social contact, information, services and supports at our fingertips. Technology has also meant that in recent times when we could not meet our family and friends we could stay in touch by video, calls and messages.

## How technology can challenge our mental health

The down side is that we can over-use technology. This may mean that we pay less attention to real life relationships, isolate ourselves, be less likely to get involved in real life activity and compare ourselves negatively to the online lives of others. The key is to find a balance between beneficial technology use and any negative effect on our mental health and wellbeing.

### What might help?

- Notice how much time you spend on your phone, tablet or computer, often it's more than we realise
- Give yourself breaks from your devices, switch off notifications and leave your phone out of sight for a few hours each day, especially before bedtime
- Try to put your phone away when you are with other people, especially at family meal times or when socialising with friends
- Try to build hobbies or activities into your day that don't involve your phone or other devices, e.g. reading, physical activity and outdoor pursuits, arts or crafts, family conversations and other shared activities.

### Signpost to Supports

If you need some extra help, go to the **Signposts to Supports Section** at the end of the booklet for useful supports and services.





## WORK AND MENTAL HEALTH

Work can take up a third of our day or more. It has an important role in our lives. The World Health Organisation (WHO) states that work *“substantially contributes to a person’s identity; it provides income for an individual and his or her family, and can make a person feel he or she is playing a useful role in society. It is also an important source of social support.”* (WHO, 2005)

The working environment can positively or negatively affect our mental wellbeing and, in the same way, we can positively or negatively affect our workplace.



## How work can challenge our mental health

**Mental health issues can have a significant impact on employee wellbeing.**

The main mental health issues that impact on the workplace in terms of absenteeism are anxiety and depression (13%), stress (7%), grief/bereavement (4%) and postnatal depression (2%).

We know from research that specific things can negatively affect our mental health, so it is important to notice when you may be experiencing them.

- uncertainty around your work role/responsibilities
- not being satisfied in your role or feeling unsuited to it
- feeling overloaded in your role
- feeling bored or unchallenged
- work relationships/conflict
- performance monitoring/job design or set up
- work-life imbalance.

### What might help?

While you may not be able to solve all the challenges you might experience in work, there are some things you can do to help reduce their impact. Ways to keep well.

- Schedule work meetings in core work hours
- Take your regular breaks away from your workplace if possible
- Incorporate the 5 Ways to Wellbeing in your daily life
- Take your holiday leave
- Set realistic deadlines and pace yourself to deliver on them
- Say “No” sometimes, it is ok not to always take something on or volunteer

- Take regular breaks from your computer or screens. Make use of the Employee Assistance Programme (or similar).

### What can your workplace do?

Creating a workplace culture, that is open to learning and shows understanding of mental health has benefits for employers, employees and the wider community.

A supportive work environment, Employee Assistance Programmes, mental health promotion training, workplace courses on stress management, resilience training and adequate work skills training are all factors that can alleviate and prevent workplace stress.

### Signpost to Supports

If you need some extra help, go to the **Signposts to Supports Section** at the end of the booklet for useful supports and services.







## SUBSTANCE USE AND MENTAL HEALTH

Some people smoke, drink alcohol and/or misuse substances in an attempt to relax and reduce stress. However, the misuse of these substances can have a negative impact on your mental health and can lead to long term health problems.

## How substance misuse affects our mental health

Research has shown that smoking actually **increases anxiety and tension**. Nicotine creates an immediate sense of relaxation, so people smoke in the belief it reduces stress and anxiety. This feeling is temporary and soon gives way to withdrawal symptoms and increased cravings.

You may not realise that drinking alcohol and misusing substances is affecting your health. But there can be early warning signs.

Mental health symptoms caused by problem drinking and substance misuse include:

- memory problems
- concentration problems
- finding it hard to learn new things
- personality changes
- hazy thinking
- anxiety
- depression.

**Talk to your GP if you have any of these symptoms.**



### The impact on mental health conditions

Tobacco/alcohol/substance misuse can make the symptoms of some mental health conditions worse, for example, depression and anxiety. Using tobacco/alcohol/substances to manage social anxiety can affect the development of positive social and coping skills.

You may also:

- start to rely on tobacco/alcohol/substances
- feel very anxious in social situations where tobacco/alcohol/substances are not available
- start to avoid social situations.

### The benefit of cutting down or quitting

A lot of people find their mood improves when they cut down or quit smoking, drinking and misusing substances. This may come as a surprise, as it's common to feel that substances gives you a boost or relief.

Tobacco, alcohol and substance misuse can lead to poor sleep and can reduce your energy and productivity. A break from substances can get you motivated to get things done.

Research shows that if you manage to quit smoking for 28 days, you are more likely to quit for good

Negative feelings, such as having a day when everything goes wrong, are normal. Without tobacco, alcohol and substances in the way, you're more likely to find real solutions and build up your coping skills.

### What might help?

- Stay within the health guidelines for alcohol use per week, no more than 11 standard drinks for women and 17 standard drinks for men, so be aware of the size of your drink measures
- Have at least 2-3 alcohol free days per week and no more than 6 standard drinks in one day



## YOU AND YOUR MENTAL HEALTH

- Try to find alternative social activities that don't involve alcohol or drug use. Try not to keep alcohol or drugs in your home to reduce the temptation to drink or use drugs more often
- Try to stay away from people or situations that would encourage you to drink or use drugs
- If you are concerned about your alcohol or drug use contact the HSE Alcohol and Drugs Help Line on 1800 459 459
- Get help to quit smoking through HSE Smoking Cessation services in your community or contact the National Quitline 1800 201 203.

**If you need urgent help in relation to substance misuse, talk to your GP**

### Signpost to Supports

If you need some extra help, go to the **Signposts to Supports Section** at the end of the booklet for useful supports and services.





## FIVE WAYS TO WELLBEING

We looked in detail at building healthy habits to support your mental health earlier on in the booklet. This reflects a lot of the evidence that has emerged from research on what supports our mental health. An easy way of practicing those key messages is by using The Five Ways to Wellbeing. Evidence shows that these five practices can have a positive impact on our mental health.



## Connect

Try to connect with others in whatever way you can, family, friends, work colleagues, or people in your community. Giving time to these relationships, even with short chats, or visits and calls, can boost how you feel each day.

- Aim to talk to others in person or by phone every day
- Be the one to arrange the catch up cup of tea or phone call
- Try to have a balance in your work/home/ family life that allows time for your important relationships
- Visit your library, local notice boards, websites or newsletters to find out what group activities are going on in your area e.g. parent and toddler groups, walking groups, book clubs, men's sheds, etc.

## Be Active

Regular physical activity as well as being good for your body, also boosts your mental health and wellbeing. Can you find ways to be more active each day?

- Find a favourite way of moving and being physically active that suits you, such as walking, running, cycling, gardening or yoga
- Aim to build it up to 30 minutes each day, you can break it down into 10 minute sessions if that suits you better
- You are more likely to keep up the habit of physical activity if you do it with someone else – so encourage your family or friends to be your walking buddy
- Getting outdoors in nature for your physical activity is even better for your mental health.

## Take Notice

By noticing and being aware of what is going on around you, as well as how you are feeling can really help you to appreciate things more and tune into what you need.

- Pay attention to your own self-care, notice the signs that you could be feeling stressed, under the weather or needing some rest and relaxation
- Notice what you are doing and bring your attention to it. This helps you to be more mindful and stay in the present, which reduces worry and stress
- When you are out and about take in your surroundings, notice the changes in nature, or interesting things in your area
- When you are with others, give them your full attention, when we really tune into others it strengthens our relationship with them and also reduces our own worry or anxiety about ourselves.

## Keep Learning

Be curious and interested in new experiences. Learning is good for your mental health and wellbeing, it's never too late to learn something new.

- Check out your local library for books, including audio books that you can listen to on your phone
- Find out about courses being offered in the evening or afternoon in your local school, family centre, or online
- Try out some new food or use new recipes for your family and friends. (see details of our useful cookbook on page 60)
- If you have let a hobby or interest go because you have been too busy, now might be the time to get back to it.

## Give

Giving to others has a positive effect on the way you feel. Being kind and caring to another person, even in small ways can make you feel better.

- Do you have older neighbours who live alone, or perhaps families with young children who could do with some company or a helping hand?
- Are there opportunities for volunteering in your local area? You may find details in your library, local newspapers or notice boards
- Can you help a charity with fundraising, flag days etc.
- Remember to give yourself some attention as well.





## MINDFULNESS AND RELAXATION FOR MENTAL WELLBEING

Our minds can feel very busy at times which can cause us to feel stressed or overwhelmed. Mindfulness and relaxation can help soothe your thoughts and bring your attention back to the present moment which can ease stress and reduce worry.

## MAKE MINDFULNESS PART OF YOUR DAY\*

*Mindfulness is paying attention on purpose in the present moment, non-judgmentally.*

*(Jon Kabat Zinn)*

There are different ways of practicing mindfulness and some people attend courses to learn how to develop an effective mindfulness practice. You will find details of many supports online or in your local library. You can also try to bring mindfulness into your day with some of the following simple actions:

- Before getting up each morning just pause for a few moments. Take a few slow breaths, notice how your body feels, stretch it out and relax, then think of a positive intention for the day
- When having a hot or cold drink during the day, take time to notice the feel and taste of it, the weight of the cup or glass in your hand, the sensation when you swallow, just notice and enjoy
- During a conversation try to really listen to the other person, tune into what they are saying, pay attention to them rather than preparing your own response, make eye contact and be fully present.
- If you go for a walk or when outdoors, notice the feel of the ground beneath you, the sights, the sounds and the smells around you. Tune into yourself and your surroundings.

*\*(Extracted from Minding Your Wellbeing Resource Booklet © HSE)*

### Relax and Breathe

You might often hear people say ‘slow down and take a deep breath’ when someone is becoming stressed or anxious. This is good advice, because our breathing can help to calm us down and to relax in anxious situations. Tuning into our breath and using it as a focus or anchor can help soothe our body and mind.

### Concentrate on your breath\*

Take a couple of minutes to concentrate on how you breathe. You might realise that your breathing is perhaps coming from the top of your chest. When we are stressed, tired or feeling anxious we tend to take shallow and fast breaths. When we are relaxed we take slower and calmer breaths. This also helps us to feel calmer.

More oxygen keeps us working better all around. Changing how you feel physically can change how you feel mentally. Calming the physical feeling of anxiety - with deep breaths - can help to relieve an anxious mind.

### Breathing techniques

Better breathing techniques can be learned. Breathing better will help your mind and body regain control of the situation.

#### **Practice these tips to help you take a moment and breathe:**

- sit in a comfortable and supportive chair
- put one hand on your chest and the other hand on your abdomen
- breathe as you would normally, but notice where your breath is coming from in your body
- concentrate on taking a slow deep breath - notice how your abdomen rises and falls
- as you get used to taking deep breaths try holding the breath for a count of 4 and then exhaling slowly to a count of 6 - this will encourage you to take deeper breaths
- when taking a deep breath it's also important to focus on the exhale, leave your breath out slowly
- as you get better at taking deep breaths, try working towards inhaling slowly for 7 seconds exhaling slowly for 9 seconds.

*\*Adapted from PSYCHED <https://psychedworkplace.ie/>*







## SIGNPOSTS TO SUPPORTS AND SERVICES

In this section you will find a range of local and national services to help you care for your mental health and wellbeing. National websites have been provided for some services so you can find out what services are available near you.



## MENTAL HEALTH SUPPORTS

### HSE Mental Health Text Service 50808

This is a 24/7 text service, providing everything from a calming chat to immediate support for people going through mental health or emotional crisis. Send a text of whatever is on your mind to **'50808'**.

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

This website provides information for everyone on a wide range of topics such as depression and anxiety, as well as providing advice on how to cope with difficult situations that can impact your mental health.

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### SouthDoc

SouthDoc is a service to provide you and your family with access to urgent medical needs out of hours. SouthDoc operates in County Cork and County Kerry.

t: **0818 355 999**

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### Samaritans

Samaritans offer a safe place for you to talk any time you like, in your own way - about whatever is getting to you. You will not be judged or told what to do, you will just be listened to, 365 days a year.

Free-phone 24/7 on **116 123**

e: **jo@samaritans.ie**

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### Pieta House

Pieta provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm. Free 24-hour support.

Free-phone 24/7 on **1800 247 247**

e: **info@pieta.ie**

## HSE National Counselling Services

This service provides counselling and psychotherapy to a wide range of clients. The NCS is available free of charge across the country. The service aims to support clients to improve their quality of life and reduce their psychological distress through the provision of evidence-based, professional, client centred counselling. Counselling is available either face to face, by phone or online video. Ask your GP about a referral.

w: [www.hse.ie/mentalhealth](http://www.hse.ie/mentalhealth)

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## Irish Association for Counselling and Psychotherapy (IACP)

Provides details of accredited Counsellors and Psychotherapists throughout the country.

t: **01 2303536**

w: [www.iacp.ie](http://www.iacp.ie)

e: [iacp@iacp.ie](mailto:iacp@iacp.ie)

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## Aware

Aware is the national organisation providing free support, education and information services to those impacted by anxiety, depression and bipolar disorder.

t: **1800 80 4848**

w: [www.aware.ie](http://www.aware.ie)

e: [supportmail@aware.ie](mailto:supportmail@aware.ie)

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## Bethany Bereavement Support

Bethany is a free, voluntary, community and parish-based service which aims to support bereaved adults through the grieving process.

t: **087 990 5299**

w: [www.bethany.ie](http://www.bethany.ie)



## Irish Hospice Foundation

Irish Hospice Foundation (IHF) is a national charity that addresses dying, death and bereavement in Ireland.

t: **01 679 3188**

w: **[www.hospicefoundation.ie](http://www.hospicefoundation.ie)**

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## Shine

This is a national organisation providing information and support for people affected by mental health difficulties. They aim to empower clients and their families through support, information and education.

t: **01 541 3715**

w: **[www.shine.ie](http://www.shine.ie)**

e: **[phil@shine.ie](mailto:phil@shine.ie)**

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## Mental Health Foundation Cork

Cork Mental Health Foundation and Housing Association provides housing for people who have experienced mental health difficulties and supports people to recover through involvement in their charity shop.

### Head office address:

Unit 4,  
Nore House,  
Bessboro Road,  
Blackrock.  
T12HR1V

t: **021 4511100**

w: **[www.corkmentalhealth.com](http://www.corkmentalhealth.com)**

Facebook: **[www.facebook.com/corkmentalhealth](http://www.facebook.com/corkmentalhealth)**

## SUBSTANCE MISUSE SUPPORTS

### HSE Addiction Counselling & Advisory Services

This is a community-based addiction treatment service for people over 18 years who are experiencing problems with alcohol and/or drugs and/or compulsive gambling. The service also meets with people who have concerns about a family member's addiction problems.

#### **This is not an emergency service**

HSE CHO4 Addiction Services,  
Level 1, Heron House, Blackpool Retail Park,  
Blackpool, Cork City

t: **021 4928300**

e: **addictiontreatment@hse.ie**

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### Arbour House & Community Counselling Services

This service provides the following:

- Consultation and assessment
- Treatment programme for young people who are addicted to drugs, alcohol or both on an outpatient basis
- Family support and Concerned Persons Information mornings
- Assessment and provision of methadone

#### **This is not an emergency service**

HSE Substance & Alcohol Misuse services  
St. Finbarr's Hospital, Douglas Road,  
Cork City

t: **021 4968933**

e: **addictiontreatment@hse.ie**

## Edward Court Treatment Services

This service provides the following:

- Client Centred treatment services
- Consultation and Assessment
- Provision of Methadone treatment
- Relapse Prevention
- Family support

If you would like more information or support visit the following:

**<https://www2.hse.ie/alcohol/>**

Provides more information on the effect of alcohol on mental health and wellbeing. Provides information on low risk drinking guidelines.

**[http://www.drugs.ie/drugs\\_info/](http://www.drugs.ie/drugs_info/)**

Provides information on alcohol, drugs and drug and alcohol services in Ireland.

**<https://www2.hse.ie/quit-smoking>**

This website provides information on quitting smoking and a signpost to supports and services that will assist you in stopping smoking.

Call the HSE Drugs and Alcohol confidential Freephone helpline on **1800 459 459** from Monday to Friday between 9:30 am and 5:30 pm or email at **[helpline@hse.ie](mailto:helpline@hse.ie)**

## FELLOWSHIPS

### Alcoholics Anonymous (AA)

Alcoholics Anonymous (AA) is a 'Twelve Step' fellowship, self-help support group network dedicated to helping anyone suffering because of their drinking. The Twelve Step Programme is the suggested format for recovery from alcoholism and its effects.

AA is for anyone with a desire to address their own drinking.

(AA) Member Cork City area t: **085 8470880**

North / East Cork area t: **087 6657105**

West Cork area t: **087 6114946**

Kerry area: t: **066 7128720** / t: **087 0522911** (24hrs)

For full list of meetings see: **[www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)**

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### Narcotics Anonymous (NA)

Services Provided: Self-help support group for people who are addicted to substances. Meetings in various locations across the city and county are listed on their website.

Contact Member of narcotics Anonymous/Answering service Helpline

t: **087 1386120**

e: **[info@nasouth.ie](mailto:info@nasouth.ie)**

w: **[www.nasouth.ie](http://www.nasouth.ie)**

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### Gamblers Anonymous (GA)

This is a self-help group for those who are or have been affected by a gambling problem.

C/O Quaker House,  
Capwell / Summer Hill South, Cork City

t: **087 2859552**

e: **[info@gamblersanonymous.ie](mailto:info@gamblersanonymous.ie)**

w: **[www.gamblersanonymous.ie](http://www.gamblersanonymous.ie)**

## SEXUALITY AND SEXUAL HEALTH SUPPORTS

### LGBT+

LGBT Ireland is a national organisation underpinned by localised knowledge and responses. Together with their network members, they provide support, training, and advocacy which aims to improve the lives of LGBT+ people across Ireland.

t: **1890 929 539**

w: **[www.lgbt.ie](http://www.lgbt.ie)**

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### LINC (Advocating for Lesbian & Bisexual Women in Ireland)

LINC is a community development organisation working exclusively with Lesbian and Bisexual women based in Cork. It aims to improve the quality of life, health and well-being of all women who identify as lesbian or bisexual in Ireland.

t: **021 480 8600**

w: **[www.linc.ie](http://www.linc.ie)**

e: **[info@linc.ie](mailto:info@linc.ie)**

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### Cork Gay Community Development Project

The Project provides information, support and education on issues relating to sexual health, lifestyle and sexuality. Other services include one to one counselling, support, drop-in, prevention, outreach, helpline, referral, addiction services and a variety of support and self-awareness groups.

t: **021 4300430**

w: **[www.gayproject.ie](http://www.gayproject.ie)**

e: **[info@gayprojectcork.com](mailto:info@gayprojectcork.com)**

## TENI Transgender Equality Network Ireland

The aim of the service is to advance the rights and equality, and improve the lives of transgender people and their families by offering a range of support services that mitigates common experiences of isolation, misunderstanding and exclusion.

t: **01 8733575**

w: **[www.teni.ie](http://www.teni.ie)**

e: **[office@teni.ie](mailto:office@teni.ie)**

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## My Options Crisis/Unplanned Pregnancy Support

My Options is a HSE Freephone line that provides free and confidential information and counselling to people experiencing an unplanned pregnancy.

w: **[www.positiveoptions.ie](http://www.positiveoptions.ie)**

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## Sexual Health Centre

The Sexual Health Centre provides counselling, information, support and education in the areas of sexual health, wellbeing, sexuality and healthy relationships. It also offers Free Pregnancy Testing, Post Abortion Counselling and Post Medical Check-up and Rapid HIV Testing, in a safe, respectful and supportive environment.

t: **021 427 6676**

w: **[www.sexualhealthcentre.com](http://www.sexualhealthcentre.com)**

e: **[info@sexualhealthcentre.com](mailto:info@sexualhealthcentre.com)**



## DOMESTIC AND SEXUAL VIOLENCE SUPPORT

### Women's Aid Domestic Violence Services

Women's Aid 24hr National Freephone Helpline offers confidential information, support and understanding to women who are being abused by current or former boyfriends, partners or husbands. This service also supports family members, friends, and professionals who have concerns about a person, they know or are working with, who might be experiencing domestic violence and abuse. The helpline provides support to callers where English is not their first language, through their Language Line facility (available 24 hours a day, 7 days a week) and for women who are deaf or hard of hearing through its Text Service facility (operational daily 8am-8pm).

t: **1800 341 900** (24-hour Freephone) text: **087 9597980**

w: **[www.womensaid.ie](http://www.womensaid.ie)**

e: **[helpline@womensaid.ie](mailto:helpline@womensaid.ie)**

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### Men's Aid

Men's Aid Ireland is a dedicated national support service for men and their families experiencing domestic violence in Ireland.

t: **01 554 3811** (confidential support line) or **01 539 4277**

w: **[www.mensaid.ie](http://www.mensaid.ie)**

e: **[hello@mensaid.ie](mailto:hello@mensaid.ie)**

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### Sexual Violence Centre Cork

The Centre provides services to survivors of rape, sexual assault and child sexual abuse. Services include a Freephone helpline, counselling, accompaniment to court or the Sexual Assault Treatment Unit and training.

**Please visit the website for more information.**

t: **1800 496 496** or text **087 153 3393**

w: **[www.sexualviolence.ie](http://www.sexualviolence.ie)**

e: **[info@sexualviolence.ie](mailto:info@sexualviolence.ie)**

## Kerry Rape and Sexual Abuse Centre

Kerry Rape & Sexual Abuse Centre provides professional, free and confidential counselling, information and support. The main service is based in Tralee, but the outreach service endeavours to meet the needs of victims and their families throughout the county.

t: **Freephone 1800 633 333**

w: **[www.krsac.com](http://www.krsac.com)**

e: **[Kerryrapecrisis@krsac.com](mailto:Kerryrapecrisis@krsac.com)**

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## Rape Crisis Network

Provides a list of all Rape Crisis Centres and support services to those who have experienced sexual violence. Currently, due to limited resources this website is the only route of responding to queries from the general public; it is also the best way of finding your local rape crisis office details.

w: **[www.rapecrisishelp.ie](http://www.rapecrisishelp.ie)**

## TRAVELLER COMMUNITY SUPPORT

### Cork Traveller Visibility Group

TVG is an independent, Cork-based, Traveller-led community development organisation. TVG will pursue social justice and equality for Travellers so that they can live free from racism and discrimination.

t: **021 4503786**

w: **www.tvgcork.ie**

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### Kerry Traveller Health & Community Development Project

This service has the vision of being a Traveller-led organisation, where Traveller ethnicity is championed, and where Travellers are proud of their identity and are actively engaged in community life.

t: **066 7120054**

e: **siobhankthcdp@eircom.net**

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### Traveller Counselling Services

The Traveller Counselling Service was launched in February 2008, initially as a one-year pilot project which since has developed into a community-based counselling service for the Traveller community.

t: **01 8685761**

e: **info@travellercounselling.ie**

## IMMIGRATION AND ASYLUM SEEKERS SUPPORT

### Cork Migrant Centre

This is a local charity in Cork which provides free, confidential and current information on access to services and immigration issues. The centre advocates on behalf of migrant children, families and communities to ensure they have access to the services and supports they need to alleviate the day-to-day challenges of life.

t: **021 4193587** or **086 0137616**

e: **corkmigrantcentre@gmail.com**

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### New Communities Partnership Cork Migrant Family Support Service

The Cork Migrant Centre (CMC), is a local charity in Cork which was established by the Presentation Sisters in 2006, to provide free, confidential and current information on access to services and immigration issues.

t: **021 239 9910**

e: **familysupport@newcommunities.ie**

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### NASC Migrant and Refugee Service

Nasc, the Irish word for 'link', empowers migrants to realise and fulfil their rights. Nasc works with migrants and refugees to advocate and lead for change within Ireland's immigration and protection systems, to ensure fairness, access to justice and the protection of human rights.

t: **021 427 3594**

e: **reception@nascireland.org**

## FAMILY SERVICES

### Parentline

Parentline is a national confidential helpline which offers parents support, information and guidance on all aspects of being a parent and on any parenting issues.

t: **01 8733500** (admin)

t: **1890 927277** (LoCall Helpline)

w: **www.parentline.ie**

e: **info@parentline.ie**

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### National Family Resource Centres

There are many family resource centres across Cork and Kerry, the national website will guide you to a location and service. The resource centres are community based and provide information, advice and support to individuals and families in their local area.

e: **info@familyresource.ie**

w: **www.familyresource.ie**

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### Barnardos Services

Barnardo's mission is to deliver services and work with families, communities, and their partners to transform the lives of vulnerable children who are affected by adverse childhood experiences.

t: **01 453 0355**

w: **www.barnardos.ie**

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### One Family

This service offers support, information and advice for people parenting alone, sharing parenting or who are separating.

e: **info@onefamily.ie**

w: **www.onefamily.ie**

t: **01 6629212** (Confidential Helpline)

t: **1890 662212** (Confidential Lo-Call)

## Treoir: National Federation for Unmarried Parents and their Children

This organisation provides free, confidential, specialist information service for parents not married to each other, living together or apart, as well as to their extended families and those working with them.

e: **info@treoir.ie**

w: **www.treoir.ie**

t: **01 6700 120**

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## HUGG Suicide Bereavement Support

Provides a safe, confidential environment in which those bereaved by suicide can share their experiences, feelings and gain support from others. Support Group groups available online alongside telephone support.

t: **01 513 4048**

w: **www.hugg.ie**

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## The Irish Hospice Foundation

Bereavement Support Line and online information to help understand more about the grieving process.

t: **1800 80 70 77**

Hours: **Monday to Friday 10am-1pm**

w: **<https://hospicefoundation.ie/bereavement>**

w: **<https://hospicefoundation.ie/our-supports-services/bereavement-loss-hub/bereavement-support/>**



## SUPPORT FOR OLDER PEOPLE

### Age Action

Age Action is Ireland's leading advocacy organisation for older people and ageing. It supports and advocates for equality and human rights for all older people, as well as supporting older people and their families to live full and independent lives

t: **01 475 6989**

w: **[www.ageaction.ie](http://www.ageaction.ie)**

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### ALONE

ALONE provides supports and advice for older people who are homeless, socially isolated, living in deprivation or in crisis. Services include; befriending, housing with support, support coordination and technology support.

t: **0818 222 024**

w: **[www.alone.ie](http://www.alone.ie)**

e: **[hello@alone.ie](mailto:hello@alone.ie)**

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### Friendly Call Cork

Friendly Call Cork is a free community based service providing a daily phone call to older people or individuals who may feel lonely, isolated and vulnerable in Cork City. It is especially helpful for people with chronic illness or who cannot engage in an active way in the community. Once people register for the service Friendly Call Cork can provide friendship and security helping clients feel safer at home. If a client does not answer, the Friendly Caller will phone a member of their family, a neighbour or a friend.

If you would like more information on the service or would like to sign up for a Friendly Call;

t: **Brenda Barry on 021 430 1700 or 087 6366407**

e: **[Brenda.Barry@partnershipcork.ie](mailto:Brenda.Barry@partnershipcork.ie)**

## COMMUNITY SUPPORTS

### Health & Wellbeing Community Referral/Social Prescribing Projects

Health and Wellbeing Community Referral also known as Social Prescribing Services, can help you access a range of community and voluntary services in your local area that can benefit you and your health.

**For more information link to the website**

w: **[www.thewellbeingnetwork.ie](http://www.thewellbeingnetwork.ie)**

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### Men's Sheds

Men's Sheds are community-based health promotion projects aimed at supporting the physical, mental and social wellbeing of men's sheds members. It is a place where men can come together to learn, share skills and make long-lasting friendships together.

t: **01 891 6150**

w: **[www.menssheds.ie](http://www.menssheds.ie)**

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### The Samaritans

Samaritans offer a safe place for you to talk any time you like, in your own way - about whatever's getting to you. We won't judge you or tell you what to do, we'll listen to you, 365 days a year.

t: **116 123**

e: **[Jo@samaritans.ie](mailto:Jo@samaritans.ie)**

w: **[www.samaritans.org](http://www.samaritans.org)**

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### NICHE Community Health Project, Cork

NICHE is a community health initiative working within Knocknaheeny, Hollyhill and surrounding areas of Cork city to improve health, wellbeing and quality of life.

t: **021 4300135**

e: **[info@nicheonline.ie](mailto:info@nicheonline.ie)**

w: **<https://www.facebook.com/NicheCork/>**





## MENTAL HEALTH AND WELLBEING INITIATIVES IN CORK KERRY COMMUNITY HEALTHCARE

We would like to tell you about some of the local initiatives that are available in the Cork and Kerry Area.



## Health and Wellbeing Community Referral/Social Prescribing

Community Referral is about supporting the health and wellbeing of people by helping them to access services, supports and activities in their local community. This might include walking groups, Men's Sheds, Family Resource Centres, art classes, reading or book clubs, community gardening or parent and toddler groups. Community Referral is free but some community activities may incur a small cost.

### How it works

The person may be referred by their GP or other health professional to the Community Referral Project. (People can also attend the service without a referral).

A Community Referral Link Worker will meet with the person and spend time discussing what the person needs. They will help the person to identify activities or supports suitable for them. They will also discuss how the person might benefit from participating in them.

The discussion might include what hobbies and interests the person has, or had in the past. They will talk about what is available in their local area. The Link Worker will assist and support the person to access these activities. This may be done over a number of sessions.





PSYCHED is an initiative of Healthy Cities and Counties, supported by the Health Service Executive, University College Cork, Cork City Council, Cork County Council and community workplace partners.

**A Psyched workplace aims to:**

- Stimulate conversations leading to a better understanding of mental health
- Promotes mental health and wellbeing and sets goals for positive improvement
- Celebrates commitment, good practice and innovation in mental health promotion in the workplace.

Learning about mental health in the workplace encourages working environments that are supportive, nurturing, and open to growth and change. Work can take up a third of our day or even more. It has an important role in our lives. Our working environment can positively or negatively affect our mental wellbeing, and, in the same way, we can positively or negatively affect our workplace.

**We offer the following training for workplaces:**

- Introduction to Psyched – This course is currently being delivered online (2.5 hrs in length) for Cork based workplaces participating or interesting in participating in PSYCHED Mental Health Promotion Training
- We run a host of other trainings and webinars, all updated on our PSYCHED website <https://psychedworkplace.ie>. The PSYCHED website has some great practical resources and tips for employers and employees to consider for healthier workplace environments.

**Contact:** t: 021 4921641 w: <https://psychedworkplace.ie>



## 'Loaves of Laughs'

### Men Cooking for Better Mental Health Joint Venture with Niche project and HSE Mental Health Services

The food we eat every day has an impact on our health including our mental health. This recent initiative brought a group of local men together each week to learn to cook, but they gained much more from the support and interaction with each other. They also created a recipe book to encourage other men to cook.



### According to Martin Ryan, Resource Officer for Suicide Prevention who taught this programme....

*“Everybody can learn to cook but interest and enjoyment in cooking often comes from how you learn. The objective of this programme was to encourage men to understand the importance of healthy cooking and how to do it for themselves. It was also to give men an opportunity to connect with each other. So they learned to cook together, they talked together and ate together. When developing this programme, I wasn’t coming at it just from a cookery tutor point of view, but also from a mental health professional’s perspective. Cooking can be a great opportunity for men to engage and connect, to support and give support, while learning a new skill.*

*We know that when we make slight changes to our choices around food it can have a huge impact on how we deal with difficult and stressful days. It’s a proven fact that what we eat and drink plays a huge part in our mental fitness. Some people might think that cooking after a day’s work is too hard and that it’s easier to ring for a pizza, curry etc. What the men learned was the fun and enjoyment of cookery simple key recipes that everybody can do and the benefit to their wellbeing. Cooking together also created a space where important conversations happened.”*

Copies of Loaves of Laughs are available through the Niche Health Project Knocknaheeny  
t: **021 4300135** e: **info@nicheonline.ie**

## Minding Your Wellbeing



Minding Your Wellbeing, is a, free, online mental health and wellbeing programme from HSE, Health and Wellbeing. It aims to provide simple tools and guidance to help you develop and maintain a positive approach to looking after your mental health and wellbeing every day.

The programme consists of 5 short videos, which you can watch at any time, to get the most benefit it would be best to watch all of them, but you can do that in your own time.

### The video sessions focus on

1. Practicing Self Care
2. Understanding our Thoughts
3. Exploring Emotions
4. Building Positive Relationships
5. Improving our Resilience.

Follow this link to find out more and to access the programme: Minding Your Wellbeing or visit <https://www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html> where you will also find information on additional supports to mind your mental health.

## Five Ways over Five Days

This is a video programme developed by Cork Kerry Community Healthcare Mental Health Services. It aims to offer guidance and simple tips to support our mental health and cope with some of the emotional distress we may have experienced or are experiencing due to the Covid 19 pandemic.

There are 5 videos, one for each day during the week, each focussing on a different topic to support your mental health.

- **Day 1, Understanding our Emotions** - Why we have emotions and how we manage them even if we do not like them
- **Day 2, Understanding our States of Mind** - How with balance emotion and reason and find a more wise mind
- **Day 3, Daily Mindfulness** - How to be in the moment, the “what” and “how” of everyday practice
- **Day 4, Relationship Mindfulness** - How to be mindful of others and protect your relationships
- **Day 5, Coping with Distress** - Some crisis survival tips when things are not how you want them to be.

You can view these videos on the Cork Kerry Community Healthcare Youtube Channel: [https://www.youtube.com/watch?v=EKSKh44aFT0&list=PL0Wkpf1r81XIEe\\_KKNrh4diZE9RT3kRQk](https://www.youtube.com/watch?v=EKSKh44aFT0&list=PL0Wkpf1r81XIEe_KKNrh4diZE9RT3kRQk)



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# Need to talk?

Help is a phone call away



Freephone 24/7 on **116 123**

Email: [jo@samaritans.ie](mailto:jo@samaritans.ie)



Call **1800 247 247**

Email: [info@pieta.ie](mailto:info@pieta.ie)



Freephone 24/7 **1800 666 666**

Text "Talk" to **50101**

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



Tel: **1800 111 888**

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

**Cork**



[connectingforlifecork.ie](http://connectingforlifecork.ie)

text about it

**50808**

[hello@text50808.ie](mailto:hello@text50808.ie)

[www.text50808.ie](http://www.text50808.ie)

**Kerry**



[connectingforlifekerry.ie](http://connectingforlifekerry.ie)

If you are in crisis please contact your local GP. Out of hours, contact SouthDoc on 1850 335 999 or your nearest Emergency Department.

For further information and a list of other supports please access:

**[www.bereaved.ie](http://www.bereaved.ie)**

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## Connecting for Life

Connecting with help & support



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Information & resources  
[yourmentalhealth.ie](http://yourmentalhealth.ie)



5 Ways over 5 days  
Coping with Covid



Cork

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Working in partnership to coordinate and promote  
a shared understanding for the delivery of mental  
health promotion in Cork and Kerry

Health & Wellbeing,  
Cork Kerry Community Healthcare



Kerry

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COMMUNITY HEALTHCARE