



**Mental Health
Ireland**



Mind Your Mental Health Training Workshop

provides participants with an opportunity to reflect on mental health and to learn strategies to enhance wellbeing



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Overview

Mind Your Mental Health is delivered in four units:

1. Understanding Mental Health and Wellbeing
2. Stress and Thinking Patterns
3. Mental Health Difficulties, Recovery and Support
4. Minding Your Mental Health Strategies

The workshop format includes presentations, discussions, case studies and group activities which have been developed to:

- > Increase awareness and understanding of mental health and wellbeing
- > Provide participants with tools and strategies to enhance their mental health and well-being
- > Promote the range of supports and resources available, both formal and informal

The workshop is delivered by the Area Development Officer team from Mental Health Ireland.

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