

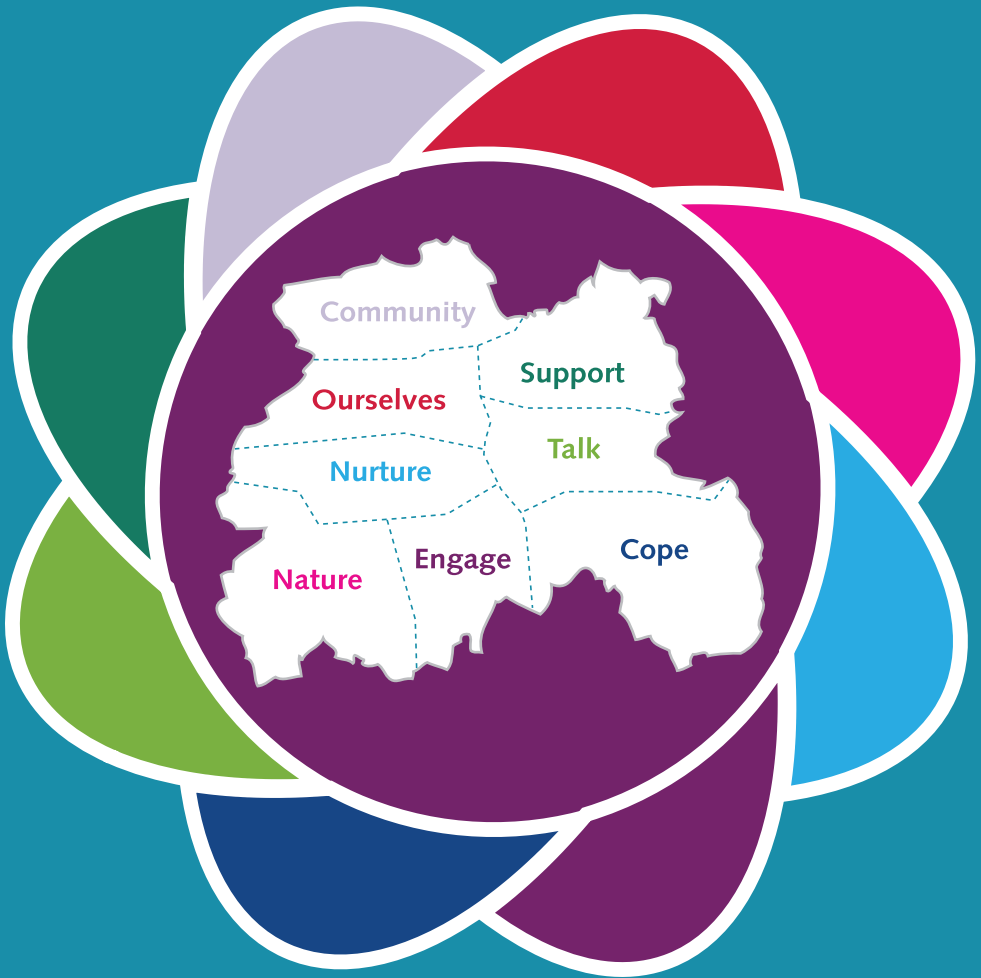
# LAOIS connects

PROMOTING HEALTH & WELLBEING

## PROGRAMME OF EVENTS

Saturday 10th - 17th October 2020

As part of  
World  
Mental  
Health  
Day  
2020



Stay connected with



# Welcome to the LAOIS connects 2020 Programme

This year Covid 19 is likely at the forefront of all our minds and whilst this may be challenging to navigate, it brings a special importance to our Laois Connects 2020 Programme.

Mental health is all about how we meet the demands of life, how we feel about others and how we feel about ourselves. Simple factors such as diet, exercise, keeping ourselves occupied and sleep can all play a large part in our level of self esteem and also in our relationships.

The spread of Covid-19 has had an increasing impact on all members of our society and it is now more important than ever to look after our Mental Health. We hope this year's Programme of Free Events, whilst different from previous years, are just as meaningful and beneficial to all of us.

Remember, friends and family can still be reached by post, phone email and social media. Take the time to write a letter to an elderly relative or friend, make that phone call. Stay connected. Stay safe!

Laois Connects Members are Laois County Council, Laois Sports Partnership, Laois PPN, HSE, Laois Partnership Company, Mental Health Ireland, Mountmellick Youth and Family Resource Centre, Shine, Mountmellick Community School, Music Generation Laois, LOETB, Healthy Ireland, Dunamais Arts Centre.





**Laois Connects Podcasts** offer a diverse and interesting range of conversations, suitable for everyone, young and old. A wide range of lifestyle topics are discussed with dedicated people who are there to support you and your community in the wonderful county of Laois.

Laois Connects Podcasts have been developed and produced by the HSE Health Promotion & Improvement Team in conjunction with Laois Partnership.

The Laois Connects Podcasts can be accessed by visiting <https://laoispartnership.ie/laois-connects-podcasts/>

*(Available on all main Podcast Apps including Spotify, Apple, Podbean & Google Play).*

### THE TITLES OF THE PODCASTS ARE:

- ★ **Laois Connects**
- ★ **Learning is for Life**
- ★ **Living with Loss**
- ★ **Women in the Community**
- ★ **Fear Less**
- ★ **Young People Ask**
- ★ **The Power of Gratitude**



## SATURDAY 10<sup>th</sup> October

|               |   |
|---------------|---|
| 9am           | Check out LOETB's Community Education Service Facebook Page with some videos promoting Positive Mental Health & Mindfulness, Healthy Food, Healthy Mood – Quick and Healthy Recipe: <a href="https://www.facebook.com/LOETBcommunityeducation">https://www.facebook.com/LOETBcommunityeducation</a> |
| 12pm-2pm      | Songwriting workshop for young people – Portlaoise Parish Centre – LOETB & Music Generation Laois. Book your place, tel: to 057 8681782   |
| 2.15pm-3.30pm | Drumming Workshop for young people – Portlaoise Parish Centre - LOETB & Music Generation Laois. Book your place, tel: to 057 8681782  |

## SUNDAY 11<sup>th</sup> October

|          |  |
|----------|--|
| 9am      | Check out LOETB's Community Education Service Facebook Page with a Mindfulness session promoting Positive Mental Health on <a href="https://www.facebook.com/LOETBcommunityeducation">https://www.facebook.com/LOETBcommunityeducation</a> |
| 9am      | Dunamaisie presents a FREE downloadable creative resource pack. Available to families as a support for their new school-home life balance and well-being. Download from <a href="http://www.dunamaisie.ie">www.dunamaisie.ie</a>           |
| 11am-1pm | Active Parks Autumn Restorative Family Yoga Session, Portlaoise - Pre-book, tel: 057 8664058 or email: <a href="mailto:sports@laoiscoco.ie">sports@laoiscoco.ie</a>  |

## MONDAY 12<sup>th</sup> October

|               |  |
|---------------|--|
| 9am           | Laois Connects Podcast – available <a href="https://laoispartnership.ie/laois-connects-podcasts/">https://laoispartnership.ie/laois-connects-podcasts/</a>   |
| 9am           | Healthy Ireland - Small Grants Scheme for projects with a Mental Health Theme. For more information: <a href="https://laois.ie/departments/community/healthy-ireland/">https://laois.ie/departments/community/healthy-ireland/</a> |
| 9am           | Stress Management Tutorial. The origins of stress on <a href="http://www.facebook.com/shineonlineirl/">www.facebook.com/shineonlineirl/</a>  |
| 9am           | Podcast - Young People and the Power of Creativity <a href="https://www.loetb.ie/news1">https://www.loetb.ie/news1</a>   |
| 10am-11am     | "Sacred Space Online Workshop" Contact: <a href="mailto:trueselftrueart@gmail.com">trueselftrueart@gmail.com</a> or 087 7139015 for Zoom link.   |
| 10am-11am     | Mindfulness Session. To sign up, contact Sandra on 086 817 7596. Mountmellick Youth and Family Resource Centre.  |
| 11.30am       | Social Farming Ireland Workshop via Zoom to register contact <a href="mailto:admin@socialfarmingireland.ie">admin@socialfarmingireland.ie</a>  |
| 2.30pm        | Wellbeing for an online world by Zoom with Carol Conway - booking essential <a href="mailto:carol.conway@freelancecatalyst.com">carol.conway@freelancecatalyst.com</a>   |
| 7pm           | Mountmellick Youth and Family Resource Centre live on Facebook   |
| 4pm-5pm       | The Power of Choice Talk with Philly McMahon – Online Event. Contact Laois PPN, <a href="mailto:danbergin@laoiscoco.ie">danbergin@laoiscoco.ie</a>   |
| 7.30pm-8.30pm | 5 Ways to Wellbeing in Tough Times via Zoom numbers limited, prebooking required. Contact Laois Sports Partnership on 057 8671248 for booking.   |

## TUESDAY 13<sup>th</sup> October

|               |  |
|---------------|--|
| 9am           | Stress Management Tutorial, The Stress Cycle <a href="http://www.facebook.com/shineonlineirl/">www.facebook.com/shineonlineirl/</a>  |
| 10.45am       | Mountrath Ramblers Walk, Meeting St Fintan's Hall Carpark. For booking & info, contact Caroline Cahill on 086 8852503. Limited availability  |
| 11am-1pm      | Active Parks Autumn Restorative Yoga Session, Mountmellick for booking tel: 057 8664058 or email <a href="mailto:sports@laoiscoco.ie">sports@laoiscoco.ie</a>  |
| 11am-12pm     | Easy Peasy Outdoor Activator Session. Meet: Portarlinton Leisure Centre. Numbers limited, weather permitting, prebooking essential. More info & to reserve a place, Tel: 057 8671248   |
| 1pm-1.40pm    | Connect Café – Lunch & Learn! Online Workshop via Zoom platform. Contact Laois Sports Partnership on 057 8671248 for booking link  |
| 6.45pm        | Port Trail Walking Group. Assemble at Carpark, Parkland, Portarlinton - pre-booking essential, contact Donie Mollooy on 086 3288 858   |
| 7.30pm-8.30pm | 'Lighting the Path Through Bereavement'. Keynote speaker: Linda Allen, author of 'See You in Two Minutes Ma!' following the death of her 15 yrs old son. To book onto this Webinar to hear Linda and other Panelists contact email: <a href="mailto:josephine.rigney@hse.ie">josephine.rigney@hse.ie</a> |

## WEDNESDAY 14<sup>th</sup> October

|                |  |
|----------------|--|
| 9am            | Stress Management Tutorial, Un-helpful Thinking Styles<br><a href="http://www.facebook.com/shineonlineirl/">www.facebook.com/shineonlineirl/</a>   |
| 10am-12pm      | Mountmelick Youth and Family Resource Centre – Healthy eating cooking Class - MDA Display Kitchens. To sign up, contact Sandra on 086 817 7596.  |
| 11am-11.35am   | Shine – Taking Control Workshop, Zoom - to book your place by email: <a href="mailto:scox@shine.ie">scox@shine.ie</a>  |
| 11am & 8pm     | Cinema - A Beautiful Day in the Neighborhood, Booking on <a href="http://www.dunamaise.ie">www.dunamaise.ie</a> or 057 866 3355 Free Only with Promo code 'laoisconnects'                                  |
| 12.45pm-2.15pm | Active Parks Autumn Restorative Yoga Session, Portlaoise.<br>For booking tel: 057 8664058 or email <a href="mailto:sports@laoiscoco.ie">sports@laoiscoco.ie</a>  |
| 2pm-2.35pm     | Shine, ZOOM Workshop – Resilience - book your place by email: <a href="mailto:scox@shine.ie">scox@shine.ie</a>   |
| 6.30pm         | Dr. Mary O' Kane on Supporting Children's Return to School after Covid 19, Zoom.<br>Email <a href="mailto:laoislibrary@laoiscoco.ie">laoislibrary@laoiscoco.ie</a> to register your interest in attending. |
| 7pm            | Online Workshop, Zoom – 5 ways on Wellbeing during Tough Times - Laois PPN<br>contact <a href="mailto:danbergin@laoiscoco.ie">danbergin@laoiscoco.ie</a>   |

## THURSDAY 15<sup>th</sup> October

|            |   |
|------------|---|
| 9am        | Stress Management Tutorial - The Drama Triangle and how to get off it -<br><a href="http://www.facebook.com/shineonlineirl/">www.facebook.com/shineonlineirl/</a>   |
| 10am-11am  | MYRC – Pilates. To sign up contact Sandra on 086 817 7596.  |
| 10am       | Online webinar hosted by Erica Hargaden a certified Child Sleep Consultant from Babogue Sleep Solutions. Access via <a href="https://www.facebook.com/LaoisLibraries">https://www.facebook.com/LaoisLibraries</a> |
| 11.30am    | Active Parks Autumn Restorative Yoga Sessions,<br>for TY Students Mountrath Community School, - Closed Session  |
| 2pm - 3pm  | Easy Peasy Online Activity Session: Fun sit fit exercises via ZOOM suitable for all abilities.<br>Numbers limited, for more info and to reserve a place contact 057 8671248                                       |
| 6.45pm     | Port Trail Walking Group. Assemble at Carpark, Parkland, Portarlinton<br>pre-booking essential, contact Donie Molloy on 086 3288 858  |
| 7pm-8.30pm | Fear-Less (Reduce Anxiety in Children). For parents of children/teenagers aged 4-15yrs.<br>Webinar Format. Booking essential via <a href="mailto:Sinead.higgins@tulsa.ie">Sinead.higgins@tulsa.ie</a>             |

## FRIDAY 16<sup>th</sup> October

|           |   |
|-----------|---|
| 10am-11am | "Emotional Awareness and Regulation Online Webinar" .<br>Contact: <a href="mailto:trueselftrueart@gmail.com">trueselftrueart@gmail.com</a> or 0877139015 for Zoom link.     |
| 11am      | Create a Vision Board with Dunamaise Arts Centre. FREE. Duration: c. 1 hour.<br>Capacity: 6. Booking <a href="http://www.dunamaise.ie">www.dunamaise.ie</a> or 057 866 3355 |
| 3pm       | Creative Writing with Kate Heffernan and David Butler. FREE. Duration: c. 1 hour  |

## SATURDAY 17<sup>th</sup> October

|     |   |
|-----|---|
| 9am | LOETB's Community Education Service - promoting Positive Mental Health & Mindfulness & Healthy Food, Healthy Mood – Quick and Healthy Recipe<br><a href="https://www.facebook.com/LaoisLibraries">https://www.facebook.com/LaoisLibraries</a> |
|-----|---|

# LAOIS connects

## CALENDAR OF EVENTS

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# 10<sup>th</sup> Saturday

Check out LOETB's Community Education Service Facebook Page with a Mindfulness session promoting Positive Mental Health. See also the Healthy Food, Healthy Mood - Quick and Healthy Recipes

<https://www.facebook.com/LOETBcommunityeducation>



### SONGWRITING WORKSHOP FOR YOUNG PEOPLE

Laois Offaly Local Creative Youth Partnership  
in association with LOETB & Music Generation Laois

 12noon - 2pm Suitable for Age: 15-18

Facilitated by well-known musicians James O'Connor and Ros O'Meara  
Maximum 10 participants. Please pre-book your place. Tel: 057 8681782 /  
email: [mgl@loetb.ie](mailto:mgl@loetb.ie). No previous experience required, bring your  
musical instrument if you play one. However, you don't need to play an  
instrument to take part.

VENUE : Portlaoise Parish Centre



### DRUMMING WORKSHOP FOR YOUNG PEOPLE

Laois Offaly Local Creative Youth Partnership  
in association with LOETB & Music Generation Laois

 2.15pm - 3.30pm Suitable for Age: 12-14

Facilitated by well-known musicians Dale McKay and Ros O'Meara  
All drums supplied and will be sanitised before use. Maximum 10 participants.  
Please pre book your place. Tel: 057 8681782 / email: [mgl@loetb.ie](mailto:mgl@loetb.ie)

VENUE : Portlaoise Parish Centre



# LAOIS connects

## CALENDAR OF EVENTS

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Oct

11<sup>th</sup>  
Sunday

 MORNING

Check out LOETB's Community Education Service Facebook Page with a Mindfulness session promoting Positive Mental Health  
<https://www.facebook.com/LOETBcommunityeducation>



### ACTIVE PARKS - AUTUMN RESTORATIVE FAMILY YOGA SESSION

Sport & Leisure Section, Laois County Council

 11am - 1pm

**Target Group:** Suitable for Family groups with children over 7 years of age.

A session of deep releasing and restoring evolving to a new level of relaxing by focusing your attention to you and your body using all the autumn energy of heightened awareness & action to bring about positive change within ourselves. Restorative Yoga Sessions are energetically and intuitively led to include gentle yoga, body movement, meditation and deep relaxation of body and mind. Session will be followed by delicious light healthy refreshments from locally sourced ingredients.

As Covid 19 Screening forms need to be completed in advance please book your place before 12 noon on Friday 9th October 2020. Places can be booked by Tel: 057 866 4058 / email: [sports@laoiscoco.ie](mailto:sports@laoiscoco.ie)

*Please book early as places will be limited.*

Covid 19 guidelines will apply.

**VENUE :** Páirc an Phobail, Portlaoise



Healthy  
Laois

# LAOIS connects

## CALENDAR OF EVENTS

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# 12<sup>th</sup> Monday

 MORNING

### Laois County Council – in association with Healthy Ireland - Small Grants Scheme for projects with a Mental Health Theme.

The scheme is aimed at delivering programmes and initiatives which are in line with the Mental Health Theme of Healthy Ireland under the Community Mental Health Fund. The Grant Scheme is available to not -for- profit local community groups, voluntary and sporting Organisations which promote positive mental health and are based in County Laois. **Closing date 4pm 30th October 2020.** For more information: <https://laois.ie/departments/community/healthy-ireland/>



Healthy  
Laois

LCDC

Comhairle um Thionscail agus Fhorasairiú Leanaí  
Laois and LEADER Community Development  
Committees



pobal

government supporting communities



Rialtas na hÉireann  
Government of Ireland

## MINDFULNESS SESSION

 10am – 11am

During Mental Health Week, why not take an hour for yourself, to relax in a Mindfulness session.

To sign up, contact Sandra on 086 817 7596.

**VENUE : Mountmellick Youth & Family Resource Centre**



# LAOIS connects

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12<sup>th</sup>  
Monday

 MORNING

### SOCIAL FARMING

 11.30am – 12.30pm



An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine

#### So what is Social Farming?

Social Farming is where ordinary family farms open their farm to vulnerable people in our communities. The farm is not a specialised treatment farm; rather the farm remains a typical working farm where people in need of support can benefit from partaking in ordinary farm activities in a non-clinical environment alongside the farmer. We will host an online zoom seminar to inform people about what you could expect from a social farming experience and also what a farmer might expect to offer.

Please contact [admin@socialfarmingireland.ie](mailto:admin@socialfarmingireland.ie) to register for the event.

Further information from our website at <https://www.socialfarmingireland.ie/> or tel: 086 790 5596.

VENUE : Online via Zoom platform

### SACRED SPACE ONLINE WORKSHOP

 10am – 11am Online via Zoom platform

Through creativity and awareness this workshop aims to create a sacred space for connection to self and that which is beyond us.

Facilitator: Aisling Brennan holds an MA in Applied Spirituality from WIT and Certificate in Spiritual Accompaniment from Mount St. Annes.

Contact: [trueselftrueart@gmail.com](mailto:trueselftrueart@gmail.com) or 087 7139015 for Zoom link.

Capacity: 10 participants. Materials Required: Art materials of your choice.



# LAOIS connects

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Monday



AFTERNOON

**WELLBEING FOR AN ONLINE WORLD** Free Workshop

 2.30pm

This Zoom workshop will be delivered by Carol Conway,  
Behavioural Scientist



Wellbeing for an Online World is an opportunity to explore how we can better mind our own well-being while working, socialising and engaging remotely during these strange times of social distance and online working.

It is designed to be engaging, light and fun while touching on essential tips and tools for enhanced effectiveness and self-care. Attendees can expect to come away feeling refreshed, re-energised and packing an expanded toolkit for effectiveness.

*This workshop is funded by Healthy Ireland Laois-Community Engagement Funding which is supported by the Department of Health.*

**VENUE :** Online Workshop via Zoom platform

Limited places register early

To register email [carol.conway@freelancecatalyst.com](mailto:carol.conway@freelancecatalyst.com)



# LAOIS connects

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Monday



EVENING

### THE POWER OF CHOICE - A TALK BY PHILLY McMAHON



7pm Online Event



Philly McMahon is best known as someone who has won seven All-Irelands with Dublin, including a historic five in-a-row, Dublin titles with his club Ballymun Kickhams, two Allstars and a bestselling Author of his book “The Choice”, but he might never have played football. He has repeated his Leaving Cert, gotten a Third Level Education and become a successful business owner, but his life could have taken a different path.

Philly’s brother took a different path and tragically lost his life through drug addiction in 2012. Philly and his brother John grew up in Ballymun and faced the same challenges and choices but chose very different paths. Philly speaks about the impact of life changing events such as Covid 19 or loss of a loved one can have on your mental health and the choices we make. Philly talk focuses on the power of making positive choices when faced with life altering events.

Philly is now a brand ambassador for the Irish Association of Counselling and Psychotherapy (IACP) and a long-term advocate of good mental health.

Booking: email [danbergin@laiscoco.ie](mailto:danbergin@laiscoco.ie)



# LAOIS connects

## CALENDAR OF EVENTS

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12<sup>th</sup>  
Monday

 EVENING

### FIVE WAYS TO WELLBEING IN TOUGH TIMES

Laois Sports Partnership & Mental Health Ireland

 7.30pm – 8.30pm

By the end of the Workshop you will:

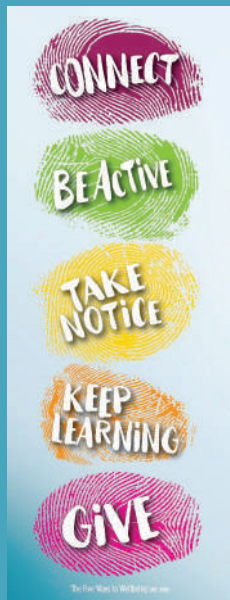
- Define what mental health and wellbeing is
- Have an improved understanding of how you can look after your wellbeing during Covid 19
- Analyse how much time you spend each day looking after your mental health and wellbeing
- Explored the application of the Five Ways to Wellbeing as a helpful coping strategy during tough times

**VENUE :** Online Workshop via Zoom platform numbers limited, prebooking required.

Contact Laois Sports Partnership on 057 8671248.

For booking:

<https://www.eventbrite.ie/e/five-ways-to-wellbeing-in-tough-times-with-mental-health-ireland-121020-tickets-119274109071>



 Mental Health  
Ireland

 LAOIS SPORTS PARTNERSHIP  
COMHAR SPÓIRT NA LAOISE  
— SPORT IRELAND —

# LAOIS connects

## CALENDAR OF EVENTS

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# 13<sup>th</sup> Tuesday

 MORNING

### MOUNTRATH RAMBLERS WALK GROUP

 10.45, commence at 11.00 in Castletown

For Health & Safety numbers are strictly limited, pre-booking essential. For booking & info, contact Caroline Cahill on 086 8852503.

**VENUE :** Meeting St Fintan's Hall Carpark, Mountrath, walk in Castletown

### EASY PEASY OUTDOOR ACTIVATOR SESSION

 11am - 12pm

**VENUE :** Meeting at Portarlinton Leisure Centre. Strict social distancing will apply in line with Government Guidelines. Numbers limited, weather permitting, prebooking essential. Contact 057 8671248 for more info and to reserve a place.

### LUNCH & LEARN! Laois Sports Partnership & Mental Health Ireland Connect Café

 1pm - 1.40pm

Research shows there are simple things we can do as part of our daily life to protect our mental health\* Connecting is one of the ways we can do this. While we may have to keep our distance from family and friends for now, it's still possible to connect and share a conversation from afar! Join us for a short lunch time workshop to chat about how we connect, and how to strengthen relationships with ourselves and our communities. Delivered by Finola Colgan, Mental Health Ireland.

**VENUE :** Online Workshop via Zoom platform Numbers limited, pre-booking required. Contact Laois Sports Partnership: 057 8671248. For booking: <https://www.eventbrite.ie/e/connect-cafe-lunch-learn-with-mental-health-ireland-131020-tickets-119279228383>



# LAOIS connects

## CALENDAR OF EVENTS

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13<sup>th</sup>  
Tuesday

 MORNING

### ACTIVE PARKS - AUTUMN RESTORATIVE YOGA SESSION

Sport & Leisure Section, Laois County Council

 11am - 1pm

**Target Group: Suitable for Adults. No experience required. Not Suitable for young children.**

A session of deep releasing and restoring evolving to a new level of relaxing by focusing your attention to you and your body using all the autumn energy of heightened awareness & action to bring about positive change within ourselves. Restorative Yoga Sessions are energetically and intuitively led to include gentle yoga, body movement, meditation and deep relaxation of body and mind. Session will be followed by delicious light healthy refreshments from locally sourced ingredients.

As Covid 19 Screening forms need to be completed in advance please book your place before 12 noon on Friday 9th October 2020. Places can be booked by Tel: 057 866 4058 / email: [sports@laoiscoco.ie](mailto:sports@laoiscoco.ie)

*Please book early as places will be limited.*

Covid 19 guidelines will apply.

**VENUE : Mountmellick Amenity Area**



# LAOIS connects

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# 13<sup>th</sup> Tuesday

 EVENING

### PORT TRAIL WALKING GROUP

 6.45pm

For Health & Safety numbers are strictly limited, pre- booking essential.  
For booking & info, contact Donie Molloy: 086 3288 858.

**VENUE :** Assemble at Carpark, Parkland, Portarlington.

### LIGHTING A PATH THROUGH BEREAVEMENT Webinar format

 7.30pm – 8.30pm.

Keynote Speaker: Linda Allen: ‘I’ll see you in 2 minutes” were the last words Linda heard from her 15 year old son before he took his own life and it is the title of her recent publication. Linda will talk about her journey through grief and how she has come to face the world with a renewed sense of hope.

Other panellists include: Bernie Carroll, Suicide Bereavement Liaison Officer with Pieta. Natalie Hogan, Youth Work Ireland, Co-ordinator of the Positive Pathways Bereavement Programme for young people. Josephine Rigney, HSE Resource Officer for Suicide Prevention and Finola Colgan, Development Officer Mental Health Ireland. To book your place and for further information on this free Webinar email [josephine.rigney@hse.ie](mailto:josephine.rigney@hse.ie).

Link: [https://us02web.zoom.us/webinar/register/WN\\_gmNUc-ixQOGi-3cilXXrpw](https://us02web.zoom.us/webinar/register/WN_gmNUc-ixQOGi-3cilXXrpw)

*All information is confidential and your image will not be seen on screen.*



Mental Health  
Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



Connecting for Life  
Midlands, Louth and Meath

# LAOIS connects

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# 14<sup>th</sup> Wednesday



MORNING

### TAKING CONTROL - 'SHINE' ZOOM WORKSHOP



11am - 11.35am



This workshop allows participants to Take Stock of where they are at. It can be tough with life changes and everyday busyness to remember what is really important for us and this workshop will allow participants to do just that, to consider their values, strengths and resources. An understanding of the skills and knowledge already present can develop resilience to make it through tough times.

It will be facilitated by Jason Dowling and Sarah Cox from Shine. All are welcome and it is free of charge. Please book your place by email: [scox@shine.ie](mailto:scox@shine.ie)  
Tel: Sarah 086 045 1876 or Jason 086 852 5281 for further details.

### RESILIENCE - 'SHINE' ZOOM WORKSHOP



2pm - 2.35pm

AFTERNOON

This workshop will discuss the characteristics of resilience, and how these can be practiced and strengthened. Resilience enables people to adapt to change, change is inevitable in life and all change whether it is positive or negative allows the opportunity to engage proactively with it. So following on from resilience there will be a discussion on how we can manage change and plan for the future.

It will be facilitated by Jason Dowling and Sarah Cox from Shine. All are welcome and it is free of charge. Please book your place by email: [scox@shine.ie](mailto:scox@shine.ie)  
Tel: Sarah 086 045 1876 or Jason 086 852 5281 for further details.



# LAOIS connects

## CALENDAR OF EVENTS

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# 14<sup>th</sup> Wednesday

 MORNING

### HOW TO COOK A HEALTHY MEAL

 10am - 12pm

Considering the link between healthy eating and mental health, Mountmellick Youth & Family Resource Centre will be running a two hour class which will teach participants how to cook a healthy meal. This class will be delivered by a local Chef.



Contact Sandra on 086 817 7596.

**VENUE : MDA Display Kitchens**

### 5 WAYS ON WELLBEING DURING TOUGH TIMES

Online Workshop via Zoom

 7pm

By the end of the Workshop you will:

- Define what mental health and wellbeing is
- Have an improved understanding of how you can look after your wellbeing during Covid-19
- Analyse how much time you spend each day looking after your mental health and wellbeing
- Explored the application of the Five Ways to Wellbeing as a helpful coping strategy during tough times

Email [danbergin@laoiscoco.ie](mailto:danbergin@laoiscoco.ie) for link. Limited to 20 participants



# LAOIS connects

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# 14<sup>th</sup> Wednesday



MORNING & EVENING

### A BEAUTIFUL DAY IN THE NEIGHBOURHOOD CINEMA

 11am & 8pm

€7/€6/€5

or FREE with promo code 'laoisconnects'

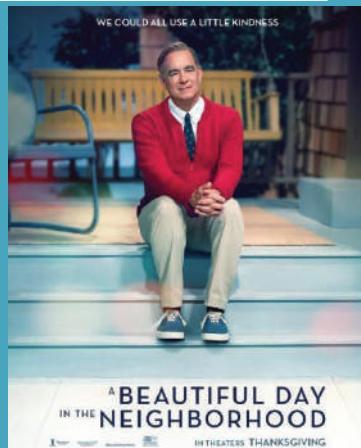
Tom Hanks portrays Mister Rogers, in this timely story of kindness triumphing over cynicism, based on the true story of his real-life friendship with journalist Lloyd Vogel. The jaded magazine writer overcomes his scepticism, learning about empathy, kindness, and decency from America's most beloved neighbour.

Dir: Marielle Heller | PG | 109 mins | English

Cast: Tom Hanks, Matthew Rhys, Chris Cooper

\*\*\*The Irish Times: A tremendous film, a great young director

\*\*\*The Guardian: Tom Hanks puts cynicism on the naughty step



Booking on <https://dunamaise.ticketsolve.com/shows/873615429>  
or 057 866 3355

VENUE : Dunamaise Arts Centre

# LAOIS connects

## CALENDAR OF EVENTS

10  
to  
17  
Oct

# 14<sup>th</sup> Wednesday



AFTERNOON

### ACTIVE PARKS - AUTUMN RESTORATIVE YOGA SESSION

Sport & Leisure Section, Laois County Council

 12.45pm - 2.15pm

**Target Group: Suitable for Adults. No experience required.  
Not Suitable for young children.**

A session of deep releasing and restoring evolving to a new level of relaxing by focusing your attention to you and your body using all the autumn energy of heightened awareness & action to bring about positive change within ourselves. Restorative Yoga Sessions are energetically and intuitively led to include gentle yoga, body movement, meditation and deep relaxation of body and mind. Session will be followed by delicious light healthy refreshments from locally sourced ingredients.

As Covid 19 Screening forms need to be completed in advance please book your place before 12 noon on Friday 9th October 2020. Places can be booked by Tel: 057 866 4058 / email: [sports@laoiscoco.ie](mailto:sports@laoiscoco.ie)

*Please book early as places will be limited.*

Covid 19 guidelines will apply.

**VENUE : Páirc an Phobail, Portlaoise**



# LAOIS connects

## CALENDAR OF EVENTS

10  
to  
17  
Oct

# 14<sup>th</sup> Wednesday

 EVENING

### SUPPORTING CHILDREN'S RETURN TO SCHOOL AFTER COVID 19

Portlaoise Library- Laois County Library Service

 6.30pm

Delivered via Zoom platform

Laois County Library will host a free online talk through Zoom with parenting expert Dr. Mary O'Kane on Supporting Children's Return to School after Covid 19.



Like many other things in 2020, returning to school this September has been very different. If we are feeling anxious about it, it is not surprising that our children might be.

We cannot promise them that they will not face any challenges, however, we can promise them that we will get through this together. Dr O'Kane offers parents practical advice on how to support children who may be struggling with anxiety during this testing time.

Email [laoislibrary@laoiscoco.ie](mailto:laoislibrary@laoiscoco.ie) to register your interest in attending.



# LAOIS connects

## CALENDAR OF EVENTS

10  
to  
17  
Oct

# 15<sup>th</sup> Thursday

 MORNING

### HEALTHY SLEEP HABITS IN CHILDREN

 10am Online Webinar

Laois County Library Service will be presenting an online webinar hosted by Erica Hargaden a certified Child Sleep Consultant from Babogue Sleep Solutions. Erica will look at healthy sleep habits in children using her 7 steps to better sleep. The talk is to assist parents who are looking for guidance on their child's sleep up to 3 years of age. Erica will also touch on dealing with the clock change. This webinar is part of Laois libraries Healthy Ireland Programme.

You can access the webinar via <https://www.facebook.com/LaoisLibraries>



### PILATES

 10am - 11am

To encourage the link between physical health and mental health, Mountmellick Youth & Family Resource Centre will be running a Pilates Class.

To sign up contact Sandra, tel: 086 817 7596.



# LAOIS connects

## CALENDAR OF EVENTS

10  
to  
17  
Oct

# 15<sup>th</sup> Thursday

 MORNING

### ACTIVE PARKS - AUTUMN MORNING RESTORATIVE YOGA SESSION FOR TY STUDENTS

Sport & Leisure Section, Laois County Council

 11.30pm

**Target Group:** Target Group Young People from MCS, Mountrath

A session of deep releasing and restoring evolving to a new level of relaxing by focusing your attention to you and your body using all the autumn energy of heightened awareness & action to bring about positive change within ourselves.


Restorative Yoga Sessions are energetically and intuitively led to include gentle yoga, body movement, meditation and deep relaxation of body and mind. This is a closed session, Covid 19 guidelines will apply.

**VENUE :** Mountrath Community School



 AFTERNOON

### EASY PEASY ONLINE ACTIVITY SESSION

 2pm - 3pm

Fun sit fit exercises via ZOOM suitable for all abilities.

**Numbers limited. For more info and to reserve a place contact 057 8671248**



# LAOIS connects

## CALENDAR OF EVENTS

10  
to  
17  
Oct

# 15<sup>th</sup> Thursday

 EVENING

### PORT TRAIL WALKING GROUP

 6.45pm

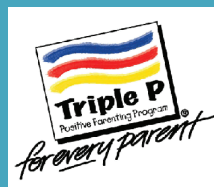
For Health & Safety numbers are strictly limited, pre- booking essential.  
For booking & info, contact Donie Molloy: 086 3288 858.

**VENUE :** Assemble at Carpark, Parkland, Portarlington.

### FEAR-LESS (Reduce anxiety in children) Webinar format

 7pm – 8.30pm

Being a parent to a child or teenager who is experiencing anxiety can be tough. They avoid social situations and activities. They seek constant reassurance and can feel sick when worried. Triple P is a universal approach to teaching parents how to help their children manage anxiety. This 'Fear- Less' free seminar is available to parents of children/ teenagers aged 4-15 years and is being delivered through Bloom Headquarters Mountrath in partnership with Triple P Programme.



**Booking is essential:**

To book your place please email [Sinead.higgins@tulsa.ie](mailto:Sinead.higgins@tulsa.ie) and a link will be sent to you to allow access on that evening.

All information is confidential and your image or any identifying details will NOT be seen on screen.

# LAOIS connects

## CALENDAR OF EVENTS

10  
to  
17  
Oct

# 16<sup>th</sup> Friday



MORNING

### CREATE A VISION BOARD



11am - 12pm

FREE

Using mindfulness prompts and goal setting skills, participants will create a vision board using collage and mixed media. Create your vision of personal growth as we navigate the year ahead. Explore your goals visually in the creative setting of Dunamaisé. Participants will be encouraged to add visual imagery and creative practice to their self-care routines with emphasis placed on the use of creativity as a support to our mental wellbeing.



Facilitated by L Dunne, Dunamaisé Box Office Manager, and BA(Hons) Integrative Psychotherapy & Counselling.

Capacity: 6. Booking 057 866 3355 or

<https://dunamaisé.ticketsolve.com/shows/873615733%20%0d>

### LAOIS CONNECT WITH WRITERS IN RESIDENCE



3pm - 4pm

FREE

An introduction to Creative Writing by Laois Writers in Residence 2020, Kate Heffernan and David Butler, focusing on the benefits of creative writing in improving your mental health.



Capacity: 6. Booking 057 866 3355 or

<https://dunamaisé.ticketsolve.com/shows/873615735>



# LAOIS connects

## CALENDAR OF EVENTS

10  
to  
17  
Oct

# 16<sup>th</sup> Friday



MORNING

### EMOTIONAL AWARENESS AND REGULATION



10am – 11am Online Webinar



This workshop is based on the work of Daniel Siegel and Tina Payne Bryson and their book “The Whole Brain Child”. The workshop presents the results of neuroscientific research on how your child’s brain reacts to certain situations and how to work with these reactions.

Facilitator: Aisling Brennan holds an MA in Art Therapy, an MA in Applied Spirituality and has 15 years experience as a primary school teacher. She provides art therapy at True Self, True Art in Killenard and previously worked for Primary Care Psychotherapy, Naas. She sits on the council of the Irish Association of Creative Arts Therapies.

Contact: [trueselftrueart@gmail.com](mailto:trueselftrueart@gmail.com) or 087 7139015 for zoom link.

Capacity: 15 participants.

# 17<sup>th</sup> Saturday



MORNING

Check out LOETB’s Community Education Service Facebook Page with a Mindfulness session promoting Positive Mental Health. See also the Healthy Food, Healthy Mood - Quick and Healthy Recipes



<https://www.facebook.com/LOETBcommunityeducation>



# LAOIS connects

## Mental Health Week

*Theme:* **RECONNECTING & BELONGING**

IN CONNECTION WITH MOUNTMELLICK COMMUNITY SCHOOL

### MONDAY 12<sup>th</sup> Dare to Self-Care

#### Lunchtime

Lunch time physical activity of school choice eg. Line-dancing to promote the importance of being active for producing endorphins which create feelings of happiness

#### In-class activity

Good food for good mood – healthy recipe collaboration/public sharing of recipes to be uploaded to Google Classroom (set up by Home Economics department in schools).

#### Whole School activity

Photo competition - students must capture their choice of self-care activity. Prizes for winners. (Eg. Sport, walking the dog, meditation, listening to music etc.) *(Email address to be set up for entries)*

### TUESDAY 13<sup>th</sup> Catch those 'Ants' *(automatic negative thoughts)*

#### In-class activity

Lesson provided to tutor/wellbeing/SPHE teachers “Faulty thinking and catching those ‘ants’”. Resources will be provided with a key message emphasising “don’t believe everything you think”. Class discussion will be generated to explore how your thoughts impact your mental health.

In class impromptu public speaking competition – “Mental health is not my business” *(Students to be provided with 5-10 minutes to prepare. Two minutes of impromptu speaking on the topic will commence)*

# WEDNESDAY 14<sup>th</sup> **Consciously Connecting**

## Lunchtime

Mindfulness at lunch time in school hall to encourage/support students on ways to consciously connect inwards. Grounding exercises promoted and modelled (facilitated by relevant teacher/s).

## In-class activity

Table quiz for Junior/Senior classes to be held in classrooms (*questions relating to self-care, mental health facts etc.*)

# THURSDAY 15<sup>th</sup> **Celebrating Difference**

## Lunchtime

Racism awareness day- template of leaves to be distributed to students to decorate/design their leaf. Large tree outline will be created and displayed. Student leaves placed on the outline to symbolise difference but promote inclusion and belonging.

## In-class activity

Lesson plan and resources provided for SPHE/ tutor/wellbeing teachers to discuss why people discriminate/ how might racism impact someone's mental health.

## Whole School activity

Jersey day- wear a coloured jersey/ sweatshirt of choice which symbolises where the student/staff member is from.

# Friday 16<sup>th</sup> **Friendship Day**

## Lunchtime

Notice board to document the various activities the school engaged in for Laois Connects Mental Health week – What stands out for me? Students to share photo images & key messages with relevant teachers which will be displayed on Laois Connects notice board Eg. I learned why I need 8 hours sleep each night/ I learned that sometimes I jump to conclusions or overreact.

## In-class activity

Outdoor bingo (*student wellbeing committee/Amber Flag committees to facilitate bingo*) Lesson provided to tutor/wellbeing/SPHE teachers on the importance of friendships, tips for making/maintaining friendships, supporting friends (key message of lesson “How to support a friend who has a mental health difficulty.”)

## Whole School activity

Using Instagram- students to share their favourite pictures/selfies with friends and use the hashtag #laoisconnectsfriendshipday

# Mental Health Week for

# YOUNG PEOPLE

**12-16 Oct.**

Throughout Mental Health Week, Young People of MYFRC will be participating in a number of activities which will support them in appreciating what they can do to support their positive mental health. All activities will be linked to the 5 A Day For Your Mental Health. Activities will include



## Monday 12<sup>th</sup>

Meditation, 3km walk and fun games.

## Tuesday 13<sup>th</sup>

A soccer thon and a Mountmellick Town walk where Young People will give out posters promoting positive mental health.

## Wednesday 14<sup>th</sup>

4km walk where Young People will give out posters promoting positive mental health.

## Thursday 15<sup>th</sup>

Young People will launch their “How I Feel Good-Positive Me” Video. They will also participate in a Paint Run in Mountmellick Town Centre.

## Friday 16<sup>th</sup>

Young People will display a Mural which will deliver positive Mental Health Messages to Young People.



**LIVE**

From 4pm – 5pm each day during Mental Health Week, the Young People of MYFRC will be live on the Mountmellick Youth and Family Resource Centre’s Facebook “Like Page”, giving other Young People the opportunity to see the activities they are participating in to promote their own mental health. These live videos will also help other Young People to understand what they can do to support their mental health.

# The LENGTH of IRELAND



## Mountmellick Youth & Family Resource are setting a challenge for the people of Laois!

To promote the link between physical health and mental health, throughout

**Mental Health Week, we are asking people to walk or cycle 486km - the equivalent to the length of Ireland.**

Don't worry, we are not expecting each person to walk or cycle 486km. The challenge is that, collectively, we attempt to travel the length of Ireland, while staying local. To participate, we ask that you record the distance of your walk and/or cycle and upload a screen shot to the Mountmellick Youth and Family Resource Centre Facebook "Like Page". You can also upload pictures, videos or messages that promote positive mental health. Each time you upload proof of the distance you have travelled, you will be entered into a draw to win one of a number of prizes.



## Free Download: Mindfulness Resource for Families

Inspired by their upcoming screening of "A Beautiful Day in the Neighbourhood" (a film based on the inspirational true story about the child-focused approach of Fred Rogers) Dunamaise presents a FREE downloadable creative resource pack.

Available to families as a support for their new school-home life balance and well-being. Download from [www.dunamaise.ie](http://www.dunamaise.ie)



## Laois Offaly Local Creative Youth Partnership

in association with LOETB & Music Generation Laois

### Theme: Young People and the Power of Creativity

On the panel will be Pat Wallis, Laois Offaly Local Creative Youth Partnership, Ros O' Meara musician/therapist, Joe Thompson, Youth Services LOETB.

The panel will discuss the impact creativity can have on young people's mental health and overall well-being.

Podcast will be available on <https://www.facebook.com/laoisoffalyetb>

LAOIS Connects



PODCASTS





## Monday October 12<sup>th</sup>

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### **Stress Management Tutorial Part 1**

Shine will release a self-guided tutorial which will be the first of 4 tutorials. In part one we will explore what is stress by considering its definition. The origins of stress will be explained in addition to considering how it affects us, followed by a useful intervention.

## Tuesday October 13<sup>th</sup>

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### **Stress Management Tutorial Part 2**

In this tutorial The Stress Cycle, the difference between responding and reacting will be explored. An insight into what is the stress cycle and an intervention to manage it.

## Wednesday October 14<sup>th</sup>

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### **Stress Management Tutorial Part 3**

This tutorial is based on Unhelpful thinking styles, we all develop our own unique way of interpreting the world and often develop automatic thinking habits which are unhelpful.

## Thursday October 15<sup>th</sup>

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### **Stress Management Tutorial Part 4**

This final self-guided tutorial discusses the drama triangle and how to get off it. Once the participants understand the triangle then there are tips on how to develop a drama free stress less plan.

**\* All tutorials can be found on Shines Facebook page  
[www.facebook.com/shineonlineirl/](http://www.facebook.com/shineonlineirl/)**

# S'porting Your Wellbeing

## Mental health and wellbeing during the Covid-19 outbreak

**Maintaining our mental health during the Covid-19 period of our lives has been and will continue to be important, but perhaps even more so right now. By giving due consideration to taking the right steps for our health and wellbeing this will strengthen our coping skills and assist us to build, enhance and boost our resilience going forward.**

We are all familiar about the importance of a healthy mind in a healthy body. Research indicates and it has been our experience in LSP that modest amount of exercise can make a difference no matter a person's age or fitness levels. Exercise, is a powerful tool to feel better, and given our current circumstances with Covid-19 building an exercise routine into our daily lives can and will enhance our wellbeing. "S'porting Your Wellbeing "has placed emphasis on the benefits of exercise, no matter how little and to encourage and support people to engage with the benefits of physical activity. In doing there is the added benefit of boosting mental health and wellbeing".

**Click the link to view the booklet**

**<https://www.laoissports.ie/http-www-laoissports-ie-wp-content-uploads-2020-04-final-sporting-your-wellbeing-booklet-28-4-20-pdf/>**





## Help is at hand for your emotional well-being and mental health during COVID-19



Coronavirus  
COVID-19  
Public Health  
Advice

If you are experiencing distress or are worried about someone, please contact your GP, the local Emergency Department or call the Samaritans on Freephone 116 123 or email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

The [YourMentalHealth.ie](http://YourMentalHealth.ie) website provides information and signposting on all mental health supports and services that are available nationally and locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services **1800 111 888** (any time, day or night). To get more information on Getting Through Covid-19 Together please visit: <https://www.gov.ie/en/campaigns/together>

**yourmentalhealth.ie**  
Information | Support | Services  
**1800 111 888**

### EMERGENCY SERVICES

Ambulance / Fire / Gardai

Emergency Support

CALL: 112 or 999

### HOSPITAL EMERGENCY DEPARTMENTS

Emergency Support

Midland Regional Hospital Tullamore: (057) 932 1501  
Midland Regional Hospital Portlaoise: (057) 862 1364  
Midland Regional Hospital Mullingar: (044) 934 0221  
Our Lady's Hospital, Navan: (046) 907 8500  
Our Lady of Lourdes Hospital, Drogheda: (041) 983 7601

### MIDOC / NEDOC GP OUT OF HOURS SERVICES

Urgent out of hours GP Care  
*This service is available after 6.00pm*

MIDOC: 1850 302 702  
NEDOC: 1850 777 911

### HSE INFORMATION

Information and advice

CALLSAVE: 1850 241 850 / email: [hselive@hse.ie](mailto:hselive@hse.ie)

### HSE PSYCHOLOGY SERVICE

Emotional support and advice

email: [mlmpsychosocial@hse.ie](mailto:mlmpsychosocial@hse.ie)

### SAMARITANS

Emotional Support Service

FREEPHONE: 116 123 or email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

### CRISIS TEXT LINE

Free 24/7 text service providing support for people going through a mental health or emotional crisis

Text: YMH to 50808, anytime day or night  
Visit [www.text50808.ie](http://www.text50808.ie) for more information

### AWARE HELPLINE

Listening service, support and information for those experiencing depression or bipolar disorder or those concerned about family and friends

CALL FREE: 1800 804 848 (10am-10pm)  
[www.aware.ie](http://www.aware.ie)

### PIETA HOUSE

24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm

CALL FREE: 1800 247 247 / Text HELP to 51444  
[www.pietahouse.ie](http://www.pietahouse.ie)

### CHILDLINE

Confidential line for children and young people

CALL FREE: 1800 666 666 Free (24/7)  
Text Talk to 50101 (Free) 10am-4am / [www.childline.ie](http://www.childline.ie)

### HSE - DRUG & ALCOHOL LINE

Drug and Alcohol information and support

CALL FREE: 1800 459 459 (9.30am - 5.30pm)

### SPUNOUT / YOUTH SERVICES

Youth Information Website: 12-34yrs

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

### JIGSAW / YOUTH SERVICES

Young people's mental health

OFFALY: 057 935 2871 / email: [offaly@jigsaw.ie](mailto:offaly@jigsaw.ie)  
MEATH: 046 907 1702 / email: [meath@jigsaw.ie](mailto:meath@jigsaw.ie)  
[www.jigsawonline.ie](http://www.jigsawonline.ie) - peer to peer content, supportive chats, etc.

### BEREAVEMENT

Information and support

Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm)  
Suicide Bereavement Liaison Officer (PIETA):  
Midlands 086 418 0088 / Louth Meath 085 738 0444  
[www.bereaved.ie](http://www.bereaved.ie) / [www.childhoodbereavement.ie](http://www.childhoodbereavement.ie)  
[www.turn2me.org](http://www.turn2me.org) / [www.mymind.org](http://www.mymind.org) / [www.suicideorsurvive.ie](http://www.suicideorsurvive.ie)

### ONLINE SUPPORT

Peer support and counselling

CALL: (076) 107 2000 (Mon-Fri 9am to 8pm) / [www.mabs.ie](http://www.mabs.ie)

### MABS

Money Advice and Budgeting Service

LOW CALL: 1890 474 474  
[www.grow.ie](http://www.grow.ie)

### GROW

Peer support groups for over 18s who may struggle with any aspect of their mental health

email: [midlands@shine.ie](mailto:midlands@shine.ie) / Louth Meath: [northeast@shine.ie](mailto:northeast@shine.ie)

### SHINE

Supporting people affected by mental health

CALL: 0818 222 024 (8am to 8pm Monday to Friday)

### ALONE

Covid-19 support for older people

CALL FREE: 1800 341 900 (24/7) / [www.womensaid.ie](http://www.womensaid.ie)

### WOMENS AID

Support for victims of domestic abuse and violence

CALL: (01) 554 3811 / email: [crisis@anyman.ie](mailto:crisis@anyman.ie)  
Male Advice Line: Freephone number: 1800 816 588

### MEN'S AID

For men experiencing domestic abuse and violence

CALL FREE: 1800 778 888

### SEXUAL VIOLENCE HELPLINE

For men and women - experiencing sexual violence

For information on Covid-19 and managing your wellbeing at this time - [www2.hse.ie/coronavirus](http://www2.hse.ie/coronavirus)

For an updated list of Mental Health Services during Covid-19 please visit:  
<https://www.hse.ie/eng/services/list/4/mental-health-services/>



Seirbhís Síoltaí  
Níós Fearr  
á Fobairt

Building a  
Better Health  
Service



# HELP & SUPPORT CONTACT NUMBERS

## H.S.E. SERVICES

|   |                    |
|---|--------------------|
| Adult Counselling Service                         | 1800 234 113       |
| Midlands Office: (Victims of Abuse)               | 057 93 27141       |
| Adult Homelessness (Liaison Nurse)                | 087 610 7011       |
| Child & Adolescent Mental Health Services (CAMHS) | 057 86 96152       |
| Community Alcohol & Drug Service                  | 057 86 92516       |
| Triogue Community Mental Health Centre Portlaoise | 057 86 22925       |
| Health Centre, Portlaoise                         | 057 86 21135       |
| (C.W.O., Public Health, Social Work, Psychology)  |                    |
| Health Promotion                                  | 057 93 57800       |
| Midlands Crisis Pregnancy Counselling             | 1800 200 857       |
| Midlands Regional Hospital, Portlaoise            | 057 86 21364       |
| MiDoc Out of Hours GP Service                     | 1850 302 702       |
| Domestic Violence Support Services (Laois)        | 057 86 71100       |
| Domestic Violence Support Services (Carlow)       | 1800 444 944       |
| Family Resource Centre: Portlaoise                | 057 86 86151       |
| Fofoige (Regional Office)                         | 086 2997677        |
| Gardai  | 999                |
|   | or 112 from mobile |
| GROW: Regional Office                             | 057 93 51124       |
| Information Line                                  | 1890 474 474       |
| Laois County Library                              | 057 86 22333       |

|  |              |
|--|--------------|
| Mental Health Ireland: Area Development Officer          | 086 835 3387 |
| National Office  | 01 284 1166  |
| Psychiatry Dept., Midlands Regional Hospital, Portlaoise | 057 86 96396 |
| Resource Office for Suicide Prevention                   | 086 815 7850 |

## LOCAL ORGANISATIONS

|  |              |
|--|--------------|
| ACCORD, Portlaoise                             | 057 86 61581 |
| MYDAS - Under 18 Drug & Alchol Support Service | 086 4682745  |
| Mountmellick Youth and Family Resource Centre  | 057 8624601  |
| Barnardos Family Support Services              | 057 93 26803 |
|  | 1850 222 300 |
| Family Carers Ireland                          | 086 795 7086 |
|  | 1800 240 724 |
| Citizens Information Centres:                  | 076 1075 590 |
| Cuisle Cancer Support Centre                   | 057 86 81492 |
| St. Vincent De Paul Portlaoise                 | 057 86 60486 |
|  | 1800 677777  |
| Money Advice & Budgeting Service               | 0761 07 2620 |
| National Helpline:                             | 0761 07 2000 |
| Email: helpline@mabs.ie                        |              |
| Portlaoise Parish Centre                       | 057 86 21142 |
| Portlaoise Youth Café                          | 057 86 65010 |
| SHINE: Regional Office                         | 057 93 51931 |
| Merchants Quay Midlands                        | 086 7934920  |
| Outreach Team                                  | 087 95 12989 |
| Youth Work Ireland Laois                       | 057 8665010  |
| Midlands Simon Community                       | 090 64 77075 |
| Regional Office                                | 090 64 44641 |
| Emergency Accommodation Athlone                | 090 64 50280 |
| Emergency Accommodation Tullamore              | 087 635 9760 |
| Information Line                               | 1890 621 631 |

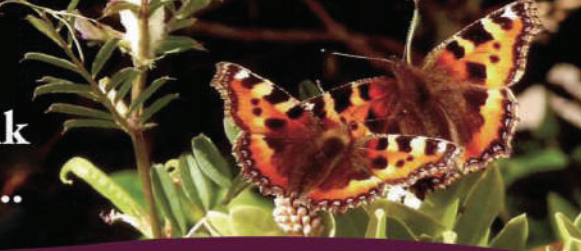
## COUNSELLING

|  |              |
|--|--------------|
| PCI Counselling Service Midlands   |              |
| (reduced cost) (11am-6pm)  | 0818 555 450 |
| Online counselling <a href="http://www.turn2me.org/">www.turn2me.org/</a> / <a href="http://www.mymind.org">www.mymind.org</a> |              |

## NATIONAL ORGANISATIONS

|   |                      |
|---|----------------------|
| Active Retirement Information   | 01 873 3836          |
| Al/ Anon/Alateen  | 01 873 2699          |
| Alcoholic Anonymous   | 01 842 0700          |
| AMEN (Violence Against Men)   | 046 902 3718         |
| Aware: Helpline   | 1800 80 4848         |
| Email Support: <a href="mailto:wecanhelp@aware.ie">wecanhelp@aware.ie</a> |                      |
| BeLong to (Gay, Lesbian, Bisexual & Transgendered)                        | 01 670 6223          |
| Bodywhys (Eating Disorders Association)                                   | 01 283 4963          |
| Helpline  | 1890 200 444         |
| Cancer National Helpline  | 1890 200 700         |
| CARI (Child Sexual Abuse Counselling) Helpline                            | 1890 924 567         |
| Connect Adult Abuse Counselling Service                                   | 1800 477 477         |
| Childline   | 1800 666 666         |
| Cura (Crisis Pregnancy)   | 1850 622 626         |
| Domestic Violence Helpline  | 1800 341900          |
| Drugs/HIV Helpline  | 1800 459 459         |
| Farm and Rural Stress Helpline  | 1800 742 645         |
| Gamblers Anonymous  | 01 872 1133          |
| Garda Confidential Line   | 1800 666 111         |
| Gay Switchboard   | 01 872 1055          |
| LGBT Helpline   | 1890 929 539         |
| HSE Information Helpline  | 1850 241 850         |
| Men's Sheds <a href="http://www.mensheds.ie">www.mensheds.ie</a>          | 057 86 62732         |
| Men's Aid   | 01 5543811           |
| Missing Persons Helpline  | 1890 442 552         |
| MOVE (Men Overcoming Violence)  | 090 647 2174         |
| National Office for Victims of Abuse                                      | 1800 252 524         |
| One Parent Families Support Helpline                                      | 1890 662 212         |
| Parentline  | 1890 927 277         |
| <b>Pieta (Prevention of Suicide &amp; Self Harm)</b>                      |                      |
| Dublin Centre   | 01 601 0000          |
| Limerick Centre   | 061 484 444          |
| Roscrea Centre  | 0505 22568           |
| 24/5 Suicide Helpline   | 1800247247           |
|   | Text 'help' to 51444 |
|   | 1850 440 444         |
|   | 116 123              |
| Senior Helpline   |                      |
| Samaritans 24/7 listening service   |                      |
| Email: <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a>             |                      |
| Rape Crisis Centre Tullamore  | 057 9322500          |
| Helpline Laois/Offaly   | 1800 323232          |
| Treoir (Unmarried Parents Support)  | 1890 252084          |
| Women's Aid National Helpline   | 1800 341900          |
| Fofoige Regional Office   | 086 299 7677         |

If you are feeling low or distressed, please just talk about it with someone ....



## EMERGENCY / CRISIS NUMBERS:

**YOUR LOCAL GP  
OR MIDOC  
OUT OF HOURS  
GP SERVICE  
1850 302 702**

**GARDAI /  
EMERGENCY  
SERVICES  
999 / 112**

**THE SAMARITANS  
116 123  
TEXT: 087 260 9090  
EMAIL:  
jo@samaritans.org**

**24/7 SUICIDE  
HELPLINE  
1800 247 247  
Text: 'HELP' to  
51444  
(PIETA HOUSE)**

**AWARE  
SUPPORT LINE  
1800 80 48 48  
EMAIL: supportmail@aware.ie**

**FARM AND RURAL  
STRESS HELPLINE  
1800 742 645**

**CHILDLINE  
1800  
666 666**

## OTHER SUPPORTS

**PIETA HOUSE**  
"Preventing Suicide  
and Self-Harm"  
01 601 0000  
Pieta House Roscrea  
0505 22568  
EMAIL: mary@pieta.ie

**PCI  
COUNSELLING  
SERVICE**  
(reduced cost)  
0818 555 450  
(11am - 6pm)

**SHINE  
INFO LINE  
1890 621 631**  
Supporting People  
Affected by  
Mental Ill Health

**HSE SUICIDE  
BEREAVEMENT  
LIAISON SERVICE**  
Co-Ordinator  
086 418 0088

**ONLINE  
COUNSELLING**  
www.turn2me.org

**GROW  
INFO LINE:  
1890 474 474**  
Supporting those  
experiencing mental  
health problems

**Midland  
Living Links**  
Bereavement  
Listening and  
Support Service  
086 1600 641

**MABS  
(Money Advice  
& Budgeting Service)  
Helpline:  
0761 07 2000**

**MENTAL  
HEALTH  
IRELAND**  
www.mentalhealthireland.ie

**YOUTH  
SUPPORT  
SERVICES:**  
www.jigsaw.ie  
www.spunout.ie  
www.Reach0ut.com



Learn about mental health and how to support yourself and those you love.  
[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

