



# Further Information

## Family, Carer and Supporter Guide Booklet:

This booklet is for family members, carers and supporters of service users the care they can expect for their relatives or friends when they use our service. It also makes some suggestions as to how family members, carers and supporters can care for themselves when a relative or friend is unwell or feeling emotional distress.

### To access a copy of the booklet:

<https://www.healthpromotion.ie/hp-files/docs/HMT01164.pdf>

## Meriden Family Programme:

This program/workshop looks at communication in families. It includes tips and tools in how to make time for yourself and explore the role of the family member and the challenges this brings in everyday life. It will also give information on local support services and the opportunity to chat to and learn from others in similar situations. (The Meriden family programme is a programme which promotes the development of family sensitive mental health and addiction services).

**Contact:** Family Carers Ireland <https://familycarers.ie/>

The Recovery Colleges:

<https://www.hse.ie/eng/services/list/4/mental-health-services/advancingrecoveryireland/recoverycolleges/>





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## Wellness Recovery Action Plan( Wrap):

WRAP is for everybody The aim of this workshop is a **Self- Management** tool to help us to achieve and maintain wellness and gain more control over our lives and the way we feel. It is designed to help us identify what works and what doesn't work and how we can get better at staying well. WRAP self-care available to family/carers through community funded organisations.

## Contact: The Recovery Colleges:

<https://www.hse.ie/eng/services/list/4/mental-health-services/advancingrecoveryireland/recoverycolleges>

Or Mental Health Engagement & Recovery Mental Health Services: 01- 6207303 for more information about WRAP.

## The Recovery Colleges:

Are driven by the ethos that in order to develop true recovery orientated services, the expert by experience, those with first hand experiences of using our services, become partners in the development and delivery of recovery focused educational workshops, alongside family supporters and those that provide the service.

**Contact:** : 01- 6207303 Mental Health Engagement & Recovery Mental Health Services for more information about The Recovery Colleges.



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## **Mental Health Engagement (Local Forums) for Mental Health Service Users, their Families, Carers and Supporters:**

The local forum will exist as a resource for service users and family members, carers and supporters to voice their experiences, raise issues and be consulted and involved in mental health services developments in their area.

### **Contact:**

<https://www.hse.ie/eng/services/list/4/mental-health-services/mentalhealthengagement/apply/>

### **Mental Health Ireland:**

Mental Health Ireland Recovery Co- produced Guide to Recovery in Mental Health Services. Also they have great online Family recourses to support and maintain their own well- being.

### **To access a copy of the booklet:**

<https://www.mentalhealthireland.ie/wp-content/uploads/2020/04/A-Short-Coproduced-Guide-to-Recovery-in-Mental-Health-MHI.pdf>

### **To visit their website:**

<https://www.mentalhealthireland.ie/>





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## Family Carers Ireland:

Family/Carers Emergency Care Plan booklet is to think about who could offer support, and what the person would need to know, in an event the primary family carer is unable to provide care due to an emergency.

## To access a copy of this Care Plan:

<https://familycarers.ie/wp-content/uploads/2020/03/FAMILY-CARERS-IRELAND-EMERGENCY-CARE-PLAN.pdf>

## Family Carer Support Group Ireland:

This is a private space for FAMILY CARERS to discuss issues, offer support to each other & share resources. The group is specifically for family carers based in the Republic of Ireland to network with each other.

**Contact:** You can find the link below.

<https://www.facebook.com/groups/FamilyCarerOnlineSupportGroupIreland/>

## Shine:

We aim to empower people with mental ill health and their families through support, information and education. We also advocate for social change, promoting and defending the right of all those affected by mental ill health to equal rights and quality services

**Contact:**

<https://www.shine.ie/contact/>

