

About Mental Health Week

Mental health week runs each October and promotes positive mental health awareness within communities. Limerick has a collaborative mental health network that organises events and workshops hosted and funded by **Limerick Mental Health Association**.

The aim is to inform individuals and communities about the services available in the Limerick region. Having a dedicated week around mental health illustrates the strides made in Ireland in acknowledging and addressing the importance of mental health and supporting ourselves and each other.

Limerick Mental Health Association would like to thank all organisations who arrange and run events throughout the week and to the community members who attend and bring their voice and attention to the importance of our mental health as a community and as individuals.

Thanks to our partners & sponsors...



#PlanToProtect your Mental Health

1. CONNECT - Talk, listen, reach out & chat...
2. BE ACTIVE - Walk, cycle, run, garden...
3. TAKE NOTICE - Be mindful & live each day...
4. KEEP LEARNING - Grow your mind...
5. GIVE - Volunteer & help someone else...

Contact Information

If you or someone you know is in crisis: -

- Contact your local GP
- After 6pm or weekends, phone Shannon Doc:1850-212999
- Emergency Dept, University Hospital, Limerick: 061-301111
- For Emergency Services: 999 / 112

Organisations Involved in Mental Health Week

Limerick Mental Health Association: Peer support project
061-446786 / 087-2485742 Email info@limerickmentalhealth.ie

Samaritans: 24 hour phone emotional support
116123 Email jo@samaritans.org

GROW: Mental health recovery peer support meetings
061-318813 / 1890-474474 www.grow.ie

MyMind: Counselling and talk therapy self referral service
076-6801060 www.mymind.org

Employability Limerick: Employment services - ill/injured, disabled
061-493095 www.employabilitylimerick.ie

Headway: Supports for those who have acquired brain injury
061-469306 / 1890-200278 www.headway.ie

Limerick Youth Service: Mental health team, counselling (14-25 yrs)
061-412444 www.limerickyouthservice.com

Croom Family Resource Centre: Family & child services...
061-602878

Jigsaw: Youth mental health services (12-25 year olds)
061-974510 www.jigsaw.ie

Northstar Project: Supports families affected by substance misuse
061-459260 www.northstarproject.ie

Enable Ireland: Provide services to those with disabilities & families
061-301830 www.enableireland.ie

Limerick Suicide Watch: Suicide watch patrol of Limerick bridges
www.limericksuicidewatch.ie

Further Mental Health Information



For further details on support services and the **#littlethings** campaign, please contact the local HSE Office for Suicide Prevention 061-461454 / 061-461262

www.yourmentalhealth.ie or www.mentalhelp.ie

www.limerickmentalhealth.ie

For further details on **HSE Mental Health Engagement**

Contact Aoife Boland 087-1492986 aoife.boland@hse.ie



LIMERICK
Mental Health Association

World Mental Health Day takes place on 10th October and this year's theme is "Mental Health in the Workplace"

Limerick Mental Health Week 2017

Fri 6th – Fri 13th Oct

Make it your business to take part in some of the educational and fun activities on offer!

More information

www.limerickmentalhealth.ie



@LimerickMHA #LIMental

Please check website for latest updates

www.yourmentalhealth.ie



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Connect with us on Twitter

Thurs 5 Oct Join [#LimerickHour](#), [#LIMental](#) and [@LimerickMHA](#)
Hosted by [@LimerickHour](#) (9-10pm)

Mental Health Week Launch

Fri 6 Oct 6-7pm **Official Opening:** King John's Castle
Variety Performance presented by **Le Cheile** and the **Limerick School of Art & Design SU**
Opening by **Martin Rogan**, CEO, Mental Health Ireland



All Week **Exhibition** in King John's Castle by local and peer artists all week



Free Mental Health Talks

Mon 9 Oct 7:30-9:30pm **Rural Isolation Talk**
"Crime Prevention & Mental Health"
School Hall, Croom



Wed 11 Oct 7-9pm **"How to be Happy & Content"**
John Lonergan & Caroline Crotty
Millennium Theatre, LIT



Wed 11 Oct 6-7:15pm **ICHAS, Castletroy**
Finbar Chambers "Emotional Intelligence"
7:30-8pm **Lloyd Horgan** "Health Anxiety"
8-9:30pm **Joe Forde** "The Myth of the Idealised Parent"

Thurs 12 Oct 5:30 to 6:30pm Association of Medical Students, UL
Kelly Lee & Michael Norton
"Peer Support Work"
Main Lecture Hall (0-016)
Graduate Entry Medical School



Thurs 12 Oct 8pm **Well-being Through Psychotherapy**
Irish Association of Humanist Integrative Psychotherapists (IAHIP), Savoy Hotel

Special Free Evening Events

Thurs 12 Oct 7:00pm **9th Annual Service of Commemoration & Hope**
Northstar Family Support Project
St. Augustinian's Church, O'Connell Street

Fri 13 Oct 7:30-9:30pm **Free Choral Evening Finale**
St. Mary's Cathedral
Directed by Malcolm Green



Be Active, Volunteer



Sat 7 Oct 9:30am 11am International **parkrun** Day **#parkrun13**
The Boat House, University of Limerick
First timers register @ [www.parkrun.ie](#)
Refreshments in UL Boathouse

Sun 8 Oct 1pm **SMRC Urban Run 5k/10k** (€15-20)
Register on-line & run (or walk!)
[www.smrc.ie/urbanrun](#) or
@ club Fri 5-7pm or Sat/Sun 10-12



Mon 9 Oct 1:30 to 4:30pm LMHA presents an **Afternoon Tea Dance**
Free event for senior citizens
Absolute Hotel
Phone 087-2485742 for tickets



Tues 10 Oct 7:30pm **"Stand Together"** - Walk around UL Campus
Hosted by ULSU, LSAD SU, LITSU, Mary I SU & ICHAS
Open to All, especially 3rd level students

Mental Health Week in The HUNT



Mon 9 Oct 1-2pm **"How Parents Wellbeing Affects Child's Wellbeing"** - **Arta Runika**

Tues 10 Oct 1-2pm **"Practical Self Care Strategies for Better Mental Health"** - **Patrick Mercie**

Wed 11 Oct 1-2pm **"Ho'oponopono - The Hawaiian Practice of Forgiveness & Healing"** - **Christine Beekman**

Thurs 12 Oct 1-2pm **"How to Connect to your Energy of Happiness"** - **Lana O'Farrell**

Fri 13 Oct 1-2pm **"Stepping into the Mystery & Finding Yourself Within"** - **Julianna Jay**

All Week Secondary School Students Art Exhibition
Co-ordinated by Amanda Clifford

Family Fun on Bedford Row

Sat 7 Oct 12 to 4:30pm **Fun Activities** for all the family
Face painting & clowns
Music & drumming
Art & crafts
Kids treasure hunt & more...



Workshops & Discussions

Sat 7 Oct 1pm **Speaker's Corner (mental health theme)**
Elisa O'Donovan - Limerick Underground
Arthur's Quay Park

Mon 9 Oct 10am-12 **Tri-Health Mental Health Awareness W/shop**
Bank of Ireland Workbench, O'Connell Street
Limited to 15 places

Mon 9 Oct 12:30pm **New GROW Peer Support Group**
33 Henry Street, Tel 061-318813
Newcomers welcome



Mon 9 Oct 2:15-4:15pm **Workshops: "What is Jigsaw" & "Self-care for One Good Adult"**
Jigsaw Hub, Arthur's Quay



Mon 9 Oct 6-8pm **Public Talk: Dual Diagnosis**
Mid West Regional Drugs Task Force
UL Health Hub (across from Hunt Museum)

Tues 10 Oct 10-12 Discussion: **Mental Health & Wellbeing in the Workplace**
Bank of Irl Workbench, O'Connell St
Hosts: Employability Limerick & Bank of Ireland



Tues 10 Oct 12-1pm **Free Talk: Living Stress Free**
Anna Gibson-Steel, Holistic Centre of Excellence
GROW, 33 Henry Street, Tel 061-318813 to book

Thurs 12 Oct 2:15-4:15pm **Workshops: "What is Jigsaw" & "Self-care for One Good Adult"**
Jigsaw Hub, Arthur's Quay

Thurs 12 Oct 6:30-8pm **Talk: Social Media & Bullying**
Aimed at parents
Limerick Youth Service, 5 Lwr Glentworth Street



Film Nights

Wed 11 Oct 6:30pm **"The Refugee Experience and Mental Health"**
Movie: "Human", Vol 2, followed by Q&A
Hosted by **Sanctuary Project**
Venue: Theatre 1, UL (Free)



Thurs 12 Oct 8pm **Film Night in aid of Enable Ireland**
"Solás" - Spade Lion Productions
Award winning **"Sanctuary"** - Len Collin
Venue: Millennium Theatre, LIT (€8)

