

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
Week 2016**

Oct 9th – Oct 16th



#LIMental

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.

#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

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*

Le Cheile: Community peer led service providing activities...
061-446786 / 087-2485742 *www.limerickmentalhealth.ie*

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

Blue Box: Provides creative therapy sessions for children...
061-315070 *www.bluebox.ie*

Aware: Depression information, education & support...
1800-804848 *www.aware.ie*

GOSHH: Gender Orientation Sexual Health HIV services...
061-314354 *www.goshh.ie*

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

Limerick Youth Service: Youth group meetings & activities...
061-412444 *www.limerickyouthservice.com*

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

Mens Shed: Community & activity based service for men...
061-440250 (Southill) *www.menssheds.ie*
061-446786 (Le Cheile) *www.limerickmentalhealth.ie*

Further 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
www.limerickmentalhealth.ie
www.mentalhelp.ie



LIMERICK

**Mental Health
Association**

World Mental Health Day takes place on 10th October and this year's theme is "Psychological First Aid"

**Limerick Mental
Health Week 2016**

Sun 9th – Sun 16th Oct

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

More information



www.limerickmentalhealth.ie



@LkMHA #LIMental

Please check website for latest updates



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

www.yourmentalhealth.ie

Mental Health Week Launch

Sun **Official Opening Ceremony**
 9 Oct King John's Castle
 6-7pm Mayor Kieran O'Hanlon,
 Ambassador for the week -
 Comedian **Karl Spain** and
 Chairperson of Limerick Mental
 Health Assoc. Dr. Jennifer McMahon



Free Mental Health Talks

Mon **Dr. Fergus Heffernan**
 10 Oct Mental Health Day Talk
 7:30-9:30pm Millennium Theatre, LIT



Wed **ICHAS, Castletroy**
 12 Oct "Understanding Stress in
 7-8pm Life" - Prof. Denis Ryan
 8:30-9:30pm Mindfulness - Christine Beekman



Thurs **Recovery Colleges: "A Blueprint**
 13 Oct *for Change in Mental Health Services"*
 1pm **Dr. Jennifer McMahon**
 Millstream, University of Limerick



Thurs **Irish Assoc. of Humanist Integrative**
 13 Oct **Psychotherapists (IAHIP)**
 7:45-9:45pm Longing to Belong - Talk and Q&A
 Malcolm Green, John Hartley, Fiona
 Clothier, Gerry Murphy, Donna Curtin
 Savoy Hotel, Limerick

Art Exhibitions

Facilitated by Amanda Clifford

Sun Opening of **Reflections Art Exhibition**
 9 Oct North Munster Masonic Centre
 7pm Castle St, beside King John's Castle
 Mon-Sat Art Exhibition Open Daily (12-5pm except
 Thurs 12-2:30pm)

Mon-Sun **Children's Art Exhibition**
 10-16 Oct Hunt Museum (10am-5pm daily)

SAMARITANS
 LIMERICK & TIPPERARY

SAM TALKS

20 Barrington St
 Free & Open to all
 (Basement venue)

Tues 6:30pm Michele O'Connor, **MyMind**
 11 Perfectionism, Jealousy & Anxiety
 Oct 7:15pm **Derry O'Malley**, Counsellor & LCCR
 The Human Givens Approach
 Wed 6:30pm Sharon Slater, **Limerick's Life**: History
 12 of St Joseph's Psychiatric Hospital
 Oct 7:15pm John Lannon, **Doras Luimni**: Ethnic
 Minorities, Migrants & Mental Health
 Thurs 6:30-7:15 Talk to be arranged...
 Fri 6:30pm Deirdre Barrett, **Adapt**
 14 The Trap of Domestic Abuse
 Oct 7:15pm **Nurture**: Miscarriage, Pregnancy
 and Mental Health

Limerick Mental Health Week in The HUNT Museum



Mon 1-2pm Talk: **"Mindfulness"**
 10 Oct Christine Beekman
 Tues 1-2pm Play: **"Solus"** by Spade Lion Productions
 11 Oct Writer: Peadar Clancy, Actor: Jamie Walters
 Wed 1-2pm Talk: By Mary Doyle of **FRIENDS** Project:
 12 Oct Family recovery when mental ill health
 touches a family member
 Thurs 1-2pm Talk: **"Creativity in Youth"**: Siobhan Wilmott
 13 Oct (Limerick Youth Service) & Ken Coleman (Artist)
 Fri 11-12 About the **HSE #LittleThings Campaign**
 14 Oct Ciara Dempsey, Office for Suicide Prevention
 Fri 1-2pm Workshop: Matt Cannon: **Rumours & Mental**
 14 Oct **Health**: "You'll never believe what I heard"



Join us on Twitter

Thurs Join **#LimerickHour** and **#LIMental**
 6 Oct Hosted by **@LimerickHour** (9-10pm)
 Sun Join **#MentalHealthHour**
 9 & 16 Oct Hosted by **@Caitriona_Mac** (9-10pm)

Fun & Social Events

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



Mon **"Patrick's Day" Film** - Followed by
 10 Oct Q&A with director, **Terry McMahon**
 8pm **Belltable**, O'Connell St
 €8 Proceeds to Limerick Youth Service

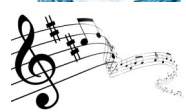


Wed **Fun, Free, Board Games Night**
 12 Oct Willie Sexton's Bar
 8pm 91 Henry St

Fri **Get West** Kayak tour on River
 14 Oct Shannon. Free, booking essential
 5:30-6:30 Email: catriona@getwest.ie



Fri **Free Choral Evening**
 14 Oct **St. Mary's Cathedral**
 7:30-9:30 Dir: Malcolm Green
 MC: Nigel Mercier



Sat **Family Fun Day**
 15 Oct **Bedford Row**, City Centre
 12-4pm Fun activities for all the family
 Face painting & live music
 Children's Art Activities
 With **Blue Box**



Share your Mind for **MyMind**:
Chair to Share Event to
 connect with others.
Limerick Youth Service will facilitate
 a **"SMILE"** chalk up campaign and
express Yourself and other activities
 delivered **by** young people **for** young people.



Mental Health Information and Tips

Mental Health Activities

Mon **Men's Shed**
 10 Oct Drop in Coffee Morning & Info
 10-1pm Southill Men's Shed (061-440250)



Tues **A Taste of GROW**
 11 Oct Drop in Q&A and meeting
 7-9pm GROW, 33 Henry St (061-318813)

