

Plan to protect 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...

Limerick Mental Health Association

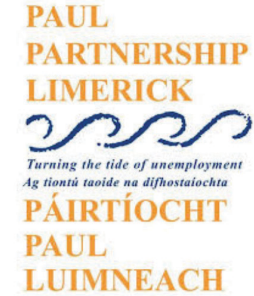
Would like to thank all organisations who arrange and run events throughout the week and to all the community members who attend and bring their voice and attention to the importance of our mental health as a community and as individuals.



Thank you to our Limerick Mental Health Week 2018 sponsors...



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



UNIVERSITY of LIMERICK
OLLSCOIL LUIMNIGH



Enjoy a 5 course meal with wine in the 5 star Savoy Hotel, with a prosecco reception, inspiring speakers on the topic of mental health, thousands of euros worth of spot prizes to be given away, great entertainment and more.

Limerick Mental Health Ball

13th Oct. 2018

Fundraising event for:



13th Oct. 18
Savoy Hotel
★★★★★
Tickets €99.99

Further info:
www.eventbrite.ie

limerickmentalhealthball@gmail.com



Limerick Mental Health Week

04th - 13th Oct. 18

World Mental Health Day - 10th Oct. 18

This year's theme:

'Young people & Mental Health in a changing world'

For more information & the latest updates:

www.yourmentalhealth.ie



@LimerickMHA #LimerickMHW

Thursday 04th Oct. 18

10AM - 1PM **What is Recovery?**

Workshop around recovery, understanding mental health services with advocacy and empowerment. *Workshop by "Aries".*
Aries are a recovery and well-being education college.
OUR LADY OF LOURDES COMMUNITY CENTRE, CHILDERS RD, ROSBRIEN, LIMERICK CITY

7 - 9PM **Commemoration & Hope**

NorthStar's annual service of Commemoration and Hope celebrating the 10th anniversary of this event.
AUGUSTINIAN CHURCH, O'CONNELL ST, LIMERICK CITY

Friday 05th Oct. 18

6.30 - 7.30PM **Limerick Mental Health Week 2018 Opening Ceremony**

Our annual event to officially open Limerick Mental Health Week. Hear speeches from those involved in the week and enjoy an art expo by LSAD, service users and the youth groups around Limerick.
KING JOHN'S CASTLE, LIMERICK CITY

Saturday 06th Oct. 18

9.30AM **5k Parkruns at two locations**

Please come along and join in. Whatever your pace, walk or run! There is tea and coffee afterwards too.

THE BOAT HOUSE, UNIVERSITY OF LIMERICK, V94 Y8X4 & MUNGRET PARK, NEAR MUNGRET COLLEGE, MUNGRET, LIMERICK, V94 0Y56

Family Fun Day **12 - 4PM**

Limerick Mental Health Week's annual family fun day. An afternoon of activities, face painting and fun for all ages.

BEDFORD ROW, LIMERICK CITY

Sunday 07th Oct. 18

9.30AM **Shelbourne junior Parkrun**

A free, weekly, timed 2k walk/jog/run at 9:30 am every Sunday. Open to ages 4-14 and all abilities. Organised entirely by volunteers. Friendly and fun. Join us!

SHELBOURNE PARK, CO. LIMERICK

1PM **SMRC 10k/5k Urban run**

SMRC Urban Run sponsored by Sherry Fitzgerald. 10k and 5k options. *To register: <http://www.smrc.ie/urbanrun/>*
O'CALLAGHAN STRAND, LIMERICK CITY

Monday 08th Oct. 18

10AM - 1PM **Co-production workshop "Understanding acute mental health services for family & loved ones"**

For people with lived experience, family/carers and mental health staff/acute services. *Contact: michael.oneill8@hse.ie*
ST JOSEPH'S HOSPITAL, MULGRAVE ST, LIMERICK CITY

Lunchtime Talk

1 - 2PM **HIV information workshop**

Information regarding HIV and the effect it has on individual's mental health.

GOSHH, DAVIS ST, LIMERICK CITY

2.30 - 3.30PM **Childs Play**

Interactive mental health art and play workshop for children (5-12) and parents hosted by MyMind.

THE GRANARY LIBRARY, LIMERICK CITY

6.30 - 7.30PM **Light up the river**

Everyone is encouraged to bring their phone or torch to "light up the river" for mental health awareness. Come see boats from the various clubs up the river Shannon. **RIVER SHANNON, LIMERICK CITY**

7.30 - 8.30PM **Life Lessons for younger self (18+)**

Health psychologist Donna Duffield, author of "Laws of Life" will present a talk on the life lessons and nuggets of wisdom which we would share with a younger version of ourselves.

GROW OFFICE, 33 HENRY STREET, LIMERICK CITY

Tuesday 09th Oct. 18

Lunchtime Talk

1 - 1.30PM

Be Well, Limerick Youth Service

Anyone interested in how the youth of Limerick influence mental health in Limerick.

JIGSAW, 3RD FLOOR OFFICES, ARTHURS QUAY, LIMERICK CITY

1 - 5PM

Connecting with Services

A number of different departments across the HSE will be holding an open day to build greater awareness of the different initiatives and services available. *Contact: Aoife.boland@hse.ie / 087 1492986*

ST JOSEPH'S HOSPITAL, MULGRAVE ST, LIMERICK CITY

6 - 8PM

Connecting with Compassion

An invitation to people, families and friends living with dual diagnosis. Speakers and discussion on trauma informed care in the Midwest.

HEALTH HUB, RUTLAND ST (ACROSS FROM THE HUNT MUSEUM)

7 - 9PM

Web safety - Parents & Professionals

Interactive talk around how we protect ourselves and youth on the web. *Booking essential: dermott@limerickyouthservice.org*

LIMERICK YOUTH SERVICE, 5 LOWER GLENTWORTH ST, LIMERICK CITY

Wednesday 10th Oct. 18

10AM - 12PM

Everyone has a right to work: What is employability Limerick?

Employability Limerick will be holding an open day where potential clients, members of the public or community group reps can attend and learn about the employability service.

EMPLOYABILITY LIMERICK, 5 MALLOW ST, LIMERICK CITY

Lunchtime Talk

1 - 1.30PM & 1.30 - 2.30PM

Young people in a changing world

Workshop around what Jigsaw does as a service & discussing the top ten issues affecting young people today.

JIGSAW, 3RD FLOOR OFFICES, ARTHURS QUAY, LIMERICK CITY

7 - 8PM

How to Support Children, Young People & Parents Through Divorce

The Children's Grief Centre offer advice developed through their experiences of listening and working with young people.

More Information: Helen.Cullhane@cgcc.ie / 087 9851733

CHILDREN'S GRIEF CENTRE, ASHBOURNE AVENUE, SCR, LIMERICK

7 - 9PM

Young People & Mental Health in an Ever Changing World

Talk by David Coleman - Clinical Psychologist. The renowned broadcaster and author will be speaking about social media, young people and minding your mental health in the world today.

JEAN MONNET THEATRE, MAIN BUILDING, UNIVERSITY OF LIMERICK

Thursday 11th Oct. 18

10AM - 1PM

What is Recovery?

Workshop around recovery, understanding mental health services with advocacy and empowerment. *Workshop by "Aries."*

Aries are a recovery and well-being education college.

OUR LADY OF LOURDES COMMUNITY CENTRE, CHILDERS RD, ROSBRIEN, LIMERICK CITY

10AM - 12PM

Snuggles, Stories & Smiles

For antenatal and new parents with a focus on how to support early positive mental health for babies and their parents.

HEALTH HUB, RUTLAND ST (ACROSS FROM HUNT MUSEUM)

Lunchtime Talk

1 - 1.30PM & 1.30 - 2.30PM

Young people in a changing world

Workshop around what Jigsaw does as a service & discussing the top ten issues affecting young people today.

JIGSAW, 3RD FLOOR OFFICES, ARTHURS QUAY, LIMERICK CITY

6 - 9PM

A suite of Mental Health Talks

Various talks on mental health by the Irish College of Humanities & Applied Sciences.

ICHAS, NATIONAL TECHNOLOGY PARK, CASTLETROY, LIMERICK CITY

8 - 9.15PM

Longing to Belong, IAHIP Q+A

An exploration of what psychotherapy is and how it can be used to tackle addiction, anxiety, depression and relationships with youth.

SAVOY HOTEL, HENRY STREET, LIMERICK CITY

Friday 12th Oct. 18

Family Fun Day

1 - 3PM

Information stands, Bouncy Castles, Mental Health workshops & Guest Speakers. Tea, coffee and refreshments
CROOM FAMILY RESOURCE CENTRE, HIGH ST, CROOM, CO. LIMERICK

Lunchtime Talk

1 - 2PM

LGBT & Mental Health

GOSHH, DAVIS ST, LIMERICK CITY

7.30 - 9.30PM

Limerick Choral Night - Closing Ceremony

Various choirs across Limerick will perform choral arrangements in a relaxing evening event.

ST MARY'S CATHEDRAL, BRIDGE ST, LIMERICK CITY