

MID WEST



ARIES

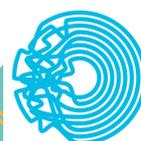
Recovery & Well-Being Education  
in Mental Health

# Online Modules

**Free Mental Health Recovery  
Education Across the Mid West**

Limerick ~ Clare ~ North Tipperary

HSE Mid West  
Community Healthcare



Mental Health  
Ireland

# MODULE DESCRIPTIONS



## Managing Well-being and Mental Health Recovery

**This module explores different views on well-being and recovery in mental health. We will discuss what and who can help with managing your well-being and mental health. This module also includes a personal account of recovery.**

## My Mental Health - Finding Meaning, Feeling Empowered

**In this session we will examine what gives us a sense of meaning and purpose in our lives. We will reflect on what empowerment means and explore our understanding and experience of empowerment and disempowerment in mental health.**

## Let's Talk Depression

**This module provides a space to discuss the impact of depression. We will explore practical tips that can be used when managing depression and reflect on the personal and individual nature of depression.**

## Family Recovery in Mental Health

**During this session, we will discover the meaning of family recovery in mental health and what people can do to support themselves while supporting others. This module may be especially beneficial for family members, carers and supporters of a loved one who is experiencing mental health difficulties.**

# MODULE DESCRIPTIONS



## Connection and Hope in Times of Isolation

**This module explores the importance of maintaining connections and hope in times of isolation. We will discuss ways we can maintain connection and hope and experience a practical example of connecting with self through breathing.**

## Exploring Anxiety in Uncertain Times

**This module examines your understanding of anxiety in uncertain times. We will discuss a range of topics including "is anxiety normal?" and "what causes anxiety?". This session also includes a number of practical ways to manage anxiety.**

## Managing Anxiety in Uncertain Times

**In this session we will go in to further discussion around managing anxiety. We will also discover some tips and tools that you can put in to practice. This module provides you with an opportunity to explore what and who can help with managing anxiety.**

## Let's Talk Resilience

**In this module we will discuss our understanding of what resilience means and why it is important for our mental health and well-being. We will discuss and experience personal tools and skills that can be applied in our lives now and in the future to be resilient people.**

# MODULE DESCRIPTIONS



## Understanding Mental Health Services

**This module explores the Mental Health Services, providing a broad understanding of its structures, function and staff; empowering learners to feel confident in accessing services and make recovery gains from using these services.**

## Accessing Mental Health Services - getting the Best from Virtual Appointments

**This module provides key information and practical skills to enable learners to navigate changes in appointments/ consultations within the mental health services brought about by Covid-19 restrictions. We explore how people can get the best out of virtual and phone appointments. We also look at Attend Anywhere, the app used by the HSE for virtual appointments.**

## Accessing Mental Health Services - getting the Best from Face to Face Appointments

**In this module we will look at how we can safely attend and get the best from our Mental Health Services appointments. We explore the challenges faced by staff, service users and family members/ carers and look at the ways in which service users safely access services while getting the best out of face to face appointments.**

## Understanding Diagnosis, Exploring My Identity

**This module examines the process by which a mental health diagnosis is made and explores what the experience of receiving a diagnosis looks like for individuals. We also explore how a diagnosis impacts on our identity and recovery.**



# USEFUL INFORMATION



- It is free to attend our courses.
- Our courses are for anyone (aged 18 and over) with an interest in mental health and well-being.
- All of our modules are co-produced - this means that the topics are created by people with lived experience, service users, family members and service providers.

## What do I need to do to attend a Mid West ARIES online course?

- To sign up email Margaret (details below) with the title of the module you want to attend or register on Eventbrite at <https://midwestaries.eventbrite.ie>
- You will need a computer, laptop or smart phone with internet connection, and a microphone.
- Once you have the link and password, sign in to join the session at least 5 minutes before the start time.

**You are welcome to contact us for more information:**

**Margaret:** [margaret.keane9@hse.ie](mailto:margaret.keane9@hse.ie), 086 28 73 526

**Mike:** [michael.oneill8@hse.ie](mailto:michael.oneill8@hse.ie), 085 87 68 517

**Eileen:** [eileen.cunningham4@hse.ie](mailto:eileen.cunningham4@hse.ie), 085 85 89 546

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