

World Mental Health Awareness Week



5th-10th October 2020



Next week is Mental Health Awareness Week 5-10th October 2020. It is important we take time to reflect on our own mental health and explore ways to incorporate more self-care into our lives. The Five Ways to Wellbeing are:

- Connect
- Give
- Take Notice
- Keep Learning
- Be Active.

Take a moment to read through our examples and see if you can incorporate some of the actions each day into your routine. Life can be hectic at times, but taking time to incorporate one or more of the Five Ways to Wellbeing can improve well being.

Video link to The Five Ways to Wellbeing 🖱️

<https://www.mentalhealthireland.ie/five-ways-to-wellbeing>



<p>Talk with someone in your family or group of friends and really listen to what he or she has to say. Perhaps ask about something that happened at work, at a club or perhaps how he or she is feeling today and why that is.</p>	<p>Do something active with your family or friends like going for a walk or playing a game that gets you moving.</p>	<p>Take a bit of time to notice things around you, perhaps have a mindful moment, notice what you can see, hear, smell, feel. Perhaps notice what the people around you are up to, how they are feeling or acting.</p>	<p>We're learning new things all of the time. See if you can find out about something new, or an interesting fact, perhaps learn a new skill.</p>	<p>Think of an opportunity to show kindness to someone else. Being kind to others actually makes you feel good so it's a kindness for you as much as the person on the receiving end!</p>
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Mental Health Services and Resources for Parents, Students and All

 <p>ISPCC Childline 1800 66 66 66</p>	<p><u>Childline (ISPCC)</u> Ireland's 24-hour national listening service for young people up to the age of 18. Freephone 1800 666 666 (any time, day or night) Text 50101 (from 10am to 4pm every day) Chat online (from 10am to 4pm every day) Visit www.childline.ie for more information</p>
 <p>JIGSAW Young people's health in mind</p>	<p><u>Jigsaw</u> The Jigsaw Support Line is available for free mental health support and advice to young people aged 12 to 25 years old, and parents or concerned adults in Ireland. Freephone 1800 544729 (from 1pm to 5pm Monday to Friday) Text CALL ME to 086 180 3880, giving your preferred day and time for a call (from 9am to 5pm Monday to Friday) Email help@jigsaw.ie (for responses from 9am to 5pm Monday to Friday) Visit www.jigsaw.ie or www.jigsawonline.ie for more information</p>
 <p>Barnardos Because childhood lasts a lifetime</p>	<p><u>Barnardos</u> Barnardos provide a national telephone support service for parents, in response to the challenges they are facing during the COVID-19 pandemic. Freephone 1800 910 123 from 10am to 2pm, Monday to Friday. https://www.barnardos.ie/</p>
 <p>SPUN OUT.ie</p>	<p><u>SpunOut.ie</u> SpunOut.ie provides a wide range of articles and information for young people, on many different topics, including mental health. Text SPUNOUT to 086 1800 280 to chat to a trained volunteer (standard message rates may apply) Visit https://spunout.ie/ for more information</p>
 <p>pieta</p>	<p><u>Pieta House</u> Pieta provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide. Call free on 1800 247 247 Text help to 51444 Visit https://www.pieta.ie/ for more information</p>

