

Courses to Help our Coping Skills



Five ways of wellbeing:

Mental health association that fundraises and organises outings and events for those struggling with mental health in their communities.

(Info@mentalhealthireland.ie)

9am - 5pm mon to fri 012841166 -

locally Limerick Mental Health Association (061-446786 or info@limerickmentalhealth.ie)



WRAP: wellness recovery action plan.

Wrap focuses on a persons strength, rather than perceived deficits. Wrap is voluntary and trauma informed, people develop their own wrap.

Some providers of WRAP are: Limerick Mental Health (061-446786 or info@limerickmentalhealth.ie), The Haven Hub (085 2019250 or limerickhavenhub@gmail.com) or Paul Partnership (061 419388 or info@paulpartnership.ie)



SHEP:

Shep is a valued led organisation that works together with individuals and communities to develop capacities for positive change, to enhance health and wellbeing and to promote social justice. They provide various courses example: effective communication skills, active listening, confidence building and personal development. Most courses are either free or heavily subsidised. Phone 085 8626844 or email info@socialandhealth.com



AWARE Life Skills Program:

Aware provides a range of support information and education around depression and bipolar disorder. Services in communities, schools, workplace nationwide.

They have a Life skills course available both in groups face-to-face or online. For more details contact Supportmail@aware.ie or phone 1800 804848

MINDFULNESS BASED STRESS REDUCTION



Mindfulness

Mindfulness has been proven to reduce stress and improve coping skills. There are a number of organisations that provide mindfulness courses including:

A Lust for Life: (email info@alustforlife.com) Resolve (email info@resolvenow.ie or phone 085 7408918), Le Chéile (email info@limerickmentalhealth.ie or phone 061-446786)



A Lust for Life CBT Online Program:

A lust for life is an online support that offers stories of recovery, helpful tools and also an online 7 week CBT course. See www.alustforlife.com for more details



MIDWEST ARIES:

Midwest Aries has a range of courses, information, and educational materials on recovery and well being in mental health delivered by people with lived experience. They have workshops and courses including what is recovery, what is anxiety, CHIME, advocacy & empowerment, diagnosis and beyond, tips and tools and more. For more details contact Michael.oneill8@hse.ie or phone 061 461275



SUICIDE OR SURVIVE:

The aim of the organisation is to fill the gaps in existing services for those who have attempted or contemplated suicide and to compliment other services. They provide workshops, courses both online and in person

For more information email info@suicideorsurvive.ie
Phone: 1890 577 577



Limerick Mental Health Association

Provides activities and courses for those attending mental health services or struggling to cope. Activities and courses are person centred with a focus on recovery pathways for individuals. Phone: 061-446786 or

info@limerickmentalhealth.ie www.limerickmentalhealth.ie



3TS:

Produced a series of self-help booklets together with the National Health Service that are available to download for free and are intended as a 'first step' towards recovery across a range of mental health topics.

www.3ts.ie

Other Sources of Wellbeing Courses:

- Local school often run wellbeing and other courses. A list of local schools are as follows: <https://www.education.ie/en/find-a-school>
- Local health and community centres also run wellbeing courses - see <https://www.hse.ie/eng/services/list/2/healthcentres/>
- Local mental health centres often run wellness courses - see: <https://www.hse.ie/eng/services/list/1/lho/>