



Supporting yourself and others with mental health and wellbeing



'**Stories of Recovery**', a new podcast series shares the mental health stories of people local to Cavan and Monaghan and their journeys to recovery. Listening to the stories of how people have overcome adversity and now flourish in their lives can provide hope and inspiration. The podcast is available at <https://audioboom.com/channels/5013394>



Minding Your Wellbeing - Free series of online video resources to learn and practice key elements of mental wellbeing such as mindfulness, gratitude, self-care and resilience. For more information go to: <https://www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html>



Stress Control is a six session online class that combines cognitive behavioural therapy and positive psychology to help you tackle common mental health problems. For more information go to www.stresscontrol.ie



Innovation Recovery - Free mental health promotional workshops facilitated by people with a lived experience and health care professionals. Also join our 24 hour e-learning programmes at www.mymentalhealthrecovery.com



Mental Health Ireland - Promotion of positive mental health, wellbeing and recovery for all individuals and communities through information, training, workshops, webinars, mindfulness, meditation and much more. Visit www.mentalhealthireland.ie



Suicide or Survive (SOS) - Free daily online wellness workshops and programmes to help manage and maintain your mental health. Visit www.suicideorsurvive.ie



Minding Your Mental Health - A series of multilingual video messages presented by health professionals now living and working in Ireland. Visit www.translateireland.ie

yourmentalhealth.ie

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