



Connecting for Life  
*Mid West*



# Connecting for Life Mid West: Connecting with Training

All content is subject to change and Covid 19 restrictions apply.

# Introduction

In April 2017 after the launch of Connecting for Life Mid West: Action Plan for Suicide Prevention 2017- 2020, HSE Health Promotion and Improvement invited a number of services who provide mental health promotion in the area, to work together to form a Mental Health Promotion working group in the Mid West.

## Our purpose is

- To co-ordinate a shared understanding of Mental Health Promotion
- To meet the mental health promotion needs of people living and working in the Mid West while maximising limited resources
- To fulfil the mental health promotion actions of the Connecting for Life Mid West : Action Plan for Suicide Prevention
- To work in partnership to ensure consistency, quality (evidence based/ informed) and strong population reach in programme delivery

'Connecting with Training' was developed on the premise that protecting and promoting mental health is everyone's responsibility and an integral part of who we are. Our mental health determines and influences every aspect of our lives, how we view ourselves, our relationships, how we work, live and play.

This is the third edition of the resource and the content continues to include a variety of evidence based or evidence informed workshops and courses from a wide range of providers from statutory, community and voluntary sectors across Limerick, Clare and North Tipperary. The majority of the courses included are free or low cost.

All workshops and courses in the booklet are presented with a brief outline and information on the providers to help us either to book the workshop of your choice by clicking on the hyperlink provided or by calling the phone number and talking directly with the provider.

The booklet is designed to support or to start our own mental health promotion journey with a 40 minute workshop right through to an academic qualification. Alternatively you may want to select a stand-alone workshop that meets your individual or your community's need.

The **CfL MW Connecting with Training – Booklet** can be easily shared with friends, family or colleagues and service users by sharing the link on [www.connectingforlifemidwest.ie](http://www.connectingforlifemidwest.ie)

The Mental Health Promotion Subgroup is conscious of the need to keep training booklets up to date and we are committed to updating and refreshing the content regularly. If you are a provider of evidence based mental health promotion programmes here in Limerick, Clare and North Tipperary and wish to submit a workshop for inclusion please see **CfL MW Connecting with Training – Application Form** [www.connectingforlifemidwest.ie](http://www.connectingforlifemidwest.ie)



**Máiréad Kelly,**  
Chair of Group,  
Mental Health Promotion Sub-Group  
Health Promotion and Improvement Mid-West

**DISCLAIMER:** The content of this booklet was correct at the time of publication.

# Foreword

Welcome to the third edition of 'Connecting for Life Mid-West: Connecting with Training' resource outlining the wide range of Mental Health Education, Training and Promotion Programmes available to the population of Clare, Limerick and North Tipperary. This resource highlights the importance of protecting and nurturing our own mental health and that of our communities, remembering that 'mental health is everyone's responsibility'.

Mental Health and Wellbeing has been a consistent commitment of the HSE Mid-West Community Healthcare and its statutory and voluntary partners for many years. This is highlighted in the breadth of organisations offering Mental Health Programmes across the life course in this resource. This life course approach is a strong message from both our recently launched *Stronger Together*, *HSE Mental Health Promotion Plan 2022-2027* and the *Health Services Healthy Ireland Implementation Plan 2023-2027*, both of which support promoting positive mental health across the population and through all life stages.

This resource demonstrates the investment in and commitment to Mental Health and Wellbeing from a diverse range of providers including statutory, voluntary and community sectors, providing essential information on the availability of local training opportunities. It is designed to support your own mental health and wellbeing journey with offerings of 40 minute workshops right through to an academic qualification.

The Connecting for Life Mid-West Steering group continues to embed mental health and wellbeing across the population. I would like to thank the Mental Health Promotion subgroup for their commitment in ensuring the content of this resource is updated regularly.

I hope that you use the resource to make time for your own mental health. Please share it with family, friends, colleagues and anyone who would benefit from this resource.

Every good wish,



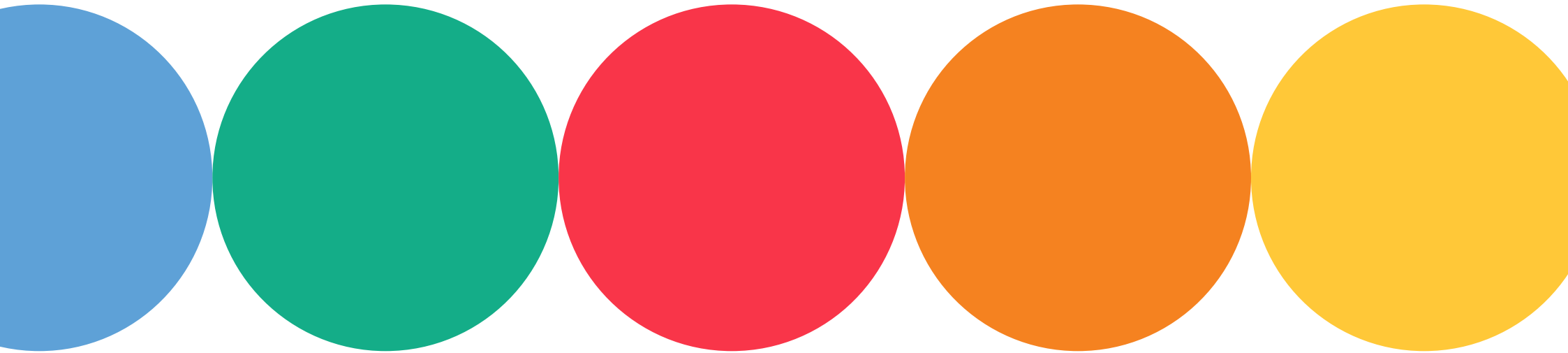
Niamh

**Niamh Wallace,**

*Head of Service, Health and Wellbeing,  
Mid-West Community Health Care*

# Short Courses

4 hours or less







# Short Courses 4 hours or less

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
1 hour	One Good Adult	Raising awareness about youth mental health and how to better support it by being one good adult.	Parents / Guardians / Interested Adults	Free	Limerick	<b>JIGSAW LIMERICK</b> Young people's health in mind Phone: 061 974510 or Email <a href="mailto:limerick@jigsaw.ie">limerick@jigsaw.ie</a>
1 hour	5 -A- Day For Mental Health	Aims to provide strategies necessary to build and take care of your own mental health.	17 - 25 year olds in 3 <sup>rd</sup> level educational settings	Free	Limerick	<b>JIGSAW LIMERICK</b> Young people's health in mind Phone: 061 974510 or Email <a href="mailto:limerick@jigsaw.ie">limerick@jigsaw.ie</a>
1 hour	One Good Coach	Presentation that aims to promote an understanding of mental health.	Adults who coach or train any sports with young people	Free	Limerick	<b>JIGSAW LIMERICK</b> Young people's health in mind Phone: 061 974510 or Email <a href="mailto:limerick@jigsaw.ie">limerick@jigsaw.ie</a>





# Short Courses 4 hours or less

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
1 hour	<b>Self-Care for One Good Adult</b>	Workshop which provides understanding and skills to help.	<b>Adults who work or volunteer with young people in their community</b>	Free	Limerick	 <p>Young people's health in mind Phone: 061 974510 or Email <a href="mailto:limerick@jigsaw.ie">limerick@jigsaw.ie</a></p>
1 hour	<b>Rally Around Young People</b>	Explore your mental health and learn practical tools for supporting young people's mental health.	<b>Adults who support young people</b>	Free	Limerick	 <p>Young people's health in mind Phone: 061 974510 or Email <a href="mailto:limerick@jigsaw.ie">limerick@jigsaw.ie</a></p>
90 minutes	<b>Together for our Mental Health</b>	Interactive workshop trataims to promote an undestending of mental health.	<b>Young people from 12-16years or 16-25years</b>	Free	Limerick	 <p>Young people's health in mind Phone: 061 974510 or Email <a href="mailto:limerick@jigsaw.ie">limerick@jigsaw.ie</a></p>
90 minutes	<b>START</b>	LivingWorks Start, is an online, interactive training session that provides information and knowledge to contribute to keeping others safe from suicide.	<b>Adults</b>	Free	Online, self-directed learning	 <p>Connecting for Life Mid West For information and registration on all upcoming training contact the Office for Suicide Prevention. 061 492096 Email <a href="mailto:srotraining.lcnet@hse.ie">srotraining.lcnet@hse.ie</a></p>






# Short Courses 4 hours or less

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
<b>2 hour, 4 hour or full day workshops available</b>	<b>Mental Health &amp; Wellbeing Workshops &amp; Courses</b>	Advice and training on supporting your mental health.	<b>Any person or group within a community</b>	<b>Cost for most of these courses is minimal or is subject to budget.</b>	Limerick	 <b>Mental Health Ireland</b> 3 Sexton Street Limerick Phone: 087 2485742/ 061 446786or Email: <a href="mailto:info@limerickmentalhealth.ie">info@limerickmentalhealth.ie</a> <a href="http://www.limerickmentalhealth.ie">www.limerickmentalhealth.ie</a>
<b>2 hours</b>	<b>Cyber-safety Talk</b>	Aims to equip participants with practical tools to stay safe online.	<b>Secondary students or it can also be tailored for parents</b>	<b>Free</b>	Limerick	 Maurice Walsh Phone : 086 8239000 Website: <a href="http://www.limerickyouthservice.com">www.limerickyouthservice.com</a>
<b>2 hours</b>	<b>Five Ways to Wellbeing Workshop</b>	Promoting Social and Emotional Wellbeing: A Programme for Young People in Youth Work Settings	<b>Over 18 years, community groups and workplaces</b>	<b>Online €350 €350 for workplace groups</b>	This can be facilitated in city or county limerick schools or youth work setting depending on availability of Mental health Workers	 Be Well Coordinator Siobhan O Brien Phone: 086 3895031
<b>2 Hours</b>	<b>Introduction to Understanding Self-Harm</b>	The 'Introduction' workshop aims to cover the elements of personal attitudes, methods and types of self-harm behaviour and the feelings and causes which may lead people to engage in self harm behaviour.	<b>Adults</b>	<b>Free</b>	Facilitated Online	 <b>Connecting for Life Mid West</b> For information and registration on all upcoming training contact the Office for Suicide Prevention. 061 492096 Email <a href="mailto:srotraining.lcmt@hse.ie">srotraining.lcmt@hse.ie</a>






# Short Courses 4 hours or less

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
2 hours	<b>How Can I Find Meaning in My Life and Feel More Empowered?</b>	In this workshop we will explore 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.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free	Online and communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526</p>
2 hours	<b>Anxiety Series - Part. 1 Exploring Anxiety</b>	In this workshop we explore our understanding of anxiety. We discuss a range of topics including “what is anxiety?”, “what causes anxiety?” and “is anxiety normal?”	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free.	Online and communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>
2 hours	<b>Anxiety Series - Part. 2 Managing Anxiety</b>	This second workshop in the series focuses on managing anxiety. We explore practical tips and tools that you can put into practice when anxiety strikes. In particular we will discuss who or what can help when managing anxiety.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free.	Online and communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>





# Short Courses 4 hours or less

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
2 hours	<b>How Do I Keep Connected and Stay Hopeful to Support My Wellbeing?</b>	This workshop explores the importance of maintaining connections and hope to support our wellbeing and mental health. We will discuss ways we can maintain our social connections and keep hope alive.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free	Online and communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546.</p>
2 hours	<b>Getting the Best from My Mental Health Appointment</b>	In this module we will look at how we can get the best from our Mental Health Services appointments. We explore the challenges faced by staff, service users and family members/ carers. Includes practical tips, tools and resources.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free.	Online and communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>
2 hours	<b>Understanding Mental Health Services</b>	This workshop explores the Mental Health Services. It provides a broad understanding of its structures, function and staff; empowering learners to feel confident in accessing services to achieve their recovery goals.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free.	Online and communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>




# Short Courses 4 hours or less

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
2 hours	<b>Managing Wellbeing and Mental Health Recovery</b>	This module explores different views on wellbeing 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.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free	Online	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>
<b>A four hour module with flexible arrangements. Online option available.</b>	<b>Recovery Principles and Practice working an introduction to our National Framework for Recovery in Mental Health.</b>	This module invites participants to reflect on their work practice and identify changes to support their service becoming more recovery orientated. This module is part of the National Framework for Recovery in Mental Health.	<b>All people working in the Mental Health Services and community partners.</b>	Free	Online and communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>
2 hours	<b>Understanding Diagnosis, Exploring My Identity.</b>	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.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free	Online and communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>



# Short Courses 4 hours or less

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
2 hours	<b>Understanding Acute Mental Health Services for Families, Supporters &amp; Carers.</b>	Someone with Acute Mental Health. We explore how admission to an Acute Psychiatric Unit works, the different members of the Care Team and their roles and the jargon or terms you may hear. We also identify the supports available to you and your loved and the importance of self-care.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free	Online and communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>
2 hours	<b>Managing Wellbeing and Mental Health Recovery</b>	This module explores different views on wellbeing 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.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free	Online and Families across the Mid-West	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>
2.5 hours	<b>Understanding Acute Mental Health Services for Families, Supporters &amp; Carers – Online self paced course.</b>	Someone with Acute Mental Health. We explore how admission to an Acute Psychiatric Unit works, the different members of the Care Team and their roles and the jargon or terms you may hear. We also identify the supports available to you and your loved and the importance of self-care.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free	Online 24/7	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 <a href="https://tinyurl.com/UnderstandingACMHS-UHL">https://tinyurl.com/UnderstandingACMHS-UHL</a></p>



# Short Courses 4 hours or less




Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
2 hours	<b>Self Care Series Part 1: Exploring Self Care</b>	In this module we will explore what self care is and isn't, what self care looks and feels like, the barriers to self care and how important self care is to building resilience and improving wellbeing and mental health.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free	Online and communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>
2 hours	<b>Self Care Series Part 2: Building My Self Care Toolkit</b>	In this module, we will start to build our daily self-care toolkit across the first two basic wellness areas: Physical and Emotional. We will discuss the self care strategies you already have and what new strategies you would like to try using the SMART goals approach.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free	Online and communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>
2 hours	<b>Self Care Series Part 3: Building My Self Care Toolkit</b>	In this module, we will complete our daily self-care toolkit across the next two basic wellness areas: Social and Intellectual. We discuss the self care strategies you already have and what new strategies you would like to try using the SMART goals approach.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free	Online and communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>

# Short Courses 4 hours or less




Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
2 hours	<b>Self Care - Building My Resilience</b>	In this module we will explore how we can build our resilience through the practice of simple daily self care routines. We will explore what self care looks and feels like, the barriers to practicing self care and why it is important to support our wellbeing.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free	Online and communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>
2 hours	<b>Journaling for Wellbeing.</b>	In this module, we will discuss how journaling can support our wellbeing and mental health. We will explore different ways to journal so that you can find what works best for you, while learning tips and techniques to get you started and keep you motivated.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free	Communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>
2 hours	<b>Creativity for Wellbeing.</b>	In this module, we will discuss how creativity supports our wellbeing and mental health. We will explore what the term "creativity" means and the wide range of creative activities available. We will gain an understanding of the important role creativity has in enhancing our sense of wellbeing and improving our mental health.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free	Communities across the Mid West.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at <a href="https://midwestaries.eventbrite.ie">https://midwestaries.eventbrite.ie</a></p>



# Short Courses 4 hours or less

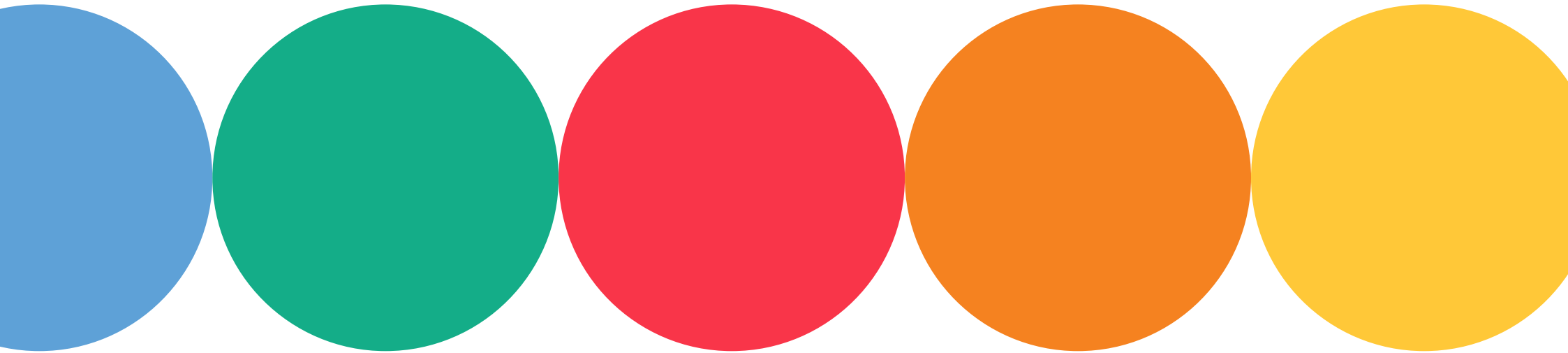
Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
2.5 hours	<b>My Self Care: Taking Care of Me</b>	In this online self-paced course, you will learn simple, practical strategies to support and enhance your Physical, Emotional, Social and Intellectual Health. In your own time and at your own pace you will build your own personalised daily self care toolkit. Resources include downloadable worksheets and guided mediations.	<b>Open to anyone (aged 18+) with an interest in mental health and well-being.</b>	Free	Online 24/7 - available from any internet enabled device, including mobiles.	 <p>Contact Margaret Keane at <a href="mailto:margaret.keane9@hse.ie">margaret.keane9@hse.ie</a> or 086 287 3526 Or Cillian Keane at <a href="mailto:cillian.keane@hse.ie">cillian.keane@hse.ie</a> or 085 858 9546. Book online at "My Self Care - Taking Care of Me" <a href="https://tinyurl.com/selfcaremidwestaries">https://tinyurl.com/selfcaremidwestaries</a></p>
4 hours	<b>Mental Health and Wellbeing Workshop (Community Settings)</b>	Workshop will equip participants with the knowledge and understanding necessary to foster and enhance mental health and wellbeing.	<b>Over 18 years &amp; community groups, maximum number for groups is 25</b>	Free to community groups	Limerick, Clare, North Tipperary	 <p><b>Mental Health Ireland</b></p> <p>Phone: 01 2841166 or Email: <a href="mailto:training@mentalhealthireland.ie">training@mentalhealthireland.ie</a> <a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a></p>
4 hours	<b>Mental Health and Wellbeing Workshop for Managers</b>	This interactive workshop for managers will equip participants with the knowledge and understanding necessary to respond to someone experiencing mental health distress in the work place.	<b>Workplace managers, maximum number for groups is 25</b>	On Line €500, In Person €750 for work place groups	Limerick, Clare, North Tipperary	 <p><b>Mental Health Ireland</b></p> <p>Phone: 01 2841166 or Email: <a href="mailto:training@mentalhealthireland.ie">training@mentalhealthireland.ie</a> <a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a></p>

# Short Courses 4 hours or less

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
4 hours	<b>Mental Health &amp; Our relationship with Alcohol</b>	This interactive workshop will focus on the relationship with alcohol and it's impact on mental health.	<b>Workplace managers &amp; employees.</b>	<b>Maximum number for groups is 20/ On Line €300, In Person €350 for Work place groups</b>	Limerick, Clare, North Tipperary	 <b>Mental Health Ireland</b> Phone: 01 2841166 or Email: <a href="mailto:training@mentalhealthireland.ie">training@mentalhealthireland.ie</a> <a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a>
4 hours	<b>Mental Health and Wellbeing Workshop for Employees</b>	This interactive workshop for employees will equip participants with the knowledge and understanding necessary to foster and enhance mental health and wellbeing in the workplace.	<b>Workplace employees, maximum number for groups is 20</b>	<b>On Line €500, In Person €750 for work place groups</b>	Limerick, Clare, North Tipperary	 <b>Mental Health Ireland</b> Phone: 01 2841166 or Email: <a href="mailto:training@mentalhealthireland.ie">training@mentalhealthireland.ie</a> <a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a>
4 hours	<b>safeTALK</b>	Alertness training which prepares anyone, regardless of prior experience or training, to become a suicide-alert helper.	<b>Adults + who are not been recently bereaved by suicide.</b>	<b>Free</b>	Limerick, Clare, North Tipperary	 <b>Connecting for Life Mid West</b> For informations and registration an all upcoming training contact the Office for Suicide Prevention 061-492096 or email <a href="mailto:srotraining.lcnt@hse.ie">srotraining.lcnt@hse.ie</a>




# Day Courses

1 day or more








# Day Courses 1 day or more

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
<b>1 day workshops available</b>	<b>Peer Support, Volunteer Advice and Training</b>	Advice and training on Peer Support.	<b>Projects that work on peer support in the community or anyone interested in peer support</b>	<b>Cost for most of these courses is minimal or is subject to budget</b>	Limerick	 <p>3 Sexton Street Limerick Phone: 087 2485742/ 061 446786 or Email: <a href="mailto:info@limerickmentalhealth.ie">info@limerickmentalhealth.ie</a> <a href="http://www.limerickmentalhealth.ie">www.limerickmentalhealth.ie</a></p>
<b>Full day</b>	<b>Zippy's Friends</b>	To teach 5 – 7 year olds of all abilities how to cope with everyday difficulties, to identify & talk about their feelings & to explore ways of dealing with them. It also encourages children to help other people with their problems.	<b>Primary School Teachers who teach 5 – 7 year olds</b>	<b>Free (substitution cover is available for a maximum of two teachers per school)</b>	Limerick, Clare, North Tipperary	 <p>Parkview House, Pery Street, Limerick. Phone: 061 483218 Email: <a href="mailto:vivien.kennelly@hse.ie">vivien.kennelly@hse.ie</a></p>
<b>Full Day</b>	<b>MindOut Mental Health Promotion Programme</b>	To promote positive mental health in young people in post-primary schools.	<b>Secondary School Teachers and Youthreach Staff teaching Senior Cycle students</b>	<b>Free (substitution cover is available for a maximum of two teachers per school)</b>	Limerick, Clare, North Tipperary	 <p>Parkview House, Pery Street, Limerick. Phone: 061 483218 Email: <a href="mailto:vivien.kennelly@hse.ie">vivien.kennelly@hse.ie</a></p>



# Day Courses 1 day or more


Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
Full Day	<b>Mind Your Wellbeing Programme</b>	To support staff to care for their own mental wellbeing & to promote positive mental health in their workplace setting.	<b>HSE Staff &amp; Connecting for Life Mid West Partners</b>	Free	Limerick, Clare, North Tipperary	 <p><b>HSE MID WEST COMMUNITY HEALTHCARE</b> Mental Health   Older Persons   Disabilities Primary Care   Health &amp; Wellbeing</p> <p>Parkview House, Pery Street, Limerick. Phone: 061 483218 Email: <a href="mailto:vivien.kennelly@hse.ie">vivien.kennelly@hse.ie</a></p>
Full Day	<b>Movin' on Up Transition Programme</b>	Delivered in partnership with secondary schools aimed at helping students transition from primary to secondary school.	<b>6th class students, Primary School</b>	<b>Programmes have a minimal cost which is negotiable</b>	Limerick	 <p><b>limerick youth service</b></p> <p>Maurice Walsh Phone : 086 8239000 Website: <a href="http://www.limerickyouthservice.com">www.limerickyouthservice.com</a></p>
1 Day	<b>Understanding Self-Harm</b>	Interactive awareness training which aims to develop participants' knowledge and understanding of self-harm e.g. self-cutting and the reasons underlying self-harm behaviour.	<b>Adults who support, work with or are likely to encounter individuals who engage in self-harming behaviour.</b>	Free	Limerick, Clare, North Tipperary	 <p><b>Connecting for Life Mid West</b></p> <p>For informations and registration an all upcoming training contact the Office for Suicide Prevention 061-492096 or email <a href="mailto:srotraining.lcmt@hse.ie">srotraining.lcmt@hse.ie</a></p>



# Day Courses 1 day or more

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
1 day	<b>Professionals Supporting People Bereaved by Suicide</b>	This programme aims to develop participants' knowledge and understanding of the grieving process. It will also enhance participants' skills in supporting people bereaved by suicide. Participants will need to complete the online START programme if they have not completed other suicide awareness training (SafeTALK/ ASIST) in the past 24 months	<b>Professionals working on a consistent basis with those bereaved by suicide. It is not recommended for those recently bereaved by suicide</b>	Free	Online/ Various Locations Participants will be required to complete a one hour e-module in their own time as part of the programme	 <p>For information and registration on all upcoming training contact the Office for Suicide Prevention. 061 492 096 Email <a href="mailto:srotraining.lcnt@hse.ie">srotraining.lcnt@hse.ie</a></p>
2 Days	<b>ASIST</b>	2 day intensive and interactive workshop, participants learn and practice intervention skills while helping to prevent the immediate risk of suicide and increasing the support for a person at risk.	<b>Suitable for formal and informal caregivers who are over 18 years of age from health workers, Gardai and teachers to those supporting family, friends and co-workers.</b>	Free	Various locations	 <p>For information and registration on all upcoming training contact the Office for Suicide Prevention. 061 492 096 Email <a href="mailto:srotraining.lcnt@hse.ie">srotraining.lcnt@hse.ie</a></p>

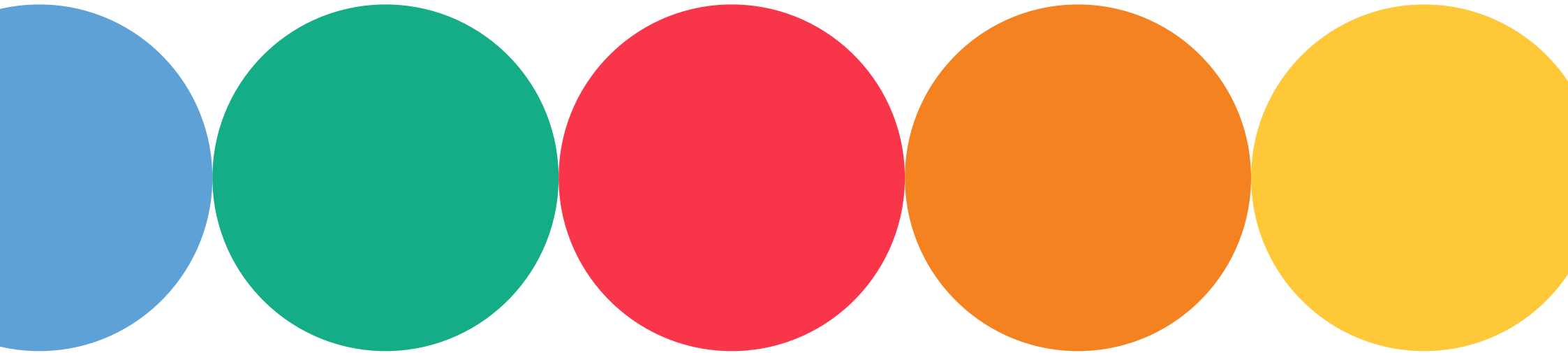
# Day Courses 1 day or more

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
8 hours	<b>Narrative 4 Story Exchange</b>	This course gives secondary school teachers and youth workers the tools to facilitate the Story Exchange. This evidence based model teaches relationship, empathy skills and fosters connection among young people. Lesson plans and certificates are provided on completion. Delivered over 3 on-line modules.	<b>Secondary school teachers and youth workers</b>	€75	Online	 <b>NARRATIVE 4</b> Share Today. Change Tomorrow. By Email/ Phone/ Online Phone: 061 315656 Email: <a href="mailto:info@narrative4.ie">info@narrative4.ie</a>
<b>6 Days of 6 workshops (run either across consecutive days, weeks or months)</b>	<b>The Ease Project</b>	Preventative interventions aimed at building understanding, resilience and regulation techniques around anxiety and other mental health issues. The programme uses music and creative arts as tools for engagement and retention.	<b>Primarily targets teenagers, but can also adapt for adult participants</b>	<b>Free to participants, although there is a contribution paid by the school or other host organisation</b>	Limerick, Clare & Tipperary	 <b>EASE</b> Email : <a href="mailto:office@easeproject.ie">office@easeproject.ie</a> Website: <a href="http://www.easeproject.ie">www.easeproject.ie</a>
<b>Courses vary from 1- 8 sessions of various durations (all requests considered)</b>	<b>Drug Awareness</b>	Familiarisation of groups with alcohol and drug issues relevant to their area. To inform them about service and help options.  Specific needs are explored with the requesting group. Includes mental health impact of substance use.	<b>Parents, community, workplaces, sports clubs, schools &amp; universities</b>	Free	Limerick, Clare, North Tipperary	 <b>HSE MID WEST COMMUNITY HEALTHCARE</b> Mental Health   Older Persons   Disabilities Primary Care   Health & Wellbeing  Limerick : Sancha Power, Phone: 061 318633 Clare: Anna O'Neill, Phone: 065 6865852



# Weekly Courses

various times






# Weekly Courses various times

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
<b>Programmes vary</b>	<b>Older Adults Programmes</b>	.An extensive range of activities including Swim lessons, Aqua Aerobics, Group and Community Talks, Go for Life Games, PAL's Workshops, Walking Programmes, Activator Walking, Active Cities Walks, Walks and Chats, Back to Basics Physical Activity Programmes and much more.	<b>People over 55 years</b>	<b>Cost subsidised and kept to a minimum</b>	Limerick City and County	 <p>Phone: 061 333600 Email: <a href="mailto:info@limericksports.ie">info@limericksports.ie</a> Website: <a href="http://www.limericksports.ie">www.limericksports.ie</a></p>
<b>One hour per week</b>	<b>Older Adults Physical Activity</b>	To increase levels of health enhancing physical activity amongst older adults.	<b>Older adults 50+</b>	<b>€5</b>	Clare	 <p>Clare Sports Partnership Phone: 065 6865434 Website <a href="http://www.claresports.ie">www.claresports.ie</a></p>
<b>2 workshops, delivered over two weeks in succession, 1st week parent only, 2nd week parent/guardian and student</b>	<b>"Let's Learn about Drugs and Alcohol Together" Programme</b>	Afterschool programme allows parents and young people to learn more about drugs and raise alcohol awareness.	<b>2nd year post - primary parents and students</b>	<b>Free</b>	Limerick, Clare and North Tipperary	 <p>Sancha Power, Corporate House, Mungret Street, Limerick City. Phone: 087 1927127 Email: <a href="mailto:sancha.power@hse.ie">sancha.power@hse.ie</a> Website: <a href="http://www.lladat.ie">www.lladat.ie</a></p>





# Weekly Courses various times

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
Run over 4 weeks in 1 hour sessions	<b>Snow White &amp; The Seven Mental Health Helpers</b>	A Peer led Mental Health Awareness workshop, understanding what mental health is and the importance of talking to someone about what is troubling them.	<b>5<sup>th</sup> &amp; 6<sup>th</sup> Class Students</b>	<b>Organisers invite schools to pay a donation</b>	North Tipperary	 <p>Youth Work Ireland Tipperary Phone: 0504 23426 or website: <a href="http://www.youthworktipperary.ie">www.youthworktipperary.ie</a></p>
<b>6 week programme or a training residential</b>	<b>Involvement Training</b>	Aims at developing youth leadership skills.	<b>For young people aged 15 - 18 years</b>	<b>Programmes have a minimal cost which is negotiable</b>	Limerick	 <p>Maurice Walsh Phone: 086 8239000 Website: <a href="http://www.limerickyouthservice.com">www.limerickyouthservice.com</a></p>
<b>8 week programme</b>	<b>Youth identity programme</b>	Aimed at exploring identity whilst also increasing confidence and self-esteem.	<b>For girls aged 15 - 18 years</b>	<b>Programmes have a minimal cost which is negotiable</b>	Limerick	 <p>Maurice Walsh Phone: 086 8239000 Website: <a href="http://www.limerickyouthservice.com">www.limerickyouthservice.com</a></p>



# Weekly Courses various times


Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
<p><b>8 weeks for 2/3 hours or 2-3 full days</b></p> <p><b>Can be adapted to meet the needs of the group</b></p>	<p><b>Wellness Recovery Action Plan® or WRAP®</b></p>	<p>Wellness Recovery Action Plan® is an evidenced based programme for persons living with mental health difficulties or illness. To learn self-manage our mental/ physical health through experiential learning on an evidence-based programme.</p>	<p><b>The programme can be adapted to suit any target group's needs</b></p>	<p><b>Minimum to cover transport</b></p>	<p>North Tipperary</p>	 <p>Phone: 0504 23426 or website: <a href="http://www.youthworktipperary.ie">www.youthworktipperary.ie</a></p>

			<p><b>Persons living with mental health illness and/or have difficulty coping and their supporters</b></p>	<p><b>Cost for most of these courses is minimal or is subject to budget.</b></p>	<p>Limerick</p>	 <p>3 Sexton Street Limerick Phone: 087 2485742 / 061 446786 Email: <a href="mailto:info@limerickmentalhealth.ie">info@limerickmentalhealth.ie</a> <a href="http://www.limerickmentalhealth.ie">www.limerickmentalhealth.ie</a></p>
--	--	--	------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------	-----------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------








# Weekly Courses various times




Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
<b>8 modules run over the summer</b>	<b>Ways to Wellbeing</b>	To offer young people the opportunity to promote & protect their mental health over the summer holidays, using the 5 Ways to Wellbeing – Give, Be Active, Keep Learning, Connect, Take Notice.	<b>12 - 18 year olds</b>	<b>Minimal dependent on activities chosen</b>	North Tipperary	 <p>Phone: 0504 23426 or website: <a href="http://www.youthworktipperary.ie">www.youthworktipperary.ie</a></p>
<b>8 weeks, 2.5 hour sessions each week</b>	<b>SHEP Caring For Your Wellbeing</b>	Experiential non-academic course run in a small group. This course will give you an opportunity to learn to care better for you	<b>Adults</b>	<b>Free or minimal cost</b>	Limerick , Clare North Tipperary	 <p>Anita O'Shea Phone: 086 1451408 Email: <a href="mailto:Anita.oshea@socialandhealth.com">Anita.oshea@socialandhealth.com</a></p>
<b>8 Weeks 2.5 Hour sessions each week</b>	<b>SHEP Seasons for Growth – Living with Grief, Loss and Change in Life</b>	Experiential non-academic course run in a small group. Provides adults with the opportunity to examine how loss and grief have impacted on their lives, offering knowledge, skills and attitudes to understand and manage grief experiences	<b>Adults</b>	<b>Free or minimal cost</b>	Limerick , Clare North Tipperary	 <p>Anita O'Shea Phone: 086 1451408 Email: <a href="mailto:Anita.oshea@socialandhealth.com">Anita.oshea@socialandhealth.com</a></p>



# Weekly Courses various times

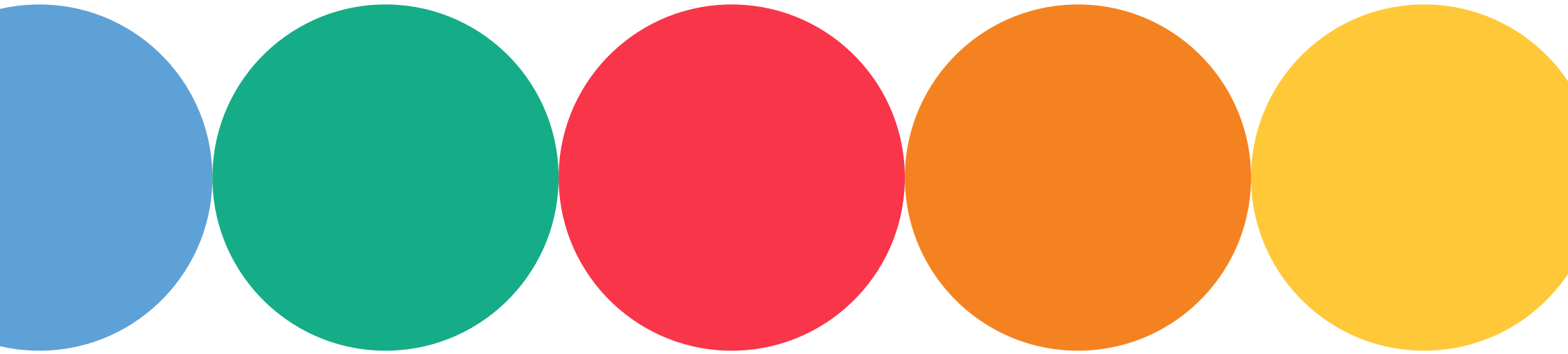
Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
8 weeks, 2.5 hour sessions each week	<b>SHEP Introduction to Personal Development</b>	Experiential, non-academic course in a small group. Build self-confidence and discover more about self and relating to others.	Adults	Free or minimal cost	Limerick , Clare North Tipperary	 <p>Anita O'Shea Phone: 086 1451408 Email: <a href="mailto:Anita.oshea@socialandhealth.com">Anita.oshea@socialandhealth.com</a></p>
8 weeks, 2.5 hour sessions each week	<b>SHEP Effective Communication for Better Relationships</b>	Experiential, non-academic course in a small group. Recognising our patterns and types of communication, saying "No" & exploring feelings.	Adults	Free or minimal cost	Limerick , Clare North Tipperary	 <p>Anita O'Shea Phone: 086 1451408 Email: <a href="mailto:Anita.oshea@socialandhealth.com">Anita.oshea@socialandhealth.com</a></p>
4 weeks, 2.5 hour sessions each week	<b>SHEP Personal Development – Connecting with yourself through songs and music</b>	Experiential, non-academic course in a small group. Build self-confidence, look at our ways of relating to others in a safe friendly and enjoyable environment.	Adults	Free or minimal cost	Limerick, Clare North Tipperary	 <p>Anita O'Shea Phone: 086 1451408 or email: <a href="mailto:Anita.oshea@socialandhealth.com">Anita.oshea@socialandhealth.com</a></p>

# Weekly Courses various times



Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
<b>12 week Programme</b>	<b>The best move you will ever make!</b>	Aim is to increase the level of physical activity among women	<b>Women who want to get back into physical activity in a fun social setting</b>	<b>Cost varies</b>	Different locations in Limerick City and County	 <p>Phone: 061 524973            Email: <a href="mailto:soneill@limericksports.ie">soneill@limericksports.ie</a>            or <a href="mailto:macauley@limericksports.ie">macauley@limericksports.ie</a>            Website: <a href="http://www.limericksports.ie">www.limericksports.ie</a>            Contact Rachel for information.</p>
			<b>Men aged 35 +</b>	<b>Free for the first 12 weeks</b>	Clare	 <p>Clare Sports Partnership            Phone: 065 6865434            Website <a href="http://www.claresports.ie">www.claresports.ie</a></p>
<b>20 week programme</b>	<b>Boxing Clever</b>	Educational substance use recovery and fitness programme that aims to support participants to develop more resilient identities , while encouraging educational achievement , physical wellness and reduction in harmful or risky behaviours.	<b>For people who are in recovery from drug and alcohol misuse</b>	<b>Free</b>	Limerick	 <p>Phone: 061 333600            Email: <a href="mailto:info@limericksports.ie">info@limericksports.ie</a>            Website: <a href="http://www.limericksports.ie">www.limericksports.ie</a>            Contact Pdraig Reale for informations.</p>



# Longer Courses



# Longer Courses

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
<p><b>9 months, 2.5 hour each week plus 7 full days over weekends</b></p>	<p><b>SHEP Foundation in Personal Development</b></p>	<p>Experiential, non-academic course in a small group of 16 participants.</p> <p>Take a journey of self-discovery, explore life choices and learn to accept yourself and others.</p>	<p><b>Adults</b></p>	<p><b>€790, concessionary fee €250, with a limited number of fully funded courses (less deposit €50)</b> Fees may be paid by instalment over duration of course.</p>	<p>Limerick City</p>	 <p>Anita O'Shea Phone: 086 1451408 Email: <a href="mailto:Anita.oshea@socialandhealth.com">Anita.oshea@socialandhealth.com</a></p>
<p><b>One academic year. Every Wed morning, with one full day per month (also Weds), from October to May</b></p>	<p><b>Certificate in Addiction Studies, (Limerick venue)</b></p>	<p>To give an overview of key theoretical frameworks, contemporary issues in Ireland and develop basic helping and intervention skills. NUI Maynooth, Level 7.</p>	<p><b>Staff and volunteers of addiction, health, education, justice and other related areas where substance use issues arise. Those with personal experience of addiction must be 2 years in recovery</b></p>	<p><b>€500 (subsidies available)</b></p>	<p>Midwest</p>	 <p>Anna O'Neill, Course Organiser &amp; Tutor; Phone: 065 6865852</p> <p>Sharon Lavery, Course Secretary, Phone: 065 6865852</p>



# Longer Courses

Time	Course Name	What is it about?	Who is it for?	Cost	Where is it on?	How do I book?
<p><b>One academic Year, Sept – May, (Tuesday evenings and every 2<sup>nd</sup> Saturday)</b></p>	<p><b>Level 7 Diploma Drug &amp; Alcohol Studies</b></p>	<p>The course aims to build personal and professional growth of individuals working in community, voluntary, statutory and non-statutory organisations who are actively engaged in responding to drug and alcohol issues, across the spectrum from prevention and education to treatment and rehabilitation. University of Limerick.</p>	<p><b>Individuals actively engaged in management of drug and alcohol misuse and dependency or those working with at risk groups e.g. health professionals, social care professionals, teachers, prison officers, Gardaí, probation officers and community workers among others</b></p>	<p><b>€1652 (Fee for AY19/20)</b></p>	<p>Midwest</p>	 <p>UNIVERSITY of LIMERICK OILScoil LUIMNIGH</p> <p>Email: <a href="mailto:rachel.lenihan@ul.ie">rachel.lenihan@ul.ie</a></p>
<p><b>Two academic Years. Sept-May. 1<sup>st</sup> year Tues evenings 6.30 - 9.00 2<sup>nd</sup> year Wed evenings 6.30 - 9.00</b></p>	<p><b>Level 7 Diploma in Community Wellness, Empowerment, Leadership and Lifeskills (CWELL)</b></p>	<p>The CWELL program is a University of Limerick accredited community-university partnership program designed to achieve specific outcomes in health literacy, the acquisition and application of knowledge to practice, and in personal and professional development of participants, particularly in the areas of leading and sustaining positive change in marginalized communities. The program aims to develop capacity, both the capacity of the student and by extension the capacity of the community.</p>	<p><b>Individuals involved in their communities and interested in enhancing their existing skills and learning new skills in the areas of community wellbeing, personal and collective empowerment, community leadership and essential lifeskills.</b></p>	<p><b>*€800 total course Fee * Candidates that successfully come through the recruitment process (expression of interest form, references and interview will not be liable for fees. Fees will be waived)</b></p>	<p>Classes take place in a Limerick. In a city centre location.</p>	 <p>UNIVERSITY of LIMERICK OILScoil LUIMNIGH</p> <p>Email: <a href="mailto:eileen.hoffler@ul.ie">eileen.hoffler@ul.ie</a> <a href="https://www.ul.ie/engage/CWELL">https://www.ul.ie/engage/CWELL</a></p>





Connecting for Life  
*Mid West*