



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.


The content includes 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

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



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

Connecting for Life Mid West: 'Connecting with Training' clearly articulates the breadth of Mental Health Promotion Programmes that are available for the population of Clare, Limerick and North Tipperary. It highlights the importance for everyone to protect our own Mental Health and that of our communities, remembering that 'mental health is everyone's responsibility'. This publication sets out detail on how training for your area can be accessed free or at a low cost. A focus on mental health promotion has been a consistent feature of health services, statutory and voluntary partners in the Mid-West for many years. The development of *Connecting for Life Mid West, Strategic Action Plan for Suicide Prevention, the Health and Wellbeing Strategic Plan for HSE Mid West Community Healthcare* and the recent launch of Healthy County plans for Clare and Tipperary has renewed the energy for mental health promotion across a range of providers.

This booklet clearly shows the investment in and commitment to Mental Health promotion from a diverse range of providers including statutory, voluntary and community sectors and it provides essential information for the general public on the availability of local training opportunities.

A need for co-ordination and a shared understanding for the delivery of Mental Health Programmes in the Mid West was identified. Ms. Bedelia Collins, Senior Health Promotion Officer established the Connecting for Life Mid West Mental Health Promotion Subgroup, who developed this on-line booklet ensuring its ease of availability and adaptability over time.

I would like to thank the subgroup for undertaking this innovative work and acknowledge the partnership approach that demonstrates we are all taking a "Step in the Right Direction -Building Connections and Delivering Together".

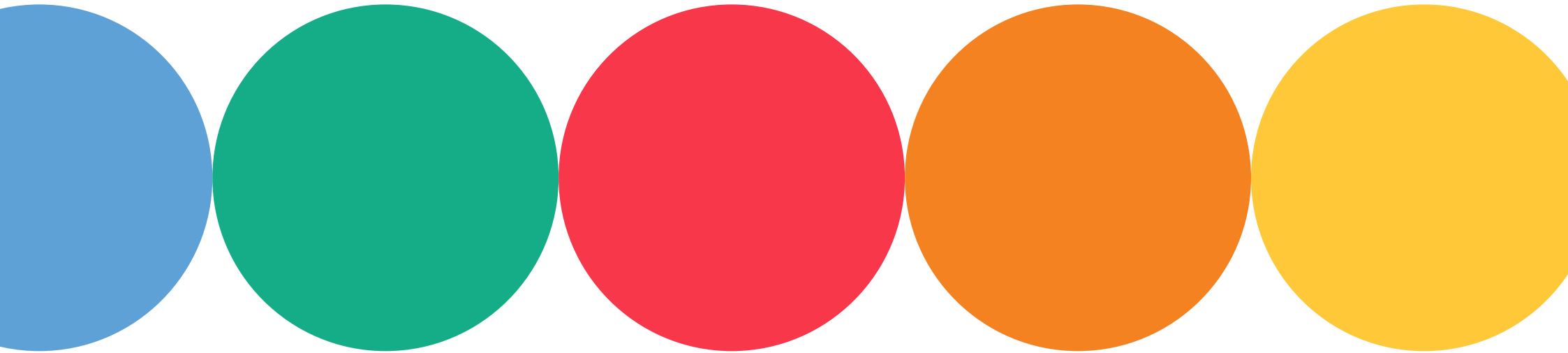


Maria Bridgeman.

Maria Bridgeman,
Head of HSE Health & Wellbeing Services,
HSE Mid West Community Healthcare.

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? |
|------------|------------------------------------|---|---|------|-----------------|--|
| 40 minutes | It's Time To Start Talking | Aims to encourage young people to talk with someone they trust when feeling stressed worried or down. | 13 - 17 year olds | Free | Limerick | JIGSAW LIMERICK Young people's health in mind Phone: 061 974510 or Email limerick@jigsaw.ie |
| 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 3rd level educational settings | Free | Limerick | JIGSAW LIMERICK Young people's health in mind Phone: 061 974510 or Email limerick@jigsaw.ie |
| 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 | JIGSAW LIMERICK Young people's health in mind Phone: 061 974510 or Email limerick@jigsaw.ie |






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 | Self-Care for One Good Adult | Workshop which provides understanding and skills to help. | Adults who work or volunteer with young people in their community | Free | Limerick |  <p>Young people's health in mind Phone: 061 974510 or Email limerick@jigsaw.ie</p> |
| 1 hour | Supporting Young People's Mental Health | Workshop will provide an understanding of the key issues impacting on the mental health and wellbeing of young people. | Parents /guardians and other adults interested or concerned about young people's mental health | Free | Limerick |  <p>Young people's health in mind Phone: 061 974510 or Email limerick@jigsaw.ie</p> |
| 90 minutes | Living Works START Suicide Prevention Skills Online | LivingWorks Start helps participants to identify people who are at risk, confidently ask them about the topic of suicide and connect them with resources that can help them stay safe. | Suitable for anyone over the age of 18 who wants to help prevent suicide and is prepared to become more suicide alert. | Free | Online |  <p>Email: srotraining.lcmt@hse.ie</p> |
| 2 hours | My Mental Health What Helps | Interactive workshop that aims to promote an understanding of mental health. | 16 - 25 year olds engaged in informal and community settings | Free | Limerick |  <p>Young people's health in mind Phone: 061 974510 or Email limerick@jigsaw.ie</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 hour, 4 hour or full day workshops available | Mental Health & Wellbeing Workshops & Courses | Advice and training on supporting your mental health. | Any person or group within a community | Cost for most of these courses is minimal or is subject to budget. | Limerick |  Mental Health Ireland 3 Sexton Street Limerick Phone: 087 2485742/ 061 446786or Email: info@limerickmentalhealth.ie www.limerickmentalhealth.ie |
| 2 hours | Cyber-safety Talk | Aims to equip participants with practical tools to stay safe online. | Secondary students or it can also be tailored for parents | Free | Limerick |  Maurice Walsh Phone : 086 8239000 Website: www.limerickyouthservice.com |
| 2 hours | Five Ways to Wellbeing Workshop | Workshop will equip participants with the knowledge required to understand and implement actions to support their own mental health and wellbeing. | Over 18 years, community groups and workplaces | Free to community groups €250 for workplace groups | Limerick, Clare, North Tipperary |  Mental Health Ireland Phone: 01 2841166 or Email: training@mentalhealthireland.ie www.mentalhealthireland.ie |



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 | 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. | Open to anyone (aged 18+) with an interest in mental health and well-being. | Free | Online |  <p>Contact Margaret Keane at margaret.keane9@hse.ie or 086 287 3526</p> |
| 2 hours | 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. | Open to anyone (aged 18+) with an interest in mental health and well-being. | Free | Online |  <p>Contact Margaret Keane at margaret.keane9@hse.ie or 086 287 3526</p> |
| 2 hours | 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. | Open to anyone (aged 18+) with an interest in mental health and well-being. | Free | Online |  <p>Contact Margaret Keane at margaret.keane9@hse.ie or 086 287 3526</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 | 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. | Open to anyone (aged 18+) with an interest in mental health and well-being. | Free. | Online |  <p>Contact Margaret Keane at margaret.keane9@hse.ie or 086 287 3526</p> |
| 2 hours | 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. | Open to anyone (aged 18+) with an interest in mental health and well-being. | Free. | Online |  <p>Contact Margaret Keane at margaret.keane9@hse.ie or 086 287 3526</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 | Accessing Mental Health Services – Getting the Best from Virtual Appointments | This module provides key information and practical skills to enable learners to navigate the changes in appointments/consultations within the mental health services brought about by COVID-19 restrictions. We explore the challenges faced by staff, service users and family members/ carers and look at the ways in which service users can safely access services while getting the best out of virtual and phone appointments. In particular participants will learn how to use Attend Anywhere to easily access their virtual mental health appointment. | Open to anyone (aged 18+) with an interest in mental health and well-being. | Free | Online |  <p>Contact Margaret Keane at margaret.keane9@hse.ie or 086 287 3526</p> |
| 2 Hours | 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 mental health services and make recovery gains from using these services. | Open to anyone (aged 18+) with an interest in mental health and well-being. | Free | Online |  <p>Contact Margaret Keane at margaret.keane9@hse.ie or 086 287 3526</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 | Accessing Mental Health Services – Getting the Best from Face to Face Appointments | This module provides key information to enable and empower learners to navigate the changes in appointments/consultations within the mental health services brought about by COVID-19 restrictions. 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. | Open to anyone (aged 18+) with an interest in mental health and well-being. | Free | Online |  <p>Contact Margaret Keane at margaret.keane9@hse.ie or 086 287 3526</p> |
| 2 hours | 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. | Open to anyone (aged 18+) with an interest in mental health and well-being. | Free | Online |  <p>Contact Margaret Keane at margaret.keane9@hse.ie or 086 287 3526</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 | 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. | Open to anyone (aged 18+) with an interest in mental health and well-being. | Free | Online |  <p>Contact Margaret Keane at margaret.keane9@hse.ie or 086 287 3526</p> |
| 2 hours | 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. | Open to anyone (aged 18+) with an interest in mental health and well-being. | Free | Online |  <p>Contact Margaret Keane at margaret.keane9@hse.ie or 086 287 3526</p> |
| 4 hours module with flexible arrangements. Online option available. | Recovery Principles and Practice Training. | 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 2018-2020. | All people working in the Mental Health Services and community partners. | Free | Limerick, Clare and North Tipperary. |  <p>Contact Mike O'Neill at michael.oneill8@hse.ie Or 085 876 8517.</p> |

Short Courses 4 hours or less

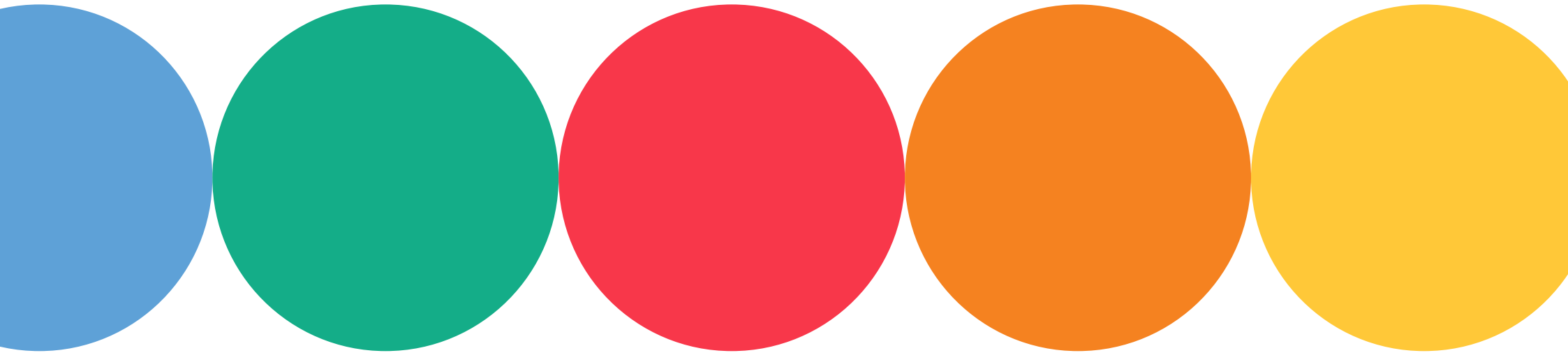
| Time | Course Name | What is it about? | Who is it for? | Cost | Where is it on? | How do I book? |
|---------|--|---|--|---------------------------------|----------------------------------|--|
| 4 hours | Mental Health and Wellbeing Workshop (Community Settings) | Workshop will equip participants with the knowledge and understanding necessary to foster and enhance mental health and wellbeing. | Over 18 years & community groups, maximum number for groups is 25 | Free to community groups | Limerick, Clare, North Tipperary |  Mental Health Ireland Phone: 01 2841166 or Email: training@mentalhealthireland.ie www.mentalhealthireland.ie |
| 4 hours | Mental Health and Wellbeing Workshop for Managers | This interactive workshop for managers will equip participants with the knowledge and understanding necessary to foster and enhance mental health and wellbeing in the workplace. | Workplace managers, maximum number for groups is 25 | €500 | Limerick, Clare, North Tipperary |  Mental Health Ireland Phone: 01 2841166 or Email: training@mentalhealthireland.ie www.mentalhealthireland.ie |

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 | Mental Health and Wellbeing Workshop for Employees | 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. | Workplace employees, maximum number for groups is 25 | €500 | Limerick, Clare, North Tipperary |  Mental Health Ireland Phone: 01 2841166 or Email: training@mentalhealthireland.ie www.mentalhealthireland.ie |
| 4 hours | safeTALK | Alertness training which prepares anyone, regardless of prior experience or training, to become a suicide-alert helper. | Everyone 18 years + who has not been recently bereaved by suicide. | Free | Limerick, Clare, North Tipperary | Temporarily suspended due to Covid 19 restrictions To book a place on this workshop please go to: www.bookwhen.com/suicidepreventiontrainingmw For any other information on training please email srotraining.lcnt@hse.ie |

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? |
|----------------------------------|--|---|---|--|-----------------|--|
| 1 day workshops available | Peer Support, Volunteer Advice and Training | Advice and training on Peer Support. | Projects that work on peer support in the community or anyone interested in peer support | Cost for most of these courses is minimal or is subject to budget | Limerick |  <p>3 Sexton Street Limerick Phone: 087 2485742/ 061 446786 or Email: info@limerickmentalhealth.ie www.limerickmentalhealth.ie</p> |
| Full day | Understanding Youth Mental Health | This interactive workshop will give participants a deeper understanding of mental health and the factors that influence its development. | For those who work with or volunteer with young people | Free | Limerick |  <p>Young people's health in mind</p> <p>Phone: 061 974510 or Email limerick@jigsaw.ie</p> |
| Full day | Minding Youth Mental Health | Follow on from Understanding Youth Mental Health which gives participants a greater understanding of upstream and downstream approaches to youth mental health. | For those who work with or volunteer with young people | Free | Limerick |  <p>Young people's health in mind</p> <p>Phone: 061 974510 or Email limerick@jigsaw.ie</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 | Introduction to Youth Mental Health | To increase community awareness and understanding of Youth Mental Health and strengthen the knowledge and confidence of people who work with or volunteer with young people. | People who work with or volunteer with young people | Free | Clare & North Tipperary |  <p>Parkview House, Pery Street, Limerick. Phone: 061 483218 Email: vivien.kennelly@hse.ie</p> |
| Full day | Zippy's Friends | 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. | Primary School Teachers who teach 5 – 7 year olds | Free (substitution cover is available for a maximum of two teachers per school) | Limerick, Clare, North Tipperary |  <p>Parkview House, Pery Street, Limerick. Phone: 061 483218 Email: vivien.kennelly@hse.ie</p> |
| Full Day | MindOut Mental Health Promotion Programme | To promote positive mental health in young people in post-primary schools. | Secondary School Teachers and Youthreach Staff teaching Senior Cycle students | Free (substitution cover is available for a maximum of two teachers per school) | Limerick, Clare, North Tipperary |  <p>Parkview House, Pery Street, Limerick. Phone: 061 483218 Email: vivien.kennelly@hse.ie</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 | Mind Your Wellbeing Programme | To support staff to care for their own mental wellbeing & to promote positive mental health in their workplace setting. | HSE Staff & Connecting for Life Mid West Partners | Free | Limerick, Clare, North Tipperary |  <p>Parkview House, Pery Street, Limerick. Phone: 061 483218 Email: vivien.kennelly@hse.ie</p> |
| Full Day | Movin' on Up Transition Programme | Delivered in partnership with secondary schools aimed at helping students transition from primary to secondary school. | 6th class students, Primary School | Programmes have a minimal cost which is negotiable | Limerick |  <p>Maurice Walsh Phone : 086 8239000 Website: www.limerickyouthservice.com</p> |
| Full Day | Understanding Self-Harm | 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. | Suitable for anyone over 18 years who supports, works with or are likely to encounter individuals who engage in self-harming behaviour. | Free | Limerick, Clare, North Tipperary | <p>Temporarily suspended due to Covid 19 restrictions</p> <p>To book a place on this workshop please go to: www.bookwhen.com/suicidepreventiontrainingmw For any other information on training please email srotraining.lcnt@hse.ie</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? |
|--------|-------------|---|--|------|----------------------------------|---|
| 2 Days | ASIST | 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. | 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. It is recommended that participants allow at least two years before attending ASIST if they have been bereaved by suicide | Free | Limerick, Clare, North Tipperary | Temporarily suspended due to Covid 19 restrictions To book a place on this workshop please go to: www.bookwhen.com/suicidepreventiontrainingmw For any other information on training please email srotraining.lcnt@hse.ie |

| | | | | | | |
|----------------------------|-------------------------|---|--------|------|---------------------------------|---|
| 2 days (12-hour course) | Mental Health First Aid | An internationally recognised, evidence based course that teaches people how to recognise when someone is experiencing a mental health problem and how to help and signpost to appropriate supports and services if required. | Adults | Free | Limerick, Clare North Tipperary |  <p>Phone: 061 333600 Email: info@limericksports.ie Website: www.limericksports.ie Contact Ciara or Liam for information.</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 | Narrative 4 Story Exchange Facilitator Training | Narrative 4 works to equip young people to use their stories to build emotional resilience, explore empathy, shatter stereotypes, break down barriers and ultimately make the world a better place. This training supports educators and youth leaders to run the Narrative 4 story-exchange programme in their community. The training is delivered online over three modules. Module 1 and 3 consist of live Zoom sessions. While module 2 is a self-directed online course that you complete in your own time. The 3 modules will take 8 hours to complete. | Schools and organisations working with young people | €200 | Online |  NARRATIVE 4 Share Today. Change Tomorrow. By Email/ Phone/ Online Phone: 061 315656 Email: info@narrative4.ie |
| 6 Days of 6 workshops (run either across consecutive days, weeks or months) | The Ease Project | 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. | Primarily targets teenagers, but can also adapt for adult participants | Free to participants, although there is a contribution paid by the school or other host organisation | Limerick, Clare & Tipperary |  EASE Email : office@easeproject.ie Website: www.easeproject.ie |



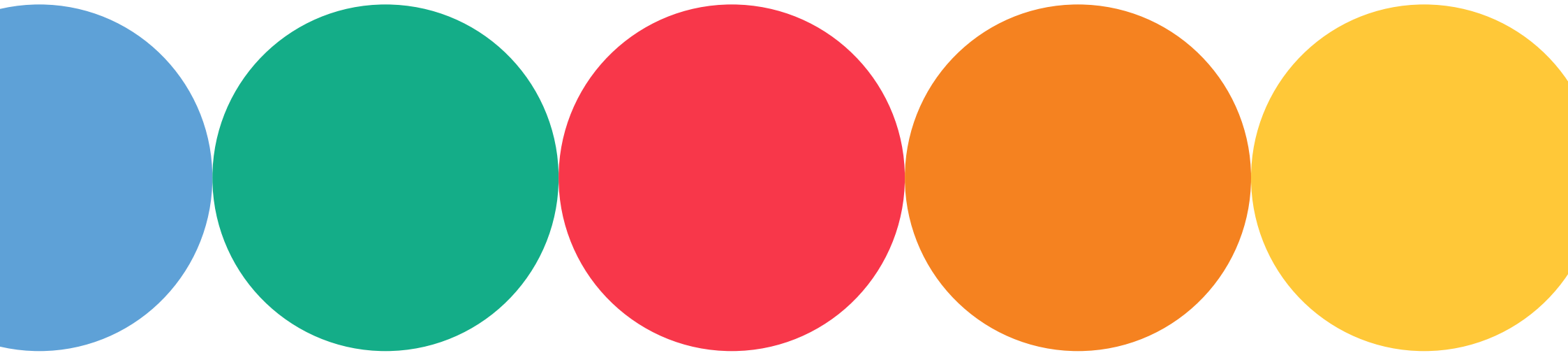
Day Courses 1 day or more

| Time | Course Name | What is it about? | Who is it for? | Cost | Where is it on? | How do I book? |
|--|------------------------------|--|--|--------------------|---|--|
| <p>Courses vary from 1- 8 sessions of various durations (all requests considered)</p> | <p>Drug Awareness</p> | <p>Familiarisation of groups with alcohol and drug issues relevant to their area. To inform them about service and help options.</p> | <p>Parents, community, workplaces, sports clubs, schools & universities</p> | <p>Free</p> | <p>Limerick, Clare, North Tipperary</p> | <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>HSE Mid West Community Healthcare</p> </div> <p>North Tipperary : Nina Smyth, Phone: 067 46512 Limerick : Sancha Power, Phone: 061 318633 Clare: Anna O'Neill, Phone: 065 6865852</p> |
| | | <p>Specific needs are explored with the requesting group. Includes mental health impact of substance use.</p> | | | | |



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? |
|---|---|--|---|--|-------------------------------------|---|
| Programmes vary | Older Adults Programmes | An extensive range of activities including Swim Lessons , Aqua Aerobics, Group and Community Talks, Go for Life Games , PAL's Workshops and much more. | People over 55 years | Cost subsidised and kept to a minimum | Limerick City and County |  <p>LIMERICK SPORTS PARTNERSHIP — SPORT IRELAND —</p> <p>Phone: 061 333600 Email: info@limericksports.ie Website: www.limericksports.ie Contact Ciara or Liam for information.</p> |
| One hour per week | Older Adults Physical Activity | To increase levels of health enhancing physical activity amongst older adults. | Older adults 50+ | €5 | Clare |  <p>CLARE SPORTS PARTNERSHIP — SPORT IRELAND —</p> <p>Clare Sports Partnership Phone: 065 6865434 Website www.claresports.ie</p> |
| 2 workshops, delivered over two weeks in succession, 1st week parent only, 2nd week parent/ guardian and student | “Let’s Learn about Drugs and Alcohol Together” Programme | Afterschool programme allows parents and young people to learn more about drugs and raise alcohol awareness. | 2nd year post - primary parents and students | Free | Limerick, Clare and North Tipperary |  <p>Let's Learn About Drugs & Alcohol TOGETHER</p> <p>Sancha Power, Corporate House, Mungret Street, Limerick City. Phone: 087 1927127 Email: sancha.power@hse.ie Website: www.lladat.ie</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? |
|--|---|---|--|--|---|--|
| Over four weeks. One 2 hour module Each week. | Living Well With Anxiety. | This course explores your understanding of anxiety, types of anxiety, causes and responses to it. We will examine examples of self-care and identify ways of supporting someone with anxiety. We will develop a plan with individual tips and tools as we consider how to manage anxiety. | Open to anyone (aged 18+) with an interest in mental health and well-being. | Free | Community locations throughout Limerick, Clare and North Tipperary. |  <p>Contact Mike O'Neill at michael.oneill8@hse.ie or 085 876 8517</p> |
| Run over 4 weeks in 1 hour sessions | Snow White & The Seven Mental Health Helpers | A Peer led Mental Health Awareness workshop, understanding what mental health is and the importance of talking to someone about what is troubling them. | 5th & 6th Class Students | Organisers invite schools to pay a donation | North Tipperary |  <p>Youth Work Ireland Tipperary Phone: 0504 23426 or website: www.youthworktipperary.ie</p> |
| 4 weeks, 2.5 hours sessions each week | SHEP Personal Development - Connecting with yourself through songs and music | 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: Anita.oshea@socialandhealth.com</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? |
|---|---|---|--|-------------|---|---|
| Over six weeks. One 2 hour session each week. | Mental Health Recovery and Well-Being. | Build skills and knowledge of recovery and well-being in mental health, understanding how the mental health service works, advocacy and empowerment, diagnosis, using CHIME (Connectedness, Hope, Identity, Meaning and Empowerment) as a recovery tool and maintaining your recovery and well-being. Experiential non-academic course. | Open to anyone (aged 18+) with an interest in mental health and well-being. | Free | Community locations throughout the Limerick, Clare and North Tipperary. |  <p>Recovery & Well-Being Education in Mental Health</p> <p>Contact Mike O'Neill at michael.oneill8@hse.ie or 085 876 8517</p> |
| Run over 6 weeks in 2 hour sessions | Sports Talk | An initiative combining taster sessions in a number of different sports with facilitated group workshops on topics such as Bullying, Suicide Awareness, Stress and Anxiety. | 16 - 25 year olds | Free | Limerick City and County |  <p>SPORT IRELAND</p> <p>Phone: 061 333600 Email: info@limericksports.ie Website: www.limericksports.ie Contact Ciara or Liam for information.</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? |
|---|---------------------------------|--|--|---|-----------------|---|
| 6 week programme or a training residential | Involvement Training | Aims at developing youth leadership skills. | For young people aged 15 - 18 years | Programmes have a minimal cost which is negotiable | Limerick |  <p>Maurice Walsh Phone: 086 8239000 Website: www.limerickyouthservice.com</p> |
| 8 week programme | Youth identity programme | Aimed at exploring identity whilst also increasing confidence and self-esteem. | For girls aged 15 - 18 years | Programmes have a minimal cost which is negotiable | Limerick |  <p>Maurice Walsh Phone: 086 8239000 Website: www.limerickyouthservice.com</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 for 2/3 hours or 2-3 full days Can be adapted to meet the needs of the group | Wellness Recovery Action Plan® or WRAP® | 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. | The programme can be adapted to suit any target group's needs | Minimum to cover transport | North Tipperary |  Phone: 0504 23426 or website: www.youthworktipperary.ie |
| | | | Persons living with mental health illness and/or have difficulty coping and their supporters | Cost for most of these courses is minimal or is subject to budget. | Limerick |  3 Sexton Street Limerick Phone: 087 2485742 / 061 446786 Email: info@limerickmentalhealth.ie www.limerickmentalhealth.ie |
| | | | Community Groups/ Special Interest Groups (maximum 16) | Free | Limerick urban area |  <small>Turning the tide of unemployment Ag tionsú tuaidhe na dífhosáilochta</small> PÁIRTÍOCHT PAUL LUIMNEACH Michelle Hannan, PAUL Partnership Phone: 061 419388 |

Weekly Courses various times

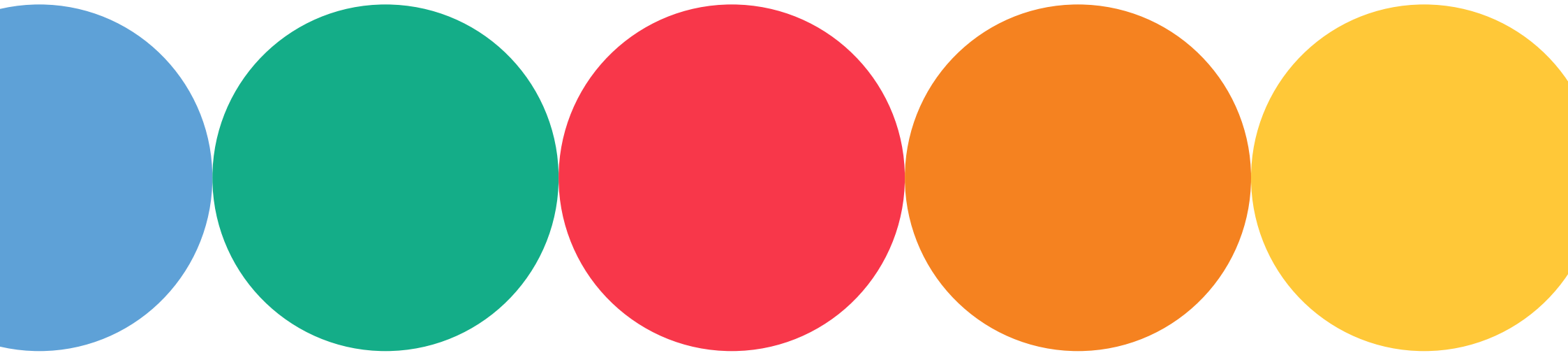
| Time | Course Name | What is it about? | Who is it for? | Cost | Where is it on? | How do I book? |
|---|--------------------------------|--|--------------------------|---|-----------------|--|
| 8 weeks (8 modules; each approx. 2hrs in duration) | Fit for Work & Life | Aims to increase participant's knowledge and competence to live a healthy life and to use these skills in the context of their family, working life and communities. | Adults | Free | Limerick |  <p>Phone: 061 333600 Email: info@limericksports.ie Website: www.limericksports.ie Contact Ciara or Liam for information.</p> |
| 8 modules run over the summer | Ways to Wellbeing | 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. | 12 - 18 year olds | Minimal dependent on activities chosen | North Tipperary |  <p>Phone: 0504 23426 or website: www.youthworktipperary.ie</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 hours sessions each week | SHEP Introduction to Personal Development | 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: Anita.oshea@socialandhealth.com</p> |
| 8 weeks, 2.5 hours sessions each week | SHEP Effective Communication for Better Relationships | 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: Anita.oshea@socialandhealth.com</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? |
|--------------------------|--|---|---|------------------------------------|---|--|
| 12 week Programme | Men on the Move: the best MOVE you will ever make | Aim is to increase the level of physical activity amongst men over 30. | Men aged 30+ who want to get back into physical activity in a fun social setting | €25 for 6 weeks | Different locations in Limerick City and County |  <p>Phone: 061 333600 Email: info@limericksports.ie Website: www.limericksports.ie Contact Ciara or Liam for information.</p> |
| | | | Men aged 35 + | Free for the first 12 weeks | Clare |  <p>Clare Sports Partnership Phone: 065 6865434 Website www.claresports.ie</p> |
| 20 week programme | Boxing Clever | 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. | For people who are in recovery from drug and alcohol misuse | Free | Limerick |  <p>Phone: 061 333600 Email: info@limericksports.ie Website: www.limericksports.ie Contact Ciara or Liam for information.</p> |

Longer Courses

| Time | Course Name | What is it about? | Who is it for? | Cost | Where is it on? | How do I book? |
|---|---|--|--|---|-----------------|--|
| 9 months, 2.5 hours each week plus 7 full days over weekends | SHEP Foundation in Personal Development | <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> | Adults | <p>€790, concessionary fee €250, with a limited number of fully funded courses (less deposit €50) Fees may be paid by instalment over duration of course.</p> | Limerick City |  <p>Anita O'Shea Phone: 086 1451408 Email: Anita.oshea@socialandhealth.com</p> |
| One academic year. Every Weds morning, with one full day per month (also Weds), from October to May | Certificate in Addiction Studies, (Limerick venue) | To give an overview of key theoretical frameworks, contemporary issues in Ireland and develop basic helping and intervention skills. NUI Maynooth, Level 7. | 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 | <p>€500 (subsidies available)</p> | Midwest |  <p>Anna O'Neill, Course Organiser & Tutor; Phone: 065 6865852</p> <p>Nina Smyth, Tutor Phone: 067 46512</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>One academic Year, Sept – May, (Tuesday evenings and every 2nd Saturday)</p> | <p>Level 7 Diploma Drug & Alcohol Studies</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>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</p> | <p>€1675 (Fee for AY19/20)</p> | <p>Midwest</p> |  <p>UNIVERSITY of LIMERICK OILScoil LUIMNIGH</p> <p>Email: sancha.power@ul.ie Website: www.ul.ie/cpe/node/207</p> |