



Important
Telephone
Numbers &
Address's

**Tallaght Adult Mental Health
Service**

Sheaf House
Exchange Hall
Belgard Square North
Tallaght
Dublin 24
Tel: 01-4635200

**Ballyfermot Mental Health
service**

Unit 4
Cherry Orchard Hospital
Ballyfermot
Dublin 10.
Tel; 01-6234040

Crumlin Mental health service

St. Columbas
Armagh Road
Crumlin.
Dublin 12
Tel: 01-4559547

AMNCH

Tallaght Hospital
Tallaght
Dublin 24
Tel: 01-4142000

Bus Routes

**To Tallaght Mental Health
Service**

No's 49, 50, 54A, 56A, 65, 77, 77A
Luas Red Line

**To Ballyfermot mental Health
Service Cherry orchard
Hospital**

No's 18, 76, 76A, 76B
79, 79A

**To Crumlin Mental Health
service
Venue for stress Management
Group.**

**St Agnes's Parish Centre
St Agnes's Church**
No's 18 (from Palmerstown or
Luas Red line Kylemore)
150 (from Fleet Street)

**Dublin West and South
West Adult Mental Health
Services**

***Stress Management
Course***



Time & Venue

Course Description

This course is for people who are experiencing stress and wish to find ways of managing that stress. People who attend have their own specific problems but what they have in common are difficulties relaxing, worrying too much, along with loss of self-confidence. Perhaps you experience panic attacks, difficulty sleeping,, and some of you may also experience depression.

In general people feel they are not in control of their lives when they experience these symptoms.

These are very common problems and therefore many people are referred to this course. There will probably be upwards of 15 people on the course, who have similar problems to you. People come because they wish to learn how to control their lives a bit better.

This training course will take place at three different venues in the Dublin West and South West Adult Mental Health Services.

This is a Class not Group Therapy

This means you do not sit in a circle and discuss your problems.

The facilitators are at the front teaching you all about stress and how to tackle it.

There are seven classes in total, each class is like a piece of a jigsaw. You will practice the techniques taught on the course over the seven weeks and during the following months. Each week you will learn new techniques.



Before the Course

Firstly you will be sent some forms to complete and return by post

Secondly you will be sent an invitation to meet one of the course organizers on a one to one basis, you will also be posted some further questionnaires which you fill in and bring to this meeting with you.

We will discuss with you whether this course may benefit you or if another course of action may be more appropriate.