



## **GROW COMMUNITY FOUR WEEK MENTAL HEALTH AWARENESS PROGRAMME**

**Drogheda Arts Centre, Barlow House  
Narrow West Street, Drogheda, Co. Louth**

**Starting on Thursday 17th October 2013  
@ 7.30pm for four consecutive Thursdays.**

**All Welcome - Free of charge**

**For further details contact: Roseanna on: 086 054 7472  
Information line: 1890 474 474 Web: [www.grow.ie](http://www.grow.ie)**

### **Week 1: Thursday 17th October**

**Presentation by Shane Martin  
Reg. Psychol., Ps.S.I. Moodwatchers.  
“Harnessing Strengths during Challenging Times”**

### **Week 3: Thursday 31st October**

**Presentation by Dr. Harry Barry  
“Depression - A 21st Century Approach”**

### **Week 2: Thursday 24th October**

**“Stigma  
How it impacts on the person with self-experience and their family”  
by Derek Pepper,  
Regional Development Officer, SHINE**

### **Week 4: Thursday 7th November**

**“Suicide, Dispelling the Myths”  
by Garreth Phelan, Resource Officer for  
Mental Health Promotion & Suicide  
Prevention, HSE North East**

**A short presentation to be given each night by Roseanna McCabe on GROW.**

The community awareness programme aims to develop thinking around the subject of mental health in general, its relevance to our lives today and the need and importance of maintaining ones own mental health and general sense of well-being. In association with the ‘see change’ campaign we aim to create an environment where people are more open and positive in their attitudes towards their mental health.