



**LOUTH LEADER PARTNERSHIP**  
Building Community & Enterprise



## **PRESS RELEASE** **19<sup>th</sup> of June 2020**

### **600 Mental Wellbeing Care Packages delivered to Young people across Louth to raise awareness of the importance of Mental Well being in these difficult times**

In response to the COVID- 19 emergency, Louth CYPSC and Louth LEADER Partnership have taken the step to fund an initiative focused on the mental well being of Young people in Louth.

It is a partnership initiative with 8 Organisations including Omeath District Development group, Engage 4 Change Project, Dundalk Youth Centre, New Leaf Programme- Ardee, Youthwork Ireland Louth, Coxs Demesne Youth and Community Project, Dundalk Outcomers and Boomerang Youth Service in Drogheda.

The packs included a USB with mental wellbeing tools and resources, Headphones, Puzzles, mindfulness colouring books, hygiene products and stationary to write positive mental health messages.

The packs are targeted at 14-18 years old with a focus on providing a variety of supports, tools and resources to help young people manage anxiety and worry due to the uncertainty and change caused by COVID-19.

Louth Comhairle na nog helped out on the day by packing and distributing the packs to young people.

#### **Joanne Murphy, Coordinator – Louth CYPSC speaking about the initiative said:**

“Being a teenager during these times has been extremely difficult. With school closures and cancelled events, many teenagers are missing out on some of the biggest moments of their lives- as well as everyday moments like being with friends and going to leisure/sporting activities. The packs are a way of connecting with young people and giving them a lift in these difficult times. We are very grateful to all the youth organisations who have distributed the packs and also to LLP for collaborating on this important project.”

#### **Jacqui Ward, Senior Education and Youth Development Officer, Louth LEADER Partnership said:-**

“Louth LEADER Partnership through the Social Inclusion & Community Activation Programme (SICAP) are delighted to support this initiative in response to the challenges experienced by local young people, as a result of COVID-19. SICAP funded by the Department of Rural and Community Developments and Louth LEADER Partnership are under contract to deliver this programme by the Louth Local Community Development Committee.

For more information, please contact:

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