



**WHAT'S ON WHERE IN MONAGHAN**

**NEWSLETTER**

*UP COMING EVENTS NEAR YOU.....*

**Issue 20**

**2/10/2020**



Welcome to the 20<sup>th</sup> edition of our electronic information bulletin, **WOW**.  
In this weeks edition

- **New Coh sync community Art and self care programmes from Caoimhe at Monaghan Integrated Development & partners**
- **Listings of supports and services in your area for youth and adult wellbeing and positive mental health**
- **Stories of wellbeing and recovery From Cavan and Monaghan- World Mental Health Week Webinar**
- **Webinars from the National Parents council featuring Dr Colman Noctor and from Parenting Monaghan featuring Stella O Malley**

Thank you for your interest and support in our newsletter and please do not hesitate to contact us should you wish to promote any events, programmes, etc. which aim to improve outcomes for children and young people in your local area.

Please also feel free to share the attached information with those who might be interested in the details contained and, as always, your feedback is much appreciated.



Cavan County  
Local Development



# BEGINNER ART CLASS



**DID YOU KNOW ART CAN POSITIVELY INFLUENCE OUR MENTAL HEALTH?**

Beginning in October, CoH-Sync Community Health Project are delivering a free 4 week online beginner art course aimed at fostering positive mental health.

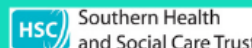
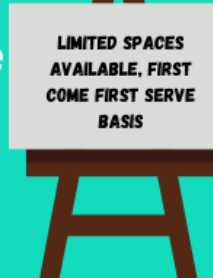


**What's included?**

- Free art materials including paints and brushes
- Step by step videos from an artist
- Support from trained Community Health Facilitators
- Certificate of participation on completion

**This course is open to anyone living in Co. Monaghan, Cavan or border regions**

To register contact Caoimhe on [crudden@midl.ie](mailto:crudden@midl.ie)  
or 0877189396





## WOULD YOU LIKE TO IMPROVE YOUR CONFIDENCE AND SELF ESTEEM?

The CoH-Sync Health Project are hosting a 4 Week Online Zoom Course with Life Coach Catherine Weichtbrecht beginning in October.

# BOOST COURSE

## WHAT'S COVERED?

- Setting goals
- Learning to say no
- Mindfulness practices
- Self Care



To register contact Caoimhe on [crudden@midl.ie](mailto:crudden@midl.ie) or on 0877189396



Positive Ageing Week  
30th Sept - 6th October

# **A Morning of Mindfulness & Tai Chi**

with

**Ann & Paula**

**Friday 2nd October**

**& Tuesday 6th October @11am**

**Live On Facebook**

**Log into**

**Lifestyle Development Group**

In Conjunction with Meath Age Friendly & Meath  
Older People's Council

**WOW!**



**Stories of wellbeing and recovery**

**From Cavan and Monaghan**

**World Mental Health Week Webinar**



**Thursday 8th October from 7:00 pm to 8:30 pm**

Join us at our online event to hear from people speaking about their own personal experience of mental health, well-being and recovery. Speakers will also include staff from Cavan Monaghan Mental Health Service, Mental Health Ireland and Teach Oscail Family Resource Centre.

The event will end with a panel discussion and some tips on mindfulness and self care.

**Register for this online event here:**

**[https://us02web.zoom.us/webinar/register/WN\\_Dd26X9adTJ2rccQC5wU8KA](https://us02web.zoom.us/webinar/register/WN_Dd26X9adTJ2rccQC5wU8KA)**



Mental Health  
Ireland

JOIN US AT OUR WEBINAR ON 9TH OCT  
WHERE A GUEST PANEL, MC-ED BY  
HUGH KANE, WILL DISCUSS.

**HOW WILL WE KNOW**  
**WHEN 'SHARING THE VISION'**  
**IS SUCCESSFULLY**  
**IMPLEMENTED?**

**Dr. Sharon Lambert**

Lecturer and Co-Director of Masters  
in Applied Psychology MAAP, UCC

**Martin Rogan**

Chief Executive Officer, Mental Health Ireland

**Fiona Coyle**

Chief Executive Officer, Mental Health Reform

**Anne Sheridan**

Programme Manager Mental Health and Wellbeing, HSE

**John Meehan**

Assistant National Director, Mental Health Strategy &  
Planning, Head of National Office for Suicide Prevention, HSE

**John Farrelly**

Chief Executive Officer, Mental Health Commission

**Michael Ryan**

National Head of Mental Health Engagement & Recovery, HSE

Our guest panellists address an important question at our [#webinar](#) on October 9th - How will we know when our national [#mentalhealthpolicy](#) has been successfully implemented? Join the discussion!

See full schedule & free register here: <https://bit.ly/3cTtEIB>

[#WMHD](#)



### Local Supports available to you:

- HSE Psychology – contact Paul on 049 4353100 or Psychology Manager Aedamar 087 4104766.
- Pieta House Suicide Bereavement Liaison Officer - contact Kathryn on 085 870 6591.
- Pieta House Crisis Counselling Service – contact Grainne on 090 6424 111.
- Teach na Daoine , Counselling Service Oriel Way Monaghan – contact Packie on 087 9254565 or email [info@teachnadaoine.com](mailto:info@teachnadaoine.com)
- Clones Family Resource Centre, Clones– contact Angela on 086 1785710
- Tusla Prevention Partnership & Family Support - contact Charlene on 0873422002
- Youth Work Ireland – Instagram: [https://www.instagram.com/ywi\\_cm/](https://www.instagram.com/ywi_cm/)
- Sosad are offer support. Call 0429668992 0860459168 24 hours a day, 7 days per week. Email: [sosadcarrick@gmail.com](mailto:sosadcarrick@gmail.com)
- Childline Therapeutic Hub Audrey Rabbitte email [audreyrabbitte@ispcc.ie](mailto:audreyrabbitte@ispcc.ie) or 0873603742
- Cavan Monaghan Rainbow Youth 087 219 3904 @CAMrainbowyouth



Wonderful common sense advice from Stella O' Malley

**WOW!**



## 'The Storms & Stresses of Adolescence'



free online talk for parents by Stella O' Malley  
**Wednesday October 14<sup>th</sup> at 7.30pm**

The teenage brain is still under construction and teenagers can often feel overwhelmed by their emotions. This talk help parents and teenagers develop more positive relationships and also learn about what to do and what not to do when communicating with teenagers.

**To book your place: email Claire at [ccomiskey@midl.ie](mailto:ccomiskey@midl.ie)  
with your name, mobile number and email address.**



Stella O'Malley is a psychotherapist, bestselling author, public speaker and a regular contributor to the Irish media. Stella's first book, 'Cotton Wool Kids', was released in 2015, 'Bully-Proof Kids', was released in 2017 and 'Fragile', was released in 2019. Stella was the presenter of the Channel 4 documentary 'Trans - Kids: It's Time To Talk' and she contributed a chapter to the 2019 book, 'Inventing Transgender Children and Young People'. Stella is also the resident psychotherapist for the current RTÉ series, Raised by the Village, a family programme that helps troubled teenagers reconnect with themselves and their families. Stella works in private practice in rural Ireland.

'THE STORMS AND STRESSES OF ADOLESCENCE' - online talk for parents on Wednesday October 14th at 7.30pm. Email [ccomiskey@midl.ie](mailto:ccomiskey@midl.ie) to book your place on this free webinar

**Teach Na Daoine Family Resource Centre Monaghan Town**  
**Are seeking to employ**  
**A Social Prescribing Coordinator**  
12 Hours per week

Social Prescribing (SP) is the structured application of non-medical supports and interventions aimed at improving and protecting an individual's mental health, offering opportunities to self-manage health conditions and connect to/reconnect with their community.

It's intended to reduce presentations of a non-clinical nature, within a clinical setting, and support efforts at self-management of conditions where possible.

**Role**

The role of the Co-ordinator is crucial to the success of social prescribing. The key elements of the role are as follows:

- Build active links with Community Groups, GPs, clinicians and other Primary Care professionals.
- Identify relevant key social prescribing activities in the area.
- Make contact with each activity and agree signposting & support mechanisms etc.
- Contribute to a communication strategy, posters/leaflets etc. promoting the initiative.
- Provide relevant materials to potential referrers & ensure that key professionals know about the service and have a mechanism for feedback. (self-referral is also an option)
- Agree base for assessing needs of those referred for SP.
- Using an agreed planning tool, discuss support needs in terms of accessing the options available.
- Link individual with named volunteer from the agreed social prescription option who will support the person to access the particular SP activity.
- Participate in and support the evaluation of the initiative.
- Review the progress of each person referred for SP & agree feedback to initial referrer
- Maintain confidential records of all people referred for SP.
- Only share information in keeping with HSE Guidelines on GDPR.

Application forms are available from: [admin@teachnadaoine.com](mailto:admin@teachnadaoine.com)

CVs will not be accepted.

The closing date for receipt of applications is Thursday, 15<sup>th</sup> October,

The Interviews - on the 19<sup>th</sup> October.



Job Opportunity!!!

**WOW!**



**Congratulations to Adam Lambe winner of the Monaghan Youth Activists logo competition. Watch this space for more on this subgroup of the Children and Young Peoples Services Committee in the coming weeks**

**HSE Mental Health Dublin South, Kildare and West Wicklow  
Would like to invite you to following lunchtime webinars for Mental Health Awareness  
Month**

**Monday, 12<sup>th</sup> October 2020 1pm-2 pm**

**'Balancing the Demands of Working and Minding Children as a  
Parent During Covid 19'**

Speaker: Professor John Sharry - is a social worker and family psychotherapist with over 27 years experience as a child and adolescent mental health professional. He is a founder of the Parents Plus Charity, an adjunct Professor at the School of Psychology in University College Dublin and Clinical Director of Silver Cloud Health. He is co-developer of the award winning Parents Plus Programmes, and the best selling author of fourteen positive psychology and self-help book for families including Positive Parenting, and Counselling Children Adolescents and Families. John is the weekly parenting columnist for The Irish Times and a regular contributor to the national media. His practice website is [www.solutiontalk.ie](http://www.solutiontalk.ie)

[https://www.eventbrite.com/e/working-and-parenting-during-covid-19-balancing-the-demands-tickets-122981879111?utm\\_source=eventbrite&utm\\_medium=email&utm\\_campaign=post\\_publish&utm\\_content=shortLinkNewEmail](https://www.eventbrite.com/e/working-and-parenting-during-covid-19-balancing-the-demands-tickets-122981879111?utm_source=eventbrite&utm_medium=email&utm_campaign=post_publish&utm_content=shortLinkNewEmail)

**HSE Mental Health Dublin South, Kildare and West Wicklow**

**Would like to invite you to following lunchtime webinars for Mental Health Awareness Month**



**Friday, 16<sup>th</sup> October 2020 1pm-2pm**

**'What We Mean by Recovery in Mental Health'**

Speakers: Liz Brosnan (Mental Health Engagement Lead – Dublin South, Kildare and West Wicklow) and Valerie Maguire (Peer Recovery Educator – Dublin South, Kildare and West Wicklow) . They will be talking about the recovery and resilience message in mental health and the use of CHIME as a framework covering all the elements that are important in people's journey out of the depths of mental distress.

[https://www.eventbrite.com/e/what-we-mean-by-recovery-in-mental-health-tickets-122986093717?utm\\_source=eventbrite&utm\\_medium=email&utm\\_campaign=post\\_publish&utm\\_content=shortLinkNewEmail](https://www.eventbrite.com/e/what-we-mean-by-recovery-in-mental-health-tickets-122986093717?utm_source=eventbrite&utm_medium=email&utm_campaign=post_publish&utm_content=shortLinkNewEmail)

# Fab Free webinars with Dr Colman Noctor



The National Parents Council presents:



Let's talk...



Supporting Parents  
Supporting Children

A series of conversations with Dr Colman Noctor

Child and Adolescent Psychotherapist

Each of the four sessions will last for 40 minutes beginning at 8pm and they will be interactive giving parents an opportunity to ask questions

Let's talk about connecting with your child	7th October
Let's talk about helping anxious children	14th October
Let's talk about your child's online life	21st October
Let's talk about building your child's social savvy	28th October

All sessions will be online and free of charge.

You can register by clicking the link [here](#) or by calling 01-8874034

Booking essential, places limited and will be issued on a first come first served basis.

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Let's talk about building your child's social savvy	28th October

All sessions will be online and free of charge. You can register by clicking the link [here](https://bit.ly/3iZ9oBt) or by calling 01-8874034

Booking essential, places limited and will be issued on a first come first served basis.




## **NPC parenting and supporting your child webinars first webinar**

1st free webinar by @NPCprimary with Dr Colman Noctor, Let's Talk about Connecting with your Child @ **8pm Wednesday, 7 October**. Register on: <https://bit.ly/3iZ9oBt> or phone 01 8874034.

If you miss it, the recording will be online afterwards.

## **NPC parenting and supporting your child webinars - Let's Talk about helping anxious children**

Let's Talk about helping children who feel anxious: 2nd in series of free parenting webinars by @NPCprimary with Dr Colman Noctor @ 8pm **Wednesday, 14 October**. Limited numbers, register in advance:

<https://bit.ly/3iZ9oBt> or phone 01 8874034.

The National Parents Council presents:



**Let's talk...**



A series of conversations with Dr Colman Noctor  
Child and Adolescent Psychotherapist

Each of the four sessions will last for 40 minutes beginning at 8pm and they will be interactive giving parents an opportunity to ask questions

Let's talk about connecting with your child	7th October
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Booking essential, places limited and will be issued on a first come first served basis.



**Let's Talk about your child's online life, 3<sup>rd</sup> free webinar by @NPCprimary with Dr Colman Noctor @ 8pm Wednesday, 21 October. Register on: <https://bit.ly/3iZ9oBt> or phone 01 8874034.**

**If you miss it, the recording will be online afterwards.**

**Last in series of free parenting webinars by @NPCprimary with Dr Colman Noctor, Let's Talk about building your child's social savvy @ 8pm Wednesday, 28 October. Limited numbers, register in advance: <https://bit.ly/3iZ9oBt> or phone 01 8874034.**



## Healthy Ireland Small Grants 2020

Healthy Ireland, A Framework for Improved Health and Wellbeing 2013 – 2025 is the national framework for action to improve the health and wellbeing of Ireland over the coming generation. Now in its 3rd year, the 'Healthy Ireland Fund' aims to support innovative, cross sectoral, evidence based projects, programmes and initiatives that support key national policies in areas such as mental health, physical activity, nutrition and sexual health, tobacco and alcohol and development of spaces and places for health and wellbeing.

### Applications are now invited for funding under this scheme:

- The Scheme offers small grants of up to a minimum of €2000 and a maximum of €5000
- Funding is for programme activity only under the Healthy Ireland theme of Mental Health
- Only one application is accepted from each Community/Voluntary Group

### Who is eligible to apply?

- Locally based community and voluntary groups
- Not for Profit Organisations
- Eligible facilities will include community groups, youth clubs, sports/recreation clubs, family resource centres.

Closing date for applications is 4pm on Monday 12<sup>th</sup> October 2020

Applications can be made **online only** at <http://>

<https://monaghan.ie/communitydevelopment/2020/09/21/healthy-ireland-small-grants-2020/>

**This is an online application process only and hard copy application forms will not be accepted.** Closing date for receipt of completed online application is 4pm on Monday 12<sup>th</sup> October 2020. Applications received after this date will be deemed ineligible. For any queries please contact;

☎: (087) 6369109 / (047) 73717 ✉: [fmcentee@monaghancoco.ie](mailto:fmcentee@monaghancoco.ie)



**Applications must be made online and the closing date is 4 p.m. on Monday 12th October 2020.**

Additional details are attached. The full details and application form are available online at:

<https://monaghan.ie/communitydevelopment/2020/09/21/healthy-ireland-small-grants-2020/>





**FREE Parent Support Workshop on Attachment & Play (Webinar)**

**Target Group: Parents / Carers of children aged between the ages 0-3 or 11-13**



**Date: 6th of October 2020**  
**Morning: 10:30am-11:30am**  
**Or**  
**Evening: 7pm-8pm**

Free parent work shop on play and attachment

**To book your place for free or for more information please contact me:**

**Email: [donna.mcgee1@tusla.ie](mailto:donna.mcgee1@tusla.ie)**  
**Phone 0861673871**



A project supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body



**Peace**   
Northern Ireland - Ireland



Building peace through emotional resilience on the Island of Ireland, post-conflict

Our Generation will look at, and build on, cross community development which strives to further improve relations between communities in Urban Village areas and the border counties.

The project will support 36,000 children, young people and adults during its duration.

Children and young people will engage in programme design and delivery, including provision of peer support, developing skills and confidence to improve well-being within their communities and act as agents of change, building peace for future generations.

Programmes provided will include accessible, age appropriate prevention, early intervention and recovery activities delivered on a cross-border and cross-community basis to support the mental and emotional well-being of children and young people within local communities.

*The Our Generation project is supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB) and is a collaborative partnership between Action Mental Health (lead partner), Youth Action, Cooperation Ireland, Donegal Youth Service, Youth Work Ireland, University of Ulster and PlayBoard NI.*

*Match-funding for the project has been provided by The Executive Office in Northern Ireland and the Department of Rural and Community Development in Ireland.*



Youth Work Ireland

Area of Delivery: Cavan, Monaghan, Sligo, Leitrim, and Donegal

Contact details:  
[ourgeneration@youthworkireland.ie](mailto:ourgeneration@youthworkireland.ie)

#### Key Programmes

Peer Mentoring Programme for young people. Training people who want to make a difference to their community, who are interested in helping others and would like to express their thoughts and opinions.

Delivery of Action Mental Health's Healthy Me. A vibrant and engaging health promotion programme designed to teach children about the importance of staying healthy - both physically and mentally with a focus on peace building through emotional resilience. It also supports their key contacts in taking a whole-school / community approach to resilience and wellbeing.

Delivery of Action Mental Health's Provoking Thought. A mental health awareness and resilience programme, delivering age appropriate, engaging and interactive workshops for young people and their teachers, parents and other key contacts.

Available to:  
Young People  
Age: 12-25

Schools & Youth Groups  
Age: 5-11

Schools & Youth Groups  
Age: 12-24

# WOW!



## Youth Work Ireland

Area of Delivery: Cavan, Monaghan,  
Sligo, Leitrim, and Donegal

Contact details:  
[ourgeneration@youthworkireland.ie](mailto:ourgeneration@youthworkireland.ie)

Youth Work Ireland is the largest youth organisation in Ireland. We actively engage with over 76,000 young people every week. Over the years we have developed highly innovative services, supports and programmes for young people between the ages of 10-25 years.

### Key Programmes

**Be Well** is an emotional resilience programme which educates young people on feelings of anxiety and teaches coping strategies. The programme uses the 5-A-Day approach to help people build resilience. This programme can be delivered face to face as a 90-minute session or online as a 60-minute session.

**YES** (European wide initiative) is an empowering sexual health and reproductive educational programme that will address a range of activities to include sexual identity and healthy relationships; communicating consent; and wider influences and decision making.

**The Social Action** project offers young people an exciting opportunity to take an active leading role in their community. This youth forum will enhance their teamwork and leadership skills as they go through the decision making process to select community groups they would like to grant money; to enact positive change. Our aim: Support young people to lead their local communities in a new peaceful communities.

Secondary School & Youth  
Groups  
Ages: 14-24  
1 session

Secondary Schools, Post  
Secondary & Youth  
Groups Ages: 14-24 1 day  
or 3 weeks

Secondary Schools &  
Youth Groups Ages: 14-24  
6 months

# WOW!

## Useful Online Family Resources



**SPUNOUT**

Spunout is a youth info website:  
[www.spunout.ie](http://www.spunout.ie)



**yourmentalhealth**  
Information | Support | Services

Yourmentalhealth.ie has mental health information



**BODYWHYS**  
The Eating Disorders Foundation of Ireland

Bodywhys website has information and resources for those with an eating disorder and their family. HSE Eating Disorders Self Care App also available:  
[www.bodywhys.ie](http://www.bodywhys.ie)



**Childline**

Call . Chat . Text

Childline - Free 24 hour counseling service for children and young people up to 19 years of age: 1800 66 66 66



**SAMARITANS**

Samaritans- Confidential support to those in crisis: 116 123



**PARENTLINE**  
Guiding Parents, Supporting Families

Parentline - Support and guidance for parents: 1890 92 72 77



**YOUNGMINDS**

YoungMinds - Mental Health resources:  
[www.youngminds.org.uk](http://www.youngminds.org.uk)


# Online Course Timetable

OCTOBER 2020

Courses Delivered Via **zoom**

Course	Date	Time
Write to Recovery (Week 3)	Thurs 1st	2.00pm - 3.00pm
8 Models of Wellbeing	Fri 2nd	2.30pm - 3.00pm
Eleven Coffee Morning Hope & Optimism	Mon 5th	11.00am 2.30pm - 3.00pm
5 Ways to Wellbeing	Tues 6th	2.30pm - 3.00pm
Understanding Anxiety (Week 1 of 2)	Wed 7th	10.30am - 11.30am
Write to Recovery (Week 4)	Thurs 8th	2.00pm - 3.00pm
Mindfulness	Fri 9th	11.00am - 11.30am
Eleven Coffee Morning Living Beyond Depression	Mon 12th	11.00am 2.00pm - 2.30pm
Building a Healthy Self-esteem	Tues 13th	2.30pm - 3.00pm
Understanding Anxiety (Week 2 of 2)	Wed 14th	10.30am - 11.30am
Practicing Self-Care	Thurs 15th	10.30am - 11.00am
Mindfulness	Fri 16th	11.00am - 12.00am

Interested in a course? Get in touch and register today:




 NI: (028) 7186 5149  NI: [recoverycollegewest@westerntrust.hscni.net](mailto:recoverycollegewest@westerntrust.hscni.net)  
 ROI: (086) 606 9480  ROI: [Innovation.RecoverySouth@hse.ie](mailto:Innovation.RecoverySouth@hse.ie)

  @InnovationRecov

 Health and Social Care 



Interested in a course? Get in touch and register today:

 NI: (028) 7186 5149  NI: [recoverycollegewest@westerntrust.hscni.net](mailto:recoverycollegewest@westerntrust.hscni.net)  
 ROI: (086) 606 9480  ROI: [Innovation.RecoverySouth@hse.ie](mailto:Innovation.RecoverySouth@hse.ie)



# Online Course Timetable

OCTOBER 2020

Courses Delivered Via **zoom**

Elevenes Coffee Morning Mindful Sleep	Mon 19th	11.00am 8.00pm - 8.30pm
Maintaining my Wellness	Tues 20th	10.30am - 11.30am
Coping with Change	Wed 21st	10.30am - 11.00am
Introduction to Trauma and Healing	Thurs 22nd	11.00am - 12.00pm
Mindfulness	Fri 23rd	11.00am - 12.00pm
Elevenes Coffee Morning Living Beyond Depression	Mon 26th	11.00am 10.30am - 11.00am
Top Tips for Self-motivation	Tues 27th	2.00pm - 2.30pm
Tips for Getting a Good Night's Sleep	Wed 28th	10.30am - 11.30am
Practising Self-Care	Thurs 29th	10.30am - 11.00am
Navigating the Mental Health Services	Fri 30th	11.00am - 11.30am



Connecting for Life  
Cavan and Monaghan

If you are feeling low or distressed, please just talk about it with someone ...

**EMERGENCY / CRISIS NUMBERS:**

**YOUR LOCAL GP OR NORTH EAST DOCTOR ON CALL**  
1850 777 911

**GARDAI / EMERGENCY SERVICES**  
999 / 112

**THE SAMARITANS**  
**116 123**  
TEXT 087 260 9090  
EMAIL:  
jo@samaritans.org

**DOMESTIC VIOLENCE SERVICE WOMEN'S AID NATIONAL HELPLINE**  
1800 341 900

**24/7 SUICIDE HELPLINE**  
1800 247 247  
TEXT: 'HELP' TO  
**51444**  
(PIETA HOUSE)

**AWARE SUPPORT LINE**  
1800 80 48 48  
Email:  
supportmail@aware.ie

**NATIONAL RAPE CRISIS 24/7 HELPLINE**  
1800 778 888  
Email:  
counselling@rcc.ie

**CHILDLINE**  
1800 666 666  
TEXT: 'TALK' TO  
50101

**FARM AND RURAL STRESS HELPLINE**  
1800 742 645

**OTHER SUPPORTS:**

**TEARMANN DOMESTIC ABUSE SERVICE**  
047 72311  
tearmannadv@eircom.net  
www.tearmann.net

**NATIONAL LGBT HELPLINE**  
1890 929 539

**MABS**  
(Money Advice & Budgeting Service)  
Helpline  
0761 072 000

**MENTALHEALTH IRELAND**  
www.mentalhealthireland.ie

**SHINE**  
086 852 5422  
Supporting People Affected by Mental Ill Health  
northeast@shine.ie  
www.shine.ie

**ONLINE COUNSELLING**  
www.turn2me.org

**GROW INFO LINE**  
1890 474 474  
Supporting those experiencing mental health problems

**PARENT LINE**  
1890 927 277  
www.parentline.ie

**PLEASE TAKE A PHOTO OF THIS POSTER**



Please scan the code to download the Connecting for Life Cavan Monaghan Suicide Prevention Plan



Learn about mental health and how to support yourself and those you love:  
[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)



**Get help now**  
**For free 24/7 support in a crisis, free-text HELLO to 50808.**  
If your life is at imminent risk, call 999 for emergency help.  
**FREE-TEXT 50808 NOW**  
**Do you need someone to talk to right now?**  
If you're experiencing a personal crisis, are unable to cope and need support **free-text HELLO to 50808.**  
If your life is in imminent danger, please call 999.





Family Educational Program for Family Members living with addiction issues

## Does someone you love have alcohol or/and drug issues?

We know how difficult this is. Addiction is a complex issue that affects individuals and their families and the wider community. Families can become disconnected, our relationships suffer and we can feel isolated and helpless.

F.A.S.N are hosting the highly recommended Family Educational Program for Family Members developed by the The Rise Foundation, which offers practical support, relevant education, coping strategies and the opportunity for people to connect through their shared experiences.

One program will run in the following area: Claremont Stadium, Commons Road, Duffland, Navan, Co. Meath.

Starting Date: 15 October 2020 @ 6.30pm

Please contact F.A.S.N for further details or to book your place on the following numbers:

087 904 6405 / 042 935 5251 Email: [info.fasn@gmail.com](mailto:info.fasn@gmail.com)

This initiative is funded by Pobal through the Healthy Ireland Fund with the support of Meath Local Sports Partnership and Meath CYPSC.

The greatest legacy we can  
leave our children is happy  
memories.

@proudhappymama



From our friends in the  
Genesis Project Louth  
@genesislouth

PROUD HAPPY MAMA





Some friendly guidance to those who are submitting information to **WOW**:

1. Submit the information in the format you would like it to be included. We won't transform a word-heavy document into a flyer, please make it easy for us!
2. Less words, bigger pictures!
3. We do not advertise or endorse those events or programmes which are privately funded as a business.
4. Information will usually be included for x2 editions, unless requested or if your event takes place sooner.
5. WOW will be issued every month. Please send your articles for inclusion by the first and second Wed of each month to [collette.deeney@tusla.ie](mailto:collette.deeney@tusla.ie)
6. We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
7. Your feedback is welcome. (We are not perfect, but will strive to be as good as we can.)
8. Please let us know if WOW has helped your service, event or activity in any way.



# WOW!

WHAT'S ON WHERE IN MONAGHAN

