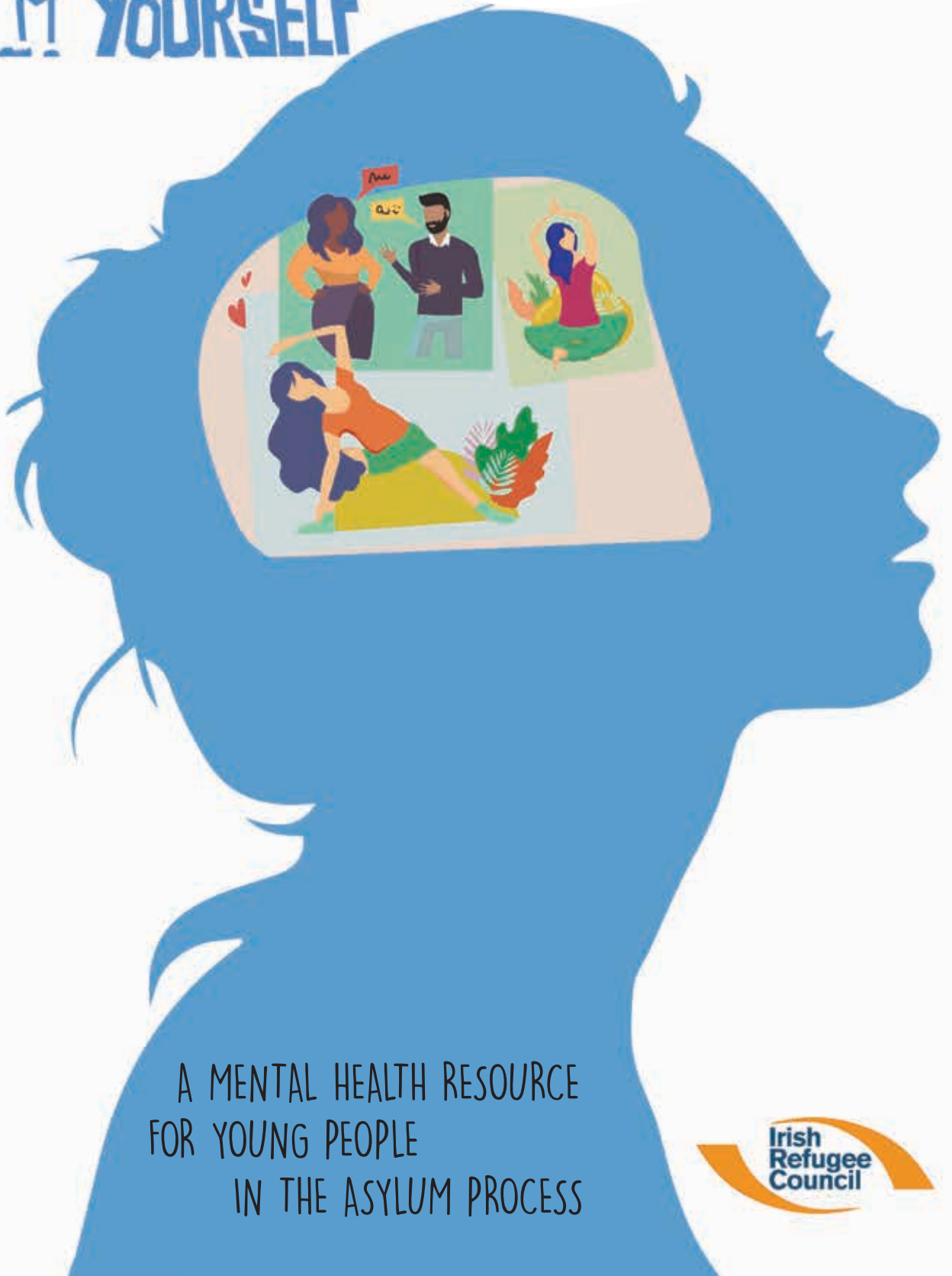




MIND YOURSELF



A MENTAL HEALTH RESOURCE
FOR YOUNG PEOPLE
IN THE ASYLUM PROCESS





WELCOME TO "MIND YOURSELF"

This is a comic and wellbeing resource for young people in the asylum process by young people in the asylum process.

Its purpose is to help you with your mental health. In this comic, you will find information and advice, as well as the stories of other young people who have gone through the asylum process in Ireland.

In times of great stress, we all struggle. While going through the asylum process, it can feel like even the smallest problems can tip us over the edge. Not everyone has regular access to professional help, and language barriers can make this even harder. This is where "Mind Yourself" comes in.

In this comic you will find:

Stories that capture the lives and experiences of young people seeking asylum in Ireland.

Everyday suggestions for improving your mental health, including exercise tips and mindfulness techniques.

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IT'S OKAY
NOT
TO BE OKAY

A NATURAL RESPONSE TO AN UNNATURAL SITUATION

We are a group of young people from around the world who now call Ireland home. We all have experience of the asylum process in Ireland.

We all have experience of Direct Provision and/or foster care and residential care. Some of us have finally secured our status and are moving on with life in Ireland. Some of us are still in the asylum system.

Collectively, we want to ensure that other young people arriving to Ireland have the supports and information that might make their experience a little better.



That is why we have teamed up to produce a resource that we hope will help you. We all have times when we struggle or feel low, but our environment or place in life can play a big part in how we are feeling at a given time.

Alongside the usual stresses that life brings our way, people in the asylum process face unique challenges and hardship. In our experience, feeling low or sad while in the asylum process is a natural response to an unnatural situation.



This needs to be acknowledged. With the support of the Community Foundation of Ireland, Jigsaw and the Irish Refugee Council, we have come together to share information and start a conversation about our mental health, the things that can affect it (positively or negatively) and how we can work towards positive mental health and well being for ourselves and other young people in the asylum process.



When it is good it can help us through times of worry, stress and anxiety, but, when our mental health is poor we can find it difficult to cope with everyday life. Loneliness, problems in our important personal relationships, sadness, worry, the impact of social problems or not feeling good enough, these can all be factors which challenge our mental health and wellbeing. Challenges to our mental health manifest in all kinds of different ways. They may persist for many years, or they might be transitory, and ebb and flow over time.



What is Mental Health?

The term 'mental health' can mean so much and we often don't think about it as something we all have. We talk a lot about (and spend a lot of time on) our physical health – we go to the doctor for check-ups, we play sports, go to the gym, dance, put sun screen on, brush our teeth – maintaining our physical health is normal. So why is there so much stigma around our mental health and why don't we have the same routines to help it? And for the record, what is normal anyway? How we fair in our in our day-to-day lives, how our mood is and how motivated we feel are all driven by our mental health.

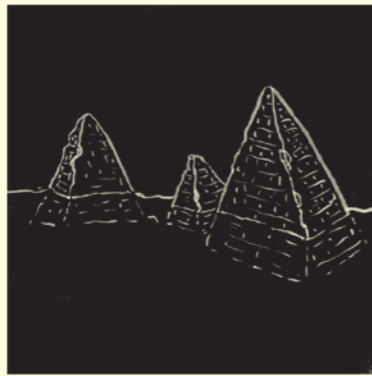


Mental health difficulties rarely have one definitive and discrete cause; they are usually due to a complex inter-play of multiple factors and can only really be fully understood in the contexts of our lives. We will all experience difficulties and challenges at times in our lives; births, deaths, exams, job changes, relationship difficulties, moving house — the key events of life can be hugely stressful. Often mental health difficulties and emotional distress are an understandable response to these events or to circumstances in our lives. We know that the more we can normalise the conversation about our mental health, the easier it will be for young people and adults to seek the support they need if they begin to struggle with their mental health.

BANBHA'S STORY



My name is Banbha. I came to Ireland from Meroë many years ago.



There was a flood approaching, and the people of my village had to escape.



My family abandoned me in the night. My grandparents, mother, sisters, relatives.



We arrived in Ireland, and I was the first to feel my feet in the sand.



We built our homes and hunt together.



My dad and brother and Fintan grew very sick.



They said I was too outspoken, and their god wouldn't save me because of my beliefs.



My father, my brother Ladran, and my boyfriend Fintan stayed to support me.



I knew they loved me, but losing the rest of my family made me really depressed.



I miss them so much..



Although I may have lost a family, I gained a new one.



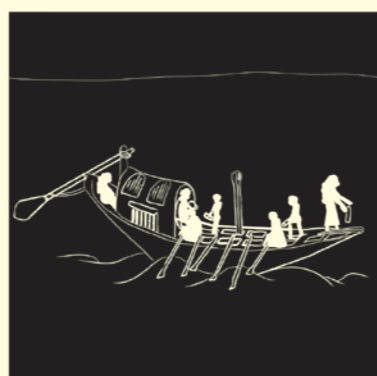
My new friends will always support me. I feel like I belong.



We left with many other girls who faced the same battles as me. I didn't feel so alone anymore.



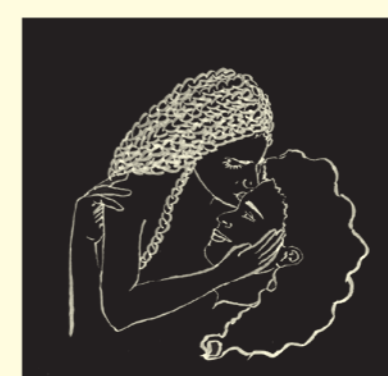
The journey to Ireland was long and hard. We had many hardships.



Along the way, we lost some friends.



Sometimes I still cry at night.



But there is always someone there to hold me tight.



BANBHA

This project was initially inspired by ancient Irish folklore gathered from "The Book of Invasions". The first peoples to settle Ireland came from all corners of the globe. The very first of which were the people of Cessair, or Banbha, the first person to step foot on Ireland. The following comic follows her story.

In ancient Irish writing, Ireland is often called "Banbha", named after Ireland's very first settler. She came to Ireland from Meroë in modern day Sudan escaping the great flood, as her own family refused to take her on their ship because she was practicing her own religion. Her dad, brother, and husband went with her to support her. She single-handedly led an army of 150 women with likewise beliefs on a naval fleet. Unfortunately, 2 of her ships sank, leaving only 50 women surviving.

We admire the story of Banbha, as her story is still just as relevant today as it ever was. People still come to Ireland looking for better lives, and often without their families. Our ancestors came to Ireland looking for a better quality of life, and we aim to give the

asylum seekers of today as much help as we can. Mental health and wellbeing resources were not available to people from this era of course, and we want to make them as accessible as possible in the modern day to people experiencing the same struggles.

When she reached Ireland, her father Bith and brother Ladran died soon after. Sliab Betha and Ard Ladrand (which is the landscape pictured on the second page of the comic) are both named after them, both of which are said to be their graves. It is uncertain what happened to her husband Fintan – most legends say he died too, and others say he ran away to a cave called Tul Tuinde (which still exists) and was the sole survivor, living long enough to retell this tale to Ireland's next settlers. That left Irish society as being wholly women for many years.

These women built Ireland's first society themselves and developed relationships and marriages with each other for 40 years, before they died of a plague. Cul Cessrach in Connacht is considered to be their gravesite.



UNDERSTANDING FEELINGS AND EMOTIONS

This section looks at understanding our feelings and emotions. Emotions are the feelings that we have about experiences. Those feelings include not just our thoughts but often a physical or bodily response to the experience.

How good are you at understanding and identifying your own emotions? It isn't always easy to know exactly what we're feeling or why. That may seem strange, since we assume we know ourselves better than anyone else. But sometimes it's difficult for us to identify the specific emotions we're feeling, or to correctly determine why we're feeling that way.

Feelings can be confusing! And that's putting it mildly.

The not so good news about our feelings: Feelings are very complex. At any given moment we may experience multiple, contradictory emotions. For example, we can feel happy and scared at the same time, or frustrated and hopeful. What's that about?!

Certain feelings may also hide, under the radar, behind other feelings. For example, it's not uncommon for fear and hurt to disguise themselves behind anger. So you think you're angry? But it might really be all about being hurt.

Sometimes our strongest emotions hide behind other emotions because they represent our deepest needs and fears, and it can be scary to express them. And so we may use secondary emotions (like anger) to mask them.

STOP -

STOP AND THINK BEFORE YOU ACT!

If you're in a situation where your emotions are building to a point where you may have trouble maintaining control - stop! Sometimes when we're feeling a strong emotion, we act automatically (for example lashing out), without truly thinking about the consequences or the best way to approach the situation.

Learn how to identify the signs that you may be getting to this place.

Make note of the physical feelings and thoughts that are associated with this emotional place for you. That way, the next time you notice these signs, it can be a cue to start thinking more consciously about these feelings and your response, and start working through the next steps so you can effectively manage them.

DROP -

REDUCE THE INTENSITY OF YOUR EMOTIONS.

When we're feeling extremely strong emotions, it becomes very difficult for us to think clearly and rationally. Our bodies are in a "fight or flight" mode at that point (fight our way through the situation or run away), and neither of these options are very helpful. Before you can begin to think through the situation rationally, you're going to need to calm yourself down. There are a lot of ways that we can do this:

Go outside - being outdoors decreases anxiety and increases mental clarity and focus.

Spend time with a friend - sometimes just talking can reduce your anxiety.

Engage in a repetitive action like running, painting, or walking - any repetitive action can help you focus your attention calmly on the present.

Think about something positive - a happy memory, something you have done that you are proud of, a person that you love.

Breathe deeply - concentrating on your abdomen, breathe in through your nose for a count of 5. Hold it briefly and then let the breath out slowly and gently, focusing on the feeling of the air leaving your body.

Repeat for 1-5 minutes.

PROCESS -

THINK ABOUT IT.

Identify the specific emotions you are feeling. To manage emotions effectively you first need to be able to accurately identify those feelings. Sometimes the surface emotions that we're feeling are masking other deeper, underlying emotions that are more difficult for us to deal with. So this step might involve some careful thought, in an environment where you feel safe working through these feelings.

Identify the source of those feelings - Why are you feeling the way you are? What is the underlying issue that needs to be addressed? You can increase your emotional self-awareness by "going inside".

Once you know what it is you are feeling, you need to figure out why.

Figure out the best way to proceed, given your ultimate goals and your values. With your feelings under control, consult your head.

5

WAYS TO WELLBEING

ADAPTED FROM MENTAL HEALTH IRELAND

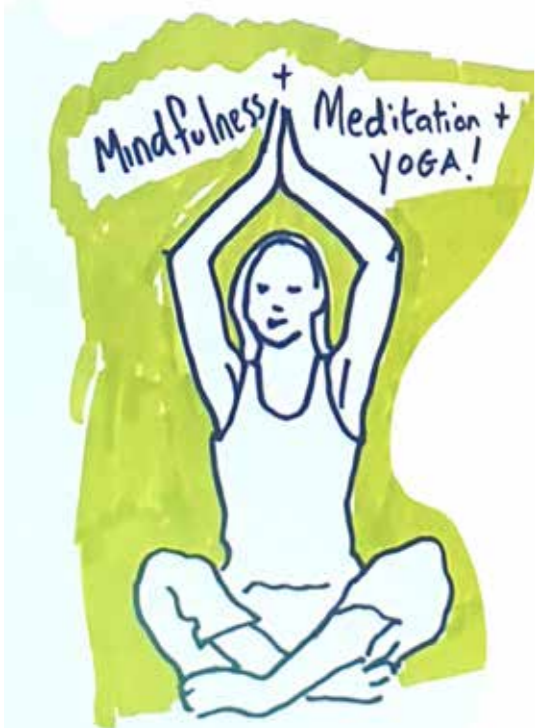
Wellbeing means feeling good about ourselves, the world around us and functioning well in everyday life, most of the time. Being resilient and coping with the normal stresses of life is also an important part of wellbeing. There are many things that can influence our wellbeing, including exercise, diet, relationships, a sense of belonging, money, where we live and having a sense of purpose. Wellbeing is much broader than simply how happy you are. It includes how satisfied you are with your life, your sense of purpose, and how in control you feel.

We know that it is hard for young people seeking asylum to feel satisfied with life. It is hard to find a purpose, when you might not be able to work, go to school or college, or do something meaningful. It is hard to feel in control of your life when so much is out of your control. This is where the 5 ways to wellbeing come in

It is not going to fix everything in your life but it can provide a useful framework for thinking about how YOU can take action to improve your wellbeing. Over the next few pages you will find examples of how the 5 ways to wellbeing can help you to feel better, including real stories and examples from young people seeking asylum.

The 5 ways of wellbeing are:

CONNECT, BE ACTIVE, TAKE NOTICE, GIVE and KEEP LEARNING.



CONNECT

1



We all know how important relationships are for our wellbeing. Close relationships with family and friends give us support and a sense of meaning in our lives. Wider social networks give us a sense of belonging. Lots of young people living in Direct Provision feel disconnected - from their family and friends back home, from the community around them here in Ireland. Here are some ideas of things you can do to help you feel more connected to the people around you: get involved in a local youth group; make time to talk to your friends in real life and online; write a letter to a friend.



Abdulai's story

Everyone needs a helping hand sometimes
Don't be afraid to ask for help!

My name is Abdulai I am originally from Freetown Sierra Leone West

Africa. I came to Ireland in November 2018. I was very depressed, It was quite traumatic when I first came into the country Because of what happened to me back home.

It was still over my head. When I was transferred, at first it was really not easy. Lack of appetite.



Headache
Nightmares...

I was invited to the youth services. They usually pop out to the centre. Thankfully The lady took notice of me and noticed I was really sad and thank god I opened up. she was really helpful.

She found me a councillor and I really thank god because im really fine now. Trying to push and further my education and see how I can contribute to the development of this country and also for myself.

With the issue of mental health we have to break the silence and see what's really going on in your life. I know some people are shy and its something that is really difficult as There are different stages. "Maby what is affecting me is just a minor issue? some people are going through the worst!"

I think irrespective of that you have to speak it out. I think silence is really not helping. Try to talk to someone that will help out rather than just sitting. I cant imagine what would have happened to me if I hadn't gone to that youth centre. I might have commit suicide as I was having those thoughts of suicide several times. I thank god I made that movement and broke the silence and spoke it out.

BE ACTIVE

Exercise is great for our mental health and getting out into nature has been proven to help us feel better. This doesn't mean we have to join a gym or attend classes - simply going for a walk can have a massive impact on our state of mind. Sometimes it's hard for young people living in Direct Provision to feel motivated to be active so here are some ideas we came up with to help you get started: join a local Sanctuary Runners/Walkers group; try to go outside at least once a day; play football with your friends; try this 8 minute work out!

jumping jacks x20
 wall sit 45 seconds
 push ups x10
 sit ups x20
 step ups x15
 squats x15
 chair dips x10
 plank 1 minute
 high knees 1 minute
 lunges x10
the 8 Minute WORKOUT

Frank's mental health Rap

Just getting the motivation from a friend or fella...



That's the only way to get about going everyday.



Depression is something that's really going to weigh you down.



When the mountains grow bigger.



I put my mind to something different.

In the end, the world is bigger! I CAN CONQUER IT!





TAKE NOTICE

Taking notice means being aware of the world around you. It means paying attention to the present moment. We know this is easier said than done and that as young people seeking asylum, we have plenty of things to worry about and distract us from taking notice of the present. But if we can pay attention to the world around us and how we are feeling, and be more aware of the present moment, we can help ourselves to feel better. Here are some ideas of ways we can all take more notice: be a good listener; spend time in nature without your phone; keep a journal; meditate; focus on our breathing.

CHANGE YOUR BREATHING, CHANGE YOUR MOOD

Every day, you breathe in and out without giving it much thought. While it is true that breathing is an unconscious action, it is also unique in that we can bring it under conscious control and by controlling our breath, we can affect our body in a positive way.

Try some of the exercises below and see how you feel.

DEEP BREATHING

1. Sit or stand with your elbows slightly back. This allows your chest to expand more fully.
2. Inhale deeply through your nose. Hold your breath as you count to 5.
3. Release the air via a slow, deep exhale, through your nose, until you feel your inhaled air has been released.

COHERENT BREATHING

1. Find a comfortable position to practice coherent breathing.
2. Breathe in for four seconds and then out for four seconds.
3. Do this for one minute.
4. Repeat, but extend your inhales and exhales to five seconds.

SOMETIMES THE MOST IMPORTANT THING IN A WHOLE DAY IS THE REST WE TAKE BETWEEN TWO DEEP BREATHS.

GIVE

4



One of the ways we can help ourselves is by helping other people. Giving our time, energy and skills can help us to feel good about ourselves. As young people, we have so much to contribute and there are many ways we can get involved. Here are some ideas we came up with: when new people arrive in your centre, give them advice, information and support if they need it; volunteer locally; give your time to your friends and family; join your local youth group; teach your friends something new; share information and knowledge; do something nice for someone else; be kind.



NATASHA'S STORY

SOMETIMES HELPING OTHERS IS THE BEST WAY TO HELP YOURSELF.

I can give a personal anecdote of a day that something that lifted my mood. I was having a really bad day at home and and went on my usual path to uni.

I had so much work to do and i just felt so down. I remember thinking "uh i just want to give up". And having a difficult time communicating that. I remember talking to my mom and i just couldn't communicate those emotions to her. So i was still in that rut. then i saw this elderly woman who was carrying all these bags and she stopped in the middle of the road and she was obviously tired and struggling with the bags.



Me, giving my time and me helping someone made me feel so happy. Sometimes what gets you in that sad downstage is that you feel useless, that you have no worth. Sometimes those small things give you worth and make a huge positive impact to the people you help. It doesn't have to be a huge gesture. that gave me such joy. sometimes helping someone, makes you happy too.

KEEP LEARNING

Learning new things and developing our skills can help to build our confidence. Learning something new can give us something to focus on, help structure our day and bring meaning to our lives. It is not possible for every young person living in Direct Provision to attend school or college, and although we all want to get a recognised qualification, there are lots of other ways to keep learning in our daily lives. Here are some ideas we came up with: learn something new online; ask a friend to teach your something; teach your friends something; do an online course; take part in Gaisce; read the news.



SOMETIMES
WHEN I FEEL REALLY DOWN
I WRITE EITHER POETRY OR RAP
LET MY EMOTIONS OUT
IT DOESNT NECESSARILY HAVE TO
BE SOMETHING IM ANXIOUS
BUT ABOUT.. SOMETHING
FOCUSING ON
THAT REQUIRES ME TO BE CREATIVE
REALLY SOOTHES MY
MIND



5 WAYS GROUP SESSION

IN MY OPINION I THINK THE BEST WAY IS TO CONNECT, YOU CAN CALL YOUR MOM, YOU CAN CALL A FRIEND YOU CAN GO GAMING. ANYWAY YOU GET THOSE THINGS OUT SO YOU CAN HAVE A DIFFERENT FEELING SO THAT OLD FEELING GOES AWAY FROM YOU. THERE WAS ONE TIME WHEN I WAS FEELING REALLY DOWN AND I HAD TO CALL ONE OF MY FRIENDS AND HAVE A GOOD CHAT AND AFTERWARDS I FELT SO RELIEVED.



WHAT DO YOU THINK ABOUT THE 5 WAYS OF WELL BEING?

WHEN YOUR DOWN JUST TRY AND FIND SOMEONE YOU CAN HAVE FUN WITH,



YOU LIKE BEING ACTIVE RIGHT? YEAH! THAT'S WHAT I LOVE DOING, WHEN I AM DOWN AND WHEN I AM ALONE, I GRAB A FOOTBALL ITS GOOD FOR ME YOU KNOW? SOMETIMES

THAT WILL CALM YOU DOWN.



IN LIFE YOU GET DOWN, THAT'S JUST NATURAL. YOU HAVE GOOD AND BAD TIMES. ITS BETTER YOU KEEP YOURSELF ACTIVE. MABY GO RUNNING. IT DOESN'T HAVE TO BE FOOTBALL BUT FOR ME ITS FOOTBALL OR MUSIC, LISTEN TO SOME MUSIC YOU LOVE.



O'CONNELL STREET

ROSIE HACKETT BRIDGE



EVEN SOMETHING LIKE GIVING, YOU KNOW, SOMETHING THAT IS NICE. BE KIND TO PEOPLE. THEY SAY KARMA. THE MOVE YOU GIVE THE MORE YOU GET BACK.

THERE ARE ALSO OTHER ORGANISATIONS, IRISH REFUGEE COUNCIL, JIGSAW SAMARITANS THEY DO HELP A LOT. THE SAMARITANS OFFICE NEAR THE BRIDGE IN THE CITY CENTRE. EASY TO FIND. THEY'RE ALSO ONLINE AND VERY HELPFUL.

Contact a Samaritan

If you need someone to talk to, we listen. We won't judge or tell you what to do.

Call us any time, day or night

Whatever you're going through, you can call us any time, from any phone for FREE.

Call 116 123 >

Chat with us online

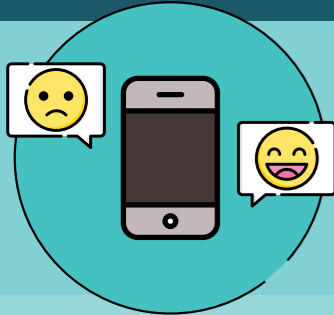
PILOT

Talk to one of our listening volunteers using our new web chat service. For now, we're running the web chat at a small scale, meaning it's not available to everyone yet.

Chat online >

<https://www.samaritans.org/>

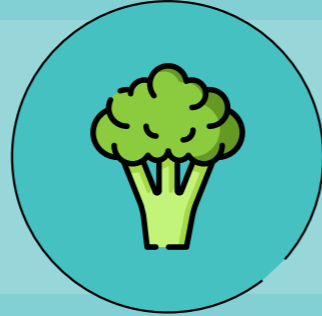
Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

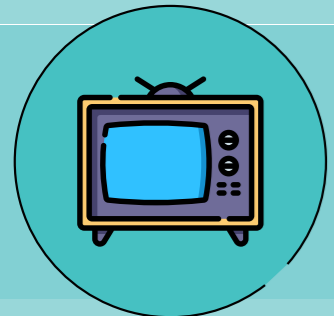
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

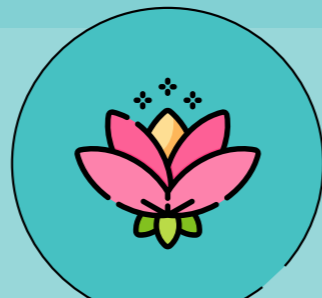
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



MENTAL HEALTH FLOWCHART

ARE YOU FEELING DOWN?

YES

NO

Have you tried to connect with anyone? talked with a friend, support worker or family

Great! don't forget to stay on top of your health keep doing the five ways of well being!

YES

NO

Have you Done any exercise?

Connect (page 13) Talk to someone! A friend, or family member or support worker. If you still feel down, come back and repeat this flowchart.

YES

NO

Have you tried any Mindfulness techniques? Breathing or yoga?

Be active (page 15) Do some exercise! A walk, run or even our 8 minute exercise plan (page 15) If you still feel down, come back and repeat this

YES

NO

Have you tried doing something for someone else?

Take notice (page 17) Read page 17/18 and see if Breathing or mindfulness helps. If you still feel down, come back and repeat this flowchart.

YES

NO

Have you Tried learning or practising something?

Give (page 19) Read page 19 and see if you can GIVE. If you still feel down, come back and repeat this flowchart.

YES

NO

If you still feel down, consider contacting one of the organisations on the next page. Hopefully you will find the advice and support that will help.

GET SUPPORT

If you need any help or support, consider contacting one of the following organisations. The list ranges across a variety of needs so hopefully you will find one that can give you direct advice. They are there to help!

MASI is an independent advocacy and support group for people seeking asylum in Ireland with the goal of ending Direct Provision.

Website: www.masi.ie
 Phone number: 083 1713 166
 E-mail: info@masi.ie
 IG: https://www.instagram.com/masi_movement_asylum_seekers/
 Twitter: https://twitter.com/masi_asylum



IT'S OKAY TO TALK
SAMARITANS

Samaritans provides confidential non-judgemental support, 24 hours a day for people experiencing feelings of distress or despair, including those which could lead to suicide.

Website: <https://www.samaritans.org/ireland/samaritans-ireland/>
 Emergency hotline: 116 123
 E-mail: jo@samaritans.ie

Aware provide support to people affected by depression and bipolar disorder. Aware has support groups around the country.

Website: www.aware.ie
 Phone number: 01 661 7211
 Emergency hotline: 1800 80 48 48
 E-mail: supportmail@aware.ie



The IRC provides information, advice and support to refugees and people seeking asylum in Ireland. They can help you with issues related to your legal case, education, employment or housing.

Website: www.irishrefugeecouncil.ie
 Phone number: 01 764 5854
 E-mail: info@irishrefugeecouncil.ie



EPIC provides information, advice and support to young people in foster or residential care or who have experience of foster or residential care.

Website: www.epiconline.ie
 Phone/Text: 01 872 7661/087 903 6598
 Email: info@epiconline.ie



Jigsaw provides free mental health support for 12-25 year olds through counselling, one to one and group chats.

Website: www.jigsaw.ie
 Phone number: 01 472 7010
 E-mail: info@jigsaw.ie



Children and young people up to the age of 18 can contact Childline at any time, about any issue, which may be on their mind. The service is confidential, non-judgmental and free to contact from anywhere in Ireland.

Website: www.childline.ie
 Phone Number: 1800 666 666
 Text number: 50101



Spirasi provide information, advice and counselling to survivors of torture as well as a befriending service and English classes.

Website: www.spirasi.ie
 Phone number: 01 838 9664
 E-mail: info@spirasi.ie
 Address: 213 North Circular Road, Phibsborough, Phibsborough Road, Dublin.



The Immigrant Council of Ireland is a national, independent non-governmental organisation that promotes the rights of migrants.

Website: www.immigrantcouncil.ie
 Helpline: 01 6740200
 E-mail: admin@immigrantcouncil.ie



Teenline is a national active listening service for children and young people up to the age of 18. The service is free and confidential.

Website: www.ispcc.ie/teenline
 Phone number: 1800 833 634



If you or someone in your family has been affected by an eating disorder, Bodywhys can provide you with information, advice and support.

Website: www.bodywhys.ie
 Phone: 01 283 4963
 Emergency hotline: 1890 200 444
 E-mail: info@bodywhys.ie





Rape Crisis Help is designed to provide vital information on sexual assault support services to those who may be urgently seeking it. The website includes advice for those who may be feeling threatened, may have experienced sexual violence in the past, or who are seeking help or advice on behalf of others, as well as information on child protection.

Website: www.rapecrisishelp.ie
 Phone number: 091 563 676
 Emergency hotline: 1800 77 88 88

The LGBT Helpline is a non-judgmental and confidential service providing listening, support and information to lesbian, gay, bisexual and transgender (LGBT) people, their family and friends, and to those who are questioning if they might be LGBT.



Website: www.lgbt.ie
 Phone number: 01 6859 280
 Emergency hotline: 1890 929 539
 E-mail: info@lgbt.ie



This organisation can help you to find a volunteering opportunity in your local community. Volunteer Ireland has local offices all around the country, with qualified staff to help you find the right placement.

Website: www.volunteer.ie

Gaisce gives young people an opportunity to connect with new people and grow networks, boost their self-belief and confidence all whilst learning new skills. At the end of your Gaisce journey you will gain a nationally and internationally recognised Award that will be a great addition to your CV. Gaisce has a project for young people seeking asylum or with refugee status called Wavelength.



Website: Over 18s: <https://www.gaisce.ie/wavelength-over-18s/>
 Under 18s: <https://www.gaisce.ie/wavelength-under-18s/>
 Email: wavelength@gaisce.ie



Spun Out is Ireland's youth information website created by young people, for young people. Spun Out provides a range of information broken down into different topics such as education, health, employment, life and opinion.

Website: www.spunout.ie
 IG: <https://www.instagram.com/spunout.ie/>
 FB: <https://www.facebook.com/SpunOut.ie/>
 Twitter: <https://twitter.com/spunout>

If you are looking for information about any aspect of life in Ireland, call Citizens Information or check their website.



Website: www.citizensinformation.ie
 Phone number: 0761 07 9000



EYMF is a youth group run by the Irish Refugee Council for young people experiencing migration.

Website: www.irishrefugeecouncil.ie/european-youth-in-migration-forum-eymf
 E-mail: eymf@irishrefugeecouncil.ie
 FB: www.facebook.com/EuropeanYouthMF
 Twitter: twitter.com/EuropeanYouthMF



BeLONg To Youth Services is the national organisation supporting lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland. BeLONgTo offers advice and support to LGBTI+ young people aged 13-24, as well as opportunities to get involved in youth groups and projects.

Website: www.belongto.org
 Phone number: 01 670 6233
 Email: info@belongto.org
 IG: <https://www.instagram.com/belongtoyouthservices/>



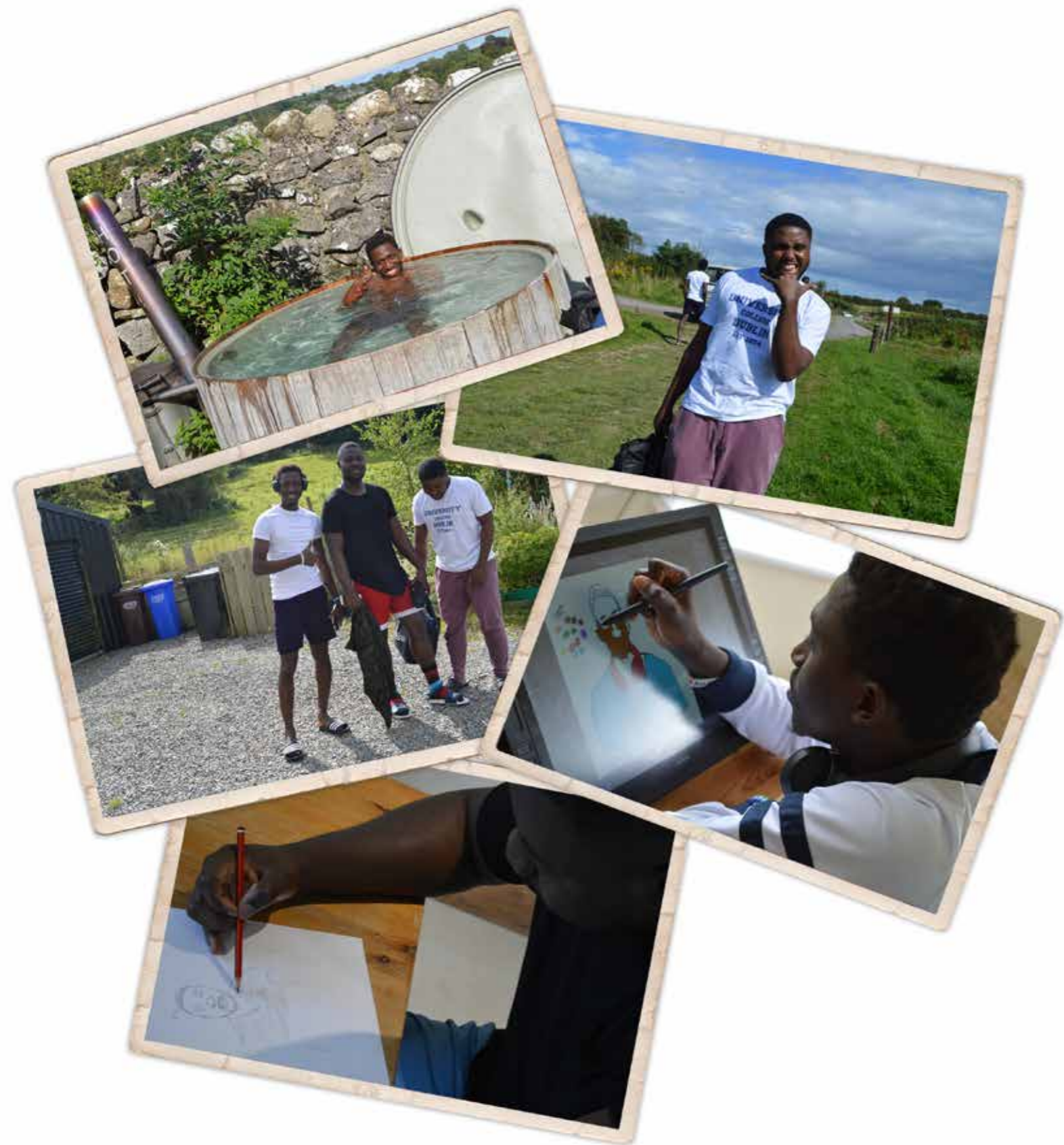
SR is a running group for Irish residents and people living in Direct Provision. There are local groups all over the country. If you want to meet new people, make local friends and get fit, then check out their website for details on your local group.

Website: www.sanctuaryrunners.ie
 Email: info@sanctuaryrunners.ie
 IG: <https://www.instagram.com/sanctuaryrunners/>
 FB: <https://www.facebook.com/sanctuaryrunners/>

SARI promotes integration and social cohesion through sport. There are a number of projects you can get involved in if you are interested in playing sport, learning new skills and meeting new people.

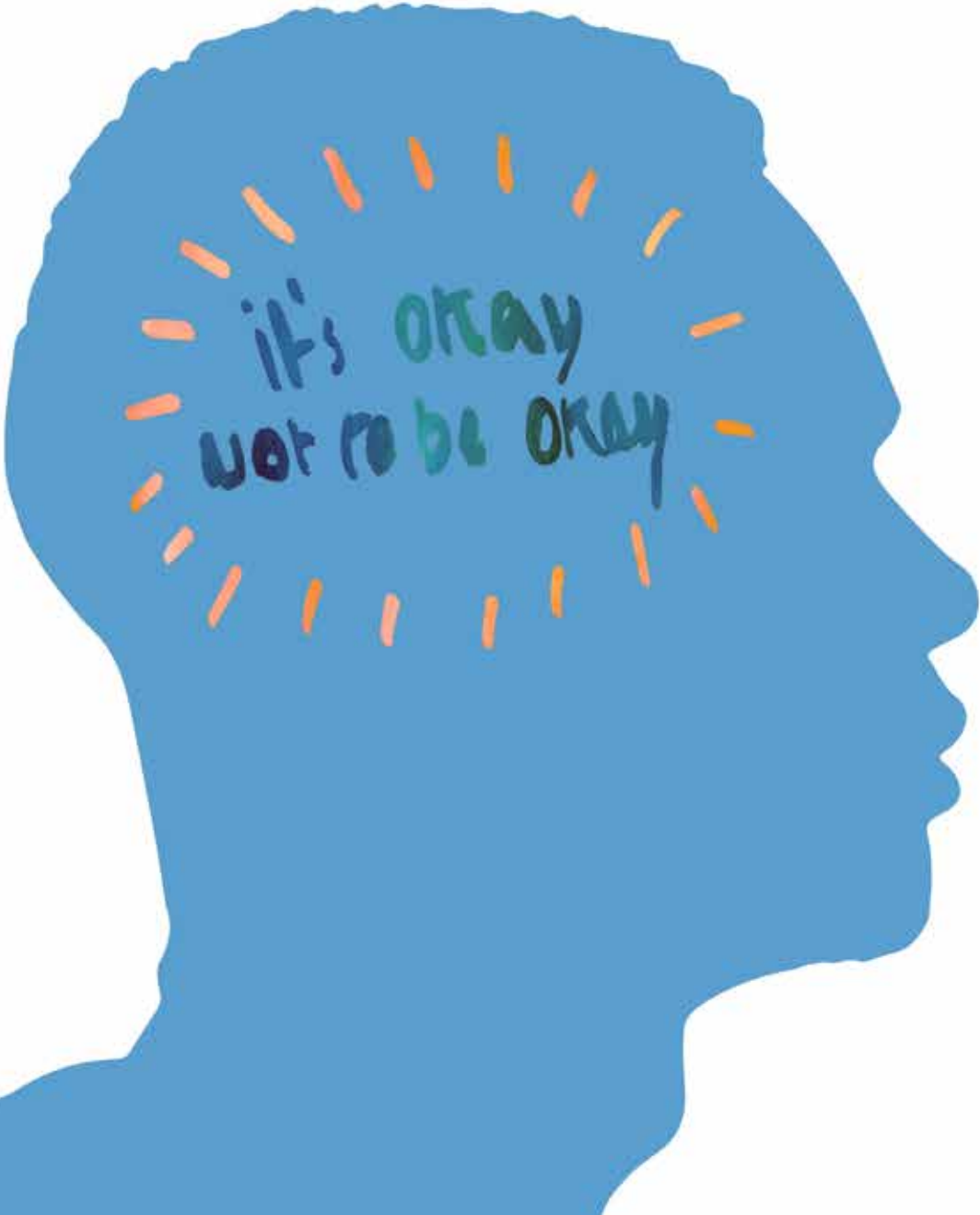


Website: www.sari.ie
 Phone: 01 873 5077
 Email: info@sari.ie
 IG: https://www.instagram.com/sari_ireland/
 FB: <https://www.facebook.com/sariireland/>



We hope you enjoyed Mind Yourself and found it useful. If you are having serious mental health issues, please contact one of the following organisations: the Samaritans; Pieta House; Jigsaw. You will find their contact details on the next page.

We would like to thank everyone who was involved in this project, especially Jigsaw for their guidance, Caroline for getting the ball rolling, Andy and Sophie for their excellent artwork and commitment, and our funders - the Community Foundation for Ireland and Dublin City Council. Finally a huge thank you to the young people - Frank, Abdulai, Amani, Natasha and Minihal - for sharing their stories, ideas and creativity. Mind Yourself!



it's OKAY
NOT TO BE OKAY



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Bhaile Átha Cliath
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 The Community
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Irish
Refugee
Council

JIGSAW

Young people's
health in mind