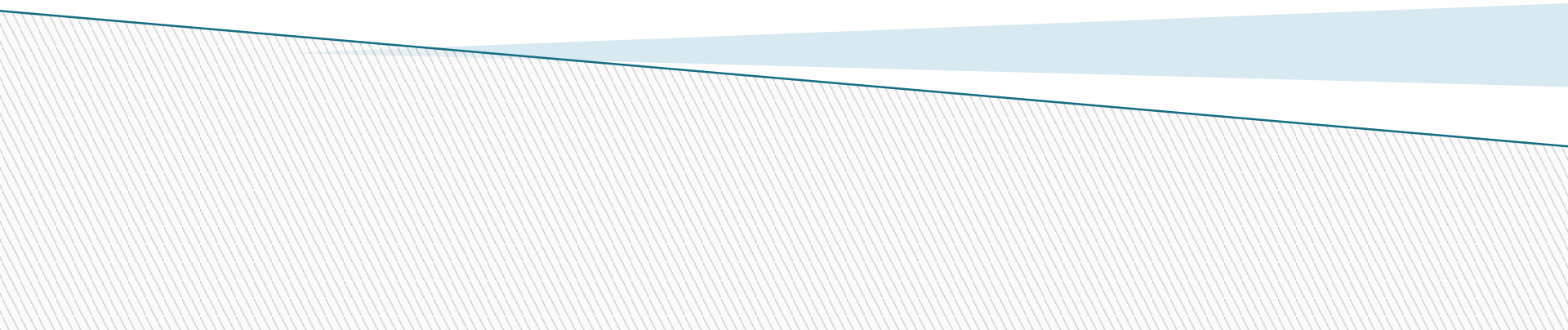


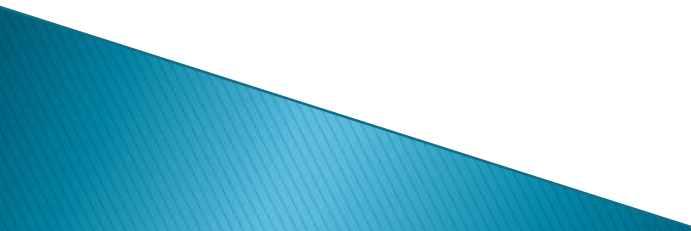
National Learning Network

Think *Possible*

NLN Mental Health Supports



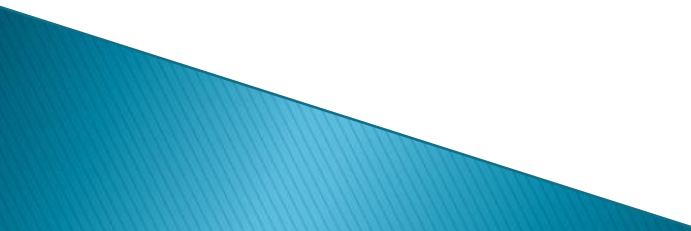
Specialist Support Services & Programmes

- ▶ National Learning Network offers a range of specialist support services for people with mental health conditions such as anxiety disorders, depression, schizophrenia, obsessive compulsive disorder amongst others.
 - ▶ All of the programmes (both rehabilitative and vocational) within National Learning Network aim to promote participants overall wellbeing.
- 

Explore strategies for Positive Mental Health & Wellbeing

- ▶ While on their journey with National Learning Network students are facilitated to explore ways positive mental health and wellbeing can be fostered, supported and enhanced in order to support them to achieve their desired outcomes.
- ▶ National Learning Network offers HSE funded Rehabilitative Training programmes which have a specific focus on promoting positive mental health, wellbeing and recovery. These courses are underpinned by the National Mental Health Policy “Sharing the Vision”. Students on these programmes are introduced to the principals of recovery along with a wide range of psychoeducational strategies and tools. Peer Support, Advocacy and Coproduction are also integral to these programmes.

Person Centred Goal Setting & UDL

- ▶ All students in National Learning Network have their own Person Centred Plan (PCP) which facilitates them to identify their wants and needs and achieve their goals while overcoming their barriers to inclusion.
 - ▶ Programmes in National Learning Network implement the principals of Universal Design for Learning giving all students equal opportunities to learn.
- 
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Individual Placement and Support (IPS)

- ▶ National Learning Network also offers Individual Placement and Support (IPS). The IPS model supports people with mental health difficulties to find work.

Multidisciplinary Support Team

- ▶ During their time with National Learning Network all students have access to the support of a multidisciplinary team comprising of a Rehabilitation Officer, Psychologist, Resource Teacher, and Advocacy Officer.

Fresh Start (Swords & Coolock)

Employability Skills, QQI Level 3 Certification (3M0935)

Course Description

This course is for students who want to make a new beginning, build their confidence and explore career opportunities. It helps students to improve their levels of personal development and social skills and to explore career or further education opportunities. Students will be supported to go on to QQI courses at levels 4 and 5 or to further education or training course of their choice.

Course Modules

Application of Numbers or Mathematics, Career Preparation, Computer Literacy or Word Processing, Work Experience, Personal Effectiveness or Personal & Interpersonal Skills, Internet Skills, Health and Fitness, Nutrition & Healthy Options, Induction, Individual Action Planning, Self Advocacy, Research Visits, Community Networking, Work Placement, Work in Mind

“

I was housebound for six years, I couldn't travel but because NLN is local I was able to get there. I loved the Fresh Start course, it completely changed my life. I got a job from my second work experience and now I'm busy, my life is completely different to where it was a year ago.”

Paula O'Kelly
studied Fresh Start at NLN in Swords



National Learning Network

Investing in People. Changing Perspectives

Choices will help you:

- Learn to manage health problems
- Review and develop personal skills
- Explore and develop positive approaches to coping in life
- Work towards agreed goals through the use of our Individual Action Plan
- Develop the skills needed to help you to move to further training, work or a more active and fulfilling lifestyle
- Put in place new daily routines aimed at ensuring a better quality of life

Course Modules

- Daily Relaxation
- Vocational Exploration
- Introduction to Computers
- Learning/Thinking Skills
- Developing Creativity
- Health and Wellbeing
- Cultural and Social Events

“

I can't say it enough, Choices is just fantastic. I was suffering from depression when I started the course, but the instructors and other students were so supportive. I've made real friends here and realised that I'm a people person, I love the social interaction. The course has built my confidence and now I'm hoping to go on and work with Women's Aid."

Felicity Smith
student of Choices
at NLN in Swords



For more Info. Contact:

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Web: www.nln.ie

www.facebook.com/NLNireland

The National Learning Network has been providing quality training courses and employment opportunities for people with additional support needs for over 50 years. We provide specialised training courses which are nationally recognised, accredited and assist our students to get jobs.

If you are interested in further information or meeting us to talk about any of our programmes in National Learning Network in Swords please contact:

John Costello,
National Learning Network
Balheary Road, Swords, Dublin.

Tel: 01 840 4120
Email: swords@nl.n.ie
Web: www.nln.ie
www.facebook.com/NLNireland



National Learning Network

Investing in People, Changing Perspectives

Training Courses at National Learning Network in Swords

