



# Roscommon Wellbeing Toolkit

Tools and resources to support children and young people's health  
and wellbeing in Roscommon

# This toolkit is a collaboration between

Boyle Family Resource Centre, Roscommon Youth Services, Foróige, Tusla, HSE Child and Adolescent Mental Health Services, Roscommon and Roscommon Children and Young People's Services Committee (CYPSC). This project was funded by the Community Resilience Fund.

The toolkit is based on current knowledge in this area. It is intended as a guide only. Not all the resources will apply to any one child/young person or situation. Always seek support and advice from a professional if you are concerned about a mental health issue.



## Acknowledgements

We wish to acknowledge with gratitude the young people in Roscommon who participated in a focus group organised by Foróige and who contributed their ideas for this Toolkit. We also wish to thank the following professionals in Roscommon who helped identify the need for this toolkit and members of the working group who provided materials:

- Linda Delaney, Roscommon Youth Service
- Aoife Hanley, Foróige
- Catherine Tarabulsi, Boyle Family Resource Centre
- Fiona Mulvey, CAMHS Roscommon

We are grateful for the support of Caroline Duignan and Marie Gibbons, Roscommon CYPSC in the development of this project and for the administration of the funding of the project.

Karen Delaney

Louise Moran

Boyle Family Resource Centre.

# Why Is Wellbeing Important?

Wellbeing means feeling good about yourself and your everyday life, most of the time. It means you find it easier to cope with the normal stresses of life. Doing small things to improve your wellbeing can help you to become more resilient and more satisfied with your life. There are many things that can influence your wellbeing. These include: connecting with others, keeping active, giving, learning new things and noticing the world around you. You will find a video which explains on the following website:

<https://www.mentalhealthireland.ie/five-ways-to-wellbeing/>

The aim of this Toolkit is to support children and young people in Roscommon to think about their health and wellbeing and to support them to take small steps to improving their overall health and wellbeing. Using the resources in this Toolkit can help children and young people to manage their feelings in a healthy way and develop coping skills.



# How parents and professionals can support children and young people who are using this Toolkit

As a parent or a professional, you can work directly with a child or young person to complete the activities in this toolkit, or you can provide the toolkit and ask the child to complete the activities in their own time. Please remember that it is not necessary to work through all the activities in this toolkit in the order they are presented. You will notice that there are some resources that are more appropriate for younger children, and some that are appropriate for older children and young people to support them with their health and wellbeing. Many of the resources are suitable for children and young people of all ages.

To help you with this, we have colour coded the activities and resources that we think we are more appropriate for **younger children in Blue**, and those for **older children and young people in Yellow**.



However, these are just suggestions and you can draw on the resources in the way that works best for your child.

If you are a professional working with a child or young person, you must also follow your organisations policies and procedure's if any concerns arise in relation to child safeguarding.

This toolkit is not a replacement for mental health services. If you have any worries or concerns about a child's mental health or wellbeing, you should contact a GP (General Practitioner/Doctor) for further advice.



# Getting Started

Hello and welcome to the Roscommon Wellbeing Toolkit! This Toolkit is designed to offer useful information and tools so that you can understand more about your own health and wellbeing. You can do a page a day or complete a lot of pages in one go. If you don't feel like writing, then just colour in the pages or doodle until you feel ready to write.

You could use this Toolkit in a relaxed place where you can think and feel comfortable. The activities will help you to understand your feelings, look at ways to feel calmer and identify people to talk to about your worries. It is up to you which pages you do and in what order. You can complete the activities by yourself or you can work with a trusted adult to complete the activities.

Remember that no problem is too big, or can't be sorted out or talked about, even if it feels that way. Lots of children and young people need a bit of extra help every now and then, and there are organisations you can turn to, if you want to speak to someone outside your family or support network. They have helped lots of young people and will know how to help. We list some of these services at the end of this Toolkit.

If you are feeling worried or sad a lot of the time, you might need some help figuring out why you are feeling that way. If you think you need help with how you are thinking or feeling, your GP is the best person to turn to for further advice. Ask your parent or guardian to make an appointment for you, or if you are 16 or over you can make your own appointment.



# All About Me

My Name is \_\_\_\_\_

I am \_\_\_\_ years old.

Something I am good at...

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Something I don't like ...

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My favourite person or people to spend time with are...

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My favourite place

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Write down all the positive words that describe you:

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Today I am feeling...

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# All About Me

Draw a picture of something that represents you or draw your self-portrait:

A large, empty rectangular box with a thin black border, intended for a drawing. The box is positioned below the text and occupies most of the page area.

# Creating a routine

A routine is the way you normally do things during the day. Routines can help reduce stress and create predictability and control in your life when you may feel overwhelmed. Routines can help you break down a big task into smaller more achievable tasks. They also ensure you make the time to do things in the day that you enjoy.

## Tips for Routines:

- **Have a morning and bedtime routine:** Try to get up at the same time and go to bed at the same time each day.
- **Have a visual schedule:** You can have a calendar, diary or wall chart where you can see the different tasks you are planning to complete that day/week/month. Get creative with your visual schedule. Try getting multi-coloured sticky notes and writing what you need to do on each individual one. Assign them in order of date or importance. Put them on your wall or somewhere that is visible in your room or study area. As you finish each one, take off the sticky note. You will feel a sense of accomplishment
- **Allocate time for different activities:** Schedule time for activities that you enjoy, but don't forget to schedule time for chores and homework. It's really important to remember to give time to yourself. For example, you might decide that Saturday Night is movie or game night and Monday and Wednesday are when you exercise. Try not to over-schedule yourself, give yourself plenty of breaks and down time when you have nothing planned.
- **Use Alarms:** Sometimes you might find it hard to prioritise tasks in your day, especially those that involve looking after yourself. It can be helpful to set an extra reminder on your phone to make sure you remember to make time for you!



**Remember!!**  
**Be kind to yourself.**  
**Routines aren't set in stone, we use them to help keep us on track or help us get back on track.**

# Making Healthy Choices

For overall health and wellbeing you can do things to take care of your body and mind. Making healthier choices with the foods you eat and taking exercise will help improve your physical and mental wellbeing.

## Healthy Eating Tips<sup>1</sup>

- **Have a good breakfast to start your day**

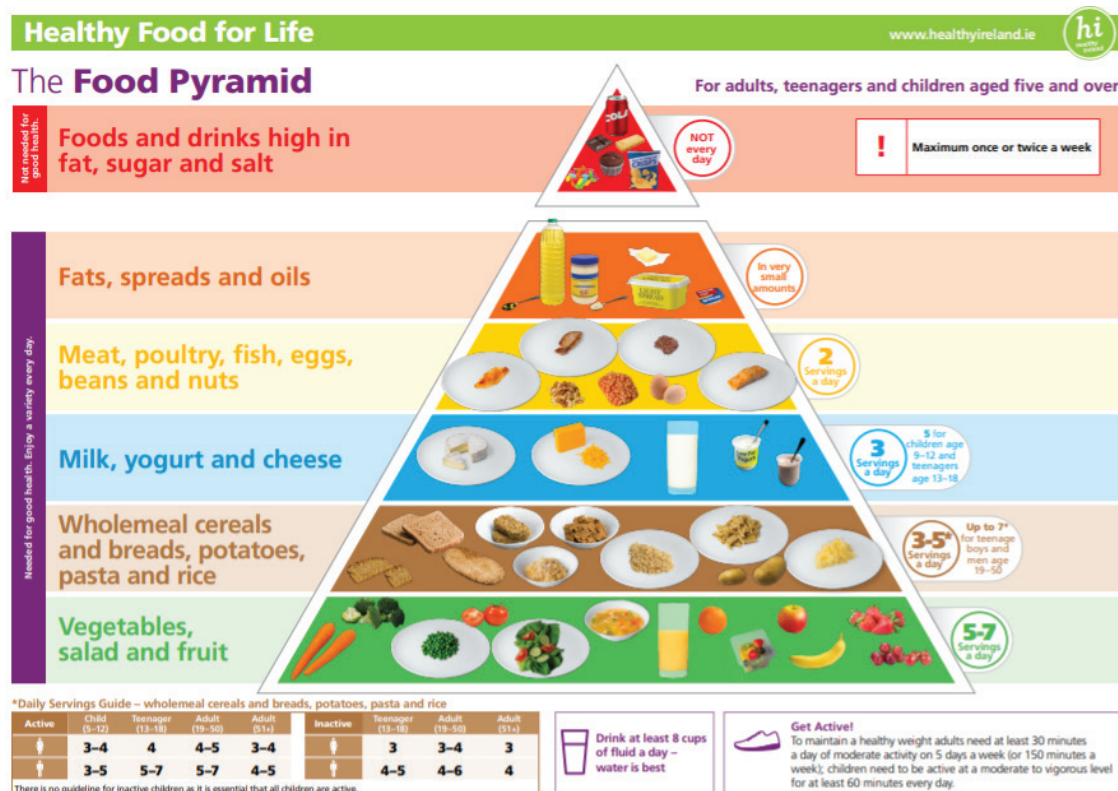
Your brain needs a good breakfast because it's been fasting all night. Have porridge oats, wholegrain cereal, dairy or fruit for breakfast. If you don't have time in the morning, then get it ready the night before – overnight oats are quick and easy to make. Look up some recipes online.

- **Don't skip meals**

It is important to have breakfast, lunch and dinner every day. By doing this you are keeping your energy levels steady. If you're skipping meals or limiting food you can deprive your body and brain of the nutrients it needs to work properly.

- **Use the Food Pyramid**

If you're not sure if you're eating a balanced diet, have a look at the food pyramid to help you plan healthier and well balanced meals. Search <https://www2.hse.ie/wellbeing/how-to-eat-well.html> for more information.



Source: Department of Health 2016

<sup>1</sup> <https://www2.hse.ie/wellbeing/mental-health/eat-healthily.html>

- **Eat more fruit and vegetables**

Fruit and vegetables are a great source of vitamins and minerals. Add dark green and orange fruit and vegetables to your diet. Include things like beans and lentils.

Being dehydrated can lead to poor memory, or feelings of tiredness or fuzzy thinking. Try to drink at least 2 litres of water a day, or drink herbal teas or diluted fruit juice. Try to limit your caffeine intake, as caffeine can act as a stimulant. There is caffeine in tea, coffee, energy drinks and fizzy drinks.

**Set yourself a new healthy eating goal:**

# Exercise

All children and young people should be active, at a moderate to vigorous level, for at least 60 minutes every day<sup>2</sup>. The following ways will help you to increase the amount of exercise you get everyday:

- **Take it easy when starting off.** Begin with 5 to 10 minutes a few times a week and build up to the recommended 60 minutes 5 days a week
- **Walk** as much as you can throughout the day. It's a great activity and it's free. Try and take the stairs where possible
- **Join** a sports or activity group.
- **Active sports** such as football, cycling, walking, running, swimming, tennis are great for improving health and wellbeing. Asking a friend along can help make the activity more enjoyable
- **Try free exercise** workouts online or download an exercise app such as Cosmic Yoga, Joe Wicks PE
- **Check out your local park** and go for a walk!  
<https://www.visitroscommon.ie/brochures/Roscommon-Walks-Booklet.pdf>
- **Check out exercise classes** in your local community. Look online for information from Roscommon Sports Partnership, Foróige or exercise groups in your area.



**Set yourself a new exercise goal:**

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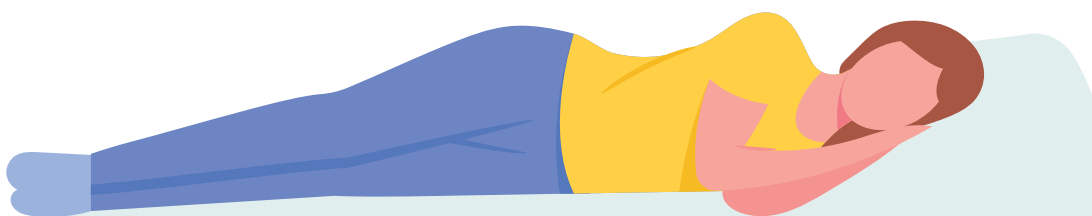
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<sup>2</sup> Department of Health and Children, Health Service Executive (2009) *The National Guidelines on Physical Activity for Ireland*

# Tips to improve the quality of your sleep (sometimes called 'sleep hygiene')

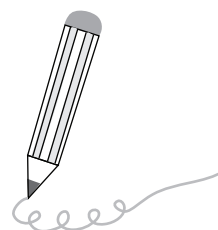
In a recent study of teens in Galway Mayo and Roscommon, 56% said they didn't get enough sleep<sup>3</sup>. When young people don't get enough sleep their health and wellbeing can be affected.





- 1. Establish a regular relaxing bedtime routine:** a regular nightly routine helps the body recognise that it is bedtime. Try to take at least 30 minutes to wind down, before bed. This could include taking a warm shower or bath, reading a book, relaxation or listening to music. Writing "to do" lists for the next day can organise your thoughts and clear your mind of any distractions.
- 2. Make sure that the sleep environment is pleasant:** Mattress and pillows should be comfortable. The bedroom should be cool enough for optimal sleep. Bright lights, and screens can make it difficult to fall asleep, so turn lights and devices off or adjust the brightness where possible. Consider using eye masks or ear plugs to block out light and noise.
- 3. Reduce the use of electronic devices:** Avoid using screens an hour or so before you go to bed to give your mind a chance to relax.
- 4. Limit daytime naps:** Limit naps to 30 minutes. Napping does not make up for inadequate night time sleep. However, a short nap of 20-30 minutes can help to improve mood, alertness and performance.
- 5. Exercise:** Taking exercise helps promote good quality sleep. But you should avoid strenuous workouts close to bedtime.
- 6. Ensuring adequate exposure to natural light:** Exposure to sunlight during the day, as well as darkness at night, helps to maintain a healthy sleep-wake cycle.



<sup>3</sup> Planet Youth Study

# Sleep Hygiene Checklist



	SUN	MON	TUE	WED	THUR	FRI	SAT
 Consistent Bedtime Routine							
 30 min wind down							
 Exercise							
 Dim lights							
 Unplug from electronics							
 Block out noise							
 Try a relaxation method							
 Make sure the bedroom is the correct temperature							
 Get Daylight exposure							

# The Brain



To understand how to manage your emotions and support your wellbeing we first have to understand a little bit about how your brain works.

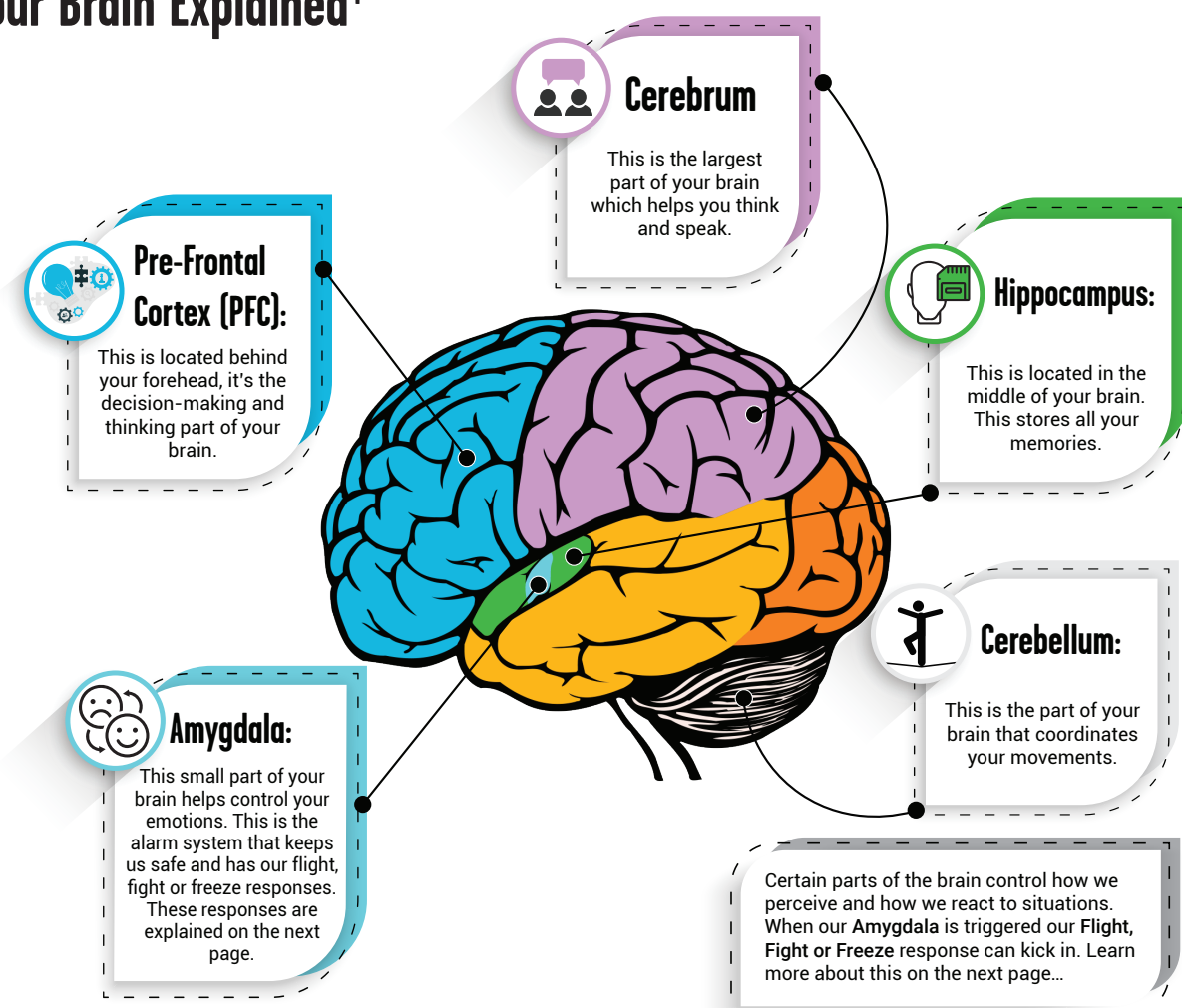
## The brain:

Your brain controls what you think and feel, how you learn, and your basic functions like breathing and the beating of your heart. Your brain goes through changes from childhood to adolescence. Understanding how your brain works can help you make better decisions and learn to manage big emotions.

## Your brain does so many things:

- It helps you to think, speak and learn.
- Stores memories.
- Makes decisions.
- Controls your emotions.
- It helps move your muscles and coordinate movement.

## Your Brain Explained<sup>4</sup>



<sup>4</sup> <https://kidshealth.org/en/teens/brain-nervous-system.html?ref=search>

# How our body reacts to stress



## -Fight, Flight or Freeze<sup>5</sup>

The Amygdala (see previous page) has the job of alerting you that something dangerous or stressful is happening. It sends a message to your body and prepares your body to either **FIGHT** or **FLIGHT** or **FREEZE**. Watch the video on this webpage to learn more about Fight, Flight or Freeze responses:

<https://www.anxietycanada.com/articles/fight-flight-freeze-anxiety-explained-for-kids/>

Fight Flight or Freeze responses are your built in natural alarm systems that tell you that something isn't right and that you need to deal with it. So when you feel stressed or threatened your body prepares to:

**Fight** for survival.

**Flight:** Your body takes flight by running away from the danger

**Freeze:** Your body shuts down while it waits for the threat to pass

Even threats to our emotional wellbeing, such as a fear of embarrassing yourself before talking in front of a group of people can trigger flight or freeze responses.

## What happens to your body in each of the responses?

**Fight**- Your muscles tense up, your fists clench, you may yell or shout and hit out.

**Flight** – You may feel lightheaded, nauseous, breathe rapidly , feel restless, fidget or look for an escape route.

**Freeze** - Feeling frozen and numb.

## How to manage the Fight, Flight or Freeze responses?

You may experience Fight Flight or Freeze before an exam or test, or if you hear a loud noise. You can teach yourself to relax and calm your body by deep breathing and relaxing your muscles.

But if the Fight, Flight or Freeze responses lead to angry outbursts or constant worry, it's time to get support from a professional.

<sup>5</sup> <https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/coping-with-stress/>

# Fight, Flight or Freeze Responses



Think of a time you were upset and you responded with either Fight, Flight or Freeze- what happened to your body?

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What did it feel like?

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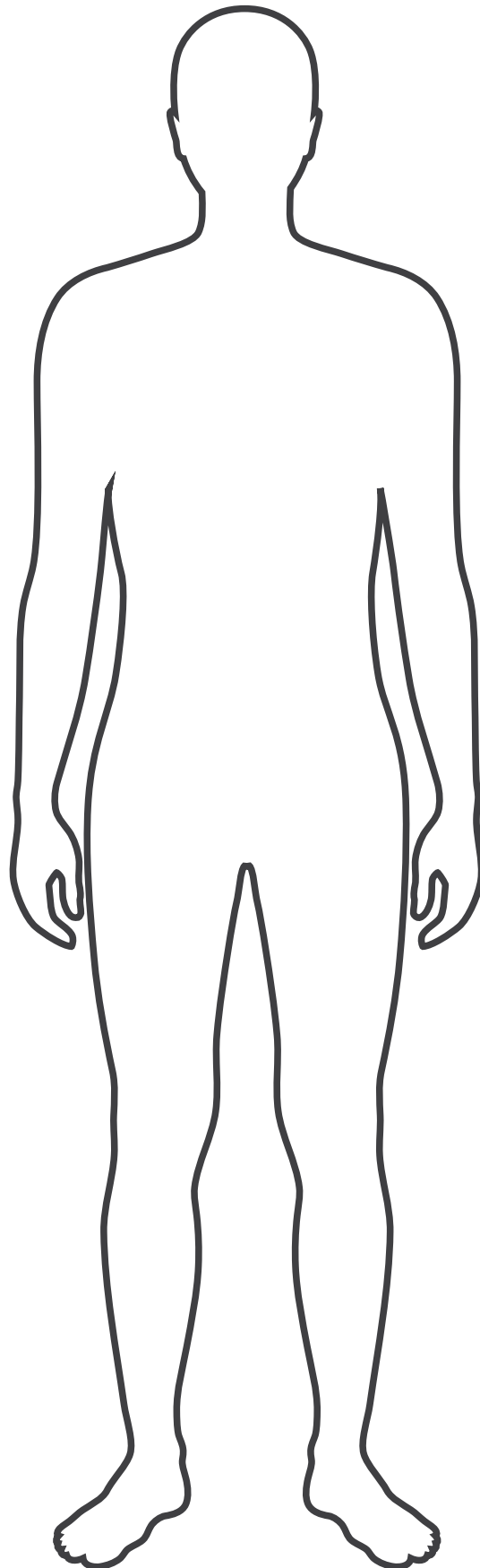
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**Where did you feel it  
in your body?**

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# Understanding your feelings and emotions



Emotions give us information about what we're experiencing and help us to know how to react<sup>6</sup>

## Here are a few basic things about emotions:

- **Emotions come and go.** Most of us feel many different emotions throughout the day. Some last just a few seconds or minutes, while others might linger to become a mood
- **Emotions can be mild, intense, or anywhere in between.** The intensity of an emotion depends on the situation and on the person
- **Whatever the emotion, it is the way we respond to the emotion that is important.** But there are good and bad ways of expressing (or acting on) emotions.
- **Try not to avoid them.** Avoiding certain emotions or pretending you don't feel the way you do can backfire. It's harder to move past difficult feelings and allow them to fade if you don't face them. You don't have to dwell on your emotions or constantly talk about how you feel. Emotional awareness simply means noticing, respecting, and accepting your feelings as they happen. Putting your feelings into words can help you better understand your emotions and help you feel better.

Being emotionally healthy and aware of your emotions doesn't mean that you will never experience difficult or strong emotions, but you might be better able to manage these feelings and cope with them until they pass. By naming our emotions we can learn to use coping tools to help manage them.

It's helpful to try to put a name to how you're feeling and it's the first step to managing it. If you are finding it hard to name a feeling, take a look through these emotions to help you. Add in other emotions if what you feel isn't there.

**Learning where you feel emotions can support you in managing our wellbeing. On the next page you can learn more about Emotions...**

<sup>6</sup> <https://kidshealth.org/en/teens/understand-emotions.html>



# List of Emotions



**Hopeful**

**Happy**

**Frightened**

**Jealous**

**Worried**

**Excited**

**Angry**

**Cheerful**

**Confused**

**Sad**

**Bored**

**Stressed**

**Upset**

**Scared**

**Lonely**

**Embarrassed**

**Content**

**Anxious**

There is a website that you can use to identify your emotions and to help you to figure out why you are feeling it. This has been developed by a Psychologist called Paul Ekman and it can be accessed online at: <http://atlasofemotions.org/>

By recognising and naming your emotions you can become more aware of your emotions and this can help you to learn tools to help manage that emotion. In the next few pages, you can read more about some of the bigger emotions that you may be feeling from time to time. The next page has information for younger children on emotions and feelings.

# Feelings and Emotions



People can have lots of different feelings. Another word for feelings is emotions. Emotions give us information about what is happening around us and sometimes they change because of the thoughts we have.

- **Emotions come and go.**

Most of us feel many different emotions during the day. Some last just a short while or others can last a bit longer.

- **Emotions can feel small or big.**

Some emotions can feel better than other ones.

- **There are no good or bad emotions.**

It is ok to feel whatever it is that you are feeling, even if it doesn't feel very nice.

- **Try not to avoid them.**

Putting your feelings into words can help you better understand your emotions and help you feel better.



# Worry



What is worry? Worry is a normal human feeling that tells you that something isn't right and that you have to deal with it. It is normal to have worries, everyone has them from time to time. Worry also has a good purpose because it helps you see possible dangers, so you can keep yourself safe. You could be worried about sitting an exam or about friendships or money. When worry becomes overwhelming you can use tools. It is important to be able to cope and manage it so it doesn't get too overwhelming for you.

## Worry can feel like:

- Feeling sick/butterflies in your stomach
- Shaking or Sweating
- Nightmares
- Difficulty sleeping
- Fast heartbeat and fast breathing
- Trouble sleeping
- Poor concentration
- Feeling panicked or feeling out of control
- Fear that bad things will happen
- Legs feels like jelly
- Feel hot

## Possible Triggers for Worry:

- Exams
- A break up
- Falling out with friends or a family member
- Getting in trouble
- Being embarrassed
- Money
- Fitting in

## What does worry feel like for you?

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## What triggers your worries?

(For example, do any events, people, places or thoughts make you worry more than others?)

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# Managing your Worries



A straightforward way to manage worries is to focus on solving the problem that has caused the worry. This takes lots of practice, so stick with it. Let's try...

**Think of a worry you have right now**

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**Choose one answer that you think may work**

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**Think of answers to this problem  
(write down anything that comes to your mind)**

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**How will you know if it has worked?**

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These 2 pages about worries are more suitable for older children and young people and the next page is more suitable for younger children.

# Worry



Worry is a normal human feeling. Worry tell us that something isn't right and that we have to deal with it. It is normal to have worries, everyone has them from time to time. It is important to be able to cope and manage worry so it doesn't take control of us or get too overwhelming for us.

## Things that might make you worry:

- Tests in school
- Falling out with friends or family
- Getting in trouble
- Being embarrassed
- Fitting in with friends or in school



## Draw or write what makes you worry

(For example, do any events, people, places or thoughts that make you worry? )

**Worry can feel like:**

- Feeling sick/butterflies in your stomach
- Sweating
- Fast heartbeat and fast breathing
- Trouble sleeping
- Fear that bad things will happen
- Legs feels like jelly

**Draw or write what worry feels like for you**

# Sadness

Feeling sad is okay. It's just one of the many emotions we feel. Feeling sad can happen when someone is mean to you, when you feel lonely, when you're having a bad day or when you didn't do well in an exam. Sadness will usually stay for a little while and pass on its own.

**What does sadness feel like for you?**

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**What do you do to cope with feelings of sadness?**

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**List the people you can talk to when you feel sad:**

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# Anger

Anger is not a bad feeling<sup>7</sup>. It's ok to feel angry and frustrated. It is our body's way of telling us that something isn't sitting right with us. Get to know your anger and learn how to express it in a healthy way. Learn about your 'triggers' for feeling angry, for example is there something that always makes you feel angry? Anger can affect what you say or do before you even realise how you are feeling. The first step to managing anger is learning to recognise your early warning signs. These will give you a hint about how you're feeling and can help you to calm down. Some of these warning signs may happen when you are only a little bit annoyed and others might only happen when you are feeling very angry.

## Some early warning signs:

- Face turns red
- Clenching your fists
- Clenching your jaw and narrowing your eyes
- Screaming or shouting
- Feeling hot
- Crying
- Physically hitting out
- Throwing things
- Feeling sick
- Saying something mean to a person

If you know your early warning signs, you can be ready for them, understand them and do things to stop them from happening.



## Think about a time you were angry. What happened to your body?

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## How did your body feel when you were angry? (Did you tense your muscles, or clench your jaw?)

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<sup>7</sup> <https://www.parentingni.org/family-wellness-project/family-resources/anger/>

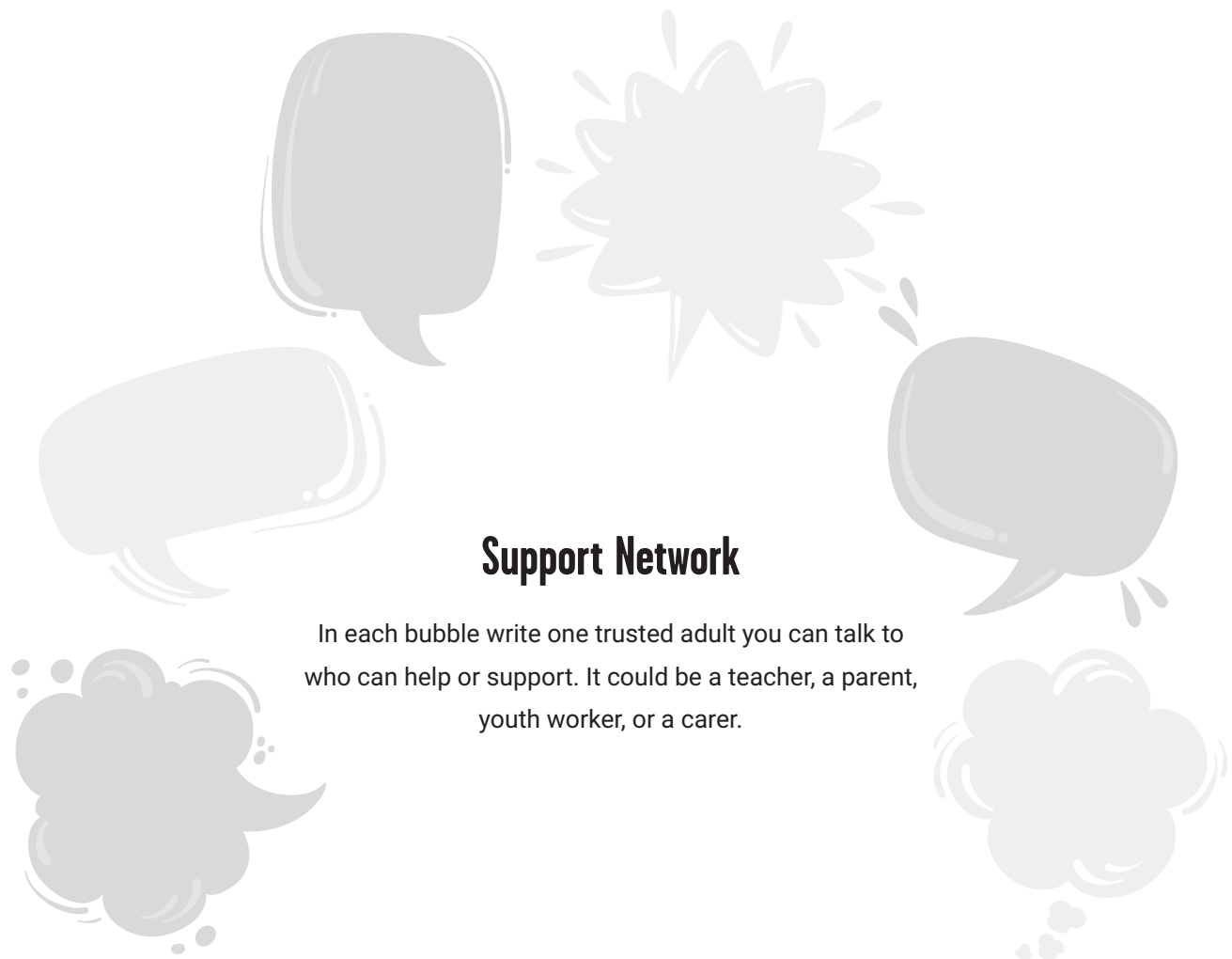
# Learning to cope with emotions and feelings when things are difficult

When things feel difficult it can be hard to cope. Learning to cope in a positive way can help you live a healthier and happier life. Here are some tools that you can use to cope.

## Connect with People

Reach out to friends, family and groups that can be a good support.

- Ask your friend or someone in your family to do something with you – even a quick walk.
- Try to stick to the plans you make with people and rearrange them if something comes up.



Talking about your thoughts and feelings with someone you trust or your 'one good adult'. You don't have to wait for a big problem to talk about how you're feeling. It's good to practice. You can talk to friends, family members or your teacher, or anyone who you think is a good listener.

Exercise won't make your difficult feelings disappear. But it can reduce some of the intensity of the emotion that you are feeling. It helps clear your thoughts and to be calm when dealing with your problems.

- Going for a walk or run
- Crying
- Shouting into a pillow
- Squeezing a stress ball
- Singing and dancing
- Playing a physical game
- Doing some jobs around the house

- Deep breathing
- Meditation
- Mindfulness
- Muscle relaxation

When you tap into your creative side you can develop talents you never knew you had.

- Start a journal
- Drawing or colouring
- Playing an instrument

- Cuddling a pet, pillow or toy
- Having a relaxing bath or shower (use bath bombs, salts )
- Listening to your favourite music
- Doing something kind for yourself

- Listening to a podcast or the radio
- Watching TV or a movie
- Looking up funny videos
- Doing something you like
- Learning something new
- Talking or meeting up with friends

- We all have difficult days so remember to be kind to yourself. Treat yourself the way you would treat a friend in the same situation.

**Write down your coping skills that you will use to help you cope when things are difficult.**

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# Mindfulness

Mindfulness is the practice of paying attention to whatever is happening right in this moment and experiencing it without judgement. Anyone can practice mindfulness. It is easy to fit into your day. You can do it one minute at a time.<sup>8</sup>

Give it time and be patient with yourself. Changes in behaviour don't happen in an instant! But we can learn to manage our worries and not let them overwhelm us. Remember there is nothing so small or big that you can't talk to someone about it.



## Benefits of mindfulness

- Mindfulness helps bring you into the present.
- It helps you focus on what's happening right at this moment.
- It allows you to develop a new habit that helps to weaken old and unhelpful thinking habits.
- Becoming aware of the present moment can help you enjoy the world around you more

## How to be more mindful

Taking notice of your thoughts, feelings, sensations and the world around you is the first step to being more mindful.

## Ways you can be more mindful on a daily basis

- Find something with a strong and pleasant scent such as orange peel and place it close to your nose. Try and concentrate on the smell for a whole minute
- Pick the same time each day during which you decide to be aware of the world around you
- Take a walk and concentrate on the act of walking. What movements does each leg perform in each stride? Which part of your foot hits the ground first? What does the ground feel like underneath your shoe/foot?
- Listen carefully with your eyes closed to any sounds you hear. After one minute, open your eyes and write down everything you heard.
- Download a free app and practice or try some mindfulness colouring.

<sup>8</sup> <https://www2.hse.ie/wellbeing/mental-health/mindfulness.html>

## Here are some examples of other mindful activities that you can try:

### Breathing

- 16 Second Breathing – Breath in for 4 second – Hold for 4 seconds – Breath out for 4 seconds – Hold for 4 seconds and repeat.
- 7-11 Breathing – Breath in through your nose for 7 seconds – then breath out through your mouth for 11 seconds
- Belly Breathing - Deep slow belly breathing in through the nose into the belly and out through the mouth until you feel you mind and body start to relax



### Progressive muscle relaxation

- **Hands:** Feel the tightness in your hand and arm as you squeeze. Now, release your hand and relax. Can you feel how much better your hand and arm feel when they are relaxed? Repeat with your right hand
- **Arms and shoulders:** Pretend you're Stretch Armstrong and stretch your arms out in front of you. Keep going. Now, raise them up high over your head. Way, way up. Feel the pull in your shoulders. Stretch even higher. Now, just let your arms drop back down to your side like a normal human and repeat
- **Shoulders and neck:** Pull your head down to your shoulders and your shoulders up to your ears like a turtle escaping into its shell. Hold in tight. Now, release and feel your muscles relax and repeat
- **Face and nose:** Imagine that you have an itch on the end of your nose but your hands are full and you can't reach it. Wrinkle up your nose and make as many wrinkles as you can. Scrunch it up. Well done, your itch is gone. Oh, wait. It's back. Repeat
- **Legs and feet:** Imagine your feet are in the warm but wet sand at the beach. You know, the sand left over after the wave recedes. Squish your toes down deep into the sand. Spread your toes apart and feel the wet sand squish up between your toes. Now, relax your feet and let your toes go loose. Repeat.

# Gratitude Attitude

Gratitude is about recognising the good parts of our lives and showing thanks for them, no matter how big or small. Sometimes we just need to remind ourselves of them. We can try practising gratitude by writing down one thing each day that you are grateful for. You could start a **gratitude journal** and write in some things that you are grateful for each day

Another tip is making your own **gratitude jar** and write on slips of paper what you are grateful for each day (cut the page below and write in the slips of paper). Then at the end of the month look at all the things that you were grateful for. Search the link for more instructions

<https://www.mindbodygreen.com/0-11062/how-to-create-a-gratitude-jar.html>

**Write in the jar below all the things you are grateful for.**



# Listen to your body and mind

If your brain senses danger (even if it isn't really dangerous, just something that you feel worried about) it sends signals all around your body, which can cause you to sweat, feel sick and can make your heart beat faster. When you feel that worried feeling start to take over your body you can try some coping skills to help you feel calm again.<sup>9</sup>

## 54321 method

We can use our 5 senses to help us feel calm. Look around and notice:



<sup>9</sup> <https://jigsaw.ie/asking-for-help/>

## Hand breathing activity

**Step 1:** Place your stretched-out hand on this page.

**Step 2:** Get a pencil/marker and draw the outline of your hand.

**Step 3:** Decorate your hand shape in any way you want.

**Step 4:** Then with your pointing finger of your other hand, trace up and down the fingers on the page.

**Step 5:** BREATHE IN as you trace up.

**Step 6:** Hold your breath when you reach the tip of your finger.

**Step 7:** BREATHE OUT as you trace down.

**Step 8:** Keep going until you have done this on all five fingers



You can do this activity anytime and anywhere. Instead of drawing out a hand, you can trace the outline of your hand with a finger from the opposite hand. Breathing in and you go up the side of a finger, breath out when you go down the other side of a finger. Just by stopping to breathe can help you calm down and feel less worried.

# Solving Problems

## Make a Worry Jar

A worry jar can be a good place to put your worries for a little while so you can have a break. In the jar below write down your worries. Once the worries are written down, they are out of your head and on the paper. It can be a good idea to talk to a parent, teacher or an adult you trust to talk about your worries.



Once the worries  
are written down,  
they are out of  
your head and on  
the paper.

# Support Services

This toolkit is not a replacement for mental health services. If you have any serious concerns about mental health, your GP is the best person to turn to for further advice. Your GP can suggest different types of treatments or services that might help.

## Roscommon Services

### Jigsaw Roscommon

Jigsaw Roscommon is a free, non-judgemental and confidential support service for young people (12-25) living in Roscommon town and county. They provide guidance and support for young people who are going through a difficult or distressing time. They also provide advice and guidance for anyone who is concerned about a young person in their life or work. Please note: Jigsaw Roscommon is not a 24 hour or emergency service. Contact Jigsaw Roscommon on 090 66 43010 or email [roscommon@jigsaw.ie](mailto:roscommon@jigsaw.ie).

Jigsaw also offers **Live Chat** on their Website [Jigsaw.ie](https://www.jigsaw.ie), you can also **Freephone** 1800 JIGSAW (544 729). **Text** 086 180 3880 - "call me" with your preferred day and time for a call, Monday to Friday, 9am to 5pm.

### CAMHS Roscommon

The HSE Child and Adolescent Mental Health Services (CAMHS) is a specialist service for people under the age of 18 with mental health difficulties. These are difficulties that affect your thoughts, feelings and behaviours every day.

Some conditions treated in CAMHS include:

- moderate to severe depression
- anxiety
- eating disorders
- self-harm

A referral has to be sent to CAMHS by your GP (Doctor). Referrals can also be made by, psychologists, a social worker or a professional in Jigsaw.

If you would like to find out more about the CAMHS process you can look up the HSE.ie website <https://www2.hse.ie/wellbeing/mental-health/child-and-adolescent-mental-health-services/introduction-to-camhs.html>

## County Roscommon Family Resource Centres

Family Resource Centres provides a range of universal and targeted services and development opportunities that address the needs of families. County Roscommon has four Family Resource Centres; Boyle Family Resource Centre, Ballaghaderreen Family Resource Centre, Castlerea Family Resource Centre and South Roscommon Family Resource Centre.

### Boyle Family Resource Centre

Tel: (071) 9663000 Email: [info@boylefrc.ie](mailto:info@boylefrc.ie)

### Ballaghaderreen Family Resource Centre

Tel: (086) 7807438 Email: [lindadevine@ridc.ie](mailto:lindadevine@ridc.ie)

### Castlerea Family Resource Centre

Tel: (086) 4615537 Email: [castlreacfrc@gmail.com](mailto:castlreacfrc@gmail.com)

### South Roscommon Family Resource Centre

Tel: (087) 2126078 Email: [southrosfrc@vitahouse.org](mailto:southrosfrc@vitahouse.org)

## Tusla Family Support Services

Family Support Services are for families with children who need help. Family Support services are generally provided to families in their own homes and communities.

### North Roscommon Family Support

Boyle Health Centre, Termon Road, Boyle, Co. Roscommon (071) 9673606 [Sinead.oneill7@tusla.ie](mailto:Sinead.oneill7@tusla.ie)

### South Roscommon Family Support

Old Health Centre, Old Tuam Road, Monksland, Athlone, Co. Roscommon (087) 9894160  
[annemarie.kenny2@tusla.ie](mailto:annemarie.kenny2@tusla.ie)

## Roscommon Youth Service

Roscommon Youth Services support young people throughout Roscommon. Call 0906627751 to inquire about youth groups and supports.

## Tusla Child Protection Services

Social workers provide frontline services to children and families. Duty Social Workers deal mainly with urgent difficulties with children and young people, and child protection matters.

**Castlerea** (090) 6637851

**Roscommon** (090) 6665228

### **Roscommon Young Carers Project**

Roscommon Young Carers Project offers lots of exciting activities and support to give young carers a break from being a young carer. We offer lots of exciting activities and support to give you a break from being a Young Carer.

Email: [youngcarersproject.frc@vitahouse.org](mailto:youngcarersproject.frc@vitahouse.org)

Call: (090)6628621 or (089)2388297

### **Garda Stations in Roscommon**

**Boyle Garda Station** (071) 9664620

**Castlerea Garda Station** (094) 9621630

**Roscommon Garda Station** (090) 6638300

**Athlone Garda Station** (090) 6492600

### **Roscommon Libraries**

Libraries in County Roscommon and Nationwide have a health and wellbeing book collection covering topics on eat well, think well and be well. The books are available to borrow in every local library free of charge. There are also a selection of health and wellbeing resources online. These can be accessed via <https://www.librariesireland.ie/elibrary>.

## **Nationwide Services**

### **ChildLine**

Childline is open every day and is for all children and young people up to the age of 18 in Ireland. You can talk with Childline in confidence, about anything that might be on your mind, and they won't judge you, give out to you or tell you what to do. Childline are here to listen and will try to help you to figure out the best solution for you. You don't have to have a problem to talk to Childline. You can contact Childline for free at any time of the day or night by **calling 1800 66 66 66**. You can also chat live on their website, or, if you prefer to text, you can contact Childline by sending a **text** to 50101.

### **Teen-Line Ireland**

**Helpline:** 1800 833 634 **Website:** [www.teenline.ie](http://www.teenline.ie)

Teen-line Ireland is a national helpline for teenagers who are feeling fed-up, alone, distressed, worried, or who just want to talk. Teen-Line provides a listening and support service and will provide you with information about other support services in your area.

## Pieta House

Pieta House provide a professional one-to-one therapeutic service to people who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide. Tuam is currently the closest Pieta house for Roscommon. The address is Pieta West, Bishop St, Townparks (4th Division) Tuam Co Galway H54 PR24.

**Tuam Pieta House** - 093 25586. **Mon, Tues, Thurs & Fri:** 9am - 5pm **Wed:** 9am - 8pm **Sat:** 10am - 2pm.

**Freephone** Pieta House on 1800 247 247 to speak to a therapist if you are in crisis or Text **HELP** to 51444 (standard message rates apply)

## Samaritans

Samaritans provides confidential non-judgmental support, 24 hours a day for people experiencing feelings of distress or despair.

Visit their **Website:** [www.samaritans.org](http://www.samaritans.org) or **Call:** 116 123      **Text 50808**

A free 24/7 text service, providing everything from a calming chat to immediate support for people going through mental health or emotional crisis.

Text **HELLO** to **50808**, any time day or night. [www.50808.ie](http://www.50808.ie)

## HSE

**YourMentalHealth** information line is a phone service you can call at any time. A member of the team can tell you about the mental health supports and services available to you and how to access different services provided by the HSE and their funded partners.

**Freephone:** 1800 111 888. **Website:** [www.hse.ie/mentalhealth](http://www.hse.ie/mentalhealth)

The YourMentalHealth information line is not a counselling service

**West be Well** is a multi-channel digital platform providing information on wellbeing, mental health promotion and suicide prevention initiatives and supports in Galway, Mayo and Roscommon. Visit [www.westbewell.ie](http://www.westbewell.ie) for more information.

## BeLonG To

**Call:** 01 670 6223 (open Mon-Fri, 9am-5pm). **Email:** [info@belongto.org](mailto:info@belongto.org)

**BeLonG To/Pieta House Counselling Service:** This is free support for LGBTI+ young people who are self-harming or thinking of suicide. Call 01 623 5606 or email [lgbt@pieta.ie](mailto:lgbt@pieta.ie) to book an appointment today.

## Emergency Services

Phone 999 or 112

# Helpful Websites:

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) - **Your Mental Health** is a place to learn about mental health and how to support yourself and others. Find resources and support services near you.

[www.spunout.ie](http://www.spunout.ie) - **Spunout** is a website for young people that have a broad health and wellbeing focus. It contains a useful resource section which lists resources for young people by county.

[www.tackleyourfeelings.com](http://www.tackleyourfeelings.com) – This is a mental health and wellbeing campaign, which supports proactively looking after your mental wellbeing. Resources are available covering happiness, optimism and resilience, join our community in taking control of your mental wellbeing.

<https://www.walkinmyshoes.ie> is a campaign and a website that has been developed by St Patricks Mental Health Services that works to promote positive mental health, to tackle stigma and to change how young people think about mental health. There are many helpful resources on the website.

<https://www.ncn.ie/index.php/2-ncn/199-healthy-ireland-smart-start-emotional-wellbeing>

This site has many resources to support wellbeing in younger children.

<https://www.barnardos.ie/resources/young-people/wellbeing>

This site has information on wellbeing and also on children's rights to have their wellbeing promoted and protected.

<https://www.hse.ie>

This site has information on many aspects related to health and wellbeing

<https://www.mindspacemayo.ie>

This website has lots of helpful resources related to health and wellbeing.

