

E-Resources for Positive Well-Being

Technology and the internet can be a great way to facilitate and organise self-care and self-help practise. It can also be a great way to introduce yourself to concepts used in counselling and mental health care to see what might suit you.

Apps

Smart phone apps can be a really useful way to practice breathing, meditation, CBT and well-being exercises to help with stress and anxiety.



Breathe2Relax



Calm



Headspace



Stop, Breathe & Think



The Mindfulness App



Virtual Hope Box



Woebot

Online Cognitive Behavioural Therapy (CBT)

CBT can be a useful way to challenge how we think and act to help with anxiety and low mood. Online programmes offers the opportunity to learn CBT skills.

- Aware Life Skills Online: www.aware.ie/education/life-skills-online-programme/
- CBT Online: www.online-therapy.com/cbt
- Mood Gym: <https://moodgym.com.au/>

Self-Help Resources

Self-help materials can give us coping skills to help us through times of distress.

- Information and exercise sheets:
 - Cognitive Behavioural Therapy self-help information and worksheets: www.getselfhelp.co.uk
 - Psychology Tools Self-Help: www.psychologytools.com
 - UL Counselling Service: <https://ulsites.ul.ie/studentaffairs/self-help-leaflets>
- Specific self-help intervention packages:
 - Centre for Clinical Interventions mental health information packages: www.cci.health.wa.gov.au/Resources/Looking-After-Yourself
 - National Health Service self-help booklets: <https://www.nhs.uk/home/accessible-information/easy-read/self-help-guides/>
 - Recovery Ireland Self-Help: <http://www.recoveryireland.ie/>

Websites

www.futureme.org	Write a letter to your future self.
www.mind.org.uk	Mental health support and information.
https://ie.reachout.com/	Information on issues that can affect your mental health and well-being.
www.spunout.ie	Ireland's youth information website created by young people, for young people.

Crisis Helpline Numbers

- Emergency services (Gardaí, Ambulance, Fire Service) 999 or 112
- Shannon Doc 1850 212 999
- Crisis Intervention Service (4:30pm – 3am)
 - Limerick 061-301111
 - Clare 065-6863208
 - North Tipperary 086-8306663
- ADAPT Domestic Abuse Services 1800 200 504
(24/7) Email: info@adaptservices.ie Website: www.adaptservices.ie/
- Al-Anon, strength and hope for families and friends of problem drinkers 01-8732699
(10am to 10pm daily) Email: info@alanon.ie Website: www.alanon.ie
- Alcoholics Anonymous Ireland 01-8420700
Email: gso@alcoholicsanonymous.ie Website: www.alcoholicsanonymous.ie/
- AMEN, support and practical assistance to male victims of domestic abuse 046-9023718
(9am-5pm, Mon-Fri) Email: crisissupport@amen.ie Website: www.amen.ie
- AWARE, a national support helpline for issues relating to mood disorders 1800 80 48 48
(10am to 10pm daily) Email: supportmail@aware.ie Website: www.aware.ie
- Bodywhys, The Eating Disorders Association of Ireland 1890 20 04 44
(2hrs daily) Email: alex@bodywhys.ie Website: www.bodywhys.ie/
- GOSHH (Gender, Orientation, Sexual Health, HIV) 061-314354
(Mon 2.15pm-5pm, Tues-Fri 9.30am- 5pm) Email: info@goshh.ie Website: goshh.ie/
- GROW, Community Mental Health 1890 474 474
Email: midwesternregion@grow.ie Website: www.grow.ie/
- HSE Drugs and Alcohol Helpline (9:30am – 5:30pm Mon-Fri), email helpline@hse.ie 1800 459 459
- Pieta House, for suicidality and self-harm (24/7). Email: mary@pieta.ie Website: www.pieta.ie 1800 247 247
- Rape Crisis Midwest 1800 311 511
Email: info@rapecrisis.ie Website: www.rapecrisis.ie/home.html
- Samaritans, confidential listening service (24/7) 116 123
E-mail: jo@samaritans.org Website: www.samaritans.org/
For 24 hour confidential text support text: 087-2609090