

E-Resources for Positive Well-Being

Apps

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



Breathe2Relax



Calm



Headspace



Stop, Breathe & Think



The Mindfulness App



Virtual Hope Box

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://web.nhs.uk/selfhelp/>

Websites

Futureme.org	Write a letter to your future self.
Mind.org.uk	Mental health support and information.
Pleasetalk.ie	Ireland's student-led mental health movement.
Reachout.com	Information on issues that can affect your mental health and well-being.
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
 - 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) 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) 061-316661
(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/
- ❖ Pieta House, for suicidality and self-harm 1800 247 247
(24/7) Email: mary@pieta.ie Website: www.pieta.ie
- ❖ Rape Crisis Midwest 1800 311 511
Email: info@rapecrisis.ie Website: www.rapecrisis.ie/home.html
- ❖ Samaritans, confidential listening service 116 123
(24/7) E-mail: jo@samaritans.org Website: www.samaritans.org/
For 24 hour confidential text support text to 087-2609090