

Diocese of  
Derry +  
Raphoe

# MENTAL HEALTH

HANDBOOK

“

SOMETIMES YOUR MIND PLAYS  
TRICKS ON YOU. IT CAN TELL YOU  
YOU'RE NO GOOD, THAT IT'S ALL  
HOPELESS. BUT REMEMBER THIS;  
YOU ARE LOVED AND IMPORTANT AND  
YOU BRING TO THIS WORLD THINGS  
NO ONE ELSE CAN. SO HOLD ON.

”

*Charlie Mackesy*

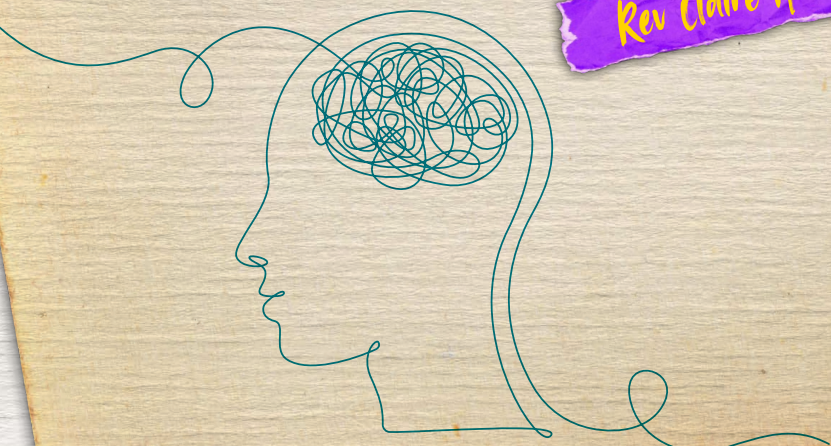
# WELCOME

Welcome to the Derry & Raphoe Mental Health Handbook, it has been compiled as a resource to make you aware of various sources of information and support groups for a range of mental health diagnoses.

It is arranged by various themes including **addiction, loneliness, depression** and **loss**, it also includes a dedicated section for youth. This handbook may assist you to direct people to appropriate services when they are going through challenging and/or difficult times. Please note that the persons GP will be the person who can refer them on to specialised services that they may require.

While the information in this booklet is comprehensive, it is not exhaustive but it is hoped it will give you a wider perspective on services and supports that are available.

*Rev Claire Henderson*



# FOREWORD

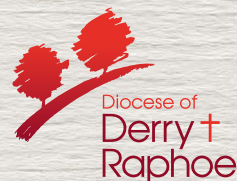
In writing the foreword for this resource on mental health, I want to thank the Rev Claire Henderson, who on her own initiative has compiled such an extensive resource of mental health agencies working across the community in Derry & Raphoe.

The Church of Ireland has embarked on a mental health awareness project entitled Mind Matters. The pandemic has brought to our attention the strain that can so easily affect everyone's mental health. We now realise that caring for our own mental wellbeing is every bit as important as caring for our physical wellbeing.

In the north-west we are blessed to have so many organisations who are there to help us in life's more difficult days. This book helpfully signposts us to those who can respond to various aspects of need.

Please do use this resource and find in it help for yourself and for others. It is my prayer that all of us would know God's help found through his spirit and through the goodness of His people.

*Bishop Andrew Forster*



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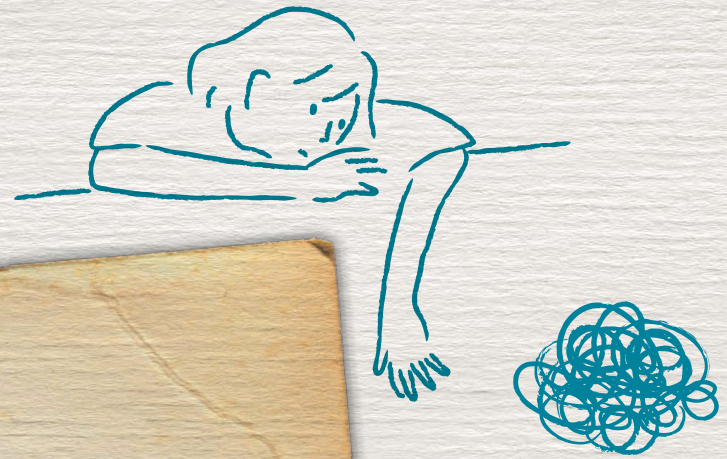
Loss



Suicidal Thoughts



Youth



A close-up photograph of a hand pouring small, round, light-colored pills from an orange plastic bottle into the palm of another hand. The background is dark and out of focus.

# Addiction



# Addiction



## DIOCESE OF DERRY

### Information

**Alcohol and You** - has information to help you make decisions about your own alcohol use: [www.alcoholandyouni.com](http://www.alcoholandyouni.com)

**Drink Wise Age Well** - provide support, advice and free, easy to access services for people who work with, support or care for someone over 50 who has an issue with alcohol.  
Tel: Foyle: 028 7116 0236, Omagh: 028 8283 9240.  
[www.drinkwiseagewell.org.uk](http://www.drinkwiseagewell.org.uk)

**Know your limits** - this website gives information on how alcohol can affect your body and is provided by the Public Health Agency: [www.knowyourlimits.info](http://www.knowyourlimits.info)

**NI Drugs and Alcohol** - this organisation provides information on the statutory and voluntary services available in the Western Trust area: [www.drugsandalcoholni.info/western/](http://www.drugsandalcoholni.info/western/)

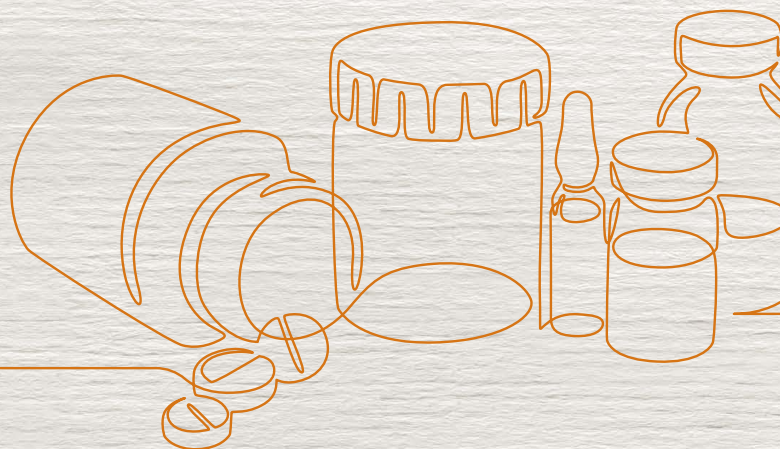
### Support Groups

**Al-Anon** - this organisation support anyone whose life is or has been affected by someone else's drinking, regardless of whether that person is still drinking or not.  
Tel: 028 9068 2368. [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

**Alcoholics Anonymous** - Tel: 028 9035 1222.  
[www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

**Gamblers Anonymous** - Tel: Derry/L'Derry: 079 9997 7326, Omagh: 028 8076 1925. [www.gamblersanonymouse.org.uk](http://www.gamblersanonymouse.org.uk)

**Narcotics Anonymous** - [www.nanorthernireland.com](http://www.nanorthernireland.com)  
Email: [contact@nanorthernireland.com](mailto:contact@nanorthernireland.com) or Tel: 078 1017 2991.



# Addiction

## DIOCESE OF DERRY

### Other useful organisations

**Addiction NI** - this is a charity that provides counselling support and information to those with issues with alcohol and/or drugs in community services across the province.  
**Tel: 028 9066 4434. [www.addictionni.com](http://www.addictionni.com)**

**Drinkline** - a confidential national service for anyone concerned about their own or someone else's drinking. The helpline is open Monday to Friday 9am-8pm, Saturday and Sunday 11am-4pm. **Tel: 0300 123 1110.**

**GamCare** - The leading national provider of free information, advice and support for anyone affected by problem gambling. GamCare provides education, information and support to young people (11-18) across Northern Ireland.  
**Tel: 0808 8020 133 (24 hours a day, free to call) or 020 3092 6964 Live chat: [BigDeal.org.uk](http://BigDeal.org.uk)**  
**Email: [YoungPeopleService@gamcare.org.uk](mailto:YoungPeopleService@gamcare.org.uk)**

**Foyle Haven** - is a Day Centre which supports adults who are experiencing homelessness, addiction, poor mental health or social isolation. It is a safe space where street drinkers can access practical assistance and support. **Tel: 028 7136 5259.**

**Northlands** - is an addiction treatment centre situated in Derry/Londonderry. They offer both residential rehabilitation treatment and non-residential counselling for people with addiction difficulties. **Helpline Number: 028 7131 3232**  
**Email: [info@northlands.org.uk](mailto:info@northlands.org.uk)**



# Addiction



## DIOCESE OF RAPHOE

**Alcohol Forum** - They are an independent national charity that provides a range of supports and services to individuals, families and communities impacted by alcohol and other drug harm, while also working at the wider levels to change Ireland's problematic relationship with alcohol.

**Tel:** (074) 91 29956 **Email:** [info@alcoholforum.org](mailto:info@alcoholforum.org)

[www.alcoholforum.org](http://www.alcoholforum.org)

**Assertive Drugs and Alcohol Outreach Worker Donegal** - Mary Healy Vernon Letterkenny CDP START Project, Unit 24, The Court Yard Shopping Centre, Letterkenny, Donegal  
**Tel:** (086) 775 2142 **Email:** [maryechealy@gmail.com](mailto:maryechealy@gmail.com)

**HSE West Co. Donegal Alcohol & Drug Service** - 9 St Eunans Court, Convent Rd, Letterkenny, Donegal  
**Tel:** (074) 9128769 **Email:** [cora.mcaleer@hse.ie](mailto:cora.mcaleer@hse.ie)

**The Friends Of Bill W Club Donegal** - The Club has firmly established itself as a safe and welcoming place for all those seeking help and recovery from addictions.  
**Tel:** (086) 153 4848 **Email:** [info@friendsofbillw.ie](mailto:info@friendsofbillw.ie)  
[www.friendsofbillw.ie](http://www.friendsofbillw.ie)

**White Oaks Rehabilitation Centre** - provides a peaceful therapeutic environment where addicts and their families may safely confront the impact addiction is having on their lives and find a spiritual way to develop the skills within themselves to turn their lives around. White Oaks Rehabilitation Centre, Derryvane, Muff, Donegal  
**Tel:** (074) 938 4400 **Email:** [info@whiteoakscentre.com](mailto:info@whiteoakscentre.com)  
[www.whiteoaksrehabcentre.com](http://www.whiteoaksrehabcentre.com)

**drugs.ie** - A good source of information for support for yourself, a family member or a friend on addiction.  
[www.drugs.ie](http://www.drugs.ie)

**Alcohol Forum Donegal**  
**Contact:** James Devenny  
**Tel:** 074 9125596

**Letterkenny Family Support Group**  
**Contact:** Cora McAleer  
**Tel:** 074 9128769



# Addiction



## WELLNESS TIPS



### Get Active...

Regular exercise can improve our mood and selfconfidence, increase our energy and help us sleepbetter. You could try:

- Something small, like a short walk or taking the stairs instead of the lift
- Going for a walk, swim, run, or bike ride
- A group activity, like tennis, rounders or football.

# Anxiety



# Anxiety



## DIOCESE OF DERRY

**Mind** - When you're experiencing a mental health problem, supportive and reliable information can change your life. That's what Mind do. They empower people to understand their condition and the choices available to them through the following:

- *Infoline, which offers callers confidential help for the price of a local call.*
- *Legal Line, which provides information on mental health related law to the public, service users, family members/carers, mental health professionals and mental health advocates.*
- *And their website [www.mind.org.uk](http://www.mind.org.uk)*

**Mental Health Foundation** - They provide information on anxiety including the symptoms, what disorders it may be linked to and what support is available. [www.mentalhealth.org.uk/explore-mental-health/a-z-topics/anxiety](http://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/anxiety)

**Anxiety UK** - They offer support, advice and information on all anxiety, stress and anxiety-based depression conditions. They provide a wide range of services to support those affected by these conditions; from those living with stress or mild anxiety, through to those with more severe, complex and longstanding issues. This service is open to anyone of any age (parental consent is not required to call the helpline and you can read more about confidentiality below). Their friendly volunteers can answer your questions and help find the right resources to manage anxiety. The helplines are open:  
**Monday-Friday 9.30-5.30 (except bank holidays).**  
**Tel: 03444 775 774 Text support: 07537 416905**  
[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## DIOCESE OF RAPHOE

**Samaritans** - If you need someone to talk to, please contact the Samaritans, they are waiting to take your call.  
**Tel: 116 123 (24 hours a day, free to call)**  
**Text HELLO to 50808 start a conversation 50808 is anonymous, free and here for you 24/7. <https://text50808.ie>**

**Donegal Mind Wellness** - is a charity founded by Majella O'Donnell, in conjunction with wonderful volunteers and help from the HSE in Donegal. The charity aims to help people deal with the ups and downs of everyday life, which may lead to stress, anxiety and depression, by showing them ways of dealing with these problems.  
**Tel: 086 029 8907 Email: [donegalmindwellness@gmail.com](mailto:donegalmindwellness@gmail.com)**  
**<https://donegalmindwellness.weebly.com>**



# Anxiety



## WELLNESS TIPS

### Do things you enjoy...

Spending time doing something we enjoy can make us feel happier and more relaxed, have fun, boost relationships with others, and even help develop a skill. You could try:

- A hobby, like playing a sport, baking or cooking
- Spending time with friends or family
- Reading or watching films or gaming.





# Depression



# Depression



## DIOCESE OF DERRY

**Mind** - provide information on the signs, symptoms and causes of depression. They also give some self-care tips, what treatments may be useful and advice for family & friends. There are also some inspirational stories of recovery on their website too.

[www.mind.org.uk/information-support/types-of-mental-health-problems/depression/aboutdepression/](http://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/aboutdepression/)

**Mindwise New Visions** - MindWise provide over 30 services across Northern Ireland, working alongside people at risk of and affected by mental health issues, their carers, and their families. Some of their services include: advocacy&money advice; Criminal justice; Housing; Carer&family support; talking therapies; children&family. [www.mindwisenv.org/mental-health-conditions/depression/](http://www.mindwisenv.org/mental-health-conditions/depression/)

**Sane** - They believe that no-one affected by mental illness should be alone when they face crisis, distress or despair. Their confidential services enable people to confide in them about their mental health and receive help, support, guidance and information or to help someone else.

**Helpline: 0300 304 700, open between 4pm-10pm 365 days a year.** [www.sane.org.uk](http://www.sane.org.uk)

**Aware** - Their vision is for a future where people can talk about their mental health openly, access services appropriate to their needs and have the skills and knowledge to maintain positive mental health. On their website they provide information on the various causes and/or risk factors for depression and advice on depression symptoms, types, treatment and how to look after your own mental health. <https://aware-ni.org/about-depression>

**Action Mental Health** - Action Mental Health (AMH) actively promotes the mental health and well-being of people in Northern Ireland. Action Mental Health grew from humble beginnings in Downpatrick in 1963 when it was known as the Industrial Therapy Organisation. Back then it was tucked away out of sight, in tune with the stigmas of the day. Today however, AMH has emerged as the standard bearer within Northern Ireland's Third Sector - helping to smash the stigma of mental illness for all sections of the community.

Action Mental Health is multi-faceted, offering myriad services. Integral to the organisation is its nine New Horizons services, dotted across Northern Ireland - north, south, east and west, where clients benefit from a variety of personal development, vocational skills and employability training options including accredited qualifications and work placements. A variety of resilience-building techniques are also pivotal to our range of services delivered to school children and young people in further and higher education. Services provided also include a full range of therapeutic counselling for children, young people, adults, families including services for the deaf community. The charity also offers a whole gamut of services for young and old alike, designed to promote mental well-being for those in work and currently unemployed; those affected by chronic pain or debilitating long-term illnesses; people living with eating disorders and also a dedicated service in Bangor for people with learning disabilities. [www.amh.org.uk](http://www.amh.org.uk)

# Depression



## DIOCESE OF DERRY

### AMH New Horizons

#### Fermanagh

7 Cherrymount Road  
Drumcoo  
Enniskillen BT74 4GN  
Tel: 028 6632 3630

### AMH New Horizons

#### Foyle

Unit 13 Springtown Industrial Estate  
Springtown Road  
Derry/Londonderry BT48 0LY  
Tel: 028 7137 3502

**Inspire Wellbeing** - Are an all-island charity and social enterprise and their aim is wellbeing for all. They work together with people living with mental ill health, intellectual disability, autism and addictions to ensure they live with dignity and realise their full potential. They campaign to create a society free from stigma and discrimination, creating a culture of compassion that focuses on people and their abilities. Their services include: supported housing, floating support, advocacy and community wellbeing schemes. All these can be accessed with a referral from a health care professional. Tel: 028 9032 8474

[www.inspirewellbeing.org/our-services/mental-health-andaddiction/](http://www.inspirewellbeing.org/our-services/mental-health-andaddiction/)

**Side by Side** - Side by Side is a mental health social network, managed by the mental health charity Mind. It aims to provide a supportive online community for people aged 18 and over to chat about their lives, including their mental health, and be themselves. <https://sidebyside.mind.org.uk>

**Support2gether** - offers information and support to mothers and families affected by ante and postnatal depression in the Tyrone and Fermanagh area.

Tel: 028 8262 2177 Email: [s2charity@outlook.com](mailto:s2charity@outlook.com)

**Aware** - Deliver educational mental health and wellbeing programmes into communities, schools, colleges and workplace settings across Northern Ireland. These programmes can provide you with the tools to look after your mental and emotional wellbeing and help you to recognise the signs of mental ill-health and know where to get help. They also have a suite of 'Mood Matters' programmes which are aimed at supporting the adult and youth population, parents with new babies and older people. Another course they offer is 'Living Life to The Full', a six-week programme based on the principles of Cognitive Behavioural Therapy.

Tel: 028 7126 0602 Email: [info@aware-ni.org](mailto:info@aware-ni.org)

<https://aware-ni.org/be-aware>



# Depression

## DIOCESE OF DERRY

**Lifeline** - Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. Calls to Lifeline are free to people living in Northern Ireland. It operates 24 hours a day, seven days a week and helps those who are in distress or despair. You can talk to a trained counsellor experienced in dealing with suicide, self-harm, abuse, trauma, depression, anxiety and many more illnesses.

**Tel:** 0808 808 8000 [www.lifelinehelpline.info](http://www.lifelinehelpline.info)

**Samaritans** - Samaritans provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or, in most cases, talk with someone face to face.

**Tel:** 116 123 (24 hours a day, free to call)

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org) [www.samaritans.org](http://www.samaritans.org)



# Depression



## DIOCESE OF RAPHOE

**Samaritans** - If you need someone to talk to, please contact the Samaritans, they are waiting to take your call. *Text HELLO to 50808 start a conversation* 50808 is anonymous, free and here for you 24/7 <https://text50808.ie>

**Turn2me** - They offer self-help, peer support and professional support through an online platform for those who are experiencing poor mental health. [www.turn2me.ie](http://www.turn2me.ie)

**Grow** - Support group for adults with mental health problems. *Helpline: 1890 474 474* [www.grow.ie](http://www.grow.ie)

**Shine** - Support for people affected by mental ill-health. *Tel: 01 860 1620* [www.shine.ie](http://www.shine.ie)

**Mental Health Ireland** - Information and support for people who experience mental health difficulties. *Information line - 01 284 1166 from 9am to 5pm Monday to Friday. Email: [info@mentalhealthireland.ie](mailto:info@mentalhealthireland.ie)* [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

**Aware** - Depression Support & Education Services *Helpline: 1800 80 48 48.* [www.aware.ie](http://www.aware.ie)

**Exchange House Ireland National Traveller Mental Health Service** - Exchange House Ireland National Travellers Service is the largest Traveller specific front line service provider in the country. *Tel: 01 872 1094* <https://exchangehouse.ie/services.php>

**Traveller Counselling Service** - Online counselling to members of the Traveller community who need support during this time. [www.travellercounselling.ie](http://www.travellercounselling.ie)

**Text 50808** - is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support. 50808 provides a safe space where you're listened to by a trained Volunteer. You'll message back and forth, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you sort through your feelings until you both feel you are now in a calm, safe place. *Text: 50808* <https://text50808.ie/how-it-works>



# Depression



## WELLNESS TIPS

### Do things to help you relax...

Relaxing can give us some time out and a chance to feel less stressed, feel peaceful and calm, and clear our minds. You could try:

- Spending time in nature
- Seeing friends
- Reading, listening to music or watching a film
- Having a bath or shower
- Relaxation exercises, meditation, or religious prayer.



# Self-Harm



# Self-Harm



## DIOCESE OF DERRY

**Zest NI** - Zest is an organisation offering supportive care to people suffering emotional pain and hurt with the aim to provide a place of genuine acceptance, active safety, and living hope, to those who don't feel accepted, who don't feel safe and are losing hope. Their aim is to help heal some of the hurt of self-harm and suicide. They have a programme run in the WHSCT called SHIP. SHIP provides people who self-harm with quick access to support and counselling to help deal with the issues that are causing distress. It teaches people new ways of coping with problems.

**Tel:** 028 7126 6999 [www.zestni.org/services/ship/](http://www.zestni.org/services/ship/)

**LifeSIGNS** - is the user-led small charity creating understanding about selfinjury. Founded in 2002, it's their continuing mission to guide people who hurt themselves towards new ways of coping, when they're ready for the journey. They provide information about self-injury and while they never tell anyone to 'stop', they do support people as and when they choose to make changes in their lives. [www.lifesigns.org.uk](http://www.lifesigns.org.uk)

**Mind** - their website has clear easy to understand information on self-harm, advice for friends and families along with some personal recovery stories. [www.mind.org.uk/information-support/types-of-mentalhealth-problems/self-harm/about-self-harm/](http://www.mind.org.uk/information-support/types-of-mentalhealth-problems/self-harm/about-self-harm/)

**The National Self-Harm Network** - they run a monitored online forum that provides crisis support, information and resources, advice, discussions and distractions for people who self-harm. <https://nshn.co.uk>

**Lifeline** - Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. Calls to Lifeline are free to people living in Northern Ireland. It operates 24 hours a day, seven days a week and helps those who are in distress or despair. You can talk to a trained counsellor experienced in dealing with suicide, self-harm, abuse, trauma, depression, anxiety and many more illnesses.

**Tel:** 0808 808 8000 [www.lifelinehelpline.info](http://www.lifelinehelpline.info)

**Samaritans** - Samaritans provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or, in most cases, talk with someone face to face. **Tel:** 116 123 (24 hours a day, free to call)

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org) [www.samaritans.org](http://www.samaritans.org)

**Self-injury Support** - was set up to provide support for women and girls who self-harm. They have lots of useful information on their website and they operate support services too.

**Helpline:** 0808 800 8088 **Text Support:** 07537 432444

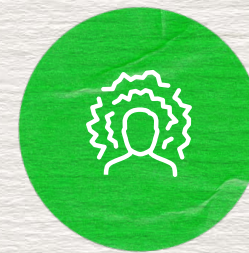
**Email:** [tessmail@selfinjurysupport.org.uk](mailto:tessmail@selfinjurysupport.org.uk)

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

**Niamh Louise Foundation** - provides a safe environment where anyone can drop in to chat about worrying thoughts, thoughts of suicide and/ or self harm. The Charity will provide love, understanding and respect with a non judgemental listening ear to everyone regardless of age, sex, religion, or ethnicity.

**Tel:** 028 8775 3327 [www.niamhlouisefoundation.com](http://www.niamhlouisefoundation.com)

# Self-Harm



## DIOCESE OF RAPHOE

**Pieta House** - Free therapeutic support to people who are in suicidal distress and those who engage in self-harm.

**Helpline:** 1800 247 247 [www.pieta.ie](http://www.pieta.ie)

**Text 50808** - is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support. 50808 provides a safe space where you're listened to by a trained Volunteer. You'll message back and forth, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you sort through your feelings until you both feel you are now in a calm, safe place.

**Text:** 50808 <https://text50808.ie/how-it-works>



## WELLNESS TIPS

"Sometimes the people around you won't understand your journey. They don't need to, it's not for them."

Joubert Botha



# Loneliness

# Loneliness



**There are various organisations in the area that you can access if you feel isolated because of a mental health condition. These groups allow you to connect with others who have similar experiences and can possibly understand your situation.**

## DIOCESE OF DERRY

**Aware** - run support groups in Coleraine, Derry/L'Derry, Omagh, Magherafelt, Limavady and Strabane.

**Tel:** 028 7126 0602 <https://aware-ni.org/support-groups/>

**Carers NI** - understand that caring for someone can sometimes be a lonely and isolating experience. They have an up to date list of various carers support groups across the various HSCT areas.

**Tel:** 028 9043 9843.

**Carers UK** - is an online community where you can connect with others who understand what you are going through. It is a place where you can share what is on your mind day and night and discuss real issues with others. [www.carersuk.org](http://www.carersuk.org)

**Marie Curie** - this is a space for you to share thoughts, feelings and experiences of terminal illness. The Marie Curie Support Line team moderate the community and are also there to help with any questions you may have.

<https://community.mariecurie.org.uk>

**Macmillan** - they understand how lonely, isolating and scary a cancer diagnosis can be so their online community offers the chance to connect with others experiencing similar challenges.

<https://community.macmillan.org.uk>

**Silverline** - The silver line helpline is a free, confidential telephone service just for older people. They provide friendship, conversation and support 24 hours a day, 7 days a week.

**Tel:** 0800 470 80 90.

**The B-Friend Hub** - Phone Omagh: 028 8224 0772, Strabane: 028 7188 3102

**Check in and Chat** - this initiative is run by Age NI and aims to help provide some reassurances to older people, answer basic queries and link people to local services and support.

**Tel:** 0808 808 7575 **Email:** [info@ageni.org](mailto:info@ageni.org)



# Loneliness



## DIOCESE OF RAPHOE

**ALONE** - Support for older people.

Tel: 0818 222 024 8am to 8pm every day. [www.alone.ie](http://www.alone.ie)

**The Alzheimer Society of Ireland** - Information and emotional support and information on supports and services.

Freephone 1800 341 341 Monday to Friday 10am to 5pm and Saturday 10am to 4pm. [www.alzheimer.ie](http://www.alzheimer.ie)

**The Dementia Resource Hub** - Providing sign-posting information and online resources for people with dementia, families and carers. [www.understandtogether.ie](http://www.understandtogether.ie)

**Seniorline** - Confidential listening service for older people provided by trained older volunteers.

Call 1800 804 591 from 10am to 10pm every day. [www.thirdageireland.ie](http://www.thirdageireland.ie)

**Men's Health Forum** - The Men's Health Forum in Ireland (MHFI) is a charitable organisation that seeks to promote all aspects of the health and well-being of men and boys on the island of Ireland through research, education, training, health initiatives, networking and awareness-raising. [www.mhfi.org](http://www.mhfi.org)

**Men's Shed** - The Irish Men's Sheds Association supports Men's Sheds throughout Ireland here you will find Information on your local Men's Shed. <https://menssheds.ie/>

**Farming Resilience** - The IFA has teamed up with Mental Health Ireland and Teagasc to develop a Farming Resilience programme to help farmers develop resilience in overcoming serious setbacks in life and business. [www.mentalhealthireland.ie/your-mental-health/farming-resilience/](http://www.mentalhealthireland.ie/your-mental-health/farming-resilience/)

**The Parent Hub, Donegal** - was set up in 2013 by the Donegal Children's Services Committee to look at Parent Support Needs in County Donegal. The Hub is made up of different Community and Statutory Services who are involved in supporting parents in Donegal at different levels, including Parentstop, Lifestart Services, Families Matter, Springboard, Family Resource Centers, the Teen Parenting Support Programme, Ante Natal Services, Public Health Nursing Service, Child and Family Agency and the Home School Liaison Service. <https://parenthubdonegal.ie>

**Donegal Mental Health Advocacy Services** - is dedicated to providing a comprehensive range of community services, in response to the identified needs of our population and service users, in accordance with best practice and modern standards of care. <https://donegaladvocacy.ie/>

# Loneliness



## WELLNESS TIPS

"Hope is being able to see  
that there is light despite  
all of the darkness"

Desmond Tutu

Wellness Tips

# Loss



# Loss



## DIOCESE OF DERRY

**The Koram Centre** - a registered charity, offering professional therapeutic intervention and psychosocial support. They have a Bereaved by suicide support group which gives participants the opportunity to come together to share with each other to promote hope and self-help. Some participants attend the group while also receiving counselling. Groups are usually held every three weeks. Participants must be aged 18 years and over.

**Tel: 028 7188 6181** <https://koramcentre.com/services/bereaved-by-suicide-supportgroup/>

**Cruse Bereavement Care** - Their vision is that we live in a world where everyone grieving is supported, respected and understood. **Derry/L'Derry - 028 7126 2941, Omagh - 028 8224 4414, Coleraine - 028 2766 6686.**

**SANDS** - Sands Northern Ireland is a volunteer-led Group that works to support the charity's vision aims in our area. As bereaved parents themselves, they understand the pain and grief of when a baby dies. The support they offer can be accessed via telephone and email, and through support meetings and events with other bereaved families. Please don't hesitate to get in touch. They are here to listen and offer their support.

**Tel: 077 4099 3450 Helpline: 0808 1643332**  
<https://northernireland.sands.org.uk>

**The compassionate friends** - is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause. **Helpline: 0345 123 2304**

**Email: [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk) <https://www.tcf.org.uk>**

**Miscarriage Association** - The Miscarriage Association was founded in 1982 by a group of people who had experienced miscarriage and they continue to offer support and information to anyone affected by the loss of a baby in pregnancy, to raise awareness and to promote good practice in medical care.

**Helpline: 01924 200799** [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

**Child Bereavement UK** - helps families to rebuild their lives when a child grieves or when a child dies. We support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

[www.childbereavementuk.org](http://www.childbereavementuk.org)

**Winstons Wish** - This organisation supports grieving children and young people after the death of someone important.

[www.winstonswish.org](http://www.winstonswish.org)

# Loss



## DIOCESE OF DERRY

**Survivors of bereavement by suicide** - They are the only organisation offering peer-to-peer support to all those over the age of 18, impacted by suicide loss in the UK. They help those bereaved by suicide to support each other, at the time of their loss and in the months and years that follow. They are a self-help organisation and they provide a safe, confidential environment in which bereaved people can share their experiences and feelings, so giving and gaining support from each other.

<https://uksobs.org>

**The good grief trust** - This website is a good source of information for those who are bereaved, it is run by people who have been bereaved themselves.

[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)

**Child death helpline** - The death of a child is unimaginable unless it's something you've been through yourself. This helpline is operated by a dedicated team of volunteers who are all bereaved parents. If you're a parent who has lost a child of any age, under any circumstances, and however recently or long ago, they're here to help. They can also offer support to grandparents, siblings and the extended family, as well as professionals who have been impacted by the death of a child.

**Helpline:** 0800 282 986 [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

**Suicide Liaison Officers** - Supporting individuals and families bereaved by suicide. They provide practical support and guidance re: the feelings experienced, the investigation of the death and the sorting out of affairs. They provide short term follow up support. They provide reading materials. They refer to statutory and/or voluntary helping services. They invite bereaved family members to join the local support groups, which they facilitate. Any one directly affected by a death by suicide can avail of this service. Any one can self refer to the service - GP referral/Statutory service/Community/voluntary service  
**WHST Southern Sector:** 028 6638 2112 or 078 2653 5199  
**WHST Northern Sector:** 028 7132 0138 or 079 49 91 4100



# Loss



## DIOCESE OF RAPHOE

**Samaritans** - If you need someone to talk to, please contact the Samaritans, they are waiting to take your call. **Text HELLO to 50808 start a conversation** 50808 is anonymous, free and here for you 24/7. <https://text50808.ie/>

**Anam Cara** - Parent Bereavement understands we don't live in an ideal world, we live in a world after our precious children have died before their time. Bereaved parents have set up this organisation to help themselves and all bereaved parents cope with their grief and loss and journey on. **Email: [info@anamcara.ie](mailto:info@anamcara.ie) Tel: +353 (0)1 4045378 Mob: +353 (0)85 2888 888** <https://anamcara.ie>

**Text 50808** - is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support. 50808 provides a safe space where you're listened to by a trained Volunteer. You'll message back and forth, only sharing what you feel comfortable with. By asking questions, listening to you and responding with support, they will help you sort through your feelings until you both feel you are now in a calm, safe place. **Text: 50808** <https://text50808.ie/how-it-works>

## WELLNESS TIPS

The original Hebrew root of be still doesn't mean "be quiet"; it means "let go".

"Let Go  
And know that  
I am God"  
#5minuteswithJesus





# Suicidal Thoughts

# Suicidal Thoughts



## DIOCESE OF DERRY

**Papyrus** - is the national charity dedicated to the prevention of young suicide. They provide a confidential support and advice service for: Children and Young People under the age of 35 who are experiencing thoughts of suicide and anyone concerned that a young person could be thinking about suicide.  
**Tel: 0800 068 4141 / 078 6003 9967**

**Email: pat@papyrus-uk.org [www.papyrus-uk.org](http://www.papyrus-uk.org)**

**Niamh Louise Foundation** - provides a safe environment where anyone can drop in to chat about worrying thoughts, thoughts of suicide and/ or self harm. The Charity will provide love, understanding and respect with a non judgemental listening ear to everyone regardless of age, sex, religion, or ethnicity.  
**Tel: 028 8775 3327 [www.niamhlouisefoundation.com](http://www.niamhlouisefoundation.com)**

**CALM** - is a charity that is dedicated to preventing male suicide. From 5pm - 12am everyday they offer confidential, anonymous and free support, information and signposting to men anywhere in the UK through their web chat service. Chats are taken by trained staff who are there to listen, support, inform and signpost. They also have a free helpline.  
**Helpline: 0800 068 4141 [www.thecalmzone.net](http://www.thecalmzone.net)**

**PIPS** - this charity is here to provide support to individuals who are considering, or who have at some point considered, ending their own lives. PIPS also provide support to those families & friends who have been touched by suicide.  
**Tel: 028 90 805850 / 0800 088 6042 <https://pipscharity.com>**

**Lifeline** - Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. Calls to Lifeline are free to people living in Northern Ireland. It operates 24 hours a day, seven days a week and helps those who are in distress or despair. You can talk to a trained counsellor experienced in dealing with suicide, self-harm, abuse, trauma, depression, anxiety and many more illnesses.  
**Tel: 0808 808 8000 [www.lifelinehelpline.info](http://www.lifelinehelpline.info)**

**Mind** - their website has clear easy to understand information on suicidal feelings. [www.mind.org.uk/information-support/types-ofmental-health-problems/suicidal-feelings/about-suicidal-feelings/](http://www.mind.org.uk/information-support/types-ofmental-health-problems/suicidal-feelings/about-suicidal-feelings/)

**Community Crisis Intervention Service** - The pilot Community Crisis Intervention Service (CCIS), is a community-led initiative, which responds to individuals who are observed to be in distress and potentially vulnerable, and who may be at risk of suicidal behaviour. The service provides a timely (within approx. 30mins), non-clinical, community response to individuals experiencing social, emotional or situational crisis over a timeframe of 8pm on Thursdays through to 8am on Sundays. If you feel in crisis and need support or if you have observed someone who is in distress and may come to significant harm through self-harm and suicidal behaviour please call **028 7126 2300**. The service will provide support and offer a short-term solution to manage immediate crisis, which will include risk assessment, deescalation, and identification of personal support options (friends/family) and other appropriate support and treatment services.

# Suicidal Thoughts



## DIOCESE OF RAPHOE

**SOSAD** - Since 2007, SOSAD has worked to raise awareness and help prevent suicide in Ireland. We have worked tirelessly in our communities to help those in need feel supported and know they are not alone on their journey. SOSAD offer support and services for people who are struggling with suicidal ideation, self harming, depression, bereavement, stress and anxiety, or if you simply need to talk. <https://sosadireland.ie>

**Pieta House** - Free therapeutic support to people who are in suicidal distress and those who engage in self-harm.  
**Helpline:** 1800 247 247 [www.pieta.ie](http://www.pieta.ie)

**Suicide or Survive** - Irish charity focused on breaking down the stigma associated with mental health issues and ensuring that those affected have access to quality recovery services that are right for the individual. We are working to build a society where people embrace their mental health wellness and those with difficulties are treated with dignity and respect and experience a service that offers them hope, a safe place and a positive future. **Helpline:** 1890 577 577 <https://suicideorsurvive.ie>

**Samaritans** - If you need someone to talk to, please contact the Samaritans, they are waiting to take your call.  
**Text HELLO to 50808 start a conversation 50808 is anonymous, free and here for you 24/7.** <https://text50808.ie>

## WELLNESS TIPS

*You are not defined by the faults of your past. Scars remind us of how far we've come not where we are going.*

*@ChristianMentalHealth*



# Youth

# Youth



## DIOCESE OF DERRY

**Youthlife** - provides support for children and young people aged 5-25 who have been affected by bereavement, separation, divorce or loss of a significant person. They run a number of programmes including counselling and art therapy.

**Tel:** 028 7137 7227. <https://youthlife.org>

**FLARE (Facilitating Life and Resilience Education)** - This is a support service for young people (11-25 years old) experiencing mental health issues or impacted by suicide, delivered through youth work practice and interventions.

**Tel:** Derry 028 7131 3444 / 075 4816 2192, Omagh 028 8241 1411 / 079 0270 1073 **Email:** [flare@eani.org.uk](mailto:flare@eani.org.uk)  
[www.facebook.com/EAFLAREproject](https://www.facebook.com/EAFLAREproject)

**Relate NI (Kids)** - Relate Kids can help primary school-aged children, usually up to age 11, to deal with issues they may be having at home or in school, or in any of their relationships. Our children's counselling service can be delivered through a range of therapeutic disciplines including Play, Music, Clay, Art or Integrative Children's therapeutic approaches. Children we have worked with in the past have experienced one or more of the following issues; Stress, Anxiety & Low Mood, Anger & Behavioural Issues, Family Difficulties, Change & Transitions, Bullying and Relationships. Relate kids is a therapeutic counselling service which can help children to cope and adapt to times of significant change or loss in their lives.

[www.relateni.org/relateni-services/relate-kids-counselling](http://www.relateni.org/relateni-services/relate-kids-counselling)

**Relate NI (Teen)** - Relate Teen can help post-primary school-aged children, usually aged 11 and over, to deal with issues they may be having at home or in school, or in any of their relationships. Our Relate Teen service can be delivered through a range of therapeutic disciplines including, Art, Clay or other integrative therapeutic approaches. Young people we have worked with in the past have experienced one or more of the following issues; Anxiety & self esteem, Anger & behaviour issues, Family Difficulties, Change/ Transitions, Bullying, Relationships and School issues. Relate Teen counselling is a therapeutic intervention which can support and prevent relational stress during times of challenge and crisis.

**DAISY** - provides information and advice on the effects of alcohol and drugs and works with young people aged 11-25 on a one-to-one basis to reduce the harm caused by substance use. Their staff help clients to reduce risk taking behaviours, to sustain positive changes in their lives and to have healthier relationships.

**DAISY NORTH Tel:** 028 9043 5810

**Email:** [kathleen.Grego@Start360.org](mailto:kathleen.Grego@Start360.org)

**DAISY WEST Tel:** 028 7137 1162

**Email:** [kathleen.Grego@Start360.org](mailto:kathleen.Grego@Start360.org)

# Youth



## DIOCESE OF DERRY

**VOICES** - this service works directly with children/young people where parental substance misuse is an issue. The VOICES service also provide support to the parents/adults and the whole family unit. VOICES works in partnership with Social Services and supports parents to access and engage with local addiction specialist. Interventions provided: Therapeutic mentoring, Counselling, Therapeutic group work, Family support, Family systemic work, Therapeutic play skills, Diversionary activities and Family residentials.

**Tel:** 028 7137 1162 **Email:** [Kathleen.Grego@Start360.org](mailto:Kathleen.Grego@Start360.org)

**Hope Again** - Hope Again is the youth website of Cruse Bereavement Support. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. On their website you will find information about their services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies.

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

**Autism NI** - exists to support autistic individuals and their families and campaigns to raise awareness of autism within the wider society. They have a variety of services available including a helpline, early intervention, support groups and family support.

**Tel:** 028 9040 1729 **Email:** [info@autismni.org](mailto:info@autismni.org)

[www.autismni.org](http://www.autismni.org)

**Circle of Support** - COS is the largest parent led group in the North West and they have close ties with the WHSCT, ASD team and many other voluntary organisations and schools throughout the region. They have no limit on age or ability of the children that come to their events. They actively advocate for inclusion in everything that they do. What began as a group for children with ASD has opened up to include children with additional needs and related conditions. This is due to their inclusive child and family centred ethos within the group.

**Tel:** COS (Derry): 028 7136 9224 **Mob:** (Derry): 075 3279 1958  
COS Roe Valley: 075 3278 9202 [www.circleofsupport.org.uk](http://www.circleofsupport.org.uk)

**The Big House** - The Big House is a place where you can discover more of God's love and hope in your life, no matter who you are, where you are from, or what is going on in your life right now.

**Tel:** 07521 431 218 [www.thebighouse.org.uk](http://www.thebighouse.org.uk)



# Youth



## DIOCESE OF RAPHOE

**Childline** - Childline provides free listening services to children and young people up to the age of 18. The Childline helpline is open 24 hours every day. You can contact Childline by:

**Online chat** [www.childline.ie](http://www.childline.ie) **Freephone 1800 666 666**

**Texting the word "Talk" to 50101**

**Bodywhys** - A range of services (helpline, support groups, online groups, email and family programmes) for adults and young people with eating disorders, and their families. Contact [alex@bodywhys.ie](mailto:alex@bodywhys.ie) for support. [www.bodywhys.ie](http://www.bodywhys.ie)

**ReachOut** - Reachout provides a web-based service that helps young people get through tough times by providing useful information on mental health and related issues. It also signposts them to formal and informal supports. [www.youth.ie/project-item/reachout](http://www.youth.ie/project-item/reachout)

**SpunOut.ie** - Ireland's youth information website was created by young people, for young people. Get anonymous support 24/7 with our text message support service. Connect with a trained volunteer who will listen to you, and help you to move forward feeling better. **Text SPUNOUT to 50808** [www.spunout.ie](http://www.spunout.ie)

**Walk in My Shoes (WIMS)** - is the flagship awareness-raising and education campaign of St Patrick's Mental Health Services (SPMHS). They were first established in 2012 when a young man in SPMHS said he wished his friends could walk in his shoes to understand how he was feeling. Since then, thousands of students and teachers from across Ireland have gotten involved, and have been at the forefront of starting a very important conversation about mental health.

[www.walkinmyshoes.ie/about](http://www.walkinmyshoes.ie/about)

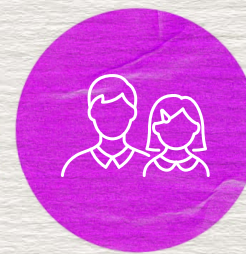
**Donegal Youth Service** - is a countywide youth agency with over 30 affiliated youth clubs, and numerous projects which have been developed as a direct response to the needs of young people. Projects which support their mental, emotional and physical health, provide training and empower them to reach their own individual potential.

[www.donegalyouthservice.ie](http://www.donegalyouthservice.ie)

**Whymind** - offers a range of workshops for young people. These include Mental Health First Aid, Worry and Anxiety, The Storms of Life, Addiction and Temptation, Social Media and many more. <https://whymind.ie>

**Jigsaw** - their mission is to help achieve better mental health outcomes for young people (12-25) by delivering therapeutic services, promoting youth mental health and mobilising community societal change. <https://jigsaw.ie>

# Youth



## WELLNESS TIPS

### Get Creative...

Doing something creative can help boost our self-esteem and our relationships. It can also help us feel less stressed, learn something new, and express ourselves. You could try:

- Drawing, painting, photography or creative writing
- Singing or playing an instrument
- Dance or drama
- Making something out of old materials

...anything using your imagination and skill.





# Other Useful Organisations

# Other Useful Organisations

## DIOCESE OF DERRY

**Foyle Foodbank** - Unit 15, Apex Living Centre, Springtown Industrial Est, Derry City, Londonderry, BT48 0LY.

**Tel:** 028 7126 3699 or Tx 07716 129788

**Email:** [foylefoodbank@gmail.com](mailto:foylefoodbank@gmail.com)

**<https://foyle.foodbank.org.uk>**

**Strabane Foodbank** - Grass Roots Food Market, 5D John Wesley Street, Strabane, Co Tyrone, BT82 8RJ.

**Tel:** 028 7141 4142

**Email:** [foodbank@strabanecommunityproject.org.uk](mailto:foodbank@strabanecommunityproject.org.uk)

**<http://strabane.foodbank.org.uk>**

**Causeway Foodbank** - Hope Centre, Vineyard Compassion, 10 Hillmans Way, Ballycastle Road Coleraine, Co Londonderry, BT25 2ED, N. Ireland

**Tel:** 028 7022 0005 **Email:** [info@vineyardcompassion.co.uk](mailto:info@vineyardcompassion.co.uk)

**[www.vineyardcompassion.co.uk](http://www.vineyardcompassion.co.uk)**

**Women's Aid National 24hr Domestic and Sexual Abuse Helpline** - **Tel:** 0808 802 1414

**Foyle Women's Aid** - Their domestic abuse services cover Derry, Strabane, Limavady and Dungiven. **Tel:** 028 7141 6800

**Causeway and Mid Ulster Women's Aid** - Coleraine: 028 7035 6573 Cookstown: 028 8676 9300

**Omagh Women's Aid** - **Tel:** 028 8224 1414

**Mothers' Union** - Mothers' Union is an international Christian charity that seeks to support families of all faiths and none through practical outreach, prayer and advocating family friendly policies within both government and public life. By supporting marriage and family life, especially through times of adversity, they tackle the most urgent needs challenging relationships and communities.

**Tel:** +353 87 337 4090 / 087 3374090

**Email:** [allireland.mothersunion@gmail.com](mailto:allireland.mothersunion@gmail.com)

**[www.mothersunion.ie](http://www.mothersunion.ie)**

**Care for the Family** - Since 1988, Care for the Family has sought to promote strong family life and help those who face family difficulties. Their work has been focused on the UK, but increasingly through digital technology, they are reaching a wider audience. They focus primarily on the following areas of family life: marriage, parenting and bereavement. Their aim is to be accessible to every family whatever their circumstances and to create resources and support that are preventative, evidence-based and easy to apply. **[www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)**

**Church's Ministry of Healing Ireland** - they aim to educate, encourage, coordinate, provide and resource the Church of Ireland in the promotion of Christ's health and healing.

**Tel:** (01) 872 7876 **Email:** [hello@ministryofhealing.ie](mailto:hello@ministryofhealing.ie)

**<https://ministryofhealing.ie>**

# Other Useful Organisations

## DIOCESE OF DERRY

**Diocesan Ministry of Healing** - In the Ministry of Healing, their mission is to bring Christ's healing presence in body, mind or spirit to those in need. Their approach is influenced by the same three verbs: to love, to give and to have. The Warden of the Ministry of Healing in the Diocese of Derry & Raphoe is: Rev Paul Lyons.

**Tel: 028 7084 8774 (h) Mob: 077 9147 2225**

**Email: revpaul.lyons@btinternet.com**

**Derry Well Women** - Derry Well Women is a not-for-profit centre which offers health and social care services to women of all ages in a welcoming, relaxed, safe and confidential space. Their services cover areas as diverse as cancer, mental health, and fitness, to parenting, breastfeeding support, miscarriage and menopause. They deliver our services via clinics, programmes, courses, classes, support groups and counselling and other one-to-one services.

**Tel: 028 7136 0777 Email: info@derrywellwomen.org**

**[www.derrywellwoman.org](http://www.derrywellwoman.org)**

**Rural Support** - provide impartial guidance for farmers and farm family members in support of their farm business and personal wellbeing.

**Support line: 0800 138 1678**

**[www.ruralsupport.org.uk](http://www.ruralsupport.org.uk)**

## DIOCESE OF RAPHOE

**Donegal Women's Centre** - Donegal Women's Centre provides a space where women can pursue their own healing and development in a safe, caring and supportive environment.

**Tel: 074 912 4985 Email: [donegalwomenscentre@gmail.com](mailto:donegalwomenscentre@gmail.com)**

**[www.donegalwomenscentre.ie](http://www.donegalwomenscentre.ie)**

**Donegal Domestic Violence Services** - Donegal Domestic Violence Services works to empower and support women to regain, reclaim and retain control of their lives and to live free from violence and abuse.

**Tel: 074 9126267 Helpline: 1800 262677**

**Email: [ddvsrefuge@gmail.com](mailto:ddvsrefuge@gmail.com)**

**[www.donegaldomesticviolenceservices.ie](http://www.donegaldomesticviolenceservices.ie)**

**Facebook: @DonegalDVS**

**Access Hours: 24 hour service, open 365 days**

### Services Provided:

- Emergency Accommodation/24 Refuge
- Information
- Emotional Support
- Safety Supports
- Practical Support
- Child Related supports
- Court and Other Accompaniment
- Advocacy
- Outreach Services
- Counselling and Referral
- Aftercare
- 24 hour Helpline
- Support Groups

# Other Useful Organisations

## DIOCESE OF RAPHOE

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**Tel:** +353 87 337 4090 / 087 3374090

**Email:** [allireland.mothersunion@gmail.com](mailto:allireland.mothersunion@gmail.com)

[www.mothersunion.ie](http://www.mothersunion.ie)

**Church's Ministry of Healing Ireland** - they aim to educate, encourage, coordinate, provide and resource the Church of Ireland in the promotion of Christ's health and healing.

**Tel:** (01) 872 7876 **Email:** [hello@ministryofhealing.ie](mailto:hello@ministryofhealing.ie)

<https://ministryofhealing.ie>

**Protestant Aid** - was established as a charity over 180 years ago to relieve deprivation in Ireland, Protestant Aid treats all genuine calls for help equally, regardless of religious, ethnic or social backgrounds.

*Its primary activities include:*

- grants to alleviate poverty or distress
- annuities for the elderly
- allowances for heating/energy costs
- school expenses
- second-level education grants
- third-level loans
- Sheltered Housing and Nursing Care for over 200 elderly people through our sister companies, The Brabazon Trust and St. John's House

**Tel:** (01) 668 4298 **Email:** [info@protestantaid.org](mailto:info@protestantaid.org)

<https://protestantaid.org>

**Diocesan Ministry of Healing** - In the Ministry of Healing, their mission is to bring Christ's healing presence in body, mind or spirit to those in need. Their approach is influenced by the same three verbs: to love, to give and to have. They hold a number of healing services throughout the diocese each year. The Warden of the Ministry of Healing in the Diocese of Derry & Raphoe is: Rev Paul Lyons.

**Tel:** 028 7084 8774 (h) **Mob:** 077 9147 2225

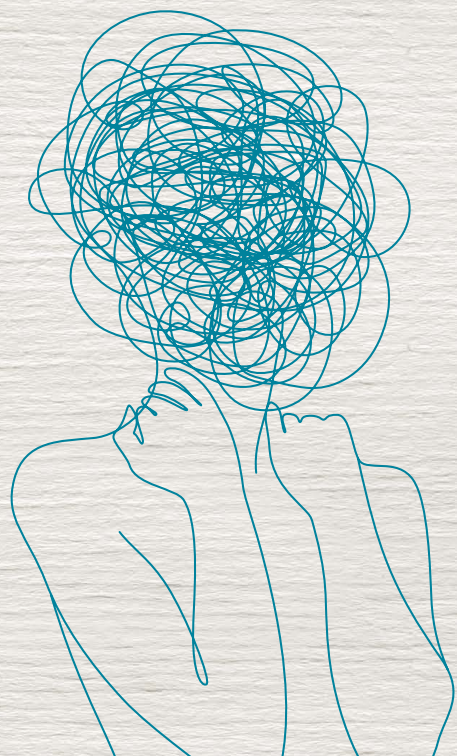
**Email:** [revpaul.lyons@btinternet.com](mailto:revpaul.lyons@btinternet.com)

# Other Useful Organisations

## DIOCESE OF RAPHOE

**Social Prescribing** - Social Prescribing is a free, HSE service which helps to link you with sources of support and social activities within your community. These include: Physical activity, Reading groups/books for health, Self-help programmes, Men's Sheds, Community gardening and Arts and creativity. It is for any person of 18 years or over. More information and contact details for the service in each area can be found on the website below.

[www.hse.ie/eng/health/hl/selfmanagement/donegal/programmes-services/social-prescribing/](http://www.hse.ie/eng/health/hl/selfmanagement/donegal/programmes-services/social-prescribing/)



There are far  
better things  
ahead than any  
we leave behind...



Diocese of  
Derry +  
Raphoe