

Support

MindSpace Young people aged 15-25

Tel: 094 906 7001

Email: info@mindspacemayo.ie

Text 50808 – Free text “Hello” to **50808**

24hr service text50808.ie

Pieta House: 1800 247 247

The Samaritans: Free Phone: 116 123

24 hr support Samaritans.org

Childline: Free Phone: 1800 666 666,

Free Text: 50101, Live Message childline.ie

24 Hr support

IACP: 01 230 3536 – Irish Association of
Counselling and Psychotherapy

Castlebar

Office:

Mayo Mental Health
Association,
2 New Antrim Street,
Castlebar, Co Mayo,
F23 KN20

Office Hours:

Mon - Thurs 10 - 4pm
Fri 10 - 3pm

T: 094 90 38148 **E:** admin@mayomha.ie

Charity No: CHY7866

Ballina

Office:

Mayo Mental Health
Association,
Bohernasup,
Ballina, Co. Mayo,
F26 Y4E0

Office Hours:

Mon - Wed 9.30 - 4pm



MAYO

**Mental Health
Association**

**Promoting
Positive
Mental
Health**

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US!**

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MINDOUT

In partnership with Mindspace Mayo, we support the implementation of the MindOut Programme across Secondary Schools in Mayo.

MindOut is a social and emotional wellbeing programme for senior cycle secondary school students.

This is an evidence-based programme, shown to improve young people's overall mental health and wellbeing. Developed by HSE, NUIG, Mental Health Ireland, and Healthy Ireland.

Breathe

Mental Health Promotion workshop. Raising awareness around mental health in communities across Mayo.

Currently involved with 27 Secondary Schools in Mayo for students in 2nd Year - 6th Year and various community groups.

For more information, please contact our office.



Health Promotion

We host a variety of community initiatives and seminars around mental health and resilience – Moving Your Mind, Turlough 8K & fundraising activities.

Some of our partners include: HSE, GAA, Mayo County Council & Mindspace Mayo.

Our annual Primary School Art Poster Competition – Introduces primary school children to think about mental health and wellbeing in their formative years.

Information Centre

Our information centre is open to everyone in the community.

We provide options, support and guidance for individuals experiencing mental health difficulties and their families.

Our information centre provides a confidential sign posting service.

Our drop-in service is open daily.

Social Housing

In partnership with the HSE, St Vincent de Paul and Mayo County Council.

We provide accommodation in Castlebar, Ballina & Westport for people who are experiencing mental health difficulties, while working collaboratively with HSE mental health services support teams.