



MAYO

Mental Health Association

Issue 08

2024

A Year in Review Promoting Positive Mental Health

Information
Centres

School's
Education Programme

Health
Promotion

Social
Housing



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2024

YEAR IN REVIEW

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On behalf of all the team at Mayo Mental Health Association, I would like to thank you for all your support throughout 2024. Our Association helps to support the community of Mayo through our Information Centre, Health Promotion, School's Education Programmes, and Social Housing Project.

A massive thank you to our supporters, volunteers, fundraisers, and staff of Mayo MHA. A special mention to all the Primary and Post Primary Schools across the county & the dedicated staff who promote Positive Mental Health and Well-being to the next generation who are now starting to break down the walls of stigma. Mayo MHA will continue to be the vital link in advocating this work. Promoting Positive Mental Health remains a core principle within Mayo Mental Health Association along with creating supportive environments, strengthening community action, and working with our mental health services team.

Kind Regards,

Niall Dunne
MANAGER

Four Pillars of Mayo MHA

1. **Information Centres**
2. **School's Education Programme**
3. **Health Promotion**
4. **Social Housing**

Information Centres

Our Information Centres are open to everyone in the community. We provide a confidential signposting service where we provide options, support, and guidance for individuals and their families experiencing mental health difficulties. Options around Outreach Counselling Services are also available.

For more information, please visit our website www.mayomha.ie, or call our Ballina Office 096 714 92 / Castlebar Office 094 903 8148.

School's Education Programmes

The MindOut Programme is an evidence based social and emotional learning programme which was first developed in 2004. The aim of this programme is to support the social, emotional, and mental wellbeing of young people aged 15–18 years in post-primary schools.

MindOut is a joint project in partnership with the Mental Health Ireland, HSE, University of Ireland Galway, Mayo Mental Health Association and Mindspace Mayo.

Mayo MHA manages and coordinates the rollout of MindOut in County Mayo. We provide one to one support to teachers delivering the programme at a local level.

The Breathe Programme is an evidence based educational talk to promote, participate, and facilitate mental health awareness and well-being for students in an interactive format. We are currently involved with 29 secondary schools in Mayo and engage with up to 12,000 students per the academic year across the county. We are currently involved with 27 secondary schools in Mayo and engage with up to 10,500 pupils across the county.

The Breathe Programme is also facilitated as part of the larger health promotion area of work and we also deliver it to various community groups, organisations, and sporting bodies.

Our Community Liaison Officer with Mayo MHA, facilitates **Fractured** – an educational talk for secondary school students and community groups which discusses resilience building.

Health Promotion

Mayo Mental Health Association run several key mental health promotion initiatives each year to support our community here in Mayo on various topics that support their understanding on key mental health issues. Initiatives which we are involved in include Out The Gap, Turlough 8k, 'Hello, How Are You?', and World Mental Health Day.

For more information, please see our Annual Events.

Social Housing

Mayo MHA run a very successful and modern social housing project which we are currently in partnership with the HSE, St. Vincent de Paul, and Mayo County Council. We own and manage social housing units made up of 1 and 2 bed apartments and housing stock, and provide accommodation for more than 40 residents across Mayo. Our overall aim is to ensure the successful allocation of sustainable tenancies in a fair, transparent, and accountable way.



MAYO
Mental Health
Association

ANNUAL EVENTS

Ever wonder where the money we receive through fundraising/donations goes?

SCHOOLS' EDUCATION PROGRAMMES

MindOut

Social & Emotional Learning Programme for Senior Cycle

Fractured

Padraig O'Hora (Senior Cycle groups)

Breathe

Mayo MHA in-house schools' educational programme (all year groups)

Primary Schools' Art Poster Competition

An introduction to the promotion of positive mental health for Primary Schools across Mayo

COMMUNITY MENTAL HEALTH PROMOTION INITIATIVES

Turlough 8K

Family Fun Run/Walk in partnership with PKC GAA & Turlough House

Annual Churchgate Collection

Volunteers needed across Mayo

Head Up

Aims to foster positive mental health in the community through hiking excursions

World Mental Health Day/Week/Month

Various Mental Health Promotion events

Community Talks

Mental Health Awareness talks delivered within communities across Mayo

Out the Gap

12 Week Walking Programme designed specifically for people in the Ballina area

Mayo Mental Health Fair

Mental Health Promotion & Awareness in the community - multiple events around Mayo i.e. Hello Mayo How Are You?, School Conferences, etc.

Ballina Salmon Festival

Mental Health Promotion & Awareness

St Stephen's Day Swim - Old Head

Anyone & Everyone - Community Initiative

Schools
Education
Programme

Information
Centre

Social
Housing

Health
Promotion

www.mayomha.ie



@mayomha



Knockmore Rathduff Womens Group



Massive thank you to all the ladies at the Knockmore Rathduff Womens Group for raising €700 at their table quiz event. Our Mental Health Promotion Officer Jenna Walsh also had the opportunity to speak with the ladies about all the great work we do here at the Association and where the funds raised from this event will be distributed.



FOLLOW
• MAYO MHA
• ICE HOUSE
BALLINA

TAG WHO YOU
WOULD BRING

REPOST ON
YOUR STORY

WELLNESS ON THE MOY GIVEAWAY

Mayo Mental Health Association was delighted to partner with 'The Ice House Hotel' to give our lucky winner a one-night stay in a Deluxe Riverview Room with a 75 minute signature wellness on the Moy treatment each in the Chill Spa.



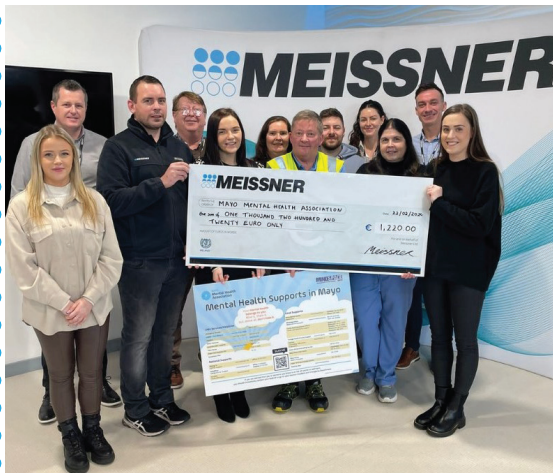
YOUTHREACH Ballina

A **HUGE** thanks to Dennis and all the students at Youthreach Ballina for raising €110 for Mayo MHA as part of their General Educational Task. We really appreciate all the support!

Breathe - St Brendan's College Belmullet



Shout out to the 5th & 6th year students and their teacher Ms. Langan for inviting Jenna Walsh and Lauren Waters our Health Promotion Officers out to deliver our Breathe Talk. We were delighted to have St. Brendan's on board with the MindOut Programme this year. We currently have over 20 secondary schools across County Mayo rolling out the programme.



Meissner Filtration Products

All the team at Mayo MHA would like to say a massive thank you to Claire Duffy and all the team at Meissner Filtration Products for raising €1220 through their 'Meissner's January Walk or Run Challenge'.

Jenna and Lauren visited Meissner to thank them for their generosity and provide the site with one of our mental health supports information boards. Thanks to all the team for welcoming us on site and providing a glimpse of the work Meissner does.

MEISSNER

BREATHE • ST.TIERNAN'S CROSSMOLINA

Mayo MHA visited St.Tiernan's College in Crossmolina to deliver breathe to 2nd year students. While on their trip out Jenna and Lauren were thrilled to check out the school's new basketball and soccer jerseys with the Mayo MHA logo displayed on them and wish the teams all the success with their new kit!



February

ST. MARY'S SECONDARY SCHOOL BALLINA - BREATHE



Jenna and Lauren facilitated our Breathe Talk to both 3rd year, 5th year and Leaving Cert Students. While on their visit they were delighted to see the school's "Promoting Positive Mental Health" wall, which highlights supports available to anyone going through a difficult time.





Turlough 8K 2024

The annual Turlough 8k Fun Run and Race took place on Sunday February 11th on the stunning grounds of Turlough House and what a day it was! With the spring sunshine beaming down, over 400 participants, volunteers and supporters took to the paths of Turlough house for our 12th annual Turlough 8K event. We asked the community to get behind us, and that's exactly what they did. The 8 kilometre course starts and ends in the grounds of Turlough House, passes by the Turlough Round Tower and on to the townlands of Parke and Turlough and finally returning into Turlough village and back to the starting location. The virtual element to the race was developed to bring the wider community together to join us on this great day.

The virtual run has seen people take part from various parts of the world, From Dublin to New York – all the way to Dubai!

The Turlough 8K would not be possible without the support from the community, who came together to provide their assistance to ensure that refreshments, registration, time keeping, music and many other key tasks throughout the day were all addressed, to ensure a smooth running and successful event. One of our main concerns each year is to ensure a nice cup of tea and scone are available for everyone. Thanks to all of you who take the time to prepare the refreshments and goodies for all participants. A special thanks to all our volunteers who helped prior to the event and on the day - after all what is a community event without the support of the community!



Breathe • ST COLMAN'S COLLEGE CLAREMORRIS

Thanks to St. Colmans College for inviting Jenna out to deliver our Breathe Talk to Leaving Cert students ahead of their anti-bullying week!





International Women's Day



On March 8th, we celebrated International Women's Day, a day filled with empowerment and inclusion for all the great women in our lives. Our lovely ladies Jenna and Lauren joined in on the celebrations at an event organised by Ballina Chamber of Commerce in the Cot & Cobble Ballina with funds going to Mayo MHA.

Thank you to all the members of Ballina Chamber of Commerce for choosing Mayo MHA as the charity of choice for this year's event and for inviting our team along for a night of great celebration.



ST JOSEPHS SCHOOL, CASTLEBAR "BREATHE"

Great to visit St. Joseph's Secondary School, Castlebar to deliver our Breathe Talk for Transition Year students. Thank you for a warm welcome to your school!



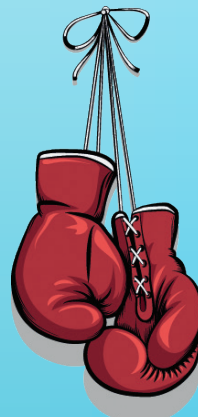
MOUNT SAINT MICHAEL "BREATHE"

We were delighted to visit Mount Saint Michael School during their 'Fit & Well Week' to facilitate our Breathe workshop to TY and 5th Year Students. It was great to see a glimpse of all the exciting activities lined up for the week and we were delighted to play our part in it.



Castlebar Boxing Club

Massive thank you to Natalia Fasciszewska and all at Castlebar Boxing Club for choosing the Mayo MHA logo for their new boxing jerseys. All the team at Mayo MHA wishes Castlebar Boxing Club all the best for future competitions.



ST. GERALDS COLLEGE CASTLEBAR 'BREATHE'



Just in time before the Easter break, we visited St. Gerald's College to deliver our Breathe Talk to 2nd year students.



FRACTURED ST. GERALDS COLLEGE

Our Community Liaison Officer Padraig visited St. Gerald's College to facilitate his Fractured Talk to 5th year Students

Kilmeena GAA

Our Health Promotion Lead Lianne was back in action and was more than delighted to join Kilmeena GAA club to deliver our community mental health and awareness information talk to the club.



Happy Easter

From all at Mayo Mental
Health Association!



EMERGENCY NUMBERS

If you or someone you know is in crisis please
visit your GP or A&E IMMEDIATELY

- **Mayo University**
Hospital A&E **094 902 1733**
- **West Doc** **0818 360 000**
- **Samaritans** **116 123**
- **Pieta House** **1800 247 247**
- **Childline** **1800 666 666**
- **Text 'HELP' to** **51444**
Pieta Crisis Text Line
- **Text 'HELLO' to** **50808**
Spun Out Text About It

@mayomha



MOVEMBER – LONDON

On an exciting trip to London, Jenna and Lauren were delighted to have the opportunity to visit Movember Office to share and exchange our experiences working in mental health promotion within both schools and communities. A special thanks to Paul Williams and all the Movember team for organising this trip and sharing their experiences and expertise with us.

While on their trip the ladies also had the opportunity to visit the Fulham FC Foundation and learn more about the work their health development manager does within communities across London.



St Nathy's College Ballaghderreen 'Breathe'



Jenna was delighted to be invited out to St. Nathy's College to deliver our Breathe Talk to 2nd year students. Special thanks to Billi McGhee and the college for the continued support over the years, it's greatly appreciated!



COMMUNITY TALK

Many Thanks to Catherine McHale, Principal & the Parents Association of St. Peters NS Snugboro for inviting Lianne Mc Manamon out to speak about all thing's mental health.

FUNCTIONAL FITNESS

A massive thank you to Functional Fit members for raising €4069.57 all in aid of the Association. The team at Functional competition between their Ballina and weekend all in aid of M



**BALLINA CARERS
SUPPORT GROUP**

Massive thanks to Catriona, Margaret & all the crew in Ballina Carers for having Lianne out to speak.

COMMUNITY TALK

Big thanks to Alma Egan & all the crew at Balla N.S. for having manager Niall Dunne out to speak all things mental health to the Parents Association of the school. Niall was joined by Community Gardaí Mick Toland and Olive Lafferty which made for a brilliant night of great conversation and discussions.



Scoil Muire agus Pádraig Swinford



Our Community Liaison Officer visited Scoil Muire Agus Padraig to deliver 'Fractured' to students. A special thanks to Valerie Lavelle and all the staff for having Padraig out for a visit.

Hello
HOW ARE YOU?
MAYO DAY



Our Mental Health Promotion Team joined alongside Mental Health Ireland and The Mayo Recovery College were delighted to attend Mayo Day in Belmullet this year to encourage people to join in on the Hello How Are You campaign happening later in the month.



Balla Secondary School 'Breathe'

We were delighted to visit Balla Secondary School to facilitate our Breathe Talk to 5th year students who were also participating in The MindOut Programme at the time of our visit! We would like to thank Principal, Ms Teresa Walsh, Teacher Ms. Marceline McHugh and all the staff faculty for the on-going support of the MindOut Programme.



St Louis, Kiltimagh 'Fractured'



Community Liaison Officer Padraig visited St. Louis Kiltmagh to deliver his Fractured Talk to students. Thank you to St. Louis for supporting the MindOut Programme. We look forward to continuing to work along side the school in the future!



Hello

HOW ARE YOU?



We held our 4th year of the Hello Mayo, How Are You? Campaign at the Castlebar Library on the 15th of May and what a success it was!

We encouraged people across Mayo and further afield to say **HELLO** and ask someone **How Are You?** and really listen to what they have to say and follow the steps of HELLO – Say **Hello**, **Engage** in a conversation, **Listen & Learn** about what they are saying and finally give them Options.

We were joined by Midwest radio who had an exceptional array of great conversations with the Mayo MHA team, **Dr Anne Cullen**, and **Mr. Kevin Kelly**.

Students from Davitt College also had the opportunity to speak with Tommy Marren about their wonderful Pop Up Barber fundraiser all in aid of Mayo MHA.



St. Patrick's College Lacken Cross 'Breathe'

Jenna and Lauren visited St. Patricks Lacken Cross to deliver Breathe to 2nd year students on the lead up to a busy end of year term!



COMMUNITY TALK



Lianne was delighted to visit and speak all things mental health with the Parents Association of Ballindine N.S. We hope everyone enjoyed the visit, some very interesting and thought-provoking discussions were had! We would also like to say a massive thank you to Anne-Marie and all the Parents Association for raising €94 for the Association ahead of our visit.





'POP UP BARBER SHOP'

A massive thank you and well done to Davitt College for raising €2125.18 for Mayo MHA. A special thanks to the fantastic barbers Mark, Guilherme, Paw Mwee, Samm, their brilliant background team and of course Ms. Lennon for all their hard work in organising such a successful event! We wish the lads all the success in their barbering careers in the future!



CHARLES RIVER LABORATORIES CRL

Thank you so much to Shauna Dempsey, Fiona Kieran and all the staff at Charles River Laboratories for hosting our Mental Health Promotion Lead Lianne on site to provide the organisation with an Information Board of Mental Health Supports available in Mayo. We are delighted to say that this Information Board is displayed in the staff canteen for anyone who may need or know someone who needs support. Mayo MHA were CRL Ballina's nominated charity in 2023, which enabled CRL to donate a \$5,000 Days of Service Grant towards the Association by reaching their VTO goal. We look forward to continuing our partnership with CRL into 2025

charles river



St. Josephs Community College Charlestown 'Breathe'



Jenna was thrilled to pay a visit to the 3rd year and Leaving Cert Students to deliver our Breathe Talk. We are delighted that St. Joseph's Community College are coming on board this year with MindOut.



June

ST. GERALDS COLLEGE CASTLEBAR

Massive thank you and well done to Zack, Callum and all at St. Gerald's College for raising €353.10 for Mayo MHA. at their 'Pop Up Barber Initiative' The support of the school is always much appreciated and all monies raised from this great

event went back into our Schools Education Programme and various Mental Health Promotion Initiatives we run throughout the year.



HEALTH PROMOTION ANNUAL CONFERENCE 13th June 2024



Implementing A Systems Approach to Mental Health Promotion: From Policy To Practice



Mayo MHA. were delighted to have played a part in this year's Annual Health Promotion Conference at the University of Galway. Our Mental Health Promotion Team of Lianne, Jenna and Lauren, had a poster displayed on the University's concourse showcasing the importance of implementation support in relation to the MindOut Programme. The poster highlighted the evaluation study completed by Professor Margaret Barry, Dr Katherine Dowling, alongside Mayo Mental Health Association and MindSpace Mayo, in partnership with the HSE and Mental Health Ireland.

Art Poster Competition 2024



We were delighted to host our Annual Art Poster Competition Ceremony again this year at the Ballina Art Centre. We really enjoyed the day celebrating all the fantastic work created by our young people demonstrating the theme 'I am proud of myself', with all their families and friends. A massive well done to our first prize winner Donnchadha Kenny who won a wellbeing day out for his class to Westport House.

Ballina Heritage Day



Jenna, Lauren & Padraig were joined by Eoin Reardon and Tom from Old Crafty at the Ballina Heritage Day for a great day of fun all in aid of Mayo MHA. Padraig, Eoin and Tom along side their crew spent the day hosting weaving workshops, successfully weaving a boat together and sailing it down the river Moy all while raising funds for the Association. The support from Eoin and Tom and everyone who stopped by the stall was very much so appreciated and all funds from this event goes back into our Schools Education Programmes and various Mental Health Promotion initiatives we run through the year.



Massive thanks to Road Safety Authority Ireland, Ballina Branch for raising €500 for Mayo MHA. Our Mental Health Promotion Officers Jenna & Lauren had the pleasure of speaking with the staff about all the work that takes place at the Association such as our Schools Education Programmes and the various community initiatives we run while highlighting where the funds raised will be distributed. While on our visit we also provided the RSA Ballina with one of Information Boards with Mental Health Supports which is now displayed on site.



AMPLIFIED

Our Mental Health Promotion Team was delighted to attend this year's Foróige Amplified event at Knockmore GAA club alongside our colleagues at MindSpace Mayo. Check out our social media platforms to hear from the young people during our street interviews.



Out The Gap

We were thrilled to launch our second 'Out The Gap' Walking Programme, running from Wednesday, April 24th to July 17th. This nature-based intervention is grounded in green exercise, modelled after the evidence-based 'Woodlands for Health' initiative. Each walk was led by an experienced walking leader and open to all abilities and fitness levels, making it an inclusive experience for everyone.

'Out The Gap' encourages participants to incorporate nature into their mental health toolkit. Engaging in physical activity within green, natural settings provides a low-cost, accessible, and sustainable solution to enhancing public health, particularly mental wellbeing.

Each week, we welcomed over 25 participants as we explored the stunning green spaces North Mayo has to offer, from Belleek Woods to the iconic Downpatrick Head.

We'd like to extend a special thanks to Bar Square and The Loft Ballina for hosting our group meals throughout the programme. We planned the next edition of 'Out The Gap' programme for commencement in October and looked forward to sharing more wonderful moments in nature.





Mayo MHA were delighted to be charity partners for this year Salmon Run Triathlon – and what a success it was. Well done to all who participated in the triathlon and of course to Telus International Ireland and Liquid Motion Ireland for all their hard work in organising such a successful event. We were delighted to be given the opportunity to present the youngest competitor an award for his outstanding race, and he even had enough fuel in the tank to go back to work!



August



Church Gate Collection

On August 24th and 25th we held our annual Church Gate Collection at 89 churches all across county Mayo. On behalf of all at Mayo Mental Health Association we would like to thank all our amazing volunteers who held us out over what was a wet and wintry weekend and of course to all the wonderful people who donated so generously.

With all of this support we raised **€23,166.07** for Mayo MHA, the funds will go back into our Schools Education Programmes and the various Mental Health Promotion Initiatives we run throughout the year.





September



Ballinrobe Rugby Club

Mayo MHA were delighted to partner with Ballinrobe Rugby Club and have our logo display on their jerseys for the season. All the team at Mayo MHA wish them the very best luck!



OCTOBER



Thank you so much to John & all the team at Claremorris Community Radio for having us join on air for World Mental Health Month.





Lunchtime Information Talk with the Mayo Volunteer Centre
As part of World Mental Health Month, we teamed up with Mayo Volunteer Centre to host a Lunchtime Information Talk focused on Mental Health and Wellbeing. It was a valuable opportunity to share insights and promote positive mental health within the community.



the
CREEEL

COFFEE MORNING

A heartfelt thank you to The Creel, Castlebar, for hosting a wonderful coffee morning in honour of World Mental Health Day.

We are so grateful to everyone who joined us, sharing coffee, laughter, and stories. It was a fantastic way to come together as a community & raise awareness for Mayo Mental Health Association on such an important day. Your support made it truly special!



Scoil Muire agus Pádraig



**Swinford
'Breathe'**



Breathe – Scoil Muire agus Pádraig, Swinford. Thank you Scoil Muire agus Padraig, Swinford for inviting Jenna out to facilitate our Breathe Talk with the 2nd Years. We hope you enjoyed and were able to take some information away with you.



Out The Gap IS BACK!



We were happy to announce the launch of our third 'Out The Gap' Walking Programme, starting, Wednesday, October 23rd for X weeks. This nature-based intervention is grounded in green exercise, modelled after the evidence-based 'Woodlands for Health' initiative. Each walk was led by an experienced walking leader and open to all abilities and fitness levels, making it an inclusive experience for everyone.



MOCHA BEANS

ROASTING SINCE 1997

Thank you to all who attended our Coffee Morning to celebrate World Mental Health Month with us in Mocha Beans, Pearse Street, Ballina. It was a wonderful opportunity to come together as a community and raise awareness for Mayo Mental Health Association for World Mental Health Month. Your support made it truly unforgettable!





ST. JOSEPH'S, FOXFORD • BREATHE AND FRACTURED •

It was great to be in Foxford delivering our Breathe Talk to 2nd Years and the Fractured Talk to 5th Years as part of Stand Up Awareness Week.

Thank you to Mrs. Lavelle and all the students for such a warm welcome to your school!

We hope you all enjoyed and were able to take a bit of information away with you.



BALLINROBE RUGBY CLUB • MOVEMBER CHALLENGE •

Ballinrobe Rugby Club Movember Challenge. Thank you so much to Ballinrobe Rugby Clubs Men's Senior Team for taking on the Movember challenge to promote positive mental health in their community, in November. We really appreciate the support!



ST. MARYS SECONDARY SCHOOL BALLINA BALLINA INFORMATION CENTRE VISIT

St. Marys Secondary School Ballina recently visited our Ballina Information Centre as they very generously fundraised €615.24 for Mayo MHA. as part of their grandparents day.

Thank you so much to Ms. Joanne Cullen and all Transition Year students for organising the event- all monies raised goes straight back into supporting our Community Health Promotion Projects and our School's Education Programmes such as The MindOut Programme. Ms. Cullen rolled out the MindOut Programme with this transition year group.



St. Muredach's College

Chop'n'Chat - Mayo MHA.

Two talented students, Mikey Caden and Jack Forde, put their kindness into action by hosting a Charity Hair-cut Day for our students and teachers called 'Chop 'N' Chat'. The lads raised funds and awareness for Mayo Mental Health Association and Mayo Roscommon Hospice. Thanks lads!





Thank you so much to Heather O'Malley & Orlagh Henry for inviting the Association out to speak to members of staff within the Charles Hughes Building of Portwest, Westport yesterday morning.

Across the month of November Portwest had a number of different activities taking place for Movember & we were delighted to be asked to be a part of it.

A further thank you goes out to those in attendance on the morning - we really appreciate all the support & hope you managed to take something small away with you!

St Louis, Kiltimagh



Thank you to Ms. Kenny & all senior cycle students in St. Louis CS for inviting our Community

Liaison

Officer

Padraig

O'Hara out to speak on all things resilience.

We really appreciate all your support!



Sancta Maria College, Louisburgh

Many thanks to all the staff & LC Students in Sancta Maria College Louisburgh for inviting our Community Liaison Officer Padraig out to deliver Fractured which focuses in on all things resilience.

Byron Cleary recently visited our Castlebar Information Centre and spoke with our manager Niall Dunne as he very generously fundraised €765.07 for Mayo MHA. Byron hosted a very successful table quiz this past November in An Sportlann Castlebar in support of the Association.

We would just like to say thank you so much to Byron, and to everyone who joined him on the night – we really appreciate all the support. All monies raised go back into our Community Health Promotion programmes and Schools Education programmes.

Table Quiz



Thank you so much to Evan Gannon & the Ballinrobe Rugby Club Senior Men's Team for all their support over the past number of months.

November seen the team take part in a Movember challenge which isn't as easy as it sounds whilst raising €760 for the Association.

Thank you so much again and looking forward to working with you in the New Year!



Ballyhaunis Community School - Breathe -

It was great to deliver our Breathe Talk to the Transition Years in Ballyhaunis Community School as part of their Health and Wellbeing week.

Thank you to Ms. Phillips for inviting us out, and all staff & students for making us feel so welcomed. We hope the students enjoyed it as much as we did.

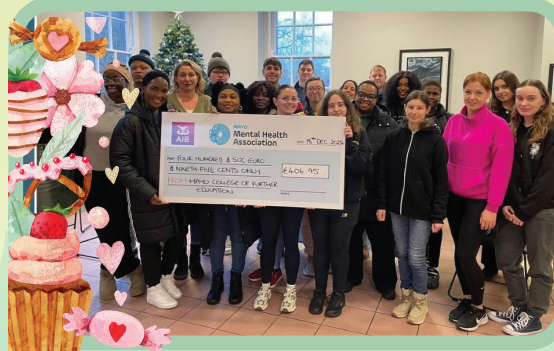


Mayo College of Further Education and Training



A big thank you to the Social Studies students in the Mayo College of Further Education & Training Castlebar Campus who held a bake sale at the beginning of December and raised €406.95 for the Association.

Special mention to Colette Jordan who also invited Lianne out to speak to the staff. We hope you managed to take something small away with you.



PENNEYS BALLINA

Thank you to all the staff members of Penney's Ballina for their generous donation of €150 as part of their soccer blitz in recent months. What a fantastic event which seen local groups come together to battle it out to become the winner!

Fair play to Dunnes Ballina, Ballina Community Clean Up, and The Gym Ballina for getting involved on the day too. We really appreciate all the support.



St. Josephs Community College Charlestown 'Breathe'



What a great way to finish off the year! We were delighted to facilitate the Breathe Talk to 2nd & 3rd Years in St. Joseph's Community College Charlestown!
Big thanks to Mrs. McDermott for inviting us out - we had great fun with the students and hope they all enjoyed!



Tom and Alan King



Massive thank you to Tom & Alan King who recently completed the Abu Dhabi Marathon whilst raising €1,680 for the Association.

Some achievement lads! A further thank you to everyone else who donated and helped them reach their target.



St. Stephen's Day Swim

Thank you so much to everyone who joined us for our Annual Stephen's Day Swim.

Shoutout to the Wild Atlantic Sauna for the much needed coffee and hot chocolate afterwards.



MINDSPACE

young people's health matters

MAYO

How We Support Young People

Age 12 - 25 Years

Offer advice
& support

Supported
access to other
services

Help with
decision
making skills

Listen without
making
judgements

Support with
anxiety, stress
& mood

ZAP THE CODE



Improve **YOUR** mental wellbeing

SUPPORT with anxiety, stress & mood, HELP with decision making, LISTEN without making judgements.



A Young
Person Can
Self-Refer!

How to Make an Appointment:

Phone: 094 906 7001

Text: 086 1844995

Email: info@mindspacemayo.ie

Web: www.mindspacemayo.ie



Mental Health Supports

24 – Hour Services / Helplines

If you or someone you know is in a crisis, please visit your GP or A&E **IMMEDIATELY**.

Mayo University Hospital A&E:

Tel: 094 902 1733

West Doc: Out of hours GP service

Tel: 0818 360 000

Pieta House:

Free, therapeutic approach to people who are in suicidal distress, engage in self-harm, or bereaved by suicide, 24/7.

Tel: 1800 247 247 or Text: 51444

The Samaritans:

Offers emotional support to anyone who is in distress, lonely, struggling to cope or feeling suicidal, 24/7.

Tel: 116 123

Childline:

Offers 24-hour support line for all children and young people in Ireland up to and including the age of 18.

Tel: 1800 666 666

Live Chat: www.childline.ie

Spun Out – Text About It:

Text 'Hello' to 50808

LOCAL SUPPORTS IN MAYO

Mayo Mental Health Association:

Free confidential sign-posting service for people experiencing mental health difficulties & their families.

Tel: Castlebar – 094 903 8148

Ballina – 096 71492

Email: admin@mayomha.ie

MindSpace:

Free confidential youth mental health support service for young people aged 12-25 years.

Tel: 094 906 7001

Email: info@MindSpacemayo.ie

Mayo Recovery College:

Creates a culture of recovery and social inclusion through mental health education.

Tel: 086 029 4901

Email: recovery.educatormrc@hse.ie

Bealach Nua:

Offers peer support to families/friends of individuals with mental health challenges.

Tel: 086 045 0835 / 087 974 9288

West Be Well:

Offers information of organisations involved in well-being, mental health promotion and suicide prevention initiatives in Galway, Mayo and Roscommon.



visit **West Be Well** >>>>