KERRY MENTAL HEALTH & WELL BEING FEST 2019

Celebrating World Mental Health Day

OCTOBER
5TH-19TH

OVER 100 FREE EVENTS ORGANISED

FOR MORE INFORMATION CHECK OUT

@healthykerry
healthykerry
www.healthykerry.ie



CALENDAR OF EVENTS

Kerry Mental Health Association

What's it all about?

To mark World Mental Health Day on Thursday the 10th of October 2019, a series of free events and activities to promote a positive sense of wellbeing will be held throughout the County. The purpose of the two week fest is to promote the five ways to wellbeing and highlight the mental health services and supports available here in Kerry. It is hoped that through open discussion and participation in some of the events, people in Kerry can learn how to support health and wellbeing in their own lives and in their community.

Resource office for Suicide Prevention, HSE Cork Kerry Community Healthcare, HSE Community Services, Rathass, Tralee, County Kerry.
Tel: 066 7184500 (ext 54790)
email: donagh.hennerby@hse.ie
http://www.connectingforlifekerry.ie/

Community Department, Kerry County Council, County Buildings, Rathass, Tralee, County Kerry
Tel: 066 7183500

@healthykerry
healthykerry
www.healthykerry.ie

FREE EVENTS

Kerry's Mental Health and Wellbing Fest 2019

CALENDAR OF EVENTS

All events are subject to change or cancellation.
Check social media for updates.

Saturday 5th October

9.30am Parkrun

The first events of the fest. Now is the time to try Parkrun (or walk!) for yourself. In Tralee Town Park, Killarney National Park, Listowel Town Park and Inch Beach.
See www.parkrun.ie for details

11am-12.30pm CPR Course

The Family & Friends CPR course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants.
Kerry Volunteer Centre, Tralee. Contact Siobhan 066 7117966

2pm LGBTQ Coffee Meet Up

Kerry Volunteer Centre, Tralee. Contact Siobhan 066 7117966

FREE EVENTS

Sunday 6th October

9.30am Junior Parkrun

Get the whole family active. In Tralee Town Park.
See www.parkrun.ie for details.

9.45am Men's Shed. Walking Event Killarney

Wear appropriate clothing and footwear. Meet at Muckross House. Contact Eadaoin SKDP 087 1906450

11am Building Resilience; Access your Inner Warrior

Free yoga class to prepare us for winter, followed by a swim. Wear layers. All welcome. Waterville Beach.
Contact Mairead SKDP 066 97 61615

Monday 7th October

11am Inhale/Exhale Art Exhibition Launch

Showcasing the work of HSE Coolgrane Training Centre & HSE Lime Grove Centre attendees. Killarney Library.

FREE EVENTS

Monday 7th October

11am-12pm Meditation Session

Start your week off right! Tricia O'Connor facilitates a relaxing 1 hr guided meditation class on 3 simple things to replenish and restore the nervous system and ignite your individual spark. Kerry Volunteer Centre, Tralee.
Contact: Siobhan 066 717966

1pm-2pm Building Resilience Talk

Talk delivered by SHINE. Things we can all do to help protect our mental health. Áras an Phobail, Deans Lane, Tralee.
Contact Mairead 0860411381

5pm-6pm Chair Yoga

Chair Yoga with Maeve from Ebb and Flow Yoga. In Áras an Phobail, community room, Deans Lane, Tralee .
register @ www.ebbflowyoga.ie

7pm-9pm Wellness Connect

Learn tips to help relieve stress and anxiety with Wellness Connect. Shanakill Family Resource Centre, Tralee.
Booking essential. Contact Lorraine NEWKD 066 7180190

FREE EVENTS

Tuesday 8th October

9.30am-1.30pm Wellbeing Through Healthy Eating Policy Development - Primary Schools

Training day for primary schools wishing to develop/review and implement their healthy eating policy. Kerin's O'Rahilly, Tralee. Registration essential, contact Anna 022 58634.

10am-11.30am Supporting Parenting Alone Group

Talk on coping skills for adults. Open to anyone wishing to improve their coping skills. SKP Office, West Main St. Cahersiveen. Mary Gallagher SKDP 087 3416341.

10am-12pm Coffee with your neighbours

Ballyspillane CFRC for all residents of Ballyspillane. Contact Ballyspillane Residents Association 064 6635589

10am-12pm Coffee Morning

Join the Jigsaw Kerry team for a free hot brew kindly provided by Maddens Cafe and a chat about the mental health support they offer young people aged 12 to 25 living, working or studying in the kingdom. Madden's Cafe and Creative Hub, Tralee. Contact 066 7186785.

FREE EVENTS

Tuesday 8th October

10am-2pm Wellness Workshop with SOS

Tips plus tools to improve your wellness. Take charge of your own mental health. Register online:https://tinyurl.com/kerryWWSOS. Nagle Rice Community Centre, Milltown. For more information. Contact Anita or Fiona 066 9767833 or 087 615 3023

11am-1pm Dee Keogh (motivational speaker)

Unlocking your potential -energize and re-frame your thinking and be the best you can be. Kerry Volunteer Centre, Tralee. Contact: Siobhan 066 717966

1.30pm-2.30pm New Beginnings - Renata Day, Bodanza Practitioner, Conscious Dancing Life

You are invited to come and celebrate life. Conscious Dancing Life is about moving to music, releasing tension, relaxing, connecting with your joy and revitalising your day. No steps to learn, wear comfortable clothing. Together, we will explore healthy connections to getting more from life. At Kerry Volunteer Centre, 7 Maine Street, Tralee, Co. Kerry. Contact: Siobhan 066 717966

FREE EVENTS

Tuesday 8th October

2pm "Rodger in Baa-lorglin"

Puppet show by Cherryfield House in collaboration with Killarney Drama Circle and Drama Reading Group. Ross Café Centre. Contact: Rayla 086 3344934

2pm- 4pm Kerry Mental Health Service HSE - Promoting Positive Mental Health

University Hospital Kerry Reception Area. All welcome.

7.30pm-8.30pm Find Your voice

Choir workshop with Mary Culloty.
Rahoonane Community Centre. All welcome.
For more info Contact Lorraine NEWKD 066 7180190

Inhale/Exhale Art Exhibition

Showcasing the work of HSE Coolgrane Training Centre & HSE Lime Grove Centre attendees. Killarney Library. All welcome.

Feet on the Street

Samaritans will be on the street for people to talk to.
Listowel town centre.

FREE EVENTS

Wednesday 9th October

10am Kerry Traveller Health & Community Development Project

Walk, Chat and Cuppa. Meet at Wetlands, Tralee.
Contact: 066 7120054

10am-11.30am Supporting Parenting Alone Group

Talk on coping skills for adults. Anyone wishing to improve their coping skills. Kenmare Adult Education Centre.
Contact: Mary Gallagher SKDP 087 3416341

10am-4pm North Kerry Positive Aging Day

Information, wellness workshops, dances, environmental focus. Listowel Community Centre. Contact Caroline 086 7872107

10.30am-1.15pm Wellbeing for Motherhood

Listowel Family Resource Centre. Contact Jackie: 068 23584

12.30pm-4pm Men's Shed Health Day with Rob Heffernan

Hosted by North Kerry Men's Shed network. NEWKD North Kerry Men's Shed host a men's health day with Olympian Rob Heffernan. Places Limited. Listowel Community Centre. Booking essential. Contact Dave NEWKD 068 23429 ext 201

FREE EVENTS

Wednesday 9th October

4.15pm -5.15pm Yoga for Stress & Anxiety Relief

With Maeve from Ebb and Flow Yoga. Áras an Phobail, community room, Deans Lane, Tralee.
Register @ www.ebbflowyoga.ie

2.30pm 'A Chat at St Pats'

Kerry psychiatry of later life team are hosting a mental health for older people day. St Patrick's Day Care Centre, Tralee. All welcome. Contact: Eileen 086 4128816

5.30pm-6.30pm Zumba for Wellbeing

Try a class. Áras an Phobail, Deans Lane, Tralee. All welcome.
Linda Flanagan 086 4009916

6pm-8pm Shine presents an Evening of Yoga Nidra

Caherciveen College Arms. Booking essential, please contact Mairead 086 0411381/megan@shine.ie to secure your space.

FREE EVENTS

Wednesday 9th October

7pm-9pm Finding your tribe

KWIN (Kerry Women's Interactive Network) will host a motivating and engaging panel discussion addressing the importance of Finding your Tribe, with questions like: Who knows me? Who sees me? Who has my back? Where do I fit in? These and more interesting insights will be explored. All welcome.Refreshments kindly sponsored by the Rose hotel. Rose hotel, Tralee. More info contact Dee NEWKD 068 23429

7pm-9pm Workplace wellbeing

Reduce back pain symptoms and increase wellness. Talk delivered by Corrine Evans physiotherapist. Áras an Phobail, Deans Lane, Tralee. To Book Contact: Corinne 087 7629038

7.30pm-9pm Kerry Bereavement Support Group

Will host a talk on grief and loss. Delivered by Shirley O'Sullivan. All welcome. CDP, Rock St, Tralee. More info: Lorraine NEWKD 066 7180190

Inhale/Exhale Art Exhibition

Showcasing the work of HSE Coolgrane Training Centre & HSE Lime Grove Centre attendees. Killarney Library.

Feet on the Street

Samaritans will be on the street for people to talk to. Caherciveen town centre.

FREE EVENTS

Thursday 10th October 2019
WORLD **MENTAL HEALTH** DAY



Thursday 10th October

9.45am-10.45am Building Resilience Talk

Talk delivered by SHINE. Things we can all do to help protect our mental health. Killorglin Family Resource Centre. Contact Mairead 086 0411381

10am Kerry Traveller Health & Community Development Project

Walk, Chat and Cuppa. An Ríocht, Castleisland.
Contact: (066) 712 0054

10am Kerry Traveller Health & Community Development Project

Walk, Chat and Cuppa. Entrance to Killarney National Park (opposite Cathedral). Contact: (066) 712 0054

10am-3.30pm Celebration of World Mental Health Day

A series of events to celebrate WMHD including music, singing, poetry reading and much more (refreshments included).Kerry Mental Health Association. Upper Lewis Road, Killarney. Contact: Rayla 086 3344 934

FREE EVENTS

Thursday 10th October 2019
WORLD **MENTAL HEALTH** DAY



Thursday 10th October

10am-4pm WRAP Workshop

Two-day Wellness Recovery Action Plan. A workshop for mental health recovery. **10th & 11th Oct 10-4pm**.
REHAB Care, Blennerville Resource Centre.
Booking essential. Contact Jane 066 7186354.

10.45am-12.15am Mid Kerry New Communities

Talk on coping skills for adults. Open to anyone wishing to improve their coping skills. Killorglin Family Resource Centre.
Mary Gallagher SKDP 087 3416341

11am Coffee Morning with KMHA

North Kerry Mental Health Association are hosting a coffee morning. All Welcome. Christy's Listowel.

1pm-2pm Qigong Workshop

Try a class. Dr. Janice Tucker introduces exercises that involve the breath, the mind and easy movements which promote the free flow and circulation of energy and blood throughout the body. All welcome. Áras an Phobail, Deans Lane, Tralee.

FREE EVENTS

10th October 2019
WORLD **MENTAL HEALTH** DAY



Thursday 10th October

1pm-2pm Chair Pilates

Low impact suitable for everyone. Parish Centre Killarney.
Contact Eadaoin SKDP 087 1906450

2-pm-4pm Open Day @ Fiachne Mental Health Day Centre

Learn about the mental health services. Tea, coffee, scones. All welcome. Kenmare. Contact Helena 0871220613



FREE EVENTS

Friday 11th October

10am-11am & 12pm-1pm Your Fitness Solutions

A workshop for employers. We will provide demos on our body analysis technology- 'see how we motivate your staff to become physically healthier in the workplace." Reduce presenteeism & absenteeism in your workplace.
Áras an Phobail, Deans Lane, Tralee. Brendan 087 9267413

10am-12.30pm Kenmare Branch of Kerry Mental Health Association

Coffee morning 10am-12.30pm. Lansdown Arms Hotel, Kenmare. All welcome.

11.30am-12.30pm Launch of "Stay Mentally Well Leaflet"

Launch of printed leaflet outlining services and supports to help maintain 'Mental Well-Being'. Followed by taster of Caring for Yourself workshop 12.30-1.30. Cahersiveen Library. Contact Mairead SKDP 066 9761615.

1.30pm -2.30pm Yoga for Healthy Lower Backs

With Maeve from Ebb and Flow Yoga. Áras an Phobail, community room, Deans Lane, Tralee. register @ www.ebbflowyoga.ie

FREE EVENTS

Friday 11th October

2pm-4pm Do Good Feel Good - Volunteer Open Day

Are you ready to make friends? Improve your mental and physical health and maybe develop new skills? Come along for tea/coffee and a chat to our open day to discuss volunteering opportunities in Kerry. Siobhan 066 7117966

3pm-4.30pm Street Play Áras an Phobail, Tralee

NEWKD and TIRC in association with the Department of Children and Youth Affairs will host a free street play event for children. All welcome. Refreshments served.
Áras Phobail Community room, Deans Lane, Tralee.

7.30pm 'My Other Life'

Sacred Heart University and Kerry Mental Health Association, Dingle branch are delighted to be screening this documentary about Ireland's young and their mental health, followed by a Q&A session and refreshments.
All welcome. An Diseart, Dingle.

7.30pm-9pm Tralee Branch of Kerry Mental Health Association Present

A mental health information evening with guest speakers @ The Grand Hotel, Tralee. Contact: Catherine 087 2828329

FREE EVENTS

Friday 11th October

Inhale/Exhale Art Exhibition

Showcasing the work of HSE Coolgrane Training Centre & HSE Lime Grove Centre attendees. All welcome. Killarney Library.

Saturday12th October

9.30am Parkrun

Now is the time to try Parkrun (or walk!) for yourself. In Tralee Town Park, Killarney National Park, Listowel Town Park and Inch Beach. See www.parkrun.ie for details

Inhale/Exhale Art Exhibition

Showcasing the work of HSE Coolgrane Training Centre & HSE Lime Grove Centre attendees. Killarney Library.
All welcome.

Sunday 13th October

9.30am Junior Parkrun

Get the whole family active. In Tralee Town Park.
See www.parkrun.ie for details.

FREE EVENTS

Monday 14th October

6.30pm-7.30pm Yoga for Mental Health & Wellbeing

Castleisland Family Resource Centre. Places limited.
Contact Clare 087 4663189.

7pm-8pm Zumba class

Try a free Zumba class. Followed by a nutrition talk from 8pm to 9pm with Kathleen Hehir. HSE Dietitian.
Shanakill FRC, Tralee.
To book, contact: Sinead or Joan 087 7841136

Feet on the Street

Samaritans will be on the street for people to talk to.
Dingle town centre.

Tuesday 15th October

9.30am-3.30pm Healthy Food Made Easy (Cooking Course) Post Primary Schools

Training to support teachers to deliver a six week healthy eating programme to students. Brehon Hotel, Killarney.
Registration essential, Contact Anna 022 58634.

FREE EVENTS

Tuesday 15th October

10am-11.30am Beauty on a Budget

Killorglin Family Resource Centre.
To book contact Mary Gallagher SKDP 087 3416341

10am-11.30am Walk for Wellness

Everyone welcome. Meet at Cahersiveen Library.
Mary Gallagher SKDP 087 3416341

10am-12pm 'Mental Health and Employment'

Employability Service Kerry and Cork. Kerry Community Healthcare host a talk on Mental Health and Employment.
Employability Office, Rock Street, Tralee.
Contact: Cathal 086 7864070

10am-12pm Kerry Mental Health Services HSE - Promoting Positive Mental Health

University Hospital, Kerry Reception Area. All welcome.
Contact: Cathal 086 7864070

FREE EVENTS

Tuesday 15th October

10am-2pm Bring a Buddy to your local shed

North Kerry Men's Shed network host Bring a Buddy Day. Ballybunion, Ballyduff, Ballyheigue, Dingle, Listowel and Tralee. More info contact Dave NEWKD 068 23429

10am-3pm Rathmore Wellbeing Re-Connection

Community Connecting through activities that include Hot Chocolate Morning, Mass, Daffodil bulb planting, Mindfulness and Yoga. All welcome. All day in Teach Íosagán, Rathmore.
Contact Marie 064 7758588

11am-12pm Killarney Library Talk

Do Good, Feel Good – Reading is good for the mind, volunteering is good for the soul! How volunteering can ignite and sustain your Wellbeing. Killarney library.
Contact Siobhan 066 717966

11.30am-12.30pm Yoga for Mental Health & Wellbeing

Try a class. Places limited. An Ríocht, Castelisland.
Contact Clare 087 4663189

FREE EVENTS

Tuesday 15th October

1pm-2pm MABS talk

Money Advice and Budgeting Service. Tips on relieving the stress of financial pressures. How to tackle debt. All welcome. Killarney library. More info MABS Killarney 0761077827

1pm-4pm Introduction to Bowls and Bowls Tournament

Organized by Sean Chairde active retire network, South Kerry. Killorglin Community Hall. Contact Margaret 086 1692635

8pm Screening of 'Major!' Creative Hub Tralee

Documentary about Miss Major Griffin-Gracy, a formerly incarcerated black transgender elder and activist who has been fighting for the rights of trans women of colour for over 40 years. Maddens Cafe, Tralee Contact Caroline 086 7872107.

Feet on the Street

Samaritans will be on the street for people to talk to. Killorglin town centre.

FREE EVENTS

Wednesday 16th October

10am-1pm Transgender Awareness Workshop

This workshop will be delivered by TENI – Transgender Equality Network Ireland. Southwest Counselling Centre, Killarney. Contact Lisa 066 7195635

10.30am-11.30am MABS talk

Money Advice and Budgeting Service. How to tackle debt. All welcome . Shanakill Family Resource Centre, Tralee. Book a place. Contact Sinead or Joan 087 7841136

11am Stories of Happiness and Wellbeing

Themed story telling for children aged 4 – 6 years of age. In all nine Kerry Libraries; Tralee, Killarney, Caherciveen, Listowel,Kenmare, Ballybunion, Castleisland, an Daingean and Killorglin. Contact your local library.

1pm-2pm Building Resilience Talk

Talk delivered by SHINE. Things we can all do to protect our mental health. Killarney Library. Contact Mairead 086 0411381

FREE EVENTS

Wednesday 16th October

2.30pm 'A Chat at St. Pats'

Kerry psychiatry of later life team are hosting a mental health for older people day.St Patrick's Day Care Centre, Tralee. All welcome. Contact Eileen 086 4128816

6pm Kerry Pride

Kerry 'Pride' Event - centred around the launch of the findings of research into the lived experiences of LGBT+ community in Kerry carried out by Listowel FRC .All welcome. Listowel Family Resource Centre. Contact Caroline 086 7872107

7pm Body image and social media with Fiona Flynn from Bodywhys

How to promote positive body image in children and young people. Also recognise the signs and symptoms of eating disorders. A talk for parents/careers. Shanakill FRC, Tralee. For more info or to book a place:
Contact: Sinead or Joan 087 7841136

Feet on the Street

Samaritans will be on the street for people to talk to. Kenmare town centre.

FREE EVENTS

Thursday 17th October

9.30am-1pm PSYCHED

Positive Support You Have Every Day. For managers & staff. Sponsored by SouthKerry Skillnet & The Glen Eagle Hotel Group. Brehon Hotel, Killarney.
Contact Maired SKDP 066 9761615.
Registration required at https://bit.ly/3230JTQ

10am-11.30am Walk for Wellness

Open to all new communities in the mid Kerry area. Meeting at Killorglin Family Resource Centre.
Mary Gallagher SKDP 087 3416341

10.30am-3pm Mental Health Day Kenmare

Activities throughout the day. Including TaiChi, Food for mood. Kenmare Family Resource Centre. Contact 064 66 42790

11am-12pm Infant Mental Health

Will be of interest to new parents, parents of very young babies / toddlers, professionals working with young children & families. All welcome. Killarney Library.
Contact Jonathan 086 2530672

FREE EVENTS

Thursday 17th October

12pm-1pm Introduction to WRAP workshop

WRAP means Wellness Recovery Action Plan and is a self management programme. All Welcome. Killarney Library.
Contact: Mary 087 3507111

2pm-3pm Introduction to WRAP workshop

WRAP means Wellness Recovery Action Plan and is a self management programme. All Welcome. Tralee Library.
Contact: Mary 087 3507111

6pm-7pm Cahersiveen Library Talk

Do Good, Feel Good – Reading is good for the mind, volunteering is good for the soul! How volunteering can ignite and sustain your wellbeing. Cahersiveen Library.
Contact Siobhan 066 717966

6.30pm Workshop with Astrid Longhurst Surviving to Thriving

Tralee International Resource Centre, Tralee.
To book contact Mary 066 7127918

FREE EVENTS

Friday 18th October

10am-12pm 'Mental Health and Employment'

Employability Service Kerry and Cork. Kerry Community Healthcare host a talk on Mental Health and Employment. Kerry Mental Health Service, The Reeks, Killarney.
Contact: Cathal 086 7864070

11am-1pm Vita Jakelyte, Breakthrough Coach presents...

Wellbeing Tools for Employees & Volunteers in the workplace: Volunteer burnout is a big occurrence. If you are wondering how to support your volunteers and employees wellbeing, this workshop provides practical tools that you can use to implement in your organisation.
Contact Siobhan 066 717966

12pm-2pm NEWKD - Positive Mental Health - Share the Vision

Celebration of all things that help to keep us well. Listowel square. Interactive event – join in!

FREE EVENTS

Saturday 19th October

9.30am Parkrun

The final events of the fest. Now is the time to try Parkrun (or walk!) for yourself. In Tralee Town Park, Killarney National Park, Listowel Town Park and Inch Beach.
See www.parkrun.ie for details

11am-12pm Yoga with Paula

Beginners yoga with Paula – This beginners yoga session is the perfect way to learn the basic postures, breath work and develop a great yoga foundation.
Kerry Volunteer Centre, 7 Maine Street, Tralee.
Contact: Siobhan 066 717966



FREE EVENTS

Other Events

Wednesday 2nd October

Go for Life PAL's (Physical Activity Leader)

Wednesday the 2nd of Oct and every Wednesday for the month of October. Training aimed at volunteers from older adult groups. Contact Anne Culloty 086 7872284.

Thursday 3rd October

12 pm "From Worries to Wellbeing, Supporting Anxious Children"

Dingle Library. Public talk with Mary O'Kane.
Contact Ann 087 9579290.

6pm "From Worries to Wellbeing, Supporting Anxious Children"

Tralee Library. Public talk with Mary O'Kane.
Contact Ann 087 9579290.

FREE EVENTS

Other Events

Friday 4th October

10am "Supporting Self Confidence, Independance and Resilience"

Castleisland Library. Public talk with Mary O'Kane.
Contact Ann 087 9579290.

1pm "Supporting Self Confidence, Independance and Resilience"

Killarney Library. Public talk with Mary O'Kane.
Contact Ann 087 9579290.

Monday 21st of October

2pm-4pm Discussion on Eating Disorders

Parent Action and Care (PAC) will host a discussion on eating disorders with Dr Mc Devitt, the National Clinical Lead on the National Clinical Programme for Eating Disorders.
Manor West Hotel. Contact Joyce 0873843692

Fee Paying Events

Friday 4th October

11am-4.30pm Positive Ageing Day

Ashe Hotel Tralee. Speaker; John Lonergan, Former Governor of Mount Joy Prison. 3 Course Lunch as well as an afternoon of Music & Dance. Cost €20.
Booking Essential; contact Julianne on 087 9126184

Friday 11th October

9.15am-4.30pm Assessment and Treatment of Suicidality

Brehon Hotel, Killarney. A Psychological Approach. Introduction to the Collaborative Assessment and Management of Suicidality (CAMS) model. Workshop for professionals.
Cost €120.
Contact 064 6636416

Fee Paying Events

Friday 25th October

9.15am - 4.30pm INTERNET PORNOGRAPHY - INFLUENCING AND SHAPING SEXUALITY TODAY?' - The physical, mental and social impact of internet pornography

Brehon Hotel, Killarney. Workshop for professionals.
Cost €120.
Contact 064 6636416

Keep Learning

Try something new. Rediscover an old interest. Take on new responsibilites. Fix a bike. Learn how to cook your favourite meal.

Need to talk?

Help is a phone call away

SAMARITANS

Free-phone 24/7 on **116 123**
Text **087 2609090**
Email: jo@samaritans.ie

Pieta House

Call **1800 247 247**
Email: info@pieta.ie

Childline ISPCC

Free-phone 24/7 **1800 666 666**
Text "Talk" to **50101**
Go to www.childline.ie

If you are in crisis please contact your local GP. Out of hours, contact SouthDoc on 1850 335 999 or your nearest Emergency Department.

If you are worried about your own mental health, or about someone you know, you can contact any of the above numbers for help.

THIS WEEK IS BROUGHT TO YOU BY:

HSE Cork Kerry Community Healthcare (Connecting for Life Kerry), Kerry County Council (Healthy Kerry) and our local partners. This has been a collabrative project, made possible by valuable contributions from many committee members.

Kerry Mental Health Association