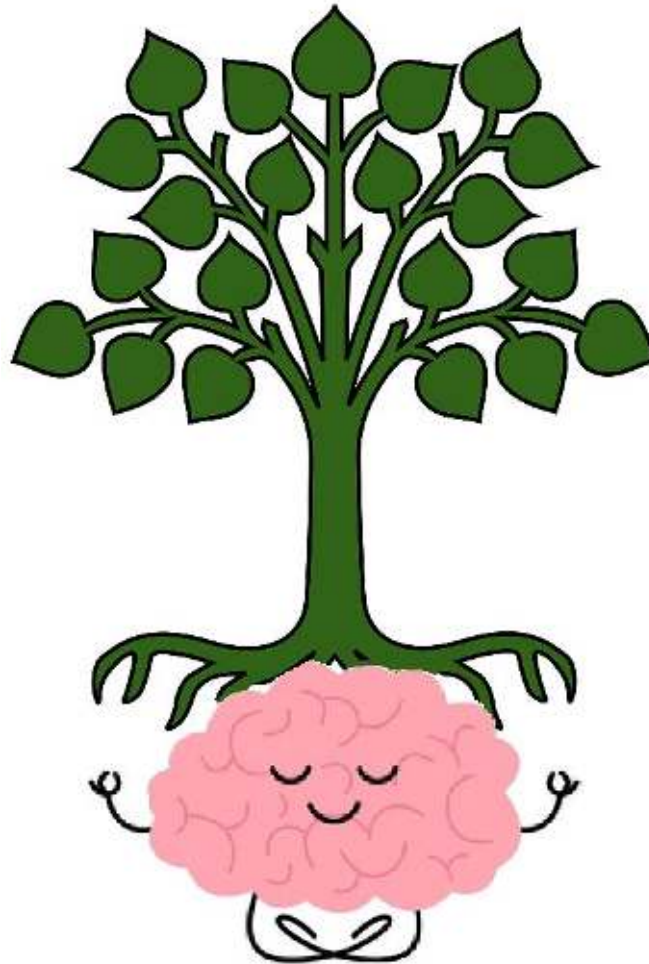




Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



# ***Inner Wealth***

***For Better Mental Health***

*A Bibliotherapy initiative to promote  
Emotional Well-being for Families*

**HSE Laois/Offaly Primary Care Psychology Service**



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

# **INNER WEALTH FOR BETTER MENTAL HEALTH**

## **What is a bibliotherapy?**

Bibliotherapy is the use of books to help with the management of many kinds of emotional, social and behavioural difficulties.

## **Why have we created this bibliotherapy?**

The goal of this bibliotherapy guide is to provide books and online resources that broaden and deepen understanding of a particular difficulty that requires support. Some of these materials also describe strategies that are proven to be useful and effective. Many have found that the opportunity to read about a difficulty promotes a stronger sense of ability to manage or cope with a difficulty. This bibliotherapy resource has been adapted from the Carlow/Kilkenny bibliotherapy called *Mind your Mind*.

## **Who is this for?**

This Bibliotherapy guide has been designed to incorporate appropriate books or other written materials for adults and older adults.

## **How to use it?**

We have divided all the books into categories. The categories have been listed alphabetically to make it easier for you to locate books on a particular topic that interest you.

## **Where can I access these resources?**

All of the books listed in this bibliotherapy are available in your local libraries. If what you are looking for is already out on loan, ask the library staff to request a copy for you. Requests can also be made to borrow items from nearby libraries.

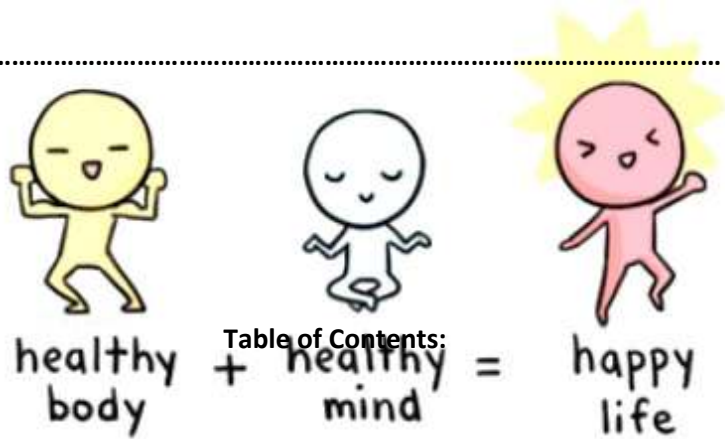
## **How much does it cost?**

The books are available to borrow from the libraries free of charge once you become a member. A library may have a membership fee. The list of libraries can be found on page 25 and 26, please contact them for any other information around fees.

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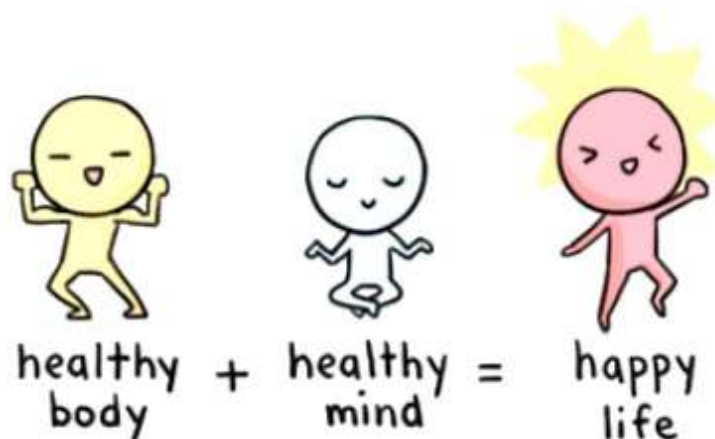


## LIBRARY TITLES- OLDER ADULTS

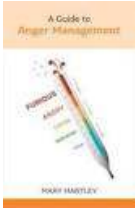


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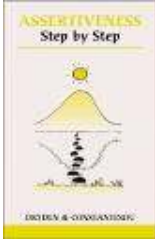


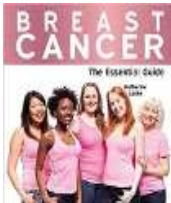
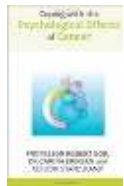
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## LIBRARY TITLES- ADULT


Title	Author	Description
<b>ANGER</b>		
<p>A Guide to Anger Management</p> 	Mary Hartley	Looks at anger in women, causes of anger, communication skills & handling anger in public places (e.g. road rage).
<p>Overcoming Anger- When Anger Helps &amp; When it Hurts</p> 	Dr. Windy Dryden	Detailed book, looks at triggers & gives tips on how to manage unhealthy anger.
<b>ANXIETY</b>		
<p>Overcome Panic &amp; Anxiety</p> 	Linda Manassee Buell	Short book written in bullet points by a person who suffered from anxiety. Practical tips on breathing exercises.
<p>Anxiety, Phobias &amp; Panic</p> 	Reneau Z. Peurifoy	Looks in detail at different kinds of anxiety & stress. Outlines how to challenge unhelpful thinking; role of self-esteem, anger & assertiveness. Step by step programme; individual chapters may also be helpful.

ASSERTIVENESS		
Assertiveness Step by Step 	Windy Dryden	Detailed account of what assertiveness is. Looks at specific skills for different areas from relationships to work.
The Assertiveness Handbook 	Mary Hartley	Teaches assertiveness in challenging situations. Clearly written with lots on guidelines & exercises to complete.
BEREAVEMENT		
Overcoming Grief 	Sue Morris	Practical, helpful book. Outlines realistic expectations about bereavement & tips on how to manage challenges such as dealing with grief triggers.
CANCER		
Breast Cancer - The Essential Guide 	Kathleen Locke	Very good, sound & practical advice.
Coping with the Psychological Effects of Cancer 	Robert Bor, Carina Eriksen & Ceilidh Staplekamp	Sensitive but practical, to help patients & families cope with complex treatment options. Focuses on emotional, spiritual, physical & psychological needs.



**CHILD ABUSE (ADULT SURVIVORS)**


<p>Overcoming Childhood Trauma</p> 	<p>Helen Kennerley</p>	<p>Sensitive. Links past &amp; present difficulties. Practical tips for specific problems.</p>
<p>Breaking Free: Help for Survivors of Child Sexual Abuse</p> 	<p>Carolyn Ainscough &amp; Kay Toon</p>	<p>Sensitively written. Shows range of feelings involved. Optimistic. Strategies for coping. *</p>

**DEMENTIA**

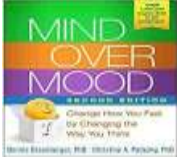



<p>Contented Dementia</p> 	<p>Oliver James</p>	<p>Very practical &amp; hands on. Written by a psychologist with personal experience of dementia in a family member.</p>
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**DEPRESSION**

<p>Coming Through Depression</p> 	<p>Tony Bates</p>	<p>Follow on from previous book "Common Sense Approach". Includes section on meditation as way to managing depression. CD included.</p>
<p>Overcoming Depression</p> 	<p>Paul Gilbert</p>	<p>Detailed book, describing causes of depression &amp; ways to cope.</p>

<p>I Had A Black Dog</p> 	<p>Matthew Johnstone</p>	<p>Excellent short book with humorous illustrations showing what it is like to have depression &amp; how to tackle it.</p>
<p>Living with A Black Dog</p> 	<p>Matthew Johnstone</p>	<p>Very helpful short book for carers which uses humorous illustrations to show what depression is like. Highlights ways to offer support &amp; suggestions for looking after yourself as a carer.</p>
<p><b>EATING DISORDERS</b></p>		
<p>Overcoming Body Image Problems</p> 	<p>David Veale</p>	<p>Well written book that covers how to identify body image problems, how to help someone with body image problems &amp; ways to challenge unhelpful thinking.</p>
<p><b>MEDITATION</b></p>		
<p>Quiet The Mind</p> 	<p>Matthew Johnstone</p>	<p>Clear, jargon-free guide on meditation for beginners. Describes practical ways to manage obstacles to meditation.</p>
<p><b>MINDFULNESS</b></p>		
<p>Mindfulness: A Practical Guide to Finding Peace in a Frantic World</p> 	<p>Mark Williams &amp; Danny Penman</p>	<p>User- friendly, comes with a CD with simple guided meditations. Also available as an audiobook. Useful for stress management, coping with anxiety &amp; depression &amp; chronic pain.</p>




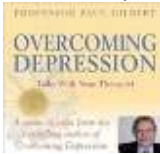

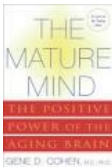
<b>MOOD DIFFICULTIES</b>		
<p>Mind Over Mood -Changing How You Feel by Changing the Way You Think</p> 	<p>Dennis Greenberger &amp; Christine Padesky</p>	<p>Clear &amp; easy to follow workbook. Written by two clinical psychologists. Looks at how to deal with unhelpful thinking styles &amp; how to use problem-solving skills to cope with a variety of difficulties from anxiety to guilt.</p>
<b>OCD</b>		
<p>Overcoming Obsessive Compulsive Disorder</p> 	<p>David Veale &amp; Rob Wilson</p>	<p>Step by step guide to tackling OCD, looks at causes &amp; gives information &amp; practical ideas.</p>
<b>PAIN</b>		
<p>Living Beyond Your Pain:Using ACT to Ease Chronic Pain</p> 	<p>Joanne Dahl &amp; Tobias Lundgren</p>	<p>Covers symptoms, causes &amp; impact of pain. Step-by-step exercises &amp; user-friendly layout.</p>
<b>PANIC</b>		
<p>When Panic Attacks</p> 	<p>Aine Tubridy</p>	<p>Very thorough text on panic &amp; excellent accompanying CD.</p>






<b>RELATIONSHIPS</b>		
<p>Overcoming Relationship Problems</p> 	Michael Crowe	Detailed book looking at a variety of relationship problems (e.g. separation, domestic violence) as well as how to start new relationships.
<p>Overcoming Sexual Problems</p> 	Vicki Forde	Useful book that looks at issues like the impact of childbirth, medication, the internet & aging on sexual relationships. Has information & advice for single people & couples.
<b>SELF-ESTEEM</b>		
<p>Overcoming Low Self – Esteem</p> 	Melanie Fennell	Helpful book with lots of exercises to complete, looks at ways to tackle self-criticism.
<p>Get the Life You Want -Finding Meaning &amp; Purpose through Acceptance &amp; Commitment Therapy</p> 	Dr. F. Jackson Brown	Contains exercises to help identify what is important in your life, goal setting, & how to overcome obstacles. Also has a chapter on mindfulness.
<b>SOCIAL ANXIETY</b>		
<p>Overcoming Social Anxiety &amp; Shyness</p> 	Gillian Butler	Written by a clinical psychologist with good description of origin of social anxiety & how to tackle it. Also looks at assertiveness.
<p>10 Simple Solutions to Shyness</p> 	Martin Anthony	Detailed book with lots of information. Written by a psychologist, with focus on difficult situations, communication & social skills. Also contains a chapter on making presentations.

<b>STRESS</b>		
<p>The Happiness Trap</p> 	<p>Russ Harris</p>	<p>Positive, practical book, looking at ways of dealing with stress, fear &amp; anxiety.</p>
<p>Stress - The Essential Guide</p> 	<p>Frances Ive</p>	<p>Concise, clear book looking at aspects of stress including work-lifebalance, identifying stress &amp; relaxation skills.</p>
<b>SUBSTANCE ABUSE</b>		
<p>Get Your Loved One Sober: Alternatives to Nagging, Pleading&amp;Threatening</p> 	<p>Robert Meyers &amp; Brenda Wolfe</p>	<p>Based on a well-researched effective programme for alcohol and drug abuse. Clearly written with helpful summaries &amp; activities to complete. Covers topics like communication, safety &amp; looking after yourself.</p>
<p>Overcoming Problem Drinking</p> 	<p>Marcantonio Spada</p>	<p>Contains tips on dealing with thoughts that contribute to problem drinking &amp; ways to deal with cravings.</p>
<b>TRAUMA</b>		
<p>Overcoming Traumatic Stress</p> 	<p>Claudia Herbert &amp; Ann Wetmore</p>	<p>Comprehensive book looking at reactions to a variety of traumatic experiences from natural disasters to violence. Looks at how to deal with difficult memories &amp; issues like guilt.</p>

## LIBRARY TITLES- OLDER ADULT

Title	Author	Description
<b>ANGER</b>		
<p>Overcoming Anger and Irritability</p> 	Dr. William Davies	<p>Series of talks on why we feel irritable &amp; how we can make changes in our habits, thinking &amp; action. Uses lots of examples.</p>
<b>CANCER</b>		
<p>The Cancer Survivor's Companion- Practical Ways to Cope with your Feelings after Cancer</p> 	Dr. F. Goodhart & L. Atkins	<p>Lots of information about dealing with feelings like worry &amp; anger. Deals sensitively with topics like self-esteem &amp; relationships.</p>
<p>And Still the Music Plays</p> 	Graham Stokes	<p>Written by a clinical psychologist. Composed of 22 short stories. Explores why some people with dementia behave in the way they do. Easy to read &amp; hard to put down.</p>
<b>DEMENTIA</b>		
<p>Dancing with Dementia</p> 	Christine Bryden	<p>The author of this book was diagnosed with Alzheimer's Disease at the age of 46. Looks at practical issues such as the impact of environment, communication &amp; coping with anxiety.</p>

<b>DEPRESSION</b>		
<p>Managing Depression, Growing Older</p> 	<p>Kerrie Evers, Gordon Parker &amp; Henry Brodaty</p>	<p>A positive book aimed at carers &amp; professionals with personal detailed case studies. Dispelling myths about depression in old age. Informative on range &amp; types of depression &amp; depression specific to aging. Strategies for maintaining a positive outlook.</p>
<p>Overcoming Depression Talks with Your Therapist</p> 	<p>Paul Gilbert</p>	<p>CD1 – Very good introduction to mindfulness meditation for the novice. CD 2 – Good introduction to being kind &amp; compassionate to yourself &amp; a clear introduction to managing depression.</p>
<b>MEMORY</b>		
<p>Memory &amp; Brain Health. DVD</p>	<p>FreeDem Films</p>	<p>Series of short animated films about helping to identify memory problems, memory tips &amp; information about dementia. Clear &amp; user friendly.</p>
<b>PAIN</b>		
<p>Manage Your Pain: Practical and Positive Ways of Adapting to Chronic Pain</p> 	<p>Dr Michael Nicholas</p>	<p>Defines chronic pain, looks at different medical tests &amp; gives information on ways to manage pain like, pacing, relaxation &amp; challenging your thoughts. Very clear &amp; practical book.</p>
<b>POSITIVE AGEING</b>		
<p>The Mature Mind. The Positive Power of the Ageing Brain</p> 	<p>Gene Cohen</p>	<p>Detailed book that challenges our ideas about aging. Information about brain development, research, positive developments in Helpful chapter on assessing “retirement readiness”. Also ideas on how to maximize positive aging.</p>

<p>Seven Strategies for Positive Aging</p> 	<p>Robert Hill</p>	<p>For the reader who is interested in the research behind positive aging. Explores important areas such as learning in old age, forgiveness &amp; gratitude.</p>
<p>The Challenge of Retirement</p> 	<p>Trish Murphy</p>	<p>For those looking to overcome obstacles and gain more enjoyment from their retirement years. Addresses common difficulties including stress, low mood &amp; relationship problems.</p>
<p>Aging and Caring: A Guide for Later Life</p> 	<p>Des O'Neill</p>	<p>A detailed &amp; comprehensive handbook that gives a balanced view on aging and looks at issues that can cause difficulties in families. Has information on Irish allowances &amp; benefits. Contains a chapter for carers.</p>
<p><b>SELF-ESTEEM</b></p>		
<p>An Introduction to Improving Your Self-Esteem</p> 	<p>Melanie Fennell with Lee Brosnan</p>	<p>Short workbook. Good introduction to how low self-esteem can develop &amp; how to develop realistic expectations for yourself.</p>
<p>Overcoming Low Self-Esteem: Talks with your Therapist.</p> 	<p>Melanie Fennell</p>	<p>Detailed CD. Best to listen to it in sections. Allow time to complete suggested activities in sequence. Explores impact of low self-esteem, feelings, thinking and behavior.</p>
<p>Online Resources for Adults Disclaimer: The information listed below has been compiled from many sources that are not controlled by the Health Service Executive. While all reasonable care has been taken in the compilation and publication of the contents of this list, the Health Service Executive do not assume legal or other liability for any inaccuracy, mistake, mis-statement or any other error of whatsoever nature contained here in and hereby formally disclaims liability in respect of such aforesaid matters.</p>		

## HSE PROGRAMMES

Programme	Description
Living Well Programme	<p>This is a free group self-management programme. Self-management is what a person does every day to manage their long-term health condition. This may include making choices to improve your health. There is one online workshop each week which lasts 2.5 hours.</p> <p><a href="https://www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/">https://www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/</a></p>
Stress Control	<p>This programme combines cognitive behavioural therapy, positive psychology and wellbeing to help you tackle common mental health problems and how to manage stress. The six sessions are 90 minutes a session and will cover different topics.</p> <p><a href="https://stresscontrol.ie/">https://stresscontrol.ie/</a></p>
Mind your Wellbeing	<p>This is an online mental health and wellbeing programme focusing on the promotion of mental wellbeing. It has been adapted from a face-to-face programme into a series of online videos for everyone at this time.</p> <p><a href="https://www.hse.ie/eng/about/who/healthwellbeing/about-us/minding-your-wellbeing.html">https://www.hse.ie/eng/about/who/healthwellbeing/about-us/minding-your-wellbeing.html</a></p>
Bereavement during COVID-19	<p>The Irish Hospice Foundation have free bereavement pack and resources (for adults and children/teenagers) specially developed to support those grieving during COVID-19 restrictions.</p> <p><a href="https://hospicefoundation.ie/our-supports-services/bereavement-loss-hub/grieving-during-covid-19/">https://hospicefoundation.ie/our-supports-services/bereavement-loss-hub/grieving-during-covid-19/</a></p>

## USEFUL WEBSITES

Website	Description
<b>ANXIETY</b>	
www.anxietybc.com	Very useful handouts & info on anxiety. Practical & clear.
<b>BEREAVEMENT</b>	
www.hospicefoundation.ie	Comprehensive website about loss, bereavement & end of life matters. Helpful videos on grief & bereavement.
<b>CHILD ABUSE (ADULT SURVIVORS)</b>	
www.hse-ncs.ie/en	National Counselling Service website providing information about counselling, impact of abuse & links to other useful sites.
<b>DEMENTIA</b>	
www.alzheimer.ie	Information on how to live with, & cope with dementia. Information packs available. Very helpful.
www.crystalproject.ie	Community dementia project in North Cork. Information on supporting people with dementia and their families. Promoting awareness, local resources and advice on memory concerns.
<b>DEPRESSION</b>	
www.aware.ie	Information on coping with depression, local support groups & helping loved ones with depression.
www.deprexis.com	An on-line computerized professional programme for dealing with depression.
www.ifightdepression.com	Information on identifying mood depression & practical tips on how to improve your mood.
<b>DRUGS</b>	
www.na-ireland.org	Information for those who think they may have a drug problem. Includes information on local meetings.
<b>EATING DISORDERS</b>	
www.bodywhys.ie	Irish site providing information on different eating disorders, supports available, help-line & local services.
<b>GAMBLING</b>	
www.gamblersanonymous.ie	Information about gambling & local meetings.
<b>GENERAL HEALTH</b>	
www.hse.ie	Information about your local health service. Also has a useful A-Z information section about physical & mental health.






<b>GENERAL MENTAL HEALTH AND WELLBEING</b>	
<a href="http://www.getselfhelp.co.uk">www.getselfhelp.co.uk</a>	Very useful self-help website with complete programmes for depression, anxiety, anger & related problems.
<a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a>	Comprehensive website on looking after your mental health; giving support to others; where to find help & support.
<a href="http://www.glasgowspcmh.org.uk">www.glasgowspcmh.org.uk</a>	User friendly self-help website. Information, free downloads & printable booklets dealing with stress, phobia, sleep problems, anxiety, depression, etc.
<a href="http://www.cci.health.wa.gov.au">www.cci.health.wa.gov.au</a>	Well-researched online courses on topics such as assertiveness & anxiety (see "Consumers" section of the website)
<b>LIFE SKILLS</b>	
<a href="http://www.llttf.com">www.llttf.com</a>	Living life to the Full is a free on-line life-skills course, with easy access & audio lectures on depression and self-esteem.
<b>MINDFULNESS</b>	
<a href="http://www.self-compassion.org">www.self-compassion.org</a>	Comprehensive website providing information about self-compassion & free downloads on meditation and more.
<a href="http://www.mindful-monkey.com">www.mindful-monkey.com</a>	Promoting mindful living, positive relations & contributions to well-being. Free downloads on meditation available.
<b>PAIN</b>	
<a href="http://www.chronicpain.ie">www.chronicpain.ie</a>	Information & videos about living with chronic pain; courses & workshops around Ireland about chronic pain.
<b>POSITIVE CHANGE</b>	
<a href="http://www.actionforhappiness.org">www.actionforhappiness.org</a>	Information on how you can bring about positive change to make your life more fulfilling.
<b>PSYCHOLOGY</b>	
<a href="http://www.psihq.ie">www.psihq.ie</a>	Psychological Society of Ireland website exam stress & updates on local events.
<b>SOCIAL ANXIETY</b>	
<a href="http://www.socialanxietyireland.com">www.socialanxietyireland.com</a>	Providing information, advice & support for people with Social Anxiety, also with a self-help section.

## USEFUL ONLINE VIDEOS

<b>ACCEPTANCE AND COMMITMENT THERAPY</b>		
Russ Harris Introduces ACT (Acceptance and Commitment Therapy)	YouTube <a href="http://www.youtube.com/watch?v=QS13jRcaufs">www.youtube.com/watch?v=QS13jRcaufs</a>	Very good introduction to ACT. Explains how we can learn to manage difficult emotions & troublesome thoughts.
Zara speaks to Dr. Russ Harris about Acceptance and Commitment Therapy	YouTube <a href="http://www.youtube.com/watch?v=S5UWEgCOA4c">www.youtube.com/watch?v=S5UWEgCOA4c</a>	Series of talks on how to deal with difficult emotions, memories & thoughts by using acceptance, mindfulness & other skills.
Passengers on a Bus	YouTube <a href="https://www.youtube.com/watch?v=yLroVwoPFW8">https://www.youtube.com/watch?v=yLroVwoPFW8</a>	ACT metaphors highlighting the impact negative self-talk & negative thoughts have on our lives. Good to have some understanding of ACT.
<b>DEMENTIA</b>		
Teepa Snow	YouTube <a href="http://www.youtube.com/user/teepasnow">www.youtube.com/user/teepasnow</a>	Series of Alzheimer's & Dementia carer training videos for professionals & families, from a Dementia Care Specialist.
<b>DEPRESSION</b>		
I had a Black Dog – his name was depression	YouTube (World Health Organisation) <a href="https://www.youtube.com/watch?v=XiCrniLQGYc">https://www.youtube.com/watch?v=XiCrniLQGYc</a>	Very accessible animated video & positive about recovery. Gives tips on managing and overcoming depression.
<b>MENTAL HEALTH</b>		
Talking About...	YouTube <a href="http://www.youtube.com/watch?v=m82jEQXRurg">www.youtube.com/watch?v=m82jEQXRurg</a>	Videos of groups of people sharing their experiences of difficulties such as anxiety, panic attacks & self-esteem & what they found helpful. Relaxed & positive.
<b>MINDFULNESS/MEDITATION</b>		
How to Quiet the Mind Matthew Johnstone	YouTube <a href="http://www.youtube.com/watch?v=zbqofdJk8AA">www.youtube.com/watch?v=zbqofdJk8AA</a>	The Author talks about how to cultivate resiliency & to cope with life's difficulties by doing mindfulness meditation.
All it Takes is Ten Mindful Minutes Andy Puddicombe	YouTube (TED Talks) <a href="http://www.youtube.com/watch?v=qzR62JJCMBQ">www.youtube.com/watch?v=qzR62JJCMBQ</a>	Easy to follow & entertaining introduction to the benefits of mindfulness meditation.

<b>GRIEF</b>		
Understanding Grief Living with Loss	You Tube (The Irish Hospice Foundation)  www.youtube.com/watch?v=6sA4Yyq2f3w	A series of Irish videos which sensitively covers topics about grief, real life stories, coping with suicide & loss related to dementia.
<b>PANIC ATTACKS</b>		
Panic Attacks Real Story	YouTube  www.youtube.com/watch?v=zvovkmeY7Hc	Real life account of what panic attacks are & how to cope with their impact.
<b>PHYSICAL EXERCISE</b>		
23 and ½ hours: What is the single best thing we can do for our health?	YouTube  www.youtube.com/watch?v=aUaInS6HIGo	Informative animated video about the multiple benefits of exercise. Thought provoking & fun.
<b>SELF COMPASSION</b>		
Self – Compassion Parts 1, 2& 3 Kristin Neff	YouTube  www.youtube.com/watch?v=Tyl6YXp1Y6M	Series of short talks by Kirsten Neffon what self-compassion entails & how to develop it. Explains self-kindness, & how practicing self-compassion can protect us from feelings of isolation in the midst of personal problems.

## USEFUL APPS FOR PHONE

MINDFULNESS	
Headspace	<p>Learn the basics of meditation with the ten free 10-mins a day programme. Guided meditation.  <a href="https://headspace.com/">https://headspace.com/</a></p> 
Calm	<p>Tips and skills for meditation, sleep and mindfulness practices  <a href="https://www.calm.com/">https://www.calm.com/</a></p> 
Headspace	<p>Learn to meditate and live mindfully  <a href="https://www.headspace.com/">https://www.headspace.com/</a></p> 
STRESS MANAGEMENT	
De-Stress-ify (Stress Refuge Inc.)	<p>Learn skills to de-stress, with scheduled practices to help you stay on track with 10 mins daily practices. Includes breathing exercises.</p>

## LOCAL SUPPORT AND INFORMATION

<b>LAOIS HSE SERVICES</b>	
Triogue Community Mental Health Centre Portlaoise	0578622925
Health Centre, Portlaoise (CWO, Public Health, Social Work, Psychology)	0578621135
Midland Regional Hospital Portlaoise	0578621364
MidDoc Out of Hours GP Service	1850302702
Psychiatry Dept. Mid Reg. Hosp., Portlaoise	0578696396
Triogue Community Mental Health Centre Portlaoise	0578622925
<b>OTHER LAOIS LOCAL SERVICES</b>	
ACCORD, Portlaoise	0578661581
Ana Liffey Drug Project: Midlands	1800786828
Barnardos Family Support Information	0579326803
Family Carers Ireland Regional Office	0867957086
Citizens Information Centre	
- Portlaoise	0761075590
- Abbeyleix	0761075540
Cuisse Cancer Support Centre	0578681492
Domestic Violence Support Service (Laois)	0578671100
Family Resource Centre Portlaoise	0578686151
Family Mediation Services Laois	0578695730
Foroige (Regional Office)	0906448947
Gardai	999 or 112
GROW	
- Regional Office	0579351124
- Information Line	1890474474
Laois County Library	0578622333
Mental Health Ireland (Area Development Office)	0868353387
Mental Health Ireland (National Office)	01 2841166
Merchant's Quay Ireland (Midlands Project)	0906417097
Merchant's Quay Ireland (Outreach Team)	0879512989
Midlands Regional Youth Services	0579324724
Youth Work Ireland Midlands	090 64 77075
Midlands Simon Community	
- Regional Office	0906444641
- Emergency Accomodation Athlone	0906450280
- Emergency Accomodation Tullamore	0876359760
Money Advice and Budgeting Service	0761072620
M.A.B.S HEIpline	0761072000
Portlaoise Parish Centre	0578621142
Portlaoise Youth Care	0578665010
Shine Area Development Office	0868525281
Shine: Information Line	1890621631
St. Vincent De Paul, Portlaoise	0578660486
	0877655792

<b>OFFALY HSE SERVICES</b>	
Community Mental Health Centres - Tullamore - Birr	0579351019 0579120576
Health Centre, Tullamore (CWO, Public Health, Social Work, Psychology)	0579341301
Midlands Regional Hospital Tullamore	0579321501
MiDoc Out of Hours GP Service	1850302203
<b>OTHER OFFALY LOCAL SERVICES</b>	
ACCORD Tullamore	0579341831
Ana Liffey Drug Project: Midlands	1800786828
Barnardos Family Support Information	0579326803
Carer's Association - Regional Office - National Careline	0579322920 1800240724
Citizens Information Centre - Tullamore - Birr - Edenderry	0761076290 0761076260 0761076280
Donachas Offaly Cancer Care Centre	0579351886
Domestic Violence Support Service	0579351886
Family Resource Centre - Tullamore - Clara	0579320598 0579331928
Foroige (Regional Office)	0906448947
Gardai - Tullamore - Birr - Edenderry	999 or 112 0579321305 0579169710 0469731290
GROW - Regional Office - Information Line	0579351124 1890474474
Low Cost Counselling Service Midlands	0877930577
Mental Health Ireland (National Office)	01 2841166
Merchant's Quay Ireland (Midlands Project)	0906417097
Merchant's Quay Ireland (Outreach Team)	0879512989
Midlands Regional Youth Services	0579324724
Midlands Simon Community - Regional Office - Emergency Accommodation Athlone - Emergency Accommodation Tullamore	0906444641 0906450280 0876359760
Money Advice and Budgeting Service	0761072710
M.A.B.S Helpline	0761072000
Shine: Information Line	1890621631
St. Vincent De Paul - Tullamore - Edenderry	0579322072 0873131844

## NATIONAL SUPPORT AND INFORMATION SERVICES

<b>HSE SERVICES</b>	
Adult Counselling Service	1800234113
Midlands Office (Victims of Abuse)	0579327141
Adult homelessness (Liasion Nurse)	0876107011
Child and Adolescent Mental Health Services (CAMHS)	0578696152
Community Drug and Alcohol Service	0578692516
Health Promotion	0579357800
Midlands Crisis Pregnancy Counselling	1800200857
Resource Office for Suicide Prevention	0868157320
<b>COUNSELLING SERVICE</b>	
PCI Counselling Service Midlands (Reduced cost 11am-6pm)	0818555450

<b>OTHER NATIONAL ORGANISATIONS</b>		
24/7 Suicide Helpline (Pieta House) Text 'help'	1800 247 247 51444	<a href="https://www.pieta.ie/">https://www.pieta.ie/</a>
Active Retirement Information	01 873 3836	<a href="https://activeirl.ie/">https://activeirl.ie/</a>
Al Anon	01 873 2699	<a href="http://www.al-anon-ireland.org/">http://www.al-anon-ireland.org/</a>
Alcoholics Anonymous	01 842 0700	<a href="https://www.alcoholicsanonymous.ie/">https://www.alcoholicsanonymous.ie/</a>
AWARE Support Line	1800804848	<a href="https://www.aware.ie/">https://www.aware.ie/</a>
BeLong To (Gay, Lesbian, Bisexual & Transgender)	016706223	<a href="https://www.belongto.org/">https://www.belongto.org/</a>
Bodywhys (Eating Disorder Association) Helpline	012107906	<a href="https://www.bodywhys.ie/">https://www.bodywhys.ie/</a>
Cancer National Helpline (Irish Cancer Society)	1800200700	<a href="https://www.cancer.ie/">https://www.cancer.ie/</a>
CARI (Child Sexual Abuse Counselling Helpline)	1890924567	<a href="https://www.cari.ie/">https://www.cari.ie/</a>
Connect Adult Abuse Counselling Service	1800477477	<a href="https://connectcounselling.ie/">https://connectcounselling.ie/</a>
Childline	1800666666	<a href="https://www.childline.ie/">https://www.childline.ie/</a>
Drugs/HIV Helpline	1800459459	<a href="https://www.drugs.ie/">https://www.drugs.ie/</a>
Farm and Rural Stress: Helpline	1800742645	<a href="https://www.irdduhallow.com/">https://www.irdduhallow.com/</a>
Gamblers Anonymous	018721133	<a href="https://www.gamblersanonymous.ie/">https://www.gamblersanonymous.ie/</a>
Gardai Confidential Line	1800666111	<a href="https://www.garda.ie/en/">https://www.garda.ie/en/</a>
Gay Switchboard	018721055	<a href="https://switchboard.lgbt/">https://switchboard.lgbt/</a>
LGBT Helpline	1890929539	<a href="https://lgbt.ie/">https://lgbt.ie/</a>
HSE Information Helpline	1850241850	<a href="https://www.hse.ie/eng/">https://www.hse.ie/eng/</a>
Men's Aid Ireland	01 554 3811	<a href="https://www.mensaid.ie/">https://www.mensaid.ie/</a>
Missing Person's Helpline	1800 442 552	<a href="https://www.missingpersons.ie/">https://www.missingpersons.ie/</a>
Parentline	1890927277	<a href="https://www.parentline.ie/">https://www.parentline.ie/</a>
Pieta House Dublin Centres Limerick Centre	016010000 061484444	<a href="https://www.pieta.ie/">https://www.pieta.ie/</a>

Roscrea Centre	050522568	
Senior Helpline	1800 80 45 91	<a href="https://www.thirdageireland.ie/">https://www.thirdageireland.ie/</a>
Samaritans Helpline Textline	116123 0872609090	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
Rape Crisis Helpline	1800323232 1800778888	<a href="https://www.rapecrisishelp.ie/">https://www.rapecrisishelp.ie/</a>
Transgender Equality Network Ireland	01 873 3575	<a href="https://www.teni.ie/">https://www.teni.ie/</a>
Treoir (Unmarried Parents Support)	1890252084	<a href="https://www.treoir.ie/">https://www.treoir.ie/</a>
Women's Aid National Helpline	1800341900	<a href="https://www.womensaid.ie/">https://www.womensaid.ie/</a>
<b>BEREAVEMENT SUPPORT</b>		
Anam Cara Parent and Sibling Bereavement Support	014045378	<a href="https://anamcara.ie/">https://anamcara.ie/</a>
Barnardos Child Bereavement Support	014732110	<a href="https://www.barnardos.ie/">https://www.barnardos.ie/</a>
Cuisle Centre Bereavement Counselling	0578681492	<a href="https://www.ica.ie/">https://www.ica.ie/</a>
24/7 Bereavement Support (Pieta House)	1800247247	<a href="https://www.pieta.ie/">https://www.pieta.ie/</a>
Midlands Living Links (Suicide Bereavement Support Service)	0861600641	
Parish Bereavement Support Service	0578621142	
Rainbows Child Bereavement Support	014734175	<a href="https://www.rainbowsireland.ie/">https://www.rainbowsireland.ie/</a>
If you are concerned that a family member, friend, or colleague is in distress and may be having thoughts of ending their life, don't hesitate to discuss your concerns and get advice from your GP, the HSE Suicide Prevention Resource Centre on 0868157320 or any other relevant service.		





Feidhmeannacht na Seirbhíse Sláinte  
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## **INNER WEALTH FOR BETTER MENTAL HEALTH**

### **Laois libraries contact information**

**Abbeyleix Library**- Market House, Main Street, Abbeyleix, Co. Laois, R32 CY65.

057 87 30020; [abbeyleixlibrary@laoiscoco.ie](mailto:abbeyleixlibrary@laoiscoco.ie)

**Durrow Library**- Chapel St., Durrow, Co. Laois, R32 EP94.

057 873 6090; [durrowlibrary@laoiscoco.ie](mailto:durrowlibrary@laoiscoco.ie)

**Mountmellick Library**- O'Moore Street, Mountmellick, Co. Laois, R32 PX61.

057 864 4572 or 057 864 4588; [mountmellicklibrary@laoiscoco.ie](mailto:mountmellicklibrary@laoiscoco.ie)

**Mountrath Library**- Shannon Street, Mountrath, Co. Laois, R32 D576.

057 875 6378; [library@laoiscoco.ie](mailto:library@laoiscoco.ie)

**Portarlinton Library**- Main Street, Portarlinton, Co. Laois, R32 PY59.

057 864 3751; [library@laoiscoco.ie](mailto:library@laoiscoco.ie)

**Portlaoise Library**- Dunamais House, Lyster Square, Portlaoise, Co. Laois, R32 X702.

057 8622333; [portlaoiselibrary@laoiscoco.ie](mailto:portlaoiselibrary@laoiscoco.ie)

**Rathdowney Library**- Mill Road, Rathdowney, Co. Laois, R32 DXP5.

0505 46852; [library@laoiscoco.ie](mailto:library@laoiscoco.ie)

**Stradbally Library**- Court Square, Stradbally, Co. Laois, R32 DT28.

057 8641673; [stradballylibrary@laoiscoco.ie](mailto:stradballylibrary@laoiscoco.ie)



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## **INNER WEALTH FOR BETTER MENTAL HEALTH**

### **Offaly libraries contact information**

**Banagher Library**– Moore’s Corner, Banagher, Co. Offaly, Ireland. R42 XY40

057 915 1471, [banagherlibrary@offalycoco.ie](mailto:banagherlibrary@offalycoco.ie)

**Birr Library**– Wilmer Road, Birr, Co. Offaly, Ireland. R42 KD37

057 912 4950, [birrlibrary@offalycoco.ie](mailto:birrlibrary@offalycoco.ie)

**Clara Library** – Ballycumber Road, Clara, Co. Offaly, Ireland. R35 NW63

057 933 1389, [claralibrary@offalycoco.ie](mailto:claralibrary@offalycoco.ie)

**Daingean Library**- Main Street, Daingean, Co. Offaly, Ireland. R35 V6P5

057 935 3005, [daingeanlibrary@offalycoco.ie](mailto:daingeanlibrary@offalycoco.ie)

**Edenderry Library**- JKL Street, Edenderry, Co. Offaly, Ireland. R45 RX48

046 973 1028, [edenderrylibrary@offalycoco.ie](mailto:edenderrylibrary@offalycoco.ie)

**Ferbane Library**- Gallen, Ferbane, Co. Offaly, Ireland. R42 WF59

090 645 4259, [ferbanelibrary@offalycoco.ie](mailto:ferbanelibrary@offalycoco.ie)

**Kilcormac Library**- Main Street, Kilcormac, Co. Offaly, Ireland. R42 EH24

057 913 5086, [kilcormaclibrary@offalycoco.ie](mailto:kilcormaclibrary@offalycoco.ie)

**Tullamore Library**- O'Connor Square, Tullamore, Co. Offaly, Ireland. R35 X226

057 934 6832, [tullamorelibrary@offalycoco.ie](mailto:tullamorelibrary@offalycoco.ie)