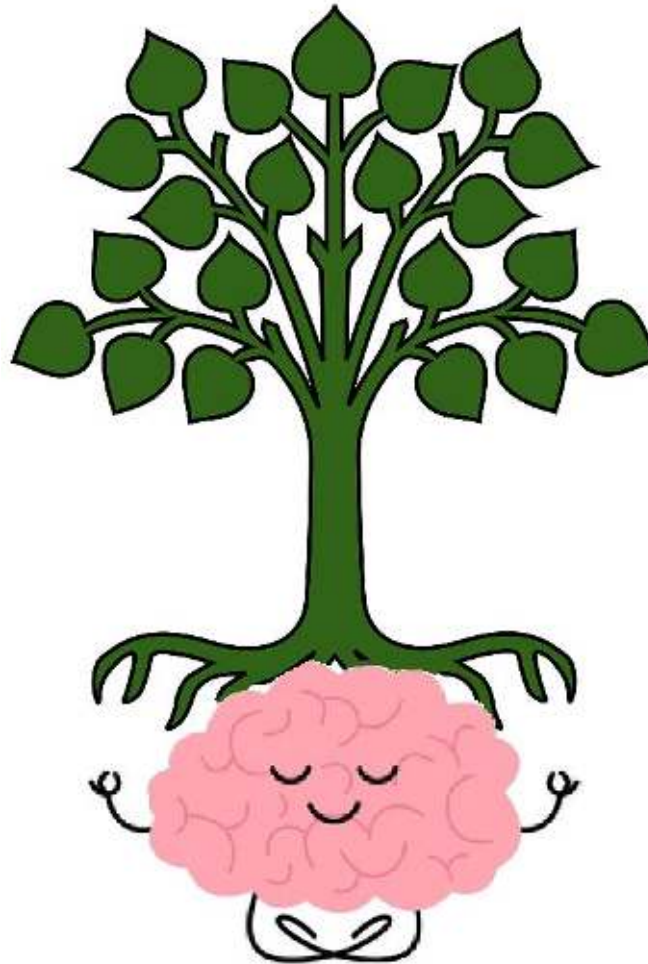




Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Inner Wealth

For Better Mental Health

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

HSE Laois/Offaly Primary Care Psychology Services



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 children, adolescents and caregivers. We have endeavoured to have a book to suit all ages in each category that we have covered.

How to use it?

We have divided all the resources into categories. The categories have been listed alphabetically to make it easier for you to locate books on a particular topic. Once you have located the topic that interests you, you will see each book has a coloured square beside its title and picture.

RESOURCES FOR PARENTS

RESOURCES FOR TEENAGERS

RESOURCES FOR CHILDREN

If a book has a blue square beside it, this is a book recommended for parents. If a book has a green square beside it, this book has been recommended for teenagers. If a book has a pink square beside it, this book has been recommended for children.

Where can I access these resources?

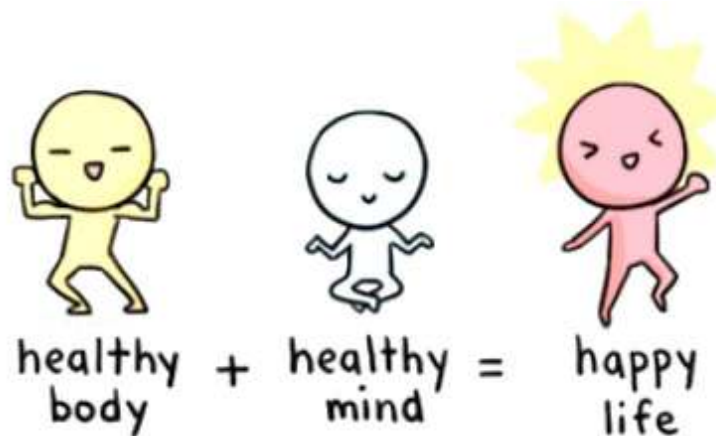
All of the books listed in this bibliotherapy are available in your local libraries. If what you are looking for is already out on loan, ask the library staff to request a copy for you. Requests can also be made to borrow items from nearby libraries.

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 pages 20-21, please contact them for any other information around fees.

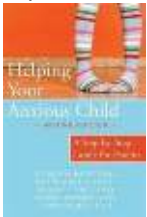
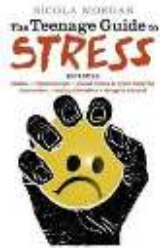

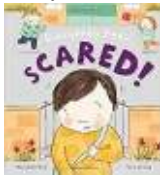
Table of Contents:

Anxiety	4
ASD.....	5
Bereavement and suicide.....	5
Discipline and Parenting.....	6-7
Emotions.....	7-8
Low mood.....	8
Mindfulness.....	8-9
Parental Separation.....	9
Technology.....	10
Toileting/Sleep.....	10-11
Online Resources.....	12-14
Online Webinars.....	15
Local and National Support Services.....	16-19
Contact Details for Local Libraries.....	20-21

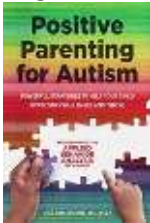



INNER WEALTH FOR BETTER MENTAL HEALTH

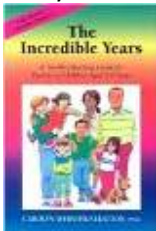

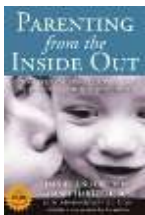

LIBRARY TITLES

	TITLE	AUTHOR	DESCRIPTION
ANXIETY/STRESS			
FOR PARENTS	Helping your anxious child: a step-by-step guide for parents 	M. Rapee, Ronald	'Helping Your Anxious Child' presents parents with a step-by-step guide to assist their children in overcoming or coping with a range of anxieties, with suggestions for strategies based on the authors' experience and research.
FOR TEENAGERS	The teenage guide to stress 	Morgan, Nicola	Essential reading for teenagers and the adults who care about them. A fantastically wide-ranging look at the stresses many teenagers face, empowering them to take control of their mental health and wellbeing.
FOR CHILDREN	I'm worried 	Moses, Brian	Helps young children with feelings of anxiety and worry they may feel, suggesting ways of putting their worries into perspective.
	Everybody Feels Scared! 	Butterfield, Moira	With a mix of stories, questions for the reader, and advice, this book focuses on why children may feel a certain way and how they can deal with those feelings. With fun, engaging illustrations the book reassures young readers, providing them with a vocabulary to express and understand their feelings as they grow up and encounter different situations.


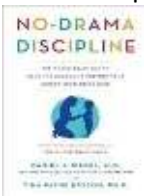
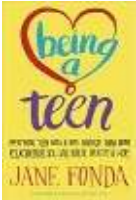

INNER WEALTH FOR BETTER MENTAL HEALTH

AUTISM SPECTRUM DISORDER			
FOR PARENTS	<p>Positive parenting for autism: powerful strategies to help overcome challenges and thrive</p> 	Boone, Victoria	Positive Parenting for Autism delivers practical guidance that will empower parents to implement the techniques used by professionals to help their child with autism build essential social and life skills in an encouraging, affirming way.
FOR CHILDREN	<p>A girl like Tilly- growing up with autism</p> 	Bates, Helen	With vividly expressive illustrations and minimal words, this story is a valuable and accessible tool for helping children aged 7-13 and their families understand female autism, and will also be immensely helpful to readers interested in understanding better how autism manifests in girls
BEREAVEMENT/SUICIDE			
FOR PARENTS	<p>Beyond the rough rock: supporting a child who has been bereaved through suicide</p> 	Stubbs, Di & Stokes, Julie	Supporting child who has been bereaved through suicide. A guide for parents.
FOR CHILDREN	<p>Goodbye Grandma, helping young children cope with bereavement</p> 	Walsh, Melanie	When a little boy is told that his grandma has died, he isn't really sure what death means. In this reassuring lift-the-flap book with bold and colourful illustrations, he asks his mum important questions about death and bereavement.



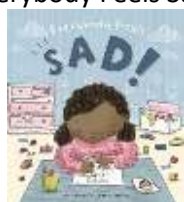
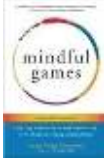
INNER WEALTH FOR BETTER MENTAL HEALTH

DISCIPLINE AND PARENTING			
FOR PARENTS	<p>The Incredible Years- trouble shooting guide for parents of children aged 2-8 years.</p> 	<p>Webster-Stratton, Carolyn</p>	<p>A book for parents that contains guidelines and tips to help promote your child's social and emotional skills.</p>
	<p>Parenting teenagers : a guide to solving problems, building relationships and creating harmony in the family</p> 	<p>Sharry, John</p>	<p>Advocating a balanced approach to parenting, Parenting Teenagers sets out a step-by-step guide that shows you how to stay supportively involved in your teenagers' lives, while also setting rules and teaching responsibility. Emphasising a positive approach that builds on your strengths as a parent, this book will not only help you solve discipline problems and reduce conflict, but also have more satisfying and enjoyable relationships with your teenagers.</p>
	<p>Parenting From the Inside Out</p> 	<p>Siegel, Daniel J.</p>	<p>In 'Parenting for the Inside Out,' child psychiatrist Daniel J. Siegel and early childhood expert Mary Hartzell explore the extent to which our childhood experiences shape the way we parent.</p>
	<p>Positive Parenting : Bringing Up Responsible, Well-Behaved and Happy Children</p> 	<p>Sharry, John</p>	<p>Written by established parenting author John Sharry and drawing on the ideas of the award-winning Parents Plus Programmes, Positive Parenting aims to help parents raise emotionally secure, happy children who reach their full potential at home and at school.</p>




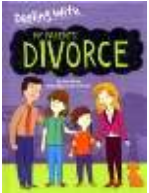
INNER WEALTH FOR BETTER MENTAL HEALTH

DISCIPLINE AND PARENTING			
FOR PARENTS	<p>How to Talk so Kids Will Listen and Listen so Kids Will Talk</p> 	Adele Faber , Elaine Mazlish	This is a sensible, lucid guide to practical and effective communication with your children. Using logical approaches to common problems, Faber and Mazlish demonstrate how to improve relationships with children, to make them less stressful and more rewarding.
	<p>No drama discipline</p> 	Siegel, Daniel	No-Drama Discipline provides an effective, compassionate road map for dealing with tantrums, tensions, and tears - without causing a scene. Based on recent discoveries about the brain that gives us deep insights into the children we care for. This book offers a 'relational' approach that builds on children's innate desire to please their parents and get along well with others.
FOR TEENAGERS	<p>Being a teen: everything teen boys and girls should know about sex, love, health, identity and more</p> 	Fonda, Jane	This thorough, concise guide offers straight talk about: The male and female body as it changes and matures. Teen relationships: what it takes to create happy, supportive, positive, and meaningful connections with family, friends, and others. Sex and sexuality for boys and girls: how teens should take care of their bodies, embrace their experiences, and strengthen self-esteem. Strategies for working through the toughest challenges.
EMOTIONS			
FOR CHILDREN	<p>Feelings book</p> 	Parr, Todd	Illustrates the wide range of moods we all experience, inspiring young readers to discuss their feelings.



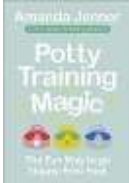
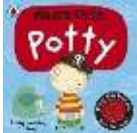
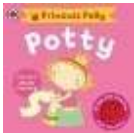
INNER WEALTH FOR BETTER MENTAL HEALTH

EMOTIONS			
FOR CHILDREN	<p>My feelings</p> 	Jennings, Sarah	A first book for understanding how we feel - and what to do about it! Introduces emotions and how to talk about, share, or enjoy what you feel.
LOW MOOD			
FOR PARENTS	<p>So young, so sad, so listen</p> 	Graham, Phillip & Hughes, Carol	The aim of this book is to help those involved with children from parents to teachers recognise the signs of depression in children and to understand the possible causes. The authors provide practical advice and information about the support and help you can give.
FOR CHILDREN	<p>Everybody Feels Sad!</p> 	Butterfield, Moira	These sensitive stories reassure young readers and provide them with a vocabulary which helps them to express and understand their feelings as they grow up and encounter different situations. 'Story words' in each book explain words simply and gently.
MINDFULNESS			
FOR PARENTS	<p>Mindful games: sharing mindfulness and meditation with children, teens, and families</p> 	Greenland, Susan	A playful approach for cultivating mindfulness in kids, with sixty simple games to develop attention and focus, and identify and regulate emotions.


INNER WEALTH FOR BETTER MENTAL HEALTH

MINDFULNESS			
FOR CHILDREN	<p>Sitting like a frog- mindfulness exercises for kids (and their parents)</p> 	Snel, Elaine	Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions.
PARENTAL SEPARATION			
FOR PARENTS	<p>Parenting when separated: helping your children cope and thrive</p> 	Sharry, John	Parenting When Separated offers practical advice on how parents can help themselves and their children during this difficult time. It aims to build on parenting strengths, giving suggestions on how parents can improve their own and their children's coping.
FOR TEENAGERS	<p>When parents split: support, information and encouragement for teenagers</p> 	Good, Glynis	This book offers advice on how to deal with the emotional and practical aspects of a separation. It is geared primarily towards adolescents, but parents, teachers and guidance counsellors will also find it of great use.
FOR CHILDREN	<p>Dealing with my parent's divorce</p> 	Lacey, Jane	This book helps young children (6+) find out about and understand what's happening when their parents' divorce or separate. It features eight case studies from children who have a range of issues from a girl who is angry with her parents to a boy who is worried about what will happen next.

INNER WEALTH FOR BETTER MENTAL HEALTH

TECHNOLOGY AND SCREENTIME			
FOR PARENTS	Keeping your child safe on social media: five easy steps 	McCormack, Anne	Using case studies and straightforward language [psychotherapist] Anne McCormack demonstrates how to support our young people as they build resilience and mental fitness for the social media world.
	The teenage guide to life online 	Morgan, Nicola	Nicola Morgan explores the pros and cons of life in the Digital Age, from the information explosion to the growth of social media. This is a book for families to share: a way for teenagers, their parents and carers to inform themselves about the many advantages and risks of life online.
TOILETING/SLEEP			
FOR PARENTS	Potty training magic 	Jenner, Amanda	The easy, effective and playful way to potty train - fast! Covering every conceivable problem, and suitable for children with learning difficulties, with Amanda's super easy playful plan there's no excuse not to get started.
FOR CHILDREN	Pirate Pete's potty- potty training for boys/girls 	Pinnington, Andrea	This is an entertaining picture book from Ladybird that helps parents struggling with potty training for toddlers aged 18+ months. Easily follow along with the fun pictures, showing little ones that even pirates have anxiety about using the potty.
	Princess Polly's potty- potty training for girls 	Pinnington, Andrea	This is an entertaining picture book from Ladybird that helps parents struggling with potty training for toddlers aged 18+ months. Easily follow along with the fun pictures, showing little ones that even pirates have anxiety about using the potty.

INNER WEALTH FOR BETTER MENTAL HEALTH






TOILETING/SLEEP			
FOR CHILDREN	<p>Neon the Ninja activity book for children who struggle with sleep and nightmares : a therapeutic story with creative activities for children aged 5-10</p> 	<p>Treisman, Karen</p>	<p>Lots of us have nightmares, but Neon loves nothing more than using his special ninja powers to keep the nightmares and worries far away, and to keep the magical dreams and positive thoughts close by. It combines a fun illustrated story to show children how Neon the Ninja can reduce their nightmares and night worries with fun activities and therapeutic worksheets to make night times feel safer and more relaxed. Based on creative, narrative, sensory, and CBT techniques, it is full of tried and tested exercises, tips and techniques to aid sleeping difficulties.</p>

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ONLINE RESOURCES

TOPIC	TITLE	ONLINE RESOURCE
ANXIETY		
FOR PARENTS	Anxiety Canada	Online tools and resources for parents to understand and manage anxiety in adults and children https://anxietycanada.com/
	Hey Sigmund	Provides articles and videos to help understand and explain stress/anxiety/depression to adults, teens and children https://www.heysigmund.com/
BULLYING		
FOR PARENTS	Parenting Positively: Teenagers Coping with Bullying	Barnardos https://www.tusla.ie/uploads/content/Teenagers_coping_with_bullying_d5.pdf
CHILD DEVELOPMENT		
FOR PARENTS	Zero to Three	Useful resource on parenting and understanding your child's early development https://www.zerotothree.org/
DEPRESSION		
FOR TEENAGERS	Reach Out	Simple tips and strategies for improving your mental health https://ie.reachout.com/
	Samaritans	www.samaritans.org
EATING DISORDERS		
FOR TEENAGERS	Body Whys the Eating Disorder Association of Ireland	For parents and teens – provides information on supports and seeking treatment for eating disorders https://www.bodywhys.ie/

INNER WEALTH FOR BETTER MENTAL HEALTH

MINDFULNESS AND MENTAL WELLBEING		
FOR PARENTS	Calm (App)	Tips and skills for meditation, sleep and mindfulness practices https://www.calm.com/ 
	Headspace (App)	Learn to meditate and live mindfully https://www.headspace.com/ 
FOR CHILDREN	Mindful gNATs (App)	An app for kids to practice mindfulness and relaxation techniques 
FOR TEENAGERS	Tackle Your Feelings (App)	Suitable for older children and teens – aims to improve aspects of mental wellbeing such as confidence, resilience and satisfaction http://www.tackleyourfeelings.com/ 
FOR PARENTS OR TEENAGERS	Smiling Mind (App)	Practice meditation and track your progress 
PARENTING		
FOR PARENTS	TUSLA Parenting Information	Information and resources for parents on topics including bullying, death, domestic abuse, separation and alcohol use. https://www.tusla.ie/services/family-community-support/parenting-information/parenting-information-fsa/

INNER WEALTH FOR BETTER MENTAL HEALTH

PARENTING		
FOR PARENTS	Raising Children	An Australian website providing free parenting videos, articles and apps that are supported by experts. https://raisingchildren.net.au/
	Solihul Parenting Approach	The Solihull Approach is a parenting approach which is based on a model of containment, reciprocity and behaviour management and uses social learning theory in the design of the parenting programme https://solihullapproachparenting.com/
PREGNANCY		
	HSE My Child	A guide to pregnancy and those early developmental years https://www2.hse.ie/my-child/
SELF-HARM		
FOR PARENTS	Spun Out	For parents and teens – information and supports for children who self-harm https://spunout.ie/
ADDITIONAL RESOURCES		
FOR CHILDREN	ChildLine	Free online resource for children and teens with information on a variety of topics including anxiety, internet safety, feelings and emotions, and LGBTQ+ experiences. https://www.childline.ie/
FOR TEENAGERS /PARENTS	Jigsaw Youth Mental Health Services	At Jigsaw we have a wide range of information and resources for young people, parents and professionals. https://jigsaw.ie/information-and-elearning/
FOR PARENTS	HSE Your Mental Health	Find advice, information and support services for mental health and wellbeing https://www2.hse.ie/mental-health/
	Get Self-Help	Information on CBT self-help tips and information https://www.getselfhelp.co.uk/
	Child Mind Institute	Topics from A-Z to help transform children’s lives https://childmind.org/

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ONLINE WEBINARS		
FOR PARENTS	Managing Strong Emotions	LINK: https://youtu.be/7tewqvMfnP8
	Outsmarting The Worries	LINK: https://youtu.be/sZ-CxTmdkhs
	Managing Mood Difficulties (in Young People)	LINK: https://youtu.be/lQqrCEK1KU8
	Coping With Chronic Illness in Children and Adolescents	LINK: https://youtu.be/GKdM181sl8s
FOR TEENAGERS	Coping Skills Toolkit for Adolescents	Coping Skills Toolkit No.1 - Laois Offaly Primary Care Psychology Services LINK: https://youtu.be/wtKfs8ma7_4
		Coping Skills Toolkit No.2 - Laois Offaly Primary Care Psychology Services LINK: https://youtu.be/hc5Ttz05KGE
		Coping Skills Toolkit No.3 - Laois Offaly Primary Care Psychology Services LINK: https://youtu.be/t2H8jBKg4XM
		Coping Skills Toolkit No.4 - Laois Offaly Primary Care Psychology Services LINK: https://youtu.be/7sNgcj0uLsM
		Coping Skills Toolkit No.5 - Laois Offaly Primary Care Psychology Services LINK: https://youtu.be/EHc3axxsYw0

INNER WEALTH FOR BETTER MENTAL HEALTH

LOCAL SUPPORT AND INFORMATION

LAOIS HSE SERVICES	
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
OTHER LAOIS LOCAL SERVICES	
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
Jigsaw Centre for Youth Mental Health (Laois/Offaly)	353 57 93 52871
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

INNER WEALTH FOR BETTER MENTAL HEALTH

OFFALY HSE SERVICES	
Community Mental Health Centres	
- Tullamore	0579351019
- Birr	0579120576
Health Centre, Tullamore (CWO, Public Health, Social Work, Psychology)	0579341301
Midlands Regional Hospital Tullamore	0579321501
MiDoc Out of Hours GP Service	1850302203
OTHER OFFALY LOCAL SERVICES	
ACCORD Tullamore	0579341831
Ana Liffey Drug Project: Midlands	1800786828
Barnardos Family Support Information	0579326803
Carer's Association	
- Regional Office	0579322920
- National Careline	1800240724
Citizens Information Centre	
- Tullamore	0761076290
- Birr	0761076260
- Edenderry	0761076280
Donachas Offaly Cancer Care Centre	0579351886
Domestic Violence Support Service	0579351886
Family Resource Centre	
- Tullamore	0579320598
- Clara	0579331928
Foroige (Regional Office)	0906448947
Gardai	999 or 112
- Tullamore	0579321305
- Birr	0579169710
- Edenderry	0469731290
GROW	
- Regional Office	0579351124
- Information Line	1890474474
Jigsaw Centre for Youth Mental Health (Laois/Offaly)	353 57 93 52871
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	0906444641
- Emergency Accommodation Athlone	0906450280
- Emergency Accommodation Tullamore	0876359760
Money Advice and Budgeting Service	0761072710
M.A.B.S Helpline	0761072000
Shine: Information Line	1890621631
St. Vincent De Paul	
- Tullamore	0579322072
- Edenderry	0873131844

INNER WEALTH FOR BETTER MENTAL HEALTH

NATIONAL SUPPORT AND INFORMATION SERVICES

HSE SERVICES	
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
COUNSELLING SERVICE	
PCI Counselling Service Midlands (Reduced cost 11am-6pm)	0818555450

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

INNER WEALTH FOR BETTER MENTAL HEALTH

Dublin Centres	016010000	
Limerick Centre	061484444	
Roscrea Centre	050522568	
Senior Helpline	1800 80 45 91	https://www.thirdageireland.ie/
Samaritans Helpline Textline	116123 0872609090	https://www.samaritans.org/
Rape Crisis Helpline	1800323232 1800778888	https://www.rapecrisishelp.ie/
Transgender Equality Network Ireland	01 873 3575	https://www.teni.ie/
Treoir (Unmarried Parents Support)	1890252084	https://www.treoir.ie/
Women's Aid National Helpline	1800341900	https://www.womensaid.ie/
BEREAVEMENT SUPPORT		
Anam Cara Parent and Sibling Bereavement Support	014045378	https://anamcara.ie/
Barnardos Child Bereavement Support	014732110	https://www.barnardos.ie/
Cuisle Centre Bereavement Counselling	0578681492	https://www.ica.ie/
24/7 Bereavement Support (Pieta House)	1800247247	https://www.pieta.ie/
Midlands Living Links (Suicide Bereavement Support Service)	0861600641	
Parish Bereavement Support Service	0578621142	
Rainbows Child Bereavement Support	014734175	https://www.rainbowsireland.ie/
<p>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.</p>		

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

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

057 873 6090; durrowlibrary@laoiscoco.ie

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

057 864 4572 or 057 864 4588; mountmellicklibrary@laoiscoco.ie

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

057 875 6378; library@laoiscoco.ie

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

057 864 3751; library@laoiscoco.ie

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

057 8622333; portlaoiselibrary@laoiscoco.ie

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

0505 46852; library@laoiscoco.ie

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

057 8641673; stradballylibrary@laoiscoco.ie

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

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

057 912 4950, birrlibrary@offalycoco.ie

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

057 933 1389, claralibrary@offalycoco.ie

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

057 935 3005, daingeanlibrary@offalycoco.ie

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

046 973 1028, edenderrylibrary@offalycoco.ie

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

090 645 4259, ferbanelibrary@offalycoco.ie

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

057 913 5086, kilcormaclibrary@offalycoco.ie

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

057 934 6832, tullamorelibrary@offalycoco.ie