

# Connecting People and Communities, Creating Hope

There are many things which are affecting our lives at the moment, (Covid-19, the war in Ukraine, cost of living increases) and whilst some of these are outside our control, they can cause us to feel anxious and worried.

Rosaleen Dolan, Resource Officer for Suicide Prevention in the HSE Louth Meath Community Healthcare Organisation, is aware of the impacts of events on people's mental health and is reminding people to focus on what is within our control, such as how we respond to our own emotions and feelings and how we engage with others.

"As Resource Officer for Suicide Prevention, working within the community, I am very aware of the importance of connecting with ourselves, our families and the supports and services that are available in order to promote and protect our physical and mental health."

At any time, any one of us can feel vulnerable. It is important that we connect with and become aware of our feelings and emotions and get support if we need it.

"Connecting with others is also more important than you might think. As human beings, social interaction is essential to every aspect of our health. What makes a community are the connections we make and our relationships, whether it is with loved ones, work colleagues, neighbours and friends in our community, are recognised as being important for maintaining a positive level of mental health and wellbeing."

You can be there for others each and every day by:

- Smiling from your heart
- Starting a conversation
- Giving a compliment
- Finding simple ways to help others.....
- Being there and being a friend

A kind word or a thoughtful act has the power to change somebody's day and the act of connecting in with others can make us feel good also, explains Rosaleen.

"It is reassuring to know that there is support available to each and every one of us should we feel vulnerable or distressed. We can get this support initially from our family members, close friends or colleagues and whilst it may take some courage to start a conversation and share how you are feeling, it is important that you give yourself the opportunity to know that people care for and love you and the process of starting to feel more hopeful about your future can begin.

Support is also available from the many organisations and services that are outlined below. Be assured that someone is always there to listen to you, all day, every day, 24 hours a day.

We can all make a difference to the lives of those around us and who we care about. If you are concerned or know that someone might be struggling to cope or is feeling distressed, find some space and time to sit and talk and be present with them. Tell them that you care about them and use open questions in your conversation to help them to talk. If they share their thoughts and feelings with you, listen – stay calm, be patient and kind. You don't need to have all the answers or the solutions. It can be really valuable for a person just to know that they are being heard and they are not alone at a difficult time. Advise them about the many services that are there to support them and if necessary, help them to make an initial call for support

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Unfortunately, you may know someone who has been bereaved in recent times. A bereavement journey is not easy and some people may benefit from being supported in their grief. Giving them a

listening ear and helping with practical tasks can be very helpful. For those who have experienced bereavement through a suspected suicide and may wish to get support, Pieta provide a service for family members, friends and colleagues. This service is available in Louth/Meath from Kathleen Moore Avila, email: [kathleen.mooreavila@pieta.ie](mailto:kathleen.mooreavila@pieta.ie); (Mobile: 085 738 0444)

For bereavements from other causes, the National Bereavement Support Line is available from 10am – 1pm, Monday to Friday. The following services offer more specific information and support:

[www.hospicefoundation.ie](http://www.hospicefoundation.ie);

[www.childhoodbereavement.ie](http://www.childhoodbereavement.ie);

[www.bereaved.ie](http://www.bereaved.ie); and [www.barnardos.ie](http://www.barnardos.ie)

**For information on mental health, wellbeing and how to support those you may be concerned about:**

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) or call 1800 111 888 or

<https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/mental-health-and-wellbeing/>

Information and details on all the local, regional and national supports and services that are available to provide a listening ear and assistance are outlined on

[www.connectingforlifemidlandslouthmeath.ie](http://www.connectingforlifemidlandslouthmeath.ie)

Awareness and support leaflets with regard to suicide prevention, self-harm or bereavement are also available on request.

Rosaleen Dolan

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Louth/Meath CHO8

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Connecting for Life  
Midlands, Louth and Meath



National Office  
for Suicide  
Prevention



An Roinn Oideachais  
agus Scileanna  
Department of  
Education and Skills



Shine  
Supporting people affected  
by mental ill health



## HSE Mental Health Services, HSE Psychology Service and the National Educational Psychology Service

in conjunction with Shine, Pieta and the Samaritans would like to invite you to:

### Mental Health & Resilience Building in the Community Information Evening In the Crown Plaza Hotel, Dundalk on 13th Dec 2022 at 6pm sharp

#### Programme

6.00pm	<b>Registration, Tea/Coffee,</b>	7.15pm	<b>HSE Psychology Services - Dr. Ronan Gibney/Dr. Greg Foxe,</b>
6.30pm	Introduction and Welcome – <i>Dervila Eyres, Head of Mental Health Services   CHO Midlands Louth Meath</i>	7.30pm	<b>Psychological Service for Schools – Dr. Pól Bond, National Educational Psychologist</b>
6.35pm	<b>Shine Services - Derek Pepper, Regional Development Officer for Shine</b>	7.45pm	<b>The Samaritans Services – Samaritans Ireland</b>
6.45pm	<b>Connecting For Life - Rosaleen Dolan, Resource Officer Suicide Prevention</b>	8.00pm	<b>Finish and Close</b>
7.00pm	<b>Suicide Bereavement Liaison Service - Kathleen Moore Avila, Pieta Suicide Bereavement Liaison Officer</b>		

**A number of local groups and organisations will have promotional stands on the night.**

**Please come early for an opportunity to visit all the promotional stands and learn about supports available in the community**