

EiSHT

Emotionally intelligent, Skilled, Happy Teens

1st Year Behaviour Workshops

February 2023

@ St. Farnans College

Dear Parents & Guardians,

Over the coming days, I will be on site at St. Farnans College to run some workshops with the 1st Year students around tools to handle anxiety and improve their mental health literacy. In particular, we will talk about becoming aware of our own behaviour and the impact of others upon us. We will cover some anxiety coping tools but also look at ways to boost emotional self-defences including self-esteem, gratitude, embracing uniqueness and dignity & respect.

As part of the workshops, we will talk about mental health and how to understand that this is a very normal part of us all and sits alongside our physical health. I will also normalise just how common it is to experience periods of temporary mental ill-health, including anxiousness and that the key emphasis is to talk to a significant adult who you trust in order to get help.

To give you an idea of this, mental illness can begin as early as 8 years of age. In this age group, one in two can experience bouts of anxiety and around 15% will have experienced small bouts of depression already. Mental ill health can be temporary and can be handled. We will talk about breaking down the barriers for access and how to validate our feelings around these topics. It will give you the opportunity to begin this conversation at home. Mental ill health is something that we will all experience on multiple occasions throughout our lifetime and early intervention can prevent it becoming mental illness.

As parents, there are some fantastic resources available for free. Two of the least known are Turn2Me.ie and ParentLine. Along with these, the Samaritans and your GP are additional resources available.

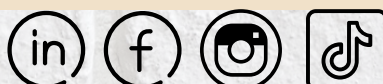
If you have any questions before or after the workshops, please don't hesitate to reach out to me on caroline@eisht.ie

Warmest Regards

Caroline

Founder & Youth Mental Health First Aid Instructor

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YOU ARE IMPORTANT

NOT EVERYDAY WILL BE A MENTALLY HEALTHY DAY...



#1

Mental illness in teens is more common than you realise and we will all be impacted by mental ill-health



#2

Your GP or a Psychiatrist can give you a diagnosis. They will refer you to next steps for treatment suited to your diagnosis. That may be to CAMHS, counselling and sometimes it may require medication. We NEVER self-diagnose!!

#3

the Samaritans

Call 116123.
The only number that won't show up on your phone bill!

TEXT 50808

is run by SpunOut
Free text service for young people to start a conversation and question@spunout.ie for a Youth Information Chat Service

More Phone Numbers:

CHILDLINE 1800 66 66 66
BODYWHYS 01-2107906
ISPCC Teenline 1800 833 634
HSE DRUGS & ALCOHOL HELPLINE 1800 459 459

Turn2me.ie
they offer access to FREE psychiatric supports. They also work with parents and young people from age 12.

SpunOut.ie & ShoutOut.ie

Two websites that have relevant, factual and resourceful info for teens in Ireland today from LGBTQI+ to understanding contraception, mental health & everything in between

Pieta House
1800 247 247 or Text HELP to 51444
They offer access to support if you are in crisis or have been bereaved by suicide

Contact your local primary care clinic or local County Youth Services for more help

More TEXT, Web & EMAIL OPTIONS:

JIGSAW.IE - Free Web Chat

CHILDLINE - 50101

BODYWHYS - alex@bodywhys.ie & Eating Disorder support groups

SHINE - phil@shine.ie

AWARE.ie, Supports, Courses & Groups

MyMind.ie

Online & f2f Counselling

TRANSLATEIRELAND.IE for support videos where English is not your first language

#4

Know who your **significant adult** is; that person over 18 who you can trust to talk to when you need help. Remember your school, sports clubs and local youth supports too.

#5

It's often difficult to explain what is going on with our thoughts, how we feel emotionally or physically or if there are changes in how we behave. These apps are useful and the first two are great for tracking your mood

WOEBOT
DAYLIO (TRACKER)
INFORMED MINDS
CALM
TELLMI
HEADSPACE

#6

What are your healthy coping mechanisms for when you feel sad, stressed or anxious...? Going for a walk, playing sport, running, baking, cleaning, meditating, journaling, being near the sea, listening to music, being around loved ones....??

#7

It's OK to not be OK... but it's NOT OK to ignore thoughts, feelings and behaviours which prevent you from living fully. Mental illness does not need to be an ongoing battle. The sooner you get help, the sooner you can recover.

You deserve to get HELP!

@EISHT.IE



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