

COMMUNITY INFORMATION DAY



POSITIVE MENTAL HEALTH: SURVIVE & THRIVE IN THESE CHALLENGING TIMES

FIND OUT ABOUT:

- ◆ NURTURING YOUR MENTAL HEALTH
- ◆ EDUCATION/TRAINING OPPORTUNITIES
- ◆ YOUR RIGHTS AND ENTITLEMENTS
- ◆ STARTING YOUR OWN BUSINESS
- ◆ BE A VOLUNTEER

SAMPLE SOME NATURAL HEALING THERAPIES

ANNALY HOTEL,
FRIDAY 27TH NOVEMBER 2009: 1PM-6PM

FOR FURTHER INFORMATION CONTACT LONGFORD LIBRARY ON:
043 3341124/ library@longfordcoco.ie

EVERYBODY IS WELCOME

ORGANISATIONS TAKING PART INCLUDE:

HSE, LONGFORD VEC, LONGFORD LIBRARY, MABS, LONGFORD MENTAL HEALTH SERVICES, COUNTY ENTERPRISE BOARD, CITIZENS INFORMATION SERVICE, SUICIDE AWARENESS, SHINE, LONGFORD WOMEN'S LINK

NURTURING YOUR MENTAL HEALTH

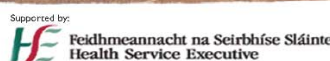


Longford County Library
A Welcoming Space for All
Telephone: 043 33 41124
www.longfordlibrary.ie

Understanding Mental Health
Abuse Sexual/Physical/Mental • Addictions
Anxiety • Schizophrenia • Dementia
Bullying • Bereavement/Loss • Depression
Eating Disorders • Loneliness • Stress
Self-Esteem • Suicide

If you are experiencing concern or worry around your Mental Health, it is advisable to contact your local GP or Healthcare Professional

This is a partnership project between Longford County Library, Longford Mental Health Association, Mental Health Ireland Midlands, HSE, Rapid and Shine.



mind body spirit