



Tips for keeping positive



Mayo
Be
Well



MAYO
SUICIDE
PREVENTION
ALLIANCE

- **Have the courage to be imperfect**
Try to aim for “not bad at all” or “really quite good” instead of “perfect”. Don’t judge yourself too harshly.
- **Take time for yourself**
Allow yourself time to do things that you enjoy. Set aside time for yourself and stick to it. You will find it will help you and others will respect that. Every day make sure to give yourself a treat and enjoy!
- **Be active every day in as many ways as you can**
Regular exercise can really help you to feel more positive and it will also give your mental health a boost. A small amount can make a difference, for example, exercising for half an hour three times a week. See also www.getirelandactive.ie.
- **Get some fresh air**
Getting outside for as little as 15 minutes every day to breathe fresh air and experience your surroundings can help to relieve stress, give you a clear mind and a positive attitude. Aim to cut your television viewing by half.
- **Get your sleep**
You will feel more resilient and be able to handle the stresses of the day when you have had a good night’s sleep. Try to go to bed earlier and learn some tips on how to improve the quality of your sleep.
- **Eat well**
Having a balanced diet not only makes you feel good but it also boosts your energy and improves your memory. Aim to eat five portions of fruit and vegetables every day. Good food is essential for your mind and body to work properly.
- **Sign up for that course or join that club**
Getting involved in community activities can create skills and improve physical and mental well being.
- **Spend time with people who make you feel good**
Having supportive relationships is a key factor in helping us to cope and deal with everyday life. Good friendships are as important as romantic or family relationships.
- **Laugh out loud each day**
Laughing reduces stress levels, so look for opportunity to introduce some humour into your day. Have fun!



Dare to dream

The road you are travelling on may be a challenging one, but don't lose faith. Don't listen to the doubters, don't let setbacks keep you down and most of all, don't give up on yourself. At the end of every day reflect on at least 5 things you are grateful for.

It's all about team work

Tackle difficult tasks first. Learn to ask for help and accept all offers!

Get advice on money problems

Taking control of your money problems may help reduce your stress. Confide in another person you can trust. Look for advice (see Money Advice and Budgeting Service details). Find out your rights (see Citizen's Information Centre details).

Worrying is a part of living

We all worry about different things in our lives. You might find it helpful to set aside a short period of time each day to worry (no more than 10 minutes). You could also write down your worries. Once you have done this, ask yourself, "Is thinking about the same worries over and over really going to help me?" Remember thoughts are not facts. We are not our thoughts.

Talk time

If you let friends and family know when things are tough, they may be able to provide a range of support. This could be listening, giving advice or providing practical support. Sometimes you may need to talk to a professional.

We're all unique

Everyone needs help from time to time and there is nothing wrong with asking for it. If you are looking for support, remember there are many organisations and groups in your community or available by phone or email. Don't be afraid to find out what they do and see if they suit your own individual needs. Remember we all need different supports at different times.

Remember - "This Too Shall Pass"

Keep things in perspective. Avoid being overly negative about things. Try to focus on the things you can control.

If you, or someone you know needs help, these are just some of the services you can call for support.

You may also wish to talk to your GP

Westdoc	Out of hours medical care to public and private patients by participating doctors	1850 365 000
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24 hours a day, 7 days a week:

Samaritans	Listening service for people who are experiencing feelings of distress, despair or suicidal thoughts.	1850 609 090
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Childline	A confidential phone line for children and young people	1800 666 666
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1Life	National Suicide Prevention Helpline	1800 247 100
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Mayo General Hospital		094 9021733
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Monday to Sunday, 10 am to 10 pm

Aware Helpline	Listening service for individuals who are experiencing depression and those who are concerned about a family member or friend.	1890 303 302
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Monday to Saturday, 8 am to 8 pm

HSE Info Line	Provides the public with access to information on health services and entitlements.	1850 241 850
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Monday to Thursday, 10 am to 9.30 pm, Friday, 10 am to 4.30 pm

Parentline	Offer support, guidance and information on all aspects of being a parent.	1890 927 277
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Monday to Friday, 9am - 9pm

Citizen's Information Centre	Provides information, advice and advocacy on a wide range of public and social services. All information is presented in a way that is easy to understand.	0761 07 4000
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Monday to Friday, 9 am to 8 pm

Money Advice & Budgeting Service	Free, confidential, independent and non-judgmental service for people in debt, or in danger of getting into debt.	0761 07 2000
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Monday to Friday, 9.30am to 5pm

Mortgage Arrears Information Helpline	If you are in mortgage arrears or you are worried about mortgage arrears, you can contact this dedicated helpline.	0761 07 4050
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You may also wish to access other support services in your local area.

Websites:

www.yourmentalhealth.ie

Website developed by the HSE as part of 'Your Mental Health' awareness campaign.

www.letsomeoneknow.ie

Website developed by the HSE encouraging young people (under 18 years) to seek support.

www.spunout.ie

An interactive online community for young people (16 - 25 years) to find out about health and advice services available to them in their area.

www.reachout.com

A support service for young people going through a tough time with information on the issues that matter to young people, signposts to other services and the opportunity to join a supportive online, mental health community.



Developed by
Mayo Suicide
Prevention Alliance,
January 2013.

Sponsored by
Mayo County Council
and Living Links
Mayo Tri Fundraisers.