

## Launch Event

Date: Saturday 5th of Oct

Time: 3.00pm – 6.00pm

Location: Community Centre

Meet local community groups & organisations with activities and fun throughout the afternoon.  
**FREE EVENT**

## Concert

Date: Sunday 6th of Oct

Time: 6.30pm start

Location: St Mary's Church

A wonderful evening of Musical talent in St Mary's Parish Church Carrigtwohill. A variety of community groups coming together to celebrate positive mental wellbeing through music & song.

**FREE EVENT – TICKETS REQUIRED**

Available from Family Resource Centre or Eventbrite

# CARRIG AWARE

## #YOUMATTER

## MENTAL HEALTH AWARENESS WEEK

**SATURDAY 5TH OCT – SUNDAY 13TH OCT 2019**

CARING FOR CARRIGTWOHILL IN PARTNERSHIP WITH  
CARRIGTWOHILL UNITED FOOTBALL CLUB

**FOR FULL EVENT LISTINGS AND DETAILS FIND US ON  
FACEBOOK @CARINGFORCARRIGTWOHILL**

**All free events need to be booked as spaces are limited!**



## Bring Me Back Alive

Date: Wed 9th & Thurs 10th Oct Time: 11.00am – Schools only and 8.00pm General public  
**TICKETS: €5 – Family Resource Centre 021 4533000 or St Aloysius College: 021 4883341**

Location: St Aloysius College, Carrigtwohill

'Did you hear about Pablo?' are the opening words of Bring Me Back Alive, a thought provoking story about the suicide of a young man in his prime. The words, spoken from one of his friends to another, echo similar conversations being had throughout our society, as a group of six companions battle to make sense of their loss. The award-winning play by writer Patricia McCann, set in a youth centre in present day, highlights Jessica, Nadia, Jocker, Robyn, Daryll & Peaches attempt to exit the shadow of grief cast by Pablo's untimely death. Bring Me Back Alive skilfully straddles drama and comedic storytelling, representative of Patricia McCann's strong writing style, through the raw truth of her social consciousness. She does this while all the time reminding us that even in our darkest of hours, where there is life there is hope.

## Safe Talk – Workshop

Date: Mon 7th & Tues 8th Oct

Location: Family Resource Centre

Monday: CLOSED TO CUFC GROUP

Registration: John O'Keefe 086 163 0017

Tuesday night – Community Night

Registration: Arona Moorcroft: 085 1356365

Email: [healymoorcroft@gmail.com](mailto:healymoorcroft@gmail.com)

## Understanding Self Harm

Date: FRI 11th of Oct

Time: 9.30am – 4.30pm

Tickets: Live link on social

Location: Community Centre

Workshop provides opportunities to improve knowledge, awareness & understanding of self-harm. It aims to clarify what self harm is, what leads people to engage in the behaviour and considers its relationships with suicide

Those wishing to take part in this workshop need to have Safe Talk completed. Registration required through active link on our facebook page

## Tea & Chat and Walk & Talk

Date: Sat 12th of Oct

Time: 3.00pm – 6.00pm

Location: Community Centre

Fun filled afternoon in the Carrigtwohill Community Centre, an opportunity to catch up with neighbours and friends over a cuppa.

A great opportunity to walk to Barryscourt Castle with family, friends & neighbours. Stretch your legs, and feel the positive effects of fresh air and exercise on your mental & physical wellbeing. A cuppa awaits you in the community hall afterwards.

## Come & Play

Date: Sun 13th of Oct

Time: 11.00am – 4.00pm

Location: All weather pitch

Soccer games

## Closing Ceremony

Date: Sun 13th of Oct

Time: 4.30pm – 6.00pm

Location: Community Hall

Come & celebrate with us following an informative, interactive and positive Mental Health Awareness Week. Enjoy our Art Exhibition and bring the children along to participate in some art workshops.

FOR MORE INFORMATION FIND US ON SOCIAL @CARINGFORCARRIGTWOHILL

# MENTAL HEALTH AWARENESS WEEK

SATURDAY 5TH OCT –  
SUNDAY 13TH OCT  
2019

## Useful Websites

find all of the resources below on  
Facebook.

[www.spunout.ie](http://www.spunout.ie)  
Ireland's youth information website

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)  
An informative site about mental  
health & supports in Ireland

[www.belongto.org](http://www.belongto.org)  
For LGBT with general health and  
mental health information

Mental Health & Addiction  
Support Groups

GROW group support meets every  
Thursday from 7.30pm in  
Carrigtwohill Family Resource Centre.  
Call Teresa: 087 985 1275  
for more information.  
[www.grow.ie](http://www.grow.ie)

Caring for Carrigtwohill is a community based  
organisation consisting of representatives of local groups,  
supported by HSE South and Breaking the Silence, Cobh.

We aim to:

- Increase mental health awareness and build resilience.
- Promote appropriate training to prevent suicide in our community.
- Normalize the conversation around mental health so that people can seek appropriate support.

# CARRIG AWARE

## #YOUMATTER



Caring for Carrigtwohill

Caring for Carrigtwohill in partnership with Carrigtwohill United Football Club



### CHILDLINE

1800 66 66 66

or text Talk to 50101

### SUICIDE PREVENTION HELPLINE

HSE South

1800 742 745

### SAMARITANS

FREE PHONE: 116 – 123

TEXT: 087 260 9090

EMAIL: [jo@samaritans.ie](mailto:jo@samaritans.ie)

### ALL EMERGENCY NUMBERS

999 or 112

### GARDA STATIONS

Carrigtwohill

021 4883 222

Cobh

021 4988 530

Midleton

021 4621550

Pieta House Suicide  
and Self Harm Crisis Centre  
provides a free, therapeutic approach  
to people who are in suicidal distress  
and those who engage in self harm.

Highfield Lawn, Model Farm Road,  
Bishopstown, Cork

Opening Hours

Monday – Thursday: 9.00am – 8.00pm

Friday: 9.00am – 6.00pm

Saturday: 10.00am – 2.00pm

Visit: [www.pieta.ie](http://www.pieta.ie)

TEL: 1800 247 247

## Carrigtwohill Low Cost Counselling

EMAIL:

[mentalhealthsupport@carrigtwohillfrc.ie](mailto:mentalhealthsupport@carrigtwohillfrc.ie)

TEL: 085 756 6662

This service is open to all individuals  
seeking support around suicide or  
mental health issues

### Youth Services

#### Youth Health Service

076 188 4150 / 087 717 5615

#### Youth Work Carrigtwohill

[youthworker@carrigtwohillfrc.ie](mailto:youthworker@carrigtwohillfrc.ie)

#### Cobh Youth Services

021 4814640

[cysitd@eircom.net](mailto:cysitd@eircom.net)

#### Midleton

#### Cloyne Diocesan Youth Service

021 4621 547

[reception@cdys.ie](mailto:reception@cdys.ie)

FOR MORE INFORMATION FIND US ON SOCIAL @CARINGFORCARRIGTWOHILL