

Vocaleyez

THE MAGAZINE OF THE CANAL
COMMUNITIES SERVICE USERS' FORUM



JANUARY 2022 EDITION:

- MENTAL HEALTH IN THE WINTER
- DANCE AND RECOVERY CAFÉ
- ALCOHOL: WHAT IS LIBRIUM?
- HOW TO DRINK SAFELY
- ARTWORK, POEMS AND SUBMISSIONS FROM THE COMMUNITY



Canal Communities
Service Users' Forum

02 ABOUT VOCALEYEZ



Welcome to Vocaleyez, the magazine of the Canal Communities Service Users' Forum. The Forum is a group of people who were, or still are, using the substance misuse-related services in the Canal Communities Local Drug & Alcohol Task Force areas, that include Inchicore, Rialto, Bluebell and Dolphin's Barn.

From now on, we're going to produce the magazine both in print and on the web. The great thing about the web version is that we can constantly up-date it. Vocaleyez is mainly about giving individuals and groups affected by substance misuse a voice. So it focuses on their stories, their views and their creativity, but it also acts as a source of up-to-date information.

If you are interested in coming on board, just e-mail or ring me at paul@ccras.ie, 086-0453822, and you can get started straight away. Thank you for reading and maybe getting in touch.

Paul Holdaway, Canal Communities Regional Addiction Service

The Service Users' Forum and Vocaleyez are supported by the Canal Communities Regional Addiction Service, on behalf of the Canal Communities Local Drug and Alcohol Task Force.

The Team

Editor: Niamh O'Gorman

Designer: Nicholas Diez McKenna

CCRAS Harm Reduction Officer: Paul Holdaway



03

MENTAL HEALTH AROUND THE NEW YEAR



WITH TIPS TO REDUCE
ALCOHOL INTAKE

- Exercise your right to say No – to yourself and others! If you're alcohol free or not drinking, most of your true friends & family will know and accept that.
- Even though we have precious little day light hours in winter time, it is all the more important to get out of the house and get some fresh air. Any type of exercise releases positive, natural highs and natural daylight will help boost Vitamin D levels.
- Have a PLAN for each day over the New Year period and stick with it.
- Plan your Support System in ADVANCE of events and stick with your plan.
- Acknowledge the emotional mind-field that is the New Year but don't get blown away by it either! There is no negative emotion that can be cured by drinking.
- Try to focus on others and take the focus off yourself – it can really make you feel good about yourself when you can help someone else.
- Don't leave yourself Vulnerable by putting yourself in a situation because you tell yourself you're afraid of missing out on something. Remind yourself of your long term goal and what's truly important to you.
- Have an exit strategy- in situations or family events give yourself permission to leave when you need to. As one person says, always know where the door is and use it!

04

MENTAL HEALTH AROUND THE NEW YEAR



- Look after yourself- self-care is your top priority. Look after your diet, get plenty of sleep, healthy exercise, talk when you need to and don't isolate yourself.
- Please go to Smart Recovery on Tues evenings at 6.30pm in Room 2, Upstairs in Oblate Basketball Hall, Inchicore, Dublin 8 on the 7th Jan.
- Make a PLAN - Don't just let things Happen
- Ask yourself - Are you isolating yourself?
- HALT- Are you Hungry, Angry, Lonely or Tired. If so, recognise and respond to these needs.
- Phone a Friend! - Sponsor, family support, Friend.
- Surf the Web for Support on You Tube, Smart Recovery, Hello Sunday Morning.
- If going to an event or party, identify another non-drinker. Discuss your plan beforehand.
- Have a drink (soft drink!) in your hand at all times at parties, practice refusal methods
- Keep your fingers busy, go on youtube for support, meditations, relapse prevention
- Remember EMP - Emotional Relapse, Mental Relapse and Physical Relapse
- Go to a meeting where you will get support - AA, Life Ring, Smart Recovery
- Are there smart meetings on- look on smart.ie



05

Art Therapy in the New Year



The New Year and Christmas can be a complicated time for many people. It is a season of joy, reflection and giving but it also brings up memories and can be challenging to deal with. Creativity can help us change how we think and feel about the past while creating hope for the future and joy in the present moment.

Here are a few ideas for you to try:

Wishing Stones

Write or paint wishes for yourself on pebbles or stones of some kind. Decorate these as you wish. Place these rocks around your home as reminders of self-care and self-compassion.

If there are things you would like to be rid of, you can write these on your rocks and throw them into a river, canal or ocean. Imagine that the water has washed away your worries.



06

Art Therapy in the New Year



Feed the Joyful moments

In Positive Psychology, an emphasis is placed on the good things in life and in yourself. What we focus on gets stronger.

Feed your joy by playing your favourite songs, eating your favourite foods, getting out for a walk in nature or spending time with people that make you feel good about yourself. Consider writing or drawing what you are grateful for and notice how your body feels when you think of those things

Mindful Meditation

If you find yourself feeling stressed about the New Year, many people find meditation helpful for quieting the mind and relaxing the nervous system.

A good, gentle choice is guided meditation where you are listening to someone guiding you through the exercise. Try The Honest Guys on YouTube for short, meditation videos. On a page or in a journal, draw an image or doodle before you begin the meditation and then draw another one after you finish it. Compare the two to see if there is a difference.

Dee McCormick

Integrative Counsellor & Art Therapist

Contact Details for Art Therapy Referral:

Frontline Make-Change, 135 Emmett Road, Inchicore D08
FP44

Phone: 01-4736502

(Thurs/Fri)

Email: deirdre@frontlinemc.ie

Website: www.frontlinemakechange.com



07 Can you keep a secret?



Can you keep a secret?
Between just me and you,
I've kept it for so very long
I don't know what to do.

I'm sorry I upset you
That time I ate your bone
I needed your attention
Could not leave you alone

I'm staring at your basket
I see that vacant place,
Where you always used to sleep
It was your favourite space.

I used to sneak into your bed
When you were fast asleep
I'd snuggle up between your paws
And silently I'd weep

I never shared my secret
Back then I was too shy,
I wish I could have told you
Before we said goodbye.

I'd weep because I felt our time
Was coming to an end
I was only six months old
And losing my best friend

You were so tall and handsome
As black as black can be,
People always noticed you
They never noticed me.

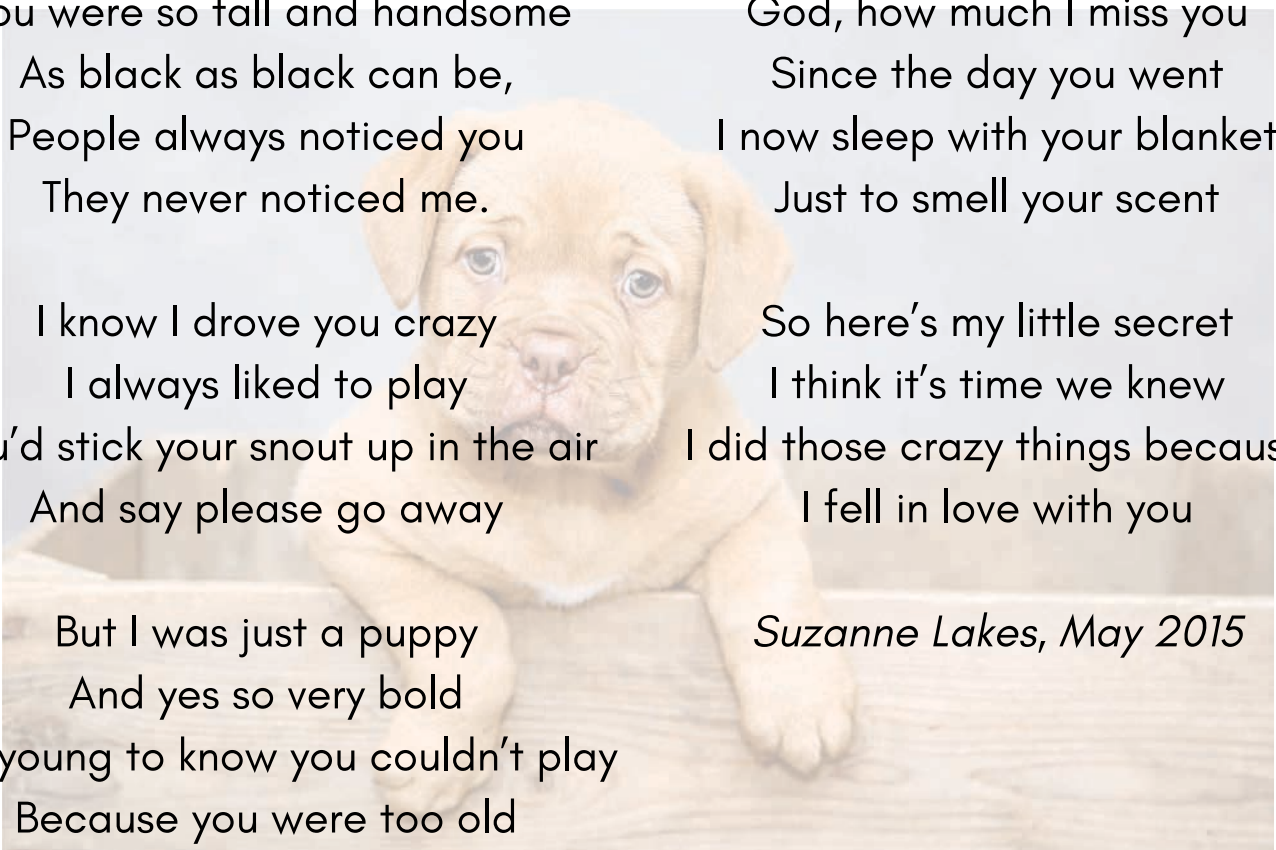
God, how much I miss you
Since the day you went
I now sleep with your blanket
Just to smell your scent

I know I drove you crazy
I always liked to play
You'd stick your snout up in the air
And say please go away

So here's my little secret
I think it's time we knew
I did those crazy things because
I fell in love with you

But I was just a puppy
And yes so very bold
Too young to know you couldn't play
Because you were too old

Suzanne Lakes, May 2015



0 8 Recovery



Step by step
Day by day
Minute by minute
I make my way

Choice by choice
Stick with the plan
Keep it simple
Breathe and be calm

Bit by bit
I'm getting strong
Finding my way
Keep moving along

Positive people
Positive steps
Positive thinking
Negativity's left!

Better and better
Hope restored
Little by little
I'm holding on

Not giving up
Not giving in
Not letting go
I'm here to win
My journey
My recovery
My learning
My discovery

BY ANONYMOUS

09 Struggling



You cannot see I'm struggling
I try to hide it well
You probably won't even notice me
As you rush about your busy day

You won't observe the masks I wear
The dark circles under my eyes
If you ask me how I'm doing
You like to listen to easy lies

You won't hear me struggling
The anxiety churning up inside
So afraid you'll think I'm strange
And all the fears I try to hide

But if you listen to my story
Take the time to notice me
Give an inch of understanding
I might once again believe

In the power of human kindness
Have some hope for life once more
I might even feel I'm worthy
Someone worth fighting for

With each person there's this chance
An opportunity to show you care
Open your eyes, just listen
Let me know my struggle's shared.

Go the extra mile, try to make me smile
Give me hope in my despair
Be a light, a comfort, a gracious gift
I will pass it on, because you taught me this

BY ANONYMOUS

10 Struggling



This dark place inside my head ,
Is like a horror book ive never read.
It's not always dark,
sometimes there's light ,
But then comes the night.
As I lay my head down to sleep ,
These dark thoughts they start to creep.
At times they fill me with so much dread ,
I feel paralysed stuck in my own dark head.
They're insidious and cunning and know when to part take ,
In taking over my mind and keeping me awake.
As the morning comes and I'm still in despair ,
I know I've the day to try to repair.
The damage from the sleepless night ,
As I look to the day and try to find the light.
The light of life and all that it brings ,
Even something small as listening to little birds sing.
For now I don't expect this dark place ,
And I'm learning to live life and try to embrace.
Embrace the light that's shines through my soul ,
And live a life full of love with a meaningful goal

BY ANONYMOUS

Reader submissions

We always welcome our readers to submit their own pieces of artwork, poems, success stories, experiences, etc. You can do so by submitting them to paul@ccras.ie

11 My reincarnation...

Part I



As I danced on my own in the dark,
I saw an angel at a distance,
Behind I could hear a whisper in my ear,
Come play with me it said,
With naivety by my side I took its hand and began to dance,
An euphoric feeling filled my blood ,
I felt the angel had taken me to heaven.
But with one breath, I was left on my own.
There I was back in the dark,
Trying to chase what the angel in disguise had tempted me with.

Part II

As I lay here surrounded by the dark, of what has become of me.
I lay here naked, cold.
With a fainted breath, what was once an angel in disguise is now a
demon, began to consume me piece by piece.
This is a place I have become way too familiar with.
But when all hope is lost, a bright white light above catches my eyes.
Three majestic doves dance from the light to me.
As they float above me they take my breath away.
As they begin their descent back to the light, I feel my body begin to
lift from the cold ground.
A white cloth begins to appear over my body, as I slowly feel a flame
flow though my blood and veins.
I slowly begin to let go and shed the skin of my past as my higher self
begins to fill me with light, love and hope.

This is my reincarnation

12 Easy to cook recipes by Vocaleyez

Do you have left over turkey from the festive season? In this edition we will give you new ways to make meals from what you have in the fridge!

Turkey Curry



Ingredients:

- sunflower oil
- onion, finely chopped
- 3 garlic cloves, crushed or finely grated
- thumb-sized piece of ginger, peeled and finely grated
- 1 red chilli, deseeded and finely chopped
- 1 tsp cumin seeds
- 1 tsp ground coriander
- ½ tsp paprika
- ½ tsp ground turmeric
- ½ tsp garam masala
- 1 tbsp tomato purée
- 400g can passata or chopped tomatoes
- 1 tbsp mango chutney
- 100ml double cream
- 2 tbsp natural yogurt (optional)
- about 600g leftover roast turkey, cut into large chunks
- chopped coriander, toasted flaked almonds, steamed rice and garlic naan breads, to serve



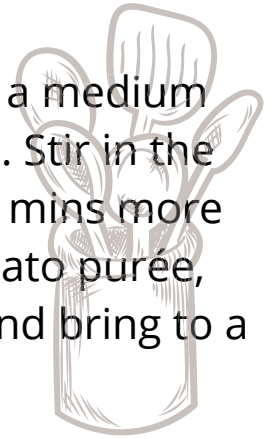
13

Turkey Curry (continued)

Method

STEP 1

Heat the oil in a casserole dish or shallow pan over a medium heat, and fry the onions for 10-12 mins until golden. Stir in the garlic, ginger, chilli and all the spices, and cook for 2 mins more until the mixture resembles a paste. Stir in the tomato purée, passata or chopped tomatoes and mango chutney, and bring to a simmer. Cook for a further 10 mins.



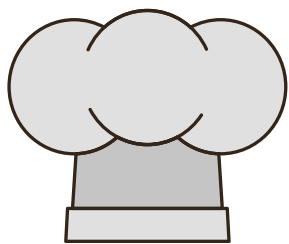
STEP 2

Stir in most of the cream and the yogurt, if using, and return the mixture to a simmer. Add the turkey and continue to simmer until the turkey is piping hot. Remove from the heat, drizzle over the remaining cream and stir through briefly. Scatter over some coriander and flaked almonds and serve with the rice and naan bread.



This is a lovely, flavoured curry. Its not too hot as the yoghurt cools it down. Chicken left overs can be used instead, and butternut squash can be used instead for a tasty vegetarian option.

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Turkey Fricassée

Ingredients

- 50g butter
- 100g chestnut or button mushrooms, quartered
- 1 tbsp plain flour
- 100ml white wine or dry sherry
- 200ml chicken or turkey stock
- 150ml double cream or crème fraîche
- 800g leftover boneless cooked turkey, chopped into chunks or shredded
- Small bunch of parsley, chopped (optional)

Method

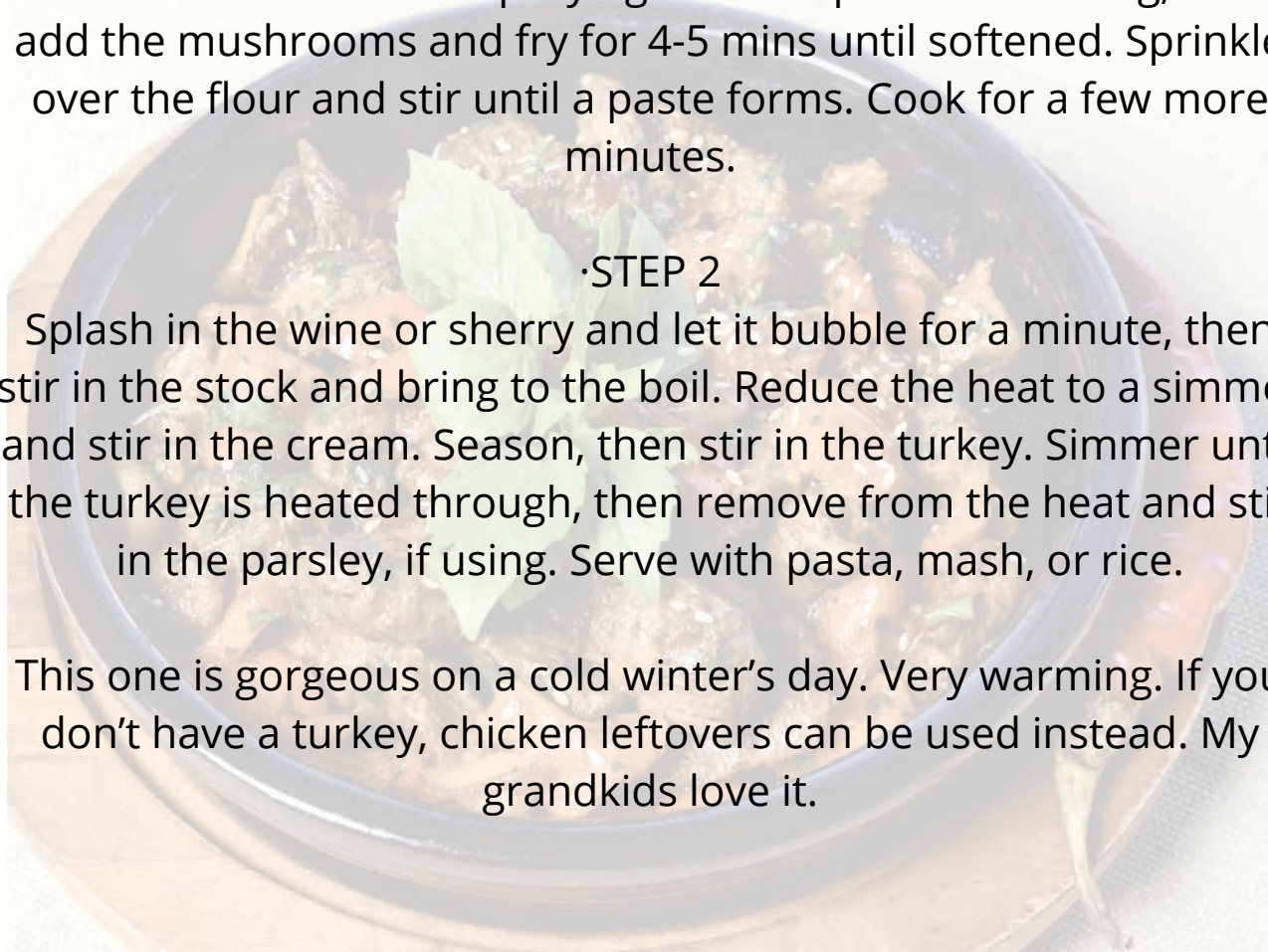
•STEP 1

Heat the butter in a deep frying or sauté pan until sizzling, then add the mushrooms and fry for 4-5 mins until softened. Sprinkle over the flour and stir until a paste forms. Cook for a few more minutes.

•STEP 2

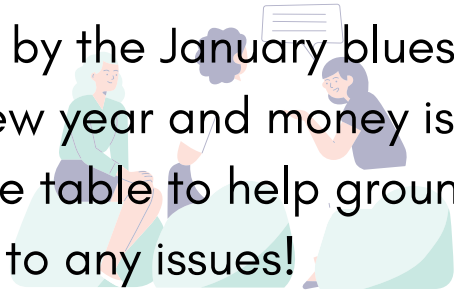
Splash in the wine or sherry and let it bubble for a minute, then stir in the stock and bring to the boil. Reduce the heat to a simmer and stir in the cream. Season, then stir in the turkey. Simmer until the turkey is heated through, then remove from the heat and stir in the parsley, if using. Serve with pasta, mash, or rice.

This one is gorgeous on a cold winter's day. Very warming. If you don't have a turkey, chicken leftovers can be used instead. My grandkids love it.

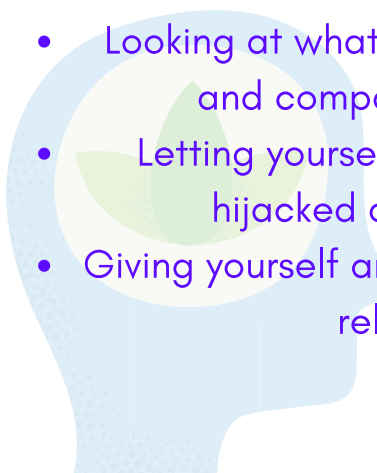


15 The January Blues, crack the code...

It is easy to become overwhelmed by the January blues, the festive season is over, it's a new year and money is probably tight. Use this comparative table to help ground yourself and find solutions to any issues!



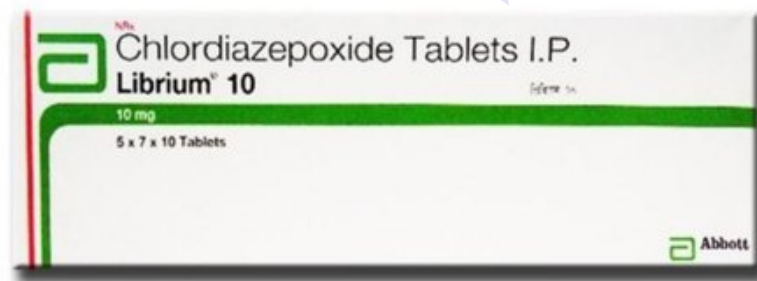
- Not having enough money
- Everyone stressed and anxious and rushing around
- Fights over money
- Thinking you haven't done enough for your kids
- Putting pressure on yourself
- The amount of pressure from the ads
- Thinking you have to have the 'perfect' Christmas
- Being ill
- Mental health problems
- Seasonal Affective Disorder
- You're Broke
- You're thinking about family members that have died
- Relationship break down
- Relationship melt down
- Awful weather / Dark Nights
- Looking at what everyone else has and comparing yourself
- Letting yourself be emotionally hijacked and reacting
- Giving yourself an excuse to use and relapse
- Just having a budget and sticking with it
- Trying to avoid the rush in the shops and either go week days earlier rather than peak times
- Help your kids to understand that the amount you love them is not valued by the amount that you spend on them.
- Taking the pressure off yourself
- Go to doctor if you don't feel well
- Eat properly – don't over indulge
- Give yourself space to grieve and remember loved ones you have lost and keep it in perspective
- Try not get on the defensive in relationships, try and really see the other person's point of view.
- Very important that you try and get at least a walk every day for at least 20 minutes. Even if the weather is bad just wrap up!
- Ask for help – don't be a martyr trying to do all yourself.



16 ALCOHOL AND LIBRIUM

Chronic alcohol use, also known as Alcohol Use Disorder (AUD) or alcohol dependence, is the condition of someone who is physically dependent on alcohol. It is ESSENTIAL that medically assisted treatment is sought for those who want to taper off alcohol and treat their AUD. Alcohol is consumed to a great degree here in Ireland and, above all other drugs, remains as the most common substance that is identified in people who use chronically.

Regular consumption of alcohol can easily evolve into dependence, especially if you are drinking to escape reality, deal with emotions and problems in life or when in social settings. Alcohol is a central nervous system depressant and mixing it with other depressants like benzos, opioids or other drugs can be fatal. Alcohol creates a very serious dependence, similar to benzodiazepines in the body and abrupt cessation without medical attention can result in common withdrawal symptoms, hallucinations, confusion, agitation, fever, seizures and even death. This is why many people who are alcohol-dependent are transitioned on to Chlordiazepoxide, a benzodiazepine also known as **Librium**. This is because alcohol and benzodiazepines act very similarly in the body but switching to a tablet can stabilise the person, make it easier for addiction specialists to identify the extent of your dependence, tolerance and safely taper you off, gradually.



Speak to your doctor if you are interested in Librium.

This reduces the chance of serious withdrawal side effects like hallucinations and seizures which could possibly result in death, especially if they were to occur while driving, working or in other similar situations. While we encourage speaking to your GP about your alcohol use, often you will be referred to specialist clinics equipped to deal with withdrawals and with experts in addiction medicine. You can access treatment publicly or privately: see the directory of services at the end of the magazine to contact the specialist clinics. You can also visit drinkaware.ie/ for more info and drugs.ie/ to locate a clinic in your area. There are various programmes developed to treat chronic alcohol use be it as an outpatient in a clinic, an inpatient in a hospital or detox unit or a resident in a residential setting. Which is best for you will depend on you, your lifestyle and can be discussed by talking to your GP or contacting a service directly.



17 Treatment trends in 2020: Alcohol versus Opioids, Cocaine, Cannabis & Benzodiazepines

Chronic alcohol use is the most common substance disorder seen in Ireland. The following text was taken from drinkaware.ie/:

"The Health Research Board provides data on treated problem alcohol use in Ireland through data taken from the National Drug Treatment Reporting System. Some notable key trends are evident between 2014-2020.

The total number of cases treated for problem alcohol use in Ireland in 2020 was 5,824. The median age of treated cases was 41 years and 16 years was the median age reported of cases first starting to drink.

Almost two-thirds of cases in 2020 were male (62%). Over half (52%) of new cases were classified as alcohol dependent in 2020, compared to 53.2% in 2014.

In addition, the proportion of previously treated cases classified as alcohol dependent increased from 66.6% in 2014 to 72.1% in 2020. Polydrug use was reported by 23% of cases in 2020, accounting for more than one-fifth of those treated for problem alcohol use."

Comparing the use of alcohol and of other drugs in 2020, the main problem drug class was opioids in 3,559 cases, cocaine in 2,619 cases, cannabis in 2,120 cases and benzodiazepines in 1,097 cases, while it was alcohol in 5,824 cases.

This data was taken from the national epidemiological surveillance system that reports on treated problem drug and alcohol use in Ireland.

WHAT ARE THE SIGNS OF ALCOHOL DEPENDENCE?

According to the HSE, signs of alcohol dependence include:

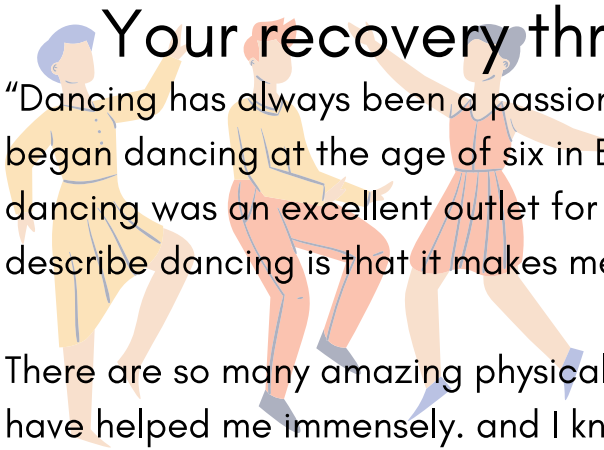
- not being able to function without alcohol
- finding that drinking has become an important, or the most important, thing in your life
- continuing to drink despite negative consequences for you or your loved ones
- finding it difficult to control the amount or the times when you drink
- finding it difficult to stop drinking when you want to
- not always being able to plan with certainty how much you are going to drink on an occasion
- drinking more alcohol
- craving alcohol or having withdrawal symptoms
- not seeming to be drunk after drinking large amounts

For more info visit drinkaware.ie/, drugs.ie/ and see the directory of services.



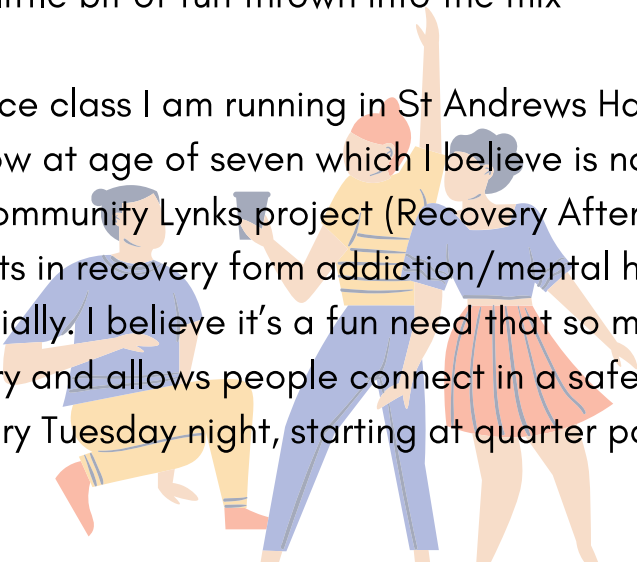
18 THE COMMUNITY LYNKS RECOVERY PROJECT

Your recovery through dance....



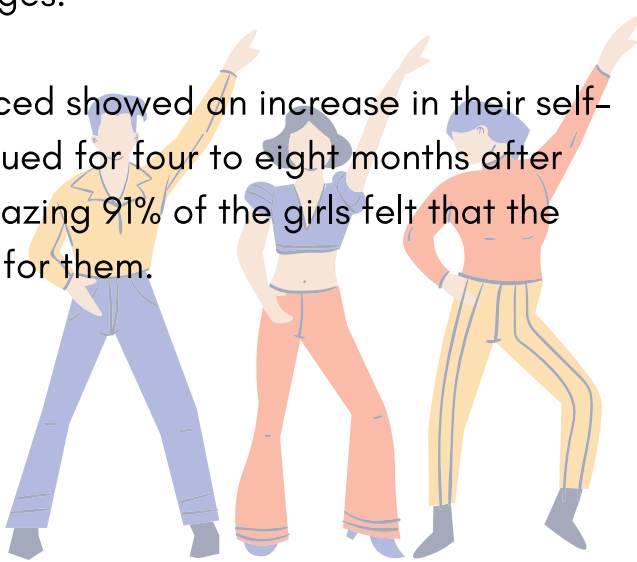
"Dancing has always been a passion of mine for as long as I can remember. I began dancing at the age of six in Ballymun. Over the years as I grew up, I felt dancing was an excellent outlet for to express myself. The only way I can describe dancing is that it makes me feel alive!

There are so many amazing physical and mental benefits from dancing that have helped me immensely. and I know now more than ever that incorporating this into my weekly routine can help me to express myself socially, combat social anxiety with a little bit of fun thrown into the mix"



The adults dance class I am running in St Andrews Hall, Rialto where I done my first variety show at age of seven which I believe is no coincidence is part of my job with the Community Lynks project (Recovery Aftercare Worker) The class is aimed for adults in recovery form addiction/mental health of anyone struggling to connect socially. I believe it's a fun need that so many people can benefit from in recovery and allows people connect in a safe space. The adult dance class is run every Tuesday night, starting at quarter past eight for 1 hour and all are welcome.

One Swedish study by Örebro University looked at 112 girls, aged 13-19, who suffered from conditions such as depression and anxiety. Fifty-nine of the girls were randomly chosen to dance on two days a week while the other participants didn't make any lifestyle changes.



The study showed that the group that danced showed an increase in their self-esteem. These positive effects even continued for four to eight months after their dance training ended. In total, an amazing 91% of the girls felt that the study had been a positive eob experience for them.

19 THE LYNK RECOVERY PROJECT (CONTINUED)

Our recovery café is a monthly event and will be in different venues across Dublin. The Cafés are another way of staying connected with people in recovery, socialising and having some essential “belly laughs”. The entertainment at the cafés include motivational speakers, singers, bands, karaoke etc. A lot of the performers are in recovery themselves and pride themselves on “giving back” in this way as it is “recovery culture”.

As with the dance class everyone's welcome and as the say in Dublin “the more the merrier”

The Lynks Recovery Project is based in Inchicore, Dublin 8. My manager Margaret Lamrani has been in the project for the last twenty-three years with her main vision being “linking people in recovery back into the community”. There are many elements to Lynks including our Drug Free structured day programme that provides support to those recovering from drug and alcohol addiction to reaching their full potential. Our Dance Class and Recovery Café's are new features to our programme and there will be a new Aftercare Programme being set up in the new year.

If anybody would like any information about our programme here at Lynks please contact me (Wesley) on 0892704049 or the project itself on 01-4537842.



20 WINTER WELLNESS

Get outside for a walk. Simply moving your body with an easy walk will lift your spirits. You get to release positive endorphins in your system which is all good.

Sometimes unplugging really is the best thing to do. However hard it may be, it gives your mind a break from the constant ding of notifications. Instead, tune into nature's calming sounds. Notice the beautiful details all around you, taking a hike or a walk helps one to reflect and keep things in perspective.

Being active outside has many benefits such as breathing fresh air, accessing green space and exposure to nature which has been shown to have positive effects on mental health.

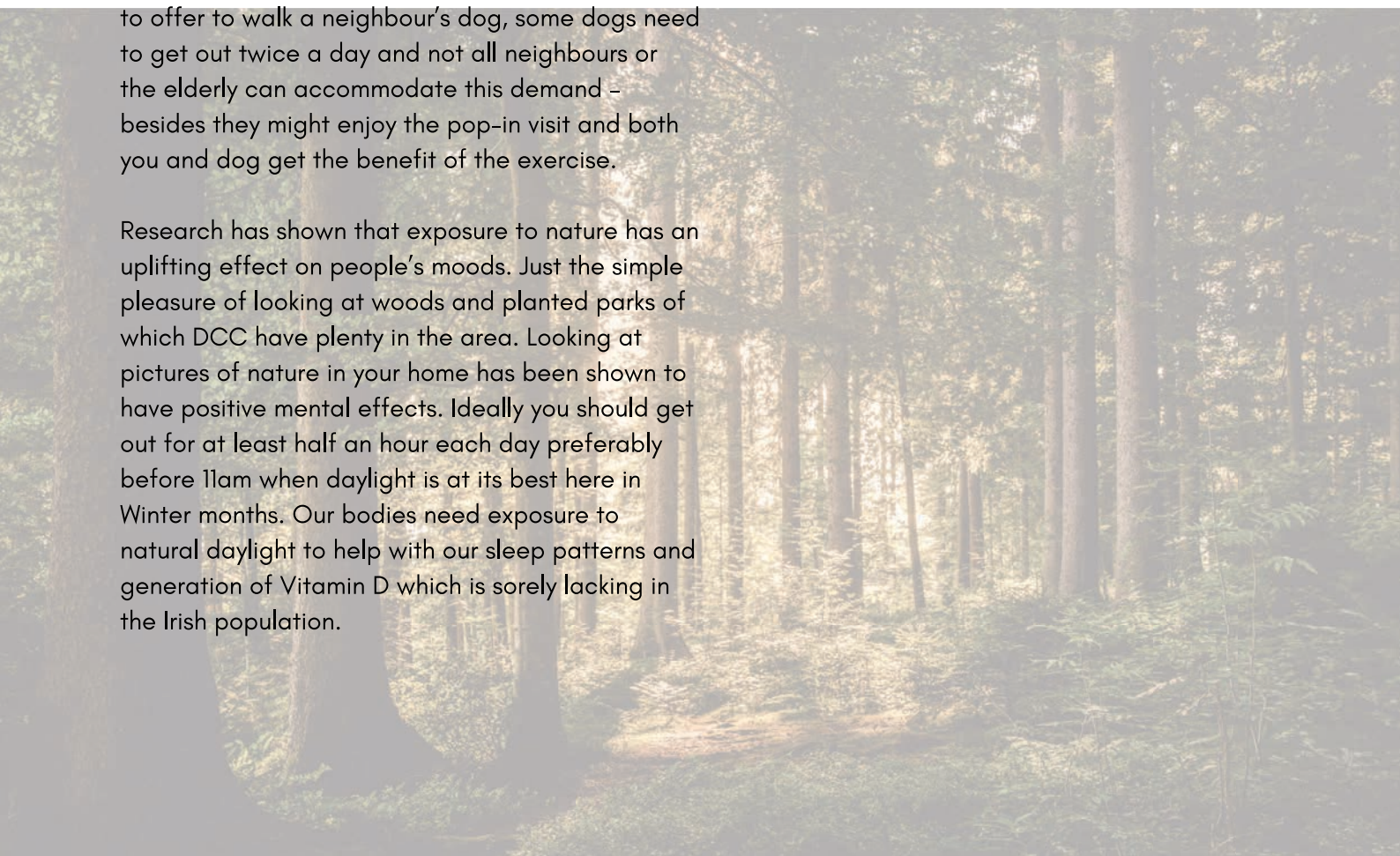
In the Winter months motivation can be a problem, colder temperatures, darker evenings and the stresses leading up to festivities. Sometimes making a pact with a walking buddy can keep you to an outdoors and wellness plan. Another option is to offer to walk a neighbour's dog, some dogs need to get out twice a day and not all neighbours or the elderly can accommodate this demand – besides they might enjoy the pop-in visit and both you and dog get the benefit of the exercise.

Research has shown that exposure to nature has an uplifting effect on people's moods. Just the simple pleasure of looking at woods and planted parks of which DCC have plenty in the area. Looking at pictures of nature in your home has been shown to have positive mental effects. Ideally you should get out for at least half an hour each day preferably before 11am when daylight is at its best here in Winter months. Our bodies need exposure to natural daylight to help with our sleep patterns and generation of Vitamin D which is sorely lacking in the Irish population.

So if you can't get out to nature – see if you can bring a bit of nature inside. One of the simplest things is to pot up a seasonal plant for your window sill. Better again create a small window box that can sit in your kitchen and pot it up with herbs you'll be using regularly. Living herb plants are available in all large grocery shops and grouped together in window box will provide indoor greenery and useful to boot!

If you're feeling adventurous, invest in a few packets of seeds, some of the fastest to germinate are cress and micro-lettuce for your salads. Pop in a few cloves of garlic which will grow over the ensuing months, or a couple of knobs of ginger both plants are full of anti-oxidants and are superfoods in themselves. Plus you'll have the added benefit of knowing just how fresh they are. If your window box lives outdoors try planting up some of the hardier herbs like, oregano, thyme and rosemary. If you would like further tips on planting feel free to make contact at

Gar-Genius@gmail.com



21 ADULT COLOURING....



Start slow and go slow, the national advice for those using substances over the festive and new year period...

22 DIRECTORY OF SERVICES

Homeless Services

Homeless Persons Unit, ph, 1800724724

Backlane Hostel, ph, 014542181

Focus Ireland, ph, 018815900

YMCA, ph, 014791619

Dublin Simon Community, ph, 018788790/018720185

Education/Training Services

Turas, ph, 014505069

Community Lynks, ph, 014537842

Frontline Inchicore, Bluebell, ph, 4736502

Liberties Recycling, ph, 4193999

Addiction Response Crumlin, ph, 014113222

Other Useful Numbers

Yoda under 18's Service, ph, 014665040

Teen Line, ph, 1800833634

HSE Mental Health Service, ph, 014559574

Pieta House Suicide and Self Harm Crisis Centre, Tallaght, ph, 016200020,
Ballyfermot, ph, 016235606

Gamblers Anonymous, ph, 018721133

Merchants Quay Ireland, ph, 015240927

Jigsaw, Dublin City, ph, 01 658 3070 (Young People's Mental Health Service)



23 DIRECTORY OF SERVICES



Alcohol Services

Rialto Community Drug Project Alcohol Education Service, ph. 014540021

CCRAS Alcohol Worker ph. 0868060421

Community Response, ph. 014549772

HSE Alcohol Service Belgard Rd Tallaght, ph. 014516589/6754

Addiction Response Crumlin Alcohol Programme, ph. 014113222

Alcoholics Anonymous, ph. 018420700

Dublin Simon Community Residential Detox, ph. 016498601 (Alcohol & Benzodiazepine Detox)

Addiction Services

Rialto Community Drug Team, ph. 014540021

Donore Community Drug Team, ph. 014164339

Frontline, Inchicore, Bluebell, ph. 014736502

CCRAS Cocaine and Outreach Service, ph. 0860453822

HSE Outreach Worker, Derek, ph. 0866041014

Addiction Response Crumlin, ph. 014563131

Clondalkin Addiction Support Programme, ph. 01 616 6753

Clondalkin-Lucan Addiction Clinic, ph. 01 643 3600

Tallaght Addiction Support Programme, ph. 01 534 8340

Priority Medical Clinic, Dundrum, ph. 01 291 6153 (Private Addiction Clinic)

Jobstown Assisting Drug Dependency, ph. 01 459 7756



MENTAL HEALTH CHAT ROOM



*Are you worried about your
mental health?*

*Do you feel depressed, lonely,
or anxious?*

Would you like to talk about it?

The Mental Health Chat Room is a peer support Zoom meeting where like-minded people who are worried about their mental health can come on and talk about how they feel and get support. Other people on the group can help by saying what works for them and to reassure the person that they are not alone. There will be a professional worker online too who can help or maybe refer into a service. The worker will also do some educational work depending on the group needs.

If you feel this is a group for you or you would like to check it out:
Send your e mail address to **paul@ccras.ie** and he will send you the link to
access the meetings. Anyone and everyone are welcome.
Meetings are at **6.30 to 8.00pm** every **Monday** evening.

