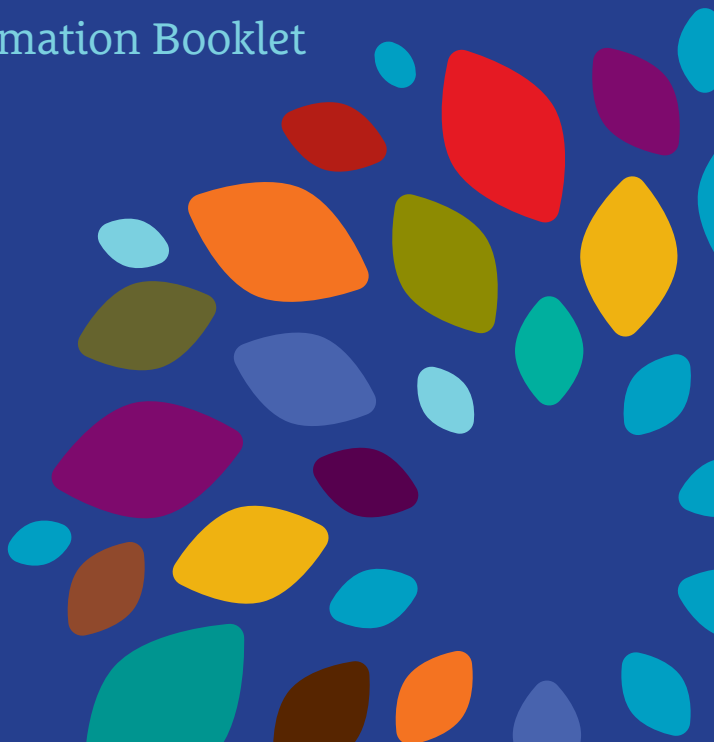




Managing Your Mental Health in Difficult Times

Information Booklet



Getting through difficult times

The current economic situation brings with it a number of challenges. Many people have experienced job losses and have seen a worsening of their financial situation. This can lead to stress and poor mental health. Sometimes this can lead to symptoms such as depression, anxiety, poor sleep, increase in alcohol consumption, poor physical health and, in severe situations, even suicidal thoughts and feelings.

Taking care of your mental health in an active way, can help you through these difficulties, giving you perspective, resilience and a sense of control.

Adopting Wellness principals; hope, personal responsibility, education, self advocacy and support will help guide you on your recovery journey back to feeling Well and Mentally Healthy again.

Signs of Emotional Distress

- Physical changes such as poor sleep, loss of appetite, trouble concentrating and tearfulness
- Feeling anxious
- Feeling overwhelmed
- Avoiding friends and social situations
- Experiencing negative thoughts e.g. 'I'm not worth it' or 'I'll never get a job/recover from this'
- Feeling life is not worth living
- Staying in bed



Tips on how to maintain good mental health & wellness.

- Remember this is a temporary situation and you are not alone.
- Remain calm and stay focused.
- Avoid denial. Problems need to be addressed.
- Confide in someone you trust.
- Take responsibility for your life and take control of the things you can.
- Learn new skills.
- Attend classes in anxiety management/relaxation/general support.
- Get involved in community or leisure groups.
- Seek support from friends, family, support groups.
- Give yourself a break, ensure you get plenty of rest, relaxation, exercise, fresh air and sleep
- Allow yourself time to grieve the loss of your job or change in finances. Fear, sadness and anger are all natural responses.
- Allow yourself to move on and rebuild your life.
- Maintain a routine, get up, plan your day and keep occupied.
- If you have lost your job update your CV.
- Consider the opportunity for further education, training or other career options.
- Use your time constructively by volunteering with a local club or charity.
- Avoid alcohol, it is a depressant and can add to your difficulties.
- Use changes in circumstances as an opportunity for redirection, change and growth.
- Learn to focus on what is important, friends, family and you.
- Regain or learn new hobbies.
- Be mindful of the needs of those around you – this affects them too.
- Forgive yourself and others for perceived mistakes or wrongs.
- Focus on your strengths and build on them.



Support and Information Service

The Support and Information service is a telephone and email facility established to provide a link to the hospital for those post discharge, their families and supporters, and members of the public.

It aims to support those who may be struggling with any aspect of their mental health.

It is a service for those requiring information on all mental health services and getting help, not only in St Patrick's but local services also.

The Support and Information Service is available from 9.00am to 5.00pm Monday to Friday with an answering service outside of these hours. It is staffed by experienced Mental Health Nurses.

01 249 3333

info@stpatmail.com

Some useful addresses

- Mental health Recovery
www.mentalhealthrecovery.com

- Mental Health Ireland
www.mentalhealthireland.ie

- Citizens Information Centres
www.citizensinformation.ie

- Aware
Support Line 1800 80 48 48
www.aware.ie

- MABS
Helpline 0761 07 2000
www.mabs.ie

St Patrick's Mental Health Services

James' Street, Dublin 8, Ireland.

t: +353 1 249 3200. f: +353 1 679 8865.

Support & Information Line: 01 249 3333

e: info@stpatmail.com

www.stpatricks.ie