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| **Thematic Area** | **Health and Wellbeing in FET** |

**Suggested resources to support implementation of the thematic area in FET:**

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|  | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| **Websites** |
| **A Lust for Life** website – aimed at enabling people to improve their holistic wellness and to educate on how the mind and body can be made more resilient and able to cope with our world, using accessible language, tips, suggestions and programmes. | Website | A well-designed website and a great resource, with sections on Mental Health, Physical Health, Soul, Bigger Picture and Personal Stories. Interesting, informative and inspiring. Suitable for teenagers and adults of any age, but particularly for young adults. Also includes some articles on teacher stress and wellbeing. | Founded by Niall Breslin (Bressie) | [www.alustforlife.com](http://www.alustforlife.com)  |
| **Spunout.ie** – Irish youth information website | Website | Aims to educate and inform about the importance of holistic wellbeing and how good health can be maintained both physically and mentally. Lots of up-to-date information on education, employment, health and a wide range of life issues. | Spunout.ie  | [www.spunout.ie](http://www.spunout.ie)  |
| **Authentic Happiness**  | Website  | Information on Positive Psychology, with readings, videos, research reports, references and questionnaires | University of Pennsylvania/ Martin Seligman | <https://www.authentichappiness.sas.upenn.edu/>  |
| **Happy + Well** | Website | Australian website with a wide range of short and snappy articles on physical and mental wellbeing | Happy + Well | [www.happyandwell.com.au](http://www.happyandwell.com.au)  |
| **Your Mental Health** | Website | Information on mental health and on mental health services. News and events, real life stories, GAA Little Things campaign. | HSE  | [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)  |
| **Mental Health Ireland** | Website | A voluntary organisation. Website provides information and signposting to services | Mental Health Ireland | [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie) |

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| **Teaching and Learning Resources** |
| Mental Health in Further Education (**MHFE**) | e-network | A UK-based e-community of practice for anyone who has an interest in adult learning and mental health and wellbeing. Provides access to resources and opportunities for networking and sharing good practice. | Mental Health in Further Education (MHFE) | [www.mhfe.org.uk](http://www.mhfe.org.uk)  |
| **Mental Health Matters** for FE Teachers Toolkit | Resource pack | A CPD resource pack with information and learning activities around 12 themes relating to mental health and FE, with accompanying resource banks. | Tricia Clark (2010) | Free download from: <http://shop.niace.org.uk/mh-fe-toolkit.html>  |
| **Discovering Potential:** A practitioner’s guide to supporting improved self-esteem and well-being through adult learning | Book | Primarily aimed at practitioners who help marginalised clients to access learning opportunities. | Kathryn James and Christine Nightingale(2004) | Out of print but can be downloaded from:<http://mhfe.org.uk/content/discovering-potential-practitioners-guide-supporting-improved-self-esteem-and-well-being>  |
| **How to be happy and healthy when you are learning or working**  | **Easy Read Book** | For people with learning difficulties. It can be used as a resource learners can use to help maintain and improve their mental health and wellbeing (5-ways to wellbeing applied as a resource for learners). | Law, C., James, K, & Jacobsen, Y. (2010) | Free download from: <http://mhfe.org.uk/content/how-be-happy-and-healthy-when-you-are-learning-or-working-easy-read-book> |
| **Learning and Mental Health: A guide to supporting adult learners with mental health difficulties** | **Training pack** | Aimed at anyone working in an organisation that provides learning opportunities. Staff development resource. | Developed by Glyn Owen on behalf of West Yorkshire LSC | Free download from: <http://mhfe.org.uk/content/learning-and-mental-health-guide-supporting-adult-learners-mental-health-difficulties>  |
| **Working well**: Staff wellbeing in the post-16 education and training sector | **Resource pack** | Aims to promote the positive mental health of people working in the post-16 education and training sector. It contains information, activities and resources for CPD with staff. | Published by NIACE, the UK national organisation for adult learning, | Free download from <http://mhfe.org.uk/content/working-well> |

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| **Support Services** |
| **Jigsaw** – an organisation supporting young people’s mental health. | Website | Information on mental health and on Jigsaw support services and events | Jigsaw | [www.jigsaw.ie](http://www.jigsaw.ie)  |
| **Aware** Support & information for people who experience depression, anxiety or mood disorder and their concerned loved ones. | Support service website | Information and advice about mental health difficulties, support groups, programmes and lectures, with links to youtube recordings of the monthly Aware lectures in St Patrick’s Hospital | Aware | [www.aware.ie](http://www.aware.ie) HELPLINE PHONE: 1800 80 48 48 |
| **Grow** A peer support and mutual-aid organisation for recovery from, and prevention of, serious mental illness | Support group/website  | Information on the GROW twelve-step programme and on GROW support group meetings | Grow | [www.grow.ie](http://www.grow.ie) PHONE: 1890 474 474 |
| [**Recovery International Ireland**](http://www.recovery-inc-ireland.ie/)A charity that runs self-help groups for improved mental health and recovery from nervous symptoms.  | Support service website | Information on the Recovery self-help method, on times and locations of support group meetings and recovery stories | Recovery International Ireland | [www.recovery-inc-ireland.ie](http://www.recovery-inc-ireland.ie) PHONE: 01 6260775 |
| **Shine** A national organisation dedicated to campaigning for the rights and empowerment of all people affected by enduring mental ill health, including, but not exclusively, schizophrenia, schizo-affective disorder and bi-polar disorder.  | Website | Information on mental health, recovery, Shine services (recovery-focused services to people with mental ill-health and their families) and regular newsletter | Shine | [www.shine.ie](http://www.shine.ie)HELPLINE PHONE: 1890 621631 |
| [**Bodywhys**](http://www.bodywhys.ie/) (The Eating Disorders Association of Ireland) National voluntary organisation supporting people affected by eating disorders | Website | Information on eating disorders and on support, resources and the support services which Bodywhys operates. | Bodywhys | [www.bodywhys.ie](http://www.bodywhys.ie) HELPLINE PHONE: 1890 200 444 |
| **Samaritans** A confidential emotional support service which operates by telephone | Support service website | Information on the support which the Samaritans offer | Samaritans | [www.samaritans.ie](http://www.samaritans.ie) Free to Call Number - 116 123  |
| **Pieta House** Provides a free, therapeutic approach to people who are in [suicidal distress](http://www.pieta.ie/?/ive-been-feeling-suicidal) and those who engage in [self-harm](http://www.pieta.ie/?/ive-been-self-harming). | Support service website | Information, advice and details of Pieta House services | Pieta House | [www.pieta.ie](http://www.pieta.ie)Free to call number: 1800 247 247 |
| **Further Reading/Watching/Listening** |
| **First Things First**: to live, to love, to learn, to leave a legacy | Book | Very good on time management and on setting priorities | Stephen R. Covey(1994) | <http://www.easons.com/p-489233-first-things-first.aspx>  |
| **Real Happiness at Work**: Meditations for Accomplishment, Achievement and Peace | Book | Salzberg, a well-known American Buddhist teacher of meditation and mindfulness, believes that ‘although for many people work is a burden or worse, it is also a place where we can come to grow and be much happier’. The book gives many practical tips for dealing with stress and achieving personal fulfilment at work. | Sharon Salzberg(2014) | <http://www.easons.com/p-3392137-real-happiness-at-work.aspx>  |
| **Flourishing**: how to achieve a deeper sense of well-being, meaning and purpose – even when facing adversity | Book | Quite a lengthy book, but gives a good summary of positive psychology and strategies for wellbeing | Maureen Gaffney(2011) | <http://www.easons.com/p-4082625-flourishing.aspx>  |
| **Protecting Mental Health** | Book | An Irish publication, written by a clinical psychologist. Good background information and practical strategies, with an emphasis on cognitive behavioural approaches. | Dr Keith Gaynor(2015) | <http://www.easons.com/p-4204630-protecting-mental-health-pb.aspx>  |
| **The Courage to be Happy:**A new approach to well-being in everyday life | Book | An Irish publication, written by a psychologist. Looks at the ‘who’, ‘why’, ‘what’ and ‘how’ of happiness, with an individual approach. | Colm O’Connor(2010) | <http://www.easons.com/p-8624-the-courage-to-be-happy.aspx>  |
| **Flourish:** A new understanding of happiness and well-being and how to achieve them | Book | Chapters 1, 2, 6 and 9 give a very good overview of current thinking and research in positive psychology. | Martin Seligman(2011) | <https://www.kennys.ie/catalogsearch/result/?q=seligman+flourish>  |
| **The How of Happiness**: A Practical Guide to Getting the Life You Want | Book | Summarises psychological research on happiness with guidelines on how to apply the findings to yourself | Sonja Lyubomirsky(2007) | <http://www.easons.com/p-505926-the-how-of-happiness.aspx>  |
| **The Mindful Path to Self-Compassion:** Freeing yourself from destructive thoughts and emotions | Book | A good introduction to mindfulness, with an emphasis on practising loving kindness and self-compassion | Christopher K Germer(2009) | Germer’s website [www.selfcompassion.org](http://www.selfcompassion.org) has many good free meditation downloads |
| **PERMA** | youtube video | A 25-minute talk in which Seligman explains his PERMA theory of wellbeing and describes research findings on wellbeing and happiness. Includes some interesting findings on character strengths of teachers. | Martin Seligman(2012) | <https://www.youtube.com/watch?v=iK6K_N2qe9Y>  |
| **Flourish** – a new understanding of wellbeing | youtube video | A 30-minute talk by Seligman on PERMA and on flourishing as opposed to mere alleviation of misery | Martin Seligman(2012) | <https://www.youtube.com/watch?v=e0LbwEVnfJA>  |

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| **Thematic Area** | **Mental Health and Wellbeing** |

**Suggested resources to support implementation of the thematic area in FET:**

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| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Advocacy, Person Centred Care and Policy for the Advancement of Service Provision in Mental Health. | Website | A Vision for Change is a key policy publication in mental health and wellbeing in Ireland. It proposes a holistic view of mental illness and recommends an integrated multidisciplinary approach to addressing the biological, psychological and social factors that contribute to mental health problems. | HSE.ie 2006 | <http://www.hse.ie/eng/services/Publications/Mentalhealth/VisionforChange.html>  |
| Mental illness and Alcohol Substance Misuse a global report. | Website | The Global Status Report on alcohol and health 2014 presents a comprehensive perspective on the global, regional and country consumption of alcohol, patterns of drinking, health consequences and policy responses in Member States. | World Health Organisation | <http://www.who.int/substance_abuse/publications/global_alcohol_report/en/>  |
| Key Concepts in Mental Health in Ireland | Website | National Commission which sets out standards in mental health provision in Ireland. Underpins principals that promote, encourage and foster high standards and good practices in the delivery of mental health services as well as protect the interests of patients. | Mental Health Commission | <http://www.mhcirl.ie/>  |
| Childhood Social Legal and Health Studies | Book | Defines child **health and well-being** and discusses them in the context of current policy, legislation, research and Síolta standards. | Emma Zara O’Brien & Margaret Prangnell | <http://www.gilleducation.ie/childcare/childcare/childhood-social-legal--health-studies>  |
| Mental Health Conditions | Website | Diagnostic and Statistical Manual of Mental Disorders. Internationally used by clinicians, patients and researchers in the field of mental health and diagnoses. | American Psychiatric Association | <http://www.dsm5.org/Pages/Default.aspx>  |
| Health Inequalities and Social Determinants  | Website | Research relevant to Ireland setting out health inequalities and social determinants which effect health. | Institute of Public Health  | <http://www.publichealth.ie/>  |
| Mental Health and Wellbeing | Government Policy Framework Publication | Government health policy publication setting out statutory vision, goals and initiatives cross sectors to enhance a national wellbeing programme for Ireland. | Department of Health  | <http://health.gov.ie/wp-content/uploads/2014/03/HealthyIrelandBrochureWA2.pdf>  |
| Youth Mental Health  | Online Resource and Mobile App | Interactive website which provides access to service providers, collaborative online platform for young people who experience mental ill-health. Demonstrates methods to enhance and maintain positive mental wellbeing. | Reach Out Ireland | <http://ie.reachout.com/inform-yourself/>  |
| Living with Mental Illness | Website | Podcasts, videos of people who live with mental illness and methods used to enable their recovery. An insightful and useful tool in teaching a complex area. | Mental Health UK | <https://www.mentalhealth.org.uk/podcasts-and-videos/listing>  |
| Stigma and Discrimination in Mental Illness | Website and Blog | National grassroots organisation that advocates for the prevention of stigma and discrimination. Demonstrates a multi sector approach in Ireland.  | See Change | <http://www.seechange.ie/>  |
| Mental Health Service Provision Ireland | Website  | Sets out supports and services in Ireland in the field of mental health. Also provides information on the multidisciplinary professional personnel. | yourmentalhealth.ie | <http://www.yourmentalhealth.ie/?gclid=COLGsLjbys4CFam77QodphIMOw>  |
| Mental Health Rights  | Website | Explains mental health legislation in a clear manner. Sets out the overarching legal framework which protects the rights of patients in relation to the Mental Health Act 2001 | Citizen’s Information | <http://www.citizensinformation.ie/en/health/health_services/mental_health/rights_of_psychiatric_patients.html>  |
| Key Concepts in the Field of Mental Health and Wellbeing. | Website | Cross- cultural interpretations of mental wellbeing. Video -link tool that can be integrated into the learning experience for students and teachers. | TED TalkVikram Patel | <https://www.ted.com/talks/vikram_patel_mental_health_for_all_by_involving_all?language=en>  |
| Approaches to Biological, Psychological and Social Models in Mental Health | Website | Online Britannica School resource with multiple primary, secondary & video sources relevant toward a depth of knowledge in mental health. A key resource for teachers and students. | Scoilnet click on the Britannica icon | <http://school.eb.co.uk/levels/advanced/search/articles?query=mental+wellbeing&includeLevelThree=false>  |
| Practice of Mindfulness and Wellbeing | Website | Multiple video lectures, interviews and talks on the practice of mindfulness, happiness, compassion & mental wellbeing. Excellent teaching aid and learning resource. | Greater Good Science Centre, University of California, Berkley. | <http://greatergood.berkeley.edu/gg_live/mindfulness_well_being_at_work/speaker/richard_davidson/four_constituents_of_well-being/>  |
| Service Provision and Professional Groups in Mental Health | Website | Detail of community based services and professional groups who care for people who experience mental illness. | HSE | <http://www.hse.ie/eng/services/list/4/Mental_Health_Services/services/>  |
| Building Resilience and Wellbeing | Poster | Ten Tips to build resilience and wellbeing.  | MHI Mental Health Ireland | <http://www.mentalhealthireland.ie/wp-content/uploads/2015/09/MHI-Building-Resilience-Wellbeing-Poster.pdf>  |
| Stress and methods to combat | eBooklet | Informative booklet on the causes, signs and symptoms of stress and detailed methods to protect against the experience.Helpful, practical and informative primary resource. | Mental Health Ireland | <http://www.mentalhealthireland.ie/wp-content/uploads/2015/09/MHI-Manage-Reduce-Stress-Booklet.pdf>  |
| Recovery | eBooklet | An informative document which sets out a modern integrated, multidisciplinary patient centred model of recovery in mental health. | Mental Health Commission | <http://www.mhcirl.ie/file/discpapvforarecmod.pdf>  |
| Empathetic Interpersonal and Communication Skills | Website | Use of an Acrostic to teach the importance of empathy in health and wellbeing. ‘The Power of Empathy’ is an excellent lecture on the positive outcomes in health when focusing on empathetic interpersonal communication skills.  | TEDTalkx Middlebury Dr Helen Reiss | <https://www.youtube.com/watch?v=baHrcC8B4WM>  |
| Mental Health and Wellbeing  | Website | Clear and concise report which sets out factors which promote and adversely affect mental health flourishing. Using WHO definitions and excellent diagrams for teaching. Also good bibliography for further reading. | World Health Organisation | <http://www.who.int/mental_health/mhgap/risks_to_mental_health_EN_27_08_12.pdf>  |
| Wellbeing, Learning and Development of Children | Website | Aistear toolkit for teaching and learning the four themes of wellbeing for children. Key component of the early childhood curriculum framework. Link to Aistear Toolkit for further teaching tools. | National Council for Curriculum and Assessment | <http://www.ncca.ie/en/Curriculum_and_Assessment/Early_Childhood_and_Primary_Education/Early_Childhood_Education/Aistear_Toolkit/Aistear_Toolkit.html>  |
| Wellbeing | Poster | Five Ways of Wellbeing. Applying wellbeing methods to how people live to promote positive mental health. A universal teaching tool which applies across the lifespan.  | Mental Health Foundation of New Zealand | <https://www.mentalhealth.org.nz/assets/Five-Ways-downloads/www-one-pager-1.pdf>  |
| Mental Health and Wellbeing Multiple Service Providers in Ireland | Website | An online resource giving an overarching profile of communities, charities and voluntary organisations in Ireland. Good research source for teachers and students. | The Wheel | <http://www.wheel.ie/>  |
| Complementary and Alternative Medicine in the field of mental health | Website | An example of alternative treatments which are available in the field of mental health. Also provides an excellent bibliographical resource for further reading and research for students and teachers | The Royal College of Psychiatrists UK | <http://www.rcpsych.ac.uk/healthadvice/treatmentswellbeing/complementarytherapy.aspx>  |
| Irish Health Repository | Website | An excellent resource showing a breadth and depth of recent publications in the field of mental health in Ireland. An excellent ongoing teaching referral. | Lenus HSE | <http://lenus.ie/hse/>  |
| Talking Therapies | Website | An outline of counselling, psychotherapy and cognitive behavioural therapies and the conditions they are used to treat. Comprehensive, clear and concise teaching resource.  | HSE.ie | <http://www.hse.ie/eng/health/az/C/Counselling/Talking-therapies.html>  |
| Experiences of Service Users and Service Providers a UK | Online Newspaper | Multiple perspectives and opinions of service users and service providers and professionals in mental health in the UK.Comprises key concepts and topics.  | The Guardian Newspaper | <https://www.theguardian.com/healthcare-network/mental-health>  |
| Mental Health and Older Men | Blog | Focus on the vulnerability of older men in relation to mental health and services and advice to combat this prevalent issue in Ireland. Also links too many other issues in the field of mental health and wellbeing. | St. Patricks HospitalMental Health Services | <https://www.stpatricks.ie/blog/mental-health-older-men-challenge-encouraging-men-stay-socially-connected>  |
| Mindfulness | Youtube | A 10 minute mindfulness meditation.Classroom exercise. | The Honest Guys | <https://www.youtube.com/watch?v=6p_yaNFSYao>  |

 **Useful Organisations:**

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| **Name** | **Contact Information** |
| Irish Human Rights and Equality Commission | <http://www.ihrec.ie/>  |
| Amnesty International | <https://www.amnesty.ie/?s=mental+health>  |
| AWARE | <https://www.aware.ie/>  |

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| **MOOCs (Massive Online Open Courses)** |
| Free access to online coursesSearch regularly for new courses and new start dates | <https://www.mooc-list.com/> |
| <http://eric.ed.gov/>  |
| <https://www.futurelearn.com/>  |