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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/" \o "RECOVERY International Ireland" \t "_blank)**  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/" \o "Bodywhys" \t "_blank)** (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> |

**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 courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/> |
| <http://eric.ed.gov/> |
| <https://www.futurelearn.com/> |