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