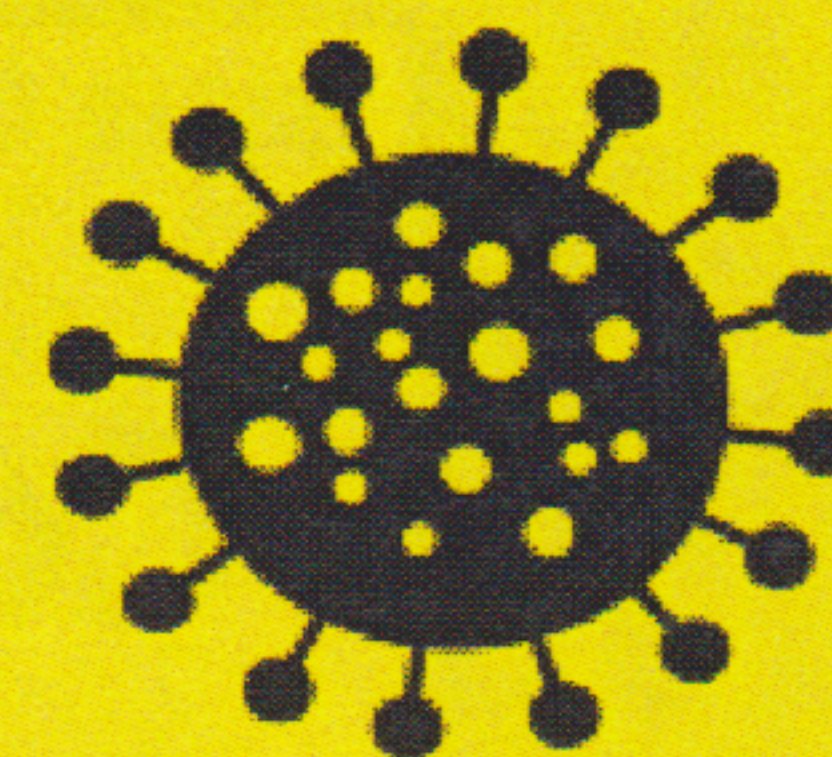




# Cork City Community Response

Local Information -- Local Assistance -- Local Care



## SHINE A LIGHT

Issue 008: Wednesday 13 May 2020

Shine a Light Suicide & Mental Health CLG is made up of highly motivated local people and representatives of both statutory and voluntary services. The Shine a Light works in promoting individuals speaking openly and directly about suicide and related issues such as mental health. The main aim of the group is to continually work to lower the incidence of suicide in communities and increasing awareness around mental health and suicide. Shine A Light provides low cost counselling; through the Coisceim Counselling service. Due to COVID-19, Coisceim have put in place a new service to help and support people. Please contact the numbers below if you require help and support.



**This is a free and confidential service.**

**SHEP - Coisceim** Low-Cost Counselling - Free and confidential 'Support Line' Service. Coisceim, is offering a coordinated '@Support Line' for anyone experiencing anxiety, who has underlying health issues and is in self-isolation, and for families whose loved ones are in hospital or who have had a family member die from COVID 19. After the initial call, the Counsellor will ring so there is a minimal cost to you.

### Coisceim Counselling Programme

The Social and Health Education Project CLG

**Phone Coisceim: 087-7998602**  
or **SHEP 087-1719724**

Shine A Light Suicide & Mental Health encourage people to be aware of their own mental health and to mind themselves and family members. Here are some helpful tips for all of us

## Mental Health Tips

### Get Dressed

Even if it's just into comfort clothes, this will help you feel more productive and less in a rut.

### Do Your Hair/ Makeup

Even if you're not going anywhere this can help you feel 'normal' in a very chaotic time. People often feel relaxed when doing their hair or makeup and you deserve that.

### Be Creative

Try doing new activities or bring back old ones. Getting creative is a great way to keep your spirit up and your mind relaxes

### Stay Connected

Even though we cannot go visiting, make sure you stay connected. A good way is video chatting or even just a phone call. This will help you and the people you are talking to feel less isolated.

### Eat New Healthy Recipes

If you can eat a variety of food and try different recipes, this will give your day variety and keep your body feeling healthy

### Get Some Fresh Air

Fresh air will help you not to feel so cooped up or 'stuck' in your home. Getting outside would be best but if this is not an option, standing at a window can also be beneficial

### Unplug

Everyone everywhere is talking about the virus. Turn off your devices and get some well deserved time away from social media

### Reach Out

Mental Health is always important but especially during times like this. Reach out if you need to and remember to check in with your friends and family.

**We are all in this together.**

