

## How we can help you



### Information and support on mental health

We discuss together your needs and concerns and provide options to help you with your mental health difficulty.

We offer guidance on recovery planning and support that can help you identify how mental health difficulties are affecting your personal goals and challenges.

All our supports will help you move forward with your mental health.

To find out more about Shine supports and services in your area, you can:

**Visit** [www.shine.ie](http://www.shine.ie)

**Phone Shine Head Office** 01 541 3715

**Email** [info@shine.ie](mailto:info@shine.ie)

**Confidential Counselling Support** [phil@shine.ie](mailto:phil@shine.ie)



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# Shine

Supporting people affected  
by mental ill health

## Supporting all family members affected by mental ill health

Shine and our services

## About this leaflet

This leaflet introduces you to Shine and our services.

# Who we are

Shine is a national organisation providing information and support for people affected by mental health difficulties.

We support **individuals** and **family members** through recovery-focused:

- individual and group work,
- counselling,
- training and education led by professionals and peers.

We are the only national mental health organisation specifically founded to support all family members.

# What we do

We aim to empower people with mental health difficulties and their families through support, information and education. We also advocate for social change by promoting and defending the rights of all those affected by mental health problems to equal treatment and quality services.

# How we can help you



We offer a range of support services.

## Group support

### Groups for people with lived experience of a mental health difficulty

Sharing experiences with others can be a great way of learning new coping skills and growing your support network. Our group facilitators have personal experience of moving forward from their own mental health difficulties.

### Family and supporters groups

Groups for families, carers and friends of people with mental health difficulties. It can be helpful to talk to other people with similar experiences and to learn new ways of coping. Our group facilitators have experience helping a family member or friend with a mental health difficulty.

### Recovery education and training groups

We offer education and training programmes to empower people experiencing mental health difficulties, and those who support them, to manage their own recovery.

Shine staff, people with lived experience and family members supporting people with lived experience of mental health difficulties design and produce our recovery focused education programmes together. We offer well-being workshops to help you manage dealing with life's challenges.

Our team can provide you with more information on training and education courses in your area.



## Counselling

We offer counselling in Dublin, Cork and Waterford.

Counselling is available to anyone affected by mental health difficulties. This includes both people with lived experience and their families.

### Not ready to talk or visit in person?

We also offer confidential email counselling. **Email [phil@shine.ie](mailto:phil@shine.ie) Monday to Friday.** We aim to respond on the day we receive your email.



## Helping end stigma

Our national programme See Change campaigns to end the stigma around mental health. We want to change public attitudes and behaviour towards people with mental health problems for the better.



## Media support

Our national programme Headline campaigns for the responsible reporting and representation of mental health and suicide in the Irish media.