

## Contact us

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### Midwest Region

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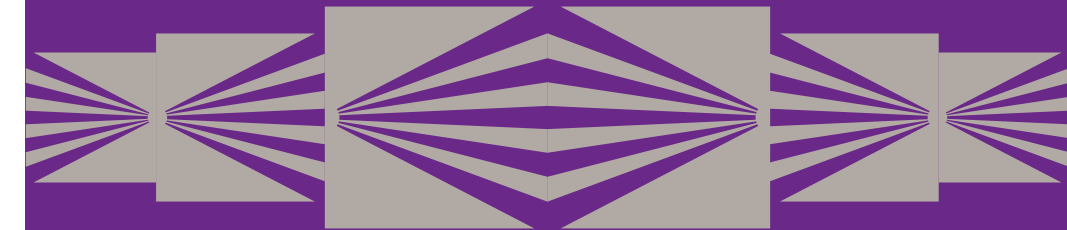
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Plain  
English  
Approved by NALA



# Shine

Supporting people affected  
by mental ill health



## Shine Regional Services

### About this leaflet

This leaflet introduces you to Shine's regional services across Ireland.

Our team provides information and support to people with mental health difficulties and their families.



## Types of Support Services we can offer you



We offer a range of support services.

### **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.



### **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 to manage their own recovery, and the people who support them.

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.