



# Youth Mental Health

*Talk by Mary Hough, Director, Sligo Education Centre*

The evidence tells us that children who are emotionally healthy and psychologically resilient are less likely to experience emotional difficulties and are more likely to overcome these difficulties if they occur. This talk will explore how to:

- Gain an understanding of the key issues impacting on the mental health and wellbeing of young people.
- Learn to promote positive mental health in young people.
- Understand how to recognise some of the signs when a young person may be struggling with their mental health.
- Learn the value of listening as a way of supporting young people.

This is part of a series of free talks on Youth Mental Health which is open to everyone who has an interest in Youth Mental Health. Further information on all talks is available at: [www.ecsligo.ie](http://www.ecsligo.ie) or [www.alive2thrive.ie](http://www.alive2thrive.ie) and Facebook Page: [alive2thrive](https://www.facebook.com/alive2thrive)



Date	Time	Venue
Tuesday, 7 <sup>th</sup> November	7pm – 9pm	Pastoral Centre, Ballymote
Thursday, 9 <sup>th</sup> November	7pm – 9pm	Bee Park Centre, Manorhamilton

*If you are interested in attending this public talk, please book your place by contacting:*

Talks in Sligo: Contact Sligo Education Centre, (071) 9138700 or Email: [info@ecsligo.ie](mailto:info@ecsligo.ie)

Talks in Leitrim: Contact Carrick Education Centre, (071) 9620383 or Email: [office@carrickedcentre.ie](mailto:office@carrickedcentre.ie)

This is a FREE event organised by the Sligo and Leitrim Youth Mental Health Initiative and sponsored by Sligo Education Centre, Carrick Education Centre and HSE West.