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*Family and Friends
Programme*

PROJECT

Now
Enrolling!

COMMUNITY MENTAL HEALTH INITIATIVE

EOLAS is a new and innovative
8 week information and learning Programme
for service users, and the family and friends of people
with enduring mental health difficulties.

Two separate groups will be held in October/November in
Bray, Wicklow Town and Arklow

Programme 1: for Service Users (8 weeks)

Programme 2: for Family members/Friends. (8 weeks)

Programme content:

- Mental health diagnosis
- Causes of mental health difficulties
 - Treatment options
 - Ways of managing symptoms
 - Dealing with stigma
 - Pathways to Recovery

If you would like more information please contact your local Community
Mental Health Nurse or Newcastle Hospital (01) 2819001

See: www.friendsofnewcastlehospital.ie