

# making the LINKS



JUST

TALK

to someone



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# Hi there!

## **Making the Links** project highlights the link between Mental Health and Substance Misuse.

Our group developed this leaflet to raise awareness and to get young people thinking about how Mental Health and Substance Misuse go hand in hand. It is very important that if young people are experiencing issues that first of all they **recognize the signs, seek help and stay safe.**

Don't be afraid to tell someone if you feel or are worried about a friend regarding their **mental health or substance misuse**

If you're worried talk to someone that can help and support you

If you see a message or post





# What is Mental Health?

## GOOD MENTAL HEALTH

Is a sense of well being, confidence and self esteem.  
It enables us to fully enjoy and appreciate other people,  
day to day life and our environment.

## POOR MENTAL HEALTH

Poor mental health is a health problem that affects  
how a person thinks, behaves and interacts with  
other people, and is a complex interaction of the  
mind, body and environment.

## THE LINKS

**Mental Health & Substance Abuse often go hand in hand.**

Those struggling with mental health issues may turn to alcohol and drugs as a way to ease or suppress pain. Alcohol & Drugs reduces a person's ability to think rationally and can increase anxiety, depression and cause other mental health issues.

# The Signs & Symptoms



**FEELING:** sad, anxious or bored

**ENERGY:** low energy, feeling tired, fatigued

**SLEEP:** under or over sleeping, frequent waking during the night

**THINKING:** poor concentration

**INTEREST:** loss of interest in hobbies, family or social life

**VALUE:** low self esteem

**ACHES:** chest/head/tummy pain associated with anxiety

**LIFE:** loss of interest in living, suicidal thoughts

# KNOW THE EFFECTS...

Many drugs including cannabis can have the following effects on mental health:

Anxiety

Difficulty with learning

Lack of concentration

Paranoia

Less motivation

Memory lapse

Changes mood

Changes behaviour



Alcohol can cause the following:

Depression

Aggression

Anxiety

Hyperactivity

Mood changes

Memory loss

Change of behaviour /  
loss of inhibitions



## EFFECTS ON OTHERS:

Loneliness

Affects friendships/  
relationships

Helplessness

Upsets parents

# Stay Safe Checklist

- ☒ Always make sure you have a safe way home at night whether you get public transport or a lift or have somebody meet you.
- ☒ Make sure someone always knows where you are going and when you will be back. Even if they only have a general idea it is better than nothing.
- ☒ If you have a mobile phone, it is a good idea to bring it with you so you have easy access in case you need to make a call.
- ☒ Don't travel with people that you don't know well or trust. They may put you in a situation that you don't want to be in.



## STAYING SAFE WHEN DRUGS AND ALCOHOL ARE INVOLVED:



Always go out with a group or at least one other person you trust.



Never consume an unknown substance because you never know the effects it can have on your body and your mental state of mind.



Don't accept alcohol or drugs from people you don't know and trust.



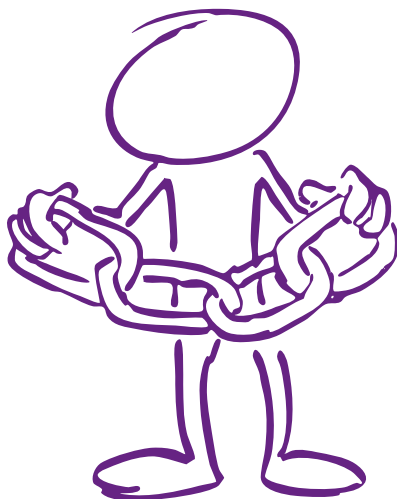
Never get into a car where the driver has been drinking or doing drugs.



Always look out for intoxicated friends.



Never leave with someone that you don't know that well.



# MINDFULNESS COLOURING



# WORD SEARCH

S	D	A	N	X	I	E	T	Y	L
X	T	A	L	K	E	F	E	D	E
H	K	E	L	I	S	T	E	N	E
O	G	F	S	U	P	P	O	R	T
P	I	N	K	S	O	C	I	A	L
E	W	R	B	M	E	Y	R	L	I
I	N	V	O	L	V	E	D	I	N
L	A	U	G	H	T	E	R	T	K

Can you find the following words

Social

Link

Involved

Hope

Anxiety

Talk

Laughter

Support

Listen



# YOUR MENTAL HEALTH FIRST AID BOX

First Aid Box for the MIND is a box full of your favourite things so you can look in it when you're feeling down. It's a little tip we have picked up along the way – we have used it, hope it helps you out.

## HERE'S WHAT TO DO:

Get yourself a shoe box and decorate it with wrapping paper.

**Put in some of your favourite things:**  
music, chocolate, your favourite picture, a book,  
a colouring book and markers, sweets.

Here are a few lines from  
one of our favourite songs:

I Love my life  
I am wonderful  
I am beautiful  
I am free  
I love my life



# THE LINK CHECKLIST



**Listen** to others that are trying to offer advice. This may be a friend, a family member or a youth worker.

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**Involved**; get involved in something positive in your community or school, for example a sports group or the local youth service.

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**Not alone**; always remember that you are not alone, there is always someone to talk to.

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**Knowledge**; know where to go for help. Please see the information on the back page for useful links and numbers.

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# HOW DO I KNOW IF I AM IN DIFFICULTY?

Circle which ones relates to you and how you feel today

	NOT SO GOOD	JUST OK	GOOD
FEELING	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
ENERGY	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
SLEEP	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
THINKING	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
INTEREST	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
VALUE	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
ACHES	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
LIFE	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>

If you circled mainly green - you are having a good day today well done.

If you circled mainly orange - maybe you are not feeling too good today. Take some time out, go for a walk, listen to music.

If you circled mainly red - this could be a warning light for you to talk to someone or check out the useful contacts in the booklet and do something good for yourself today.



# USEFUL CONTACTS



[www.spunout.ie](http://www.spunout.ie)

[www.jigsaw.ie](http://www.jigsaw.ie)  
email: [clondalkin@jigsaw.ie](mailto:clondalkin@jigsaw.ie)  
ph: 01 538 0087

[www.childline.ie](http://www.childline.ie)  
ph: 1800 666 666

[www.pieta.ie](http://www.pieta.ie)  
ph: 01 628 2111

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

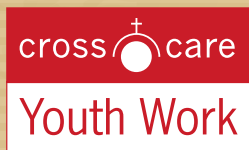
[www.drugs.ie](http://www.drugs.ie)

[www.rutlandcentre.ie](http://www.rutlandcentre.ie)

[www.alcoholireland.ie/health](http://www.alcoholireland.ie/health)

[www.clondalkindrugstaskforce.ie](http://www.clondalkindrugstaskforce.ie)





### The Culturally Aware Group, Ronanstown Youth Service

The group members are:

Lee Brennan / Kayleigh Harris / Amber Bradford / Callum Brazil  
Laura Moloney / Leah Ward / Brandon Vickery / Luke Byrne

Group Leaders:

Sinead Harris / Tammy Tallon / David Doyle / Hewan Peererr