

The PSYCHE Newsletter

Anxiety Edition

Spring is here, and with it comes a new PSYcHE Newsletter! The PSYcHE team want to extend our continued gratitude for your involvement in our research. None of it would be possible without you!



This edition will focus on the topic of anxiety. Here are just a few mental health snippets we hope you enjoy! As always, just click the images to go straight to the link.



Something to watch

Navigating the world of mental health can be rewarding and challenging, there is always so much to learn! The YouTube channel Psych Hub is a great place for bitesize and digestible videos introducing mental health topics, like this one:



Something to hear



Author Caroline Foran shares her story, along with some expert input, in an attempt to help you show your anxiety who's boss. This practical and relaxed series explores everything from what anxiety is and how our brains work, why it's actually very normal, to the various tools and techniques necessary for owning it. Most importantly, this is a series that tackles the reality of anxiety from a refreshing and relatable perspective:

Something to read

Spunout.ie is one of Ireland's leading providers in youth mental health awareness. They aim to educate and inform their readers about the importance of holistic wellbeing and how good health can be maintained, both physically and mentally. In this short blog, Spunout talk about feeling burnt out, and some steps to take to help:



Updates from the PSYcHE project

We've been busy here at the University of Galway, and we'd love to share just some of our most recent work as part of the PSYcHE project:



Conor Gavin, a peer support worker with MOST, spoke about 'Living with Psychosis' during Lunchtime Live on Newstalk with Andrea Gilligan:

An article by our group on measures used in research within the area of early psychosis:



A wonderful art exhibition was organised by Conor along with others to showcase art made by those with an experience of psychosis in the Psychosis Arts Collective:

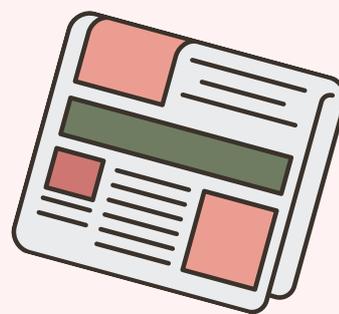


But wait, there's more!



A study evaluating community-based youth mental health interventions in Ireland with the aim to provide information on improving resources:

Professor Gary Donohoe will be discussing understanding cognitive difficulties in psychosis in an upcoming webinar:



Congratulations to Dr Emma Frawley, a team member of PSYcHE and a therapist on MOST, who received the Digital Mental Health Champion award!



THANK
you

We hope you enjoy some of these snippets.
From all of us at the PSYcHE team, we thank
you again for giving your time.

Take care, and all the best,

The PSYcHE team