



PSYcHE

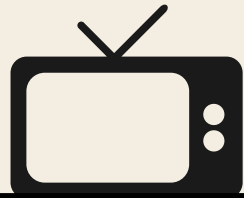
Improving Psychosocial  
Supports for Youth Mental  
Health

# THE PSYcHE NEWSLETTER

ISSUE. 01 | MAY

The PSYcHE team want to extend our continued gratitude for your involvement in our research. None of it would be possible without you! Here are just a few mental health snippets we hope you enjoy! Just click the images to go straight to the link

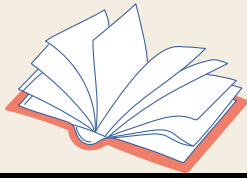
## Something to watch



A great YouTube channel dedicated to increasing knowledge around schizophrenia, schizoaffective disorder, and mental illness. These videos are intended to be a resource for people with the diagnosis, their loved ones, and for people who just want to learn more about the illness. Below, Lauren offers some general useful tips to maintaining well-being, along with some reflection on what it means to be mentally healthy:



## Something to Read



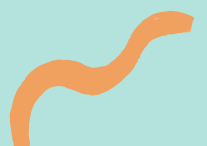
Spunout.ie is one of Ireland's leading providers in youth mental health awareness. They aim to educate and inform their readers about the importance of holistic wellbeing and how good health can be maintained, both physically and mentally. One of the main ways which MOST helps people calm their minds is through the use of mindfulness exercises. In the short blog below, Weronika talks about her own journey into mindfulness practice:

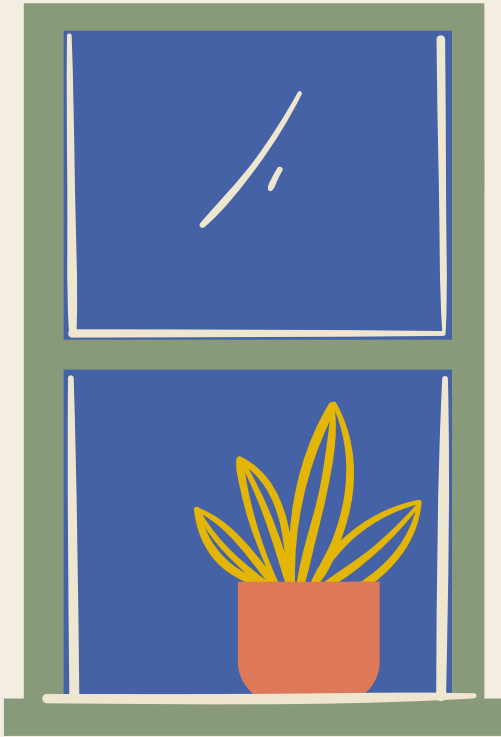


## Something to Hear



A great short listen from the Mental Health Ireland's Podcast Series. This episode focuses on a Peer Support Worker (a role which is a key part of our own work with MOST) with the HSE and Brendan Kelly, a Professor of Psychiatry at Trinity College and a consultant psychiatrist at Tallaght Hospital. They explore what the word recovery means to their guests, what people can do if they or someone they know is struggling with their mental health, and look at what we can all do to stay mentally well:





## Updates from the PSYcHE project

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

An interview on RTE 2FM with Prof. Gary Donohoe on the human nature of collective experiences (starts @ 39:05):




An infographic produced by the team on Multicomponent Interventions, as posted on the @PSYcHENUIG Twitter account:

A recent paper by the team comparing the effectiveness of different therapies in influencing recovery in early psychosis:





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



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