

# THE PSYCHE NEWSLETTER



Autumn 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 depression. Here are just a few mental health snippets we hope you enjoy! As always just click the images to go straight to the link.

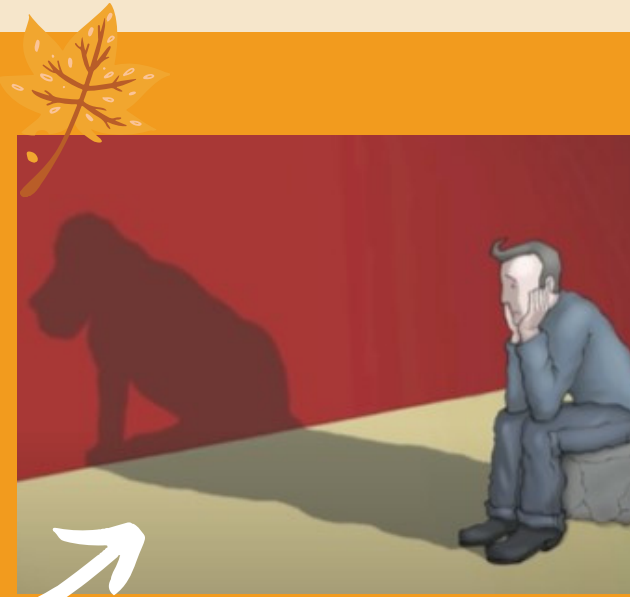


# SOMETHING TO READ

Depression is a serious medical condition that affects your behaviour, your thinking, your emotions and physical health over time. While feeling down only lasts for a short while, depression affects you for at least 2 weeks. This article from Spunout.ie highlights what depression is, what can cause it, and how it can be managed.

# SOMETHING TO WATCH

At its worst, depression can be a frightening, debilitating condition. Millions of people around the world live with depression. Many of these individuals and their families are afraid to talk about their struggles, and don't know where to turn for help. However, depression is largely preventable and treatable. In collaboration with WHO to mark World Mental Health Day, writer and illustrator Matthew Johnstone tells the story of overcoming the "black dog of depression"



# SOMETHING TO HEAR

The Mental Illness Happy Hour is a weekly online podcast that interviews comedians, artists, friends, and the occasional doctor. Each episode explores mental illness, trauma, addiction and negative thinking. The show is geared towards anyone interested in or affected by depression, addiction and other mental challenges.

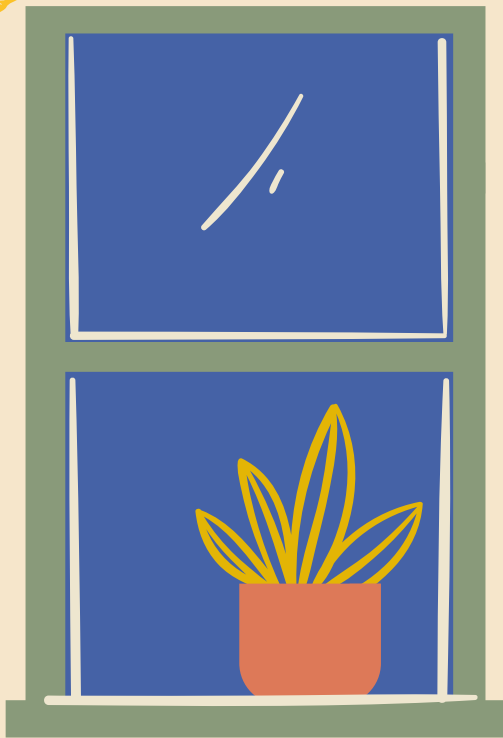
THE  
MENTAL  
ILLNESS  
HAPPY HOUR

with Paul Gilmartin



# 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:**



A recent article from members of the PSYcHE Youth Advisory Panel on their individual experiences volunteering with 3 different support services



Professor Gary Donohoe writes about "How adverse childhood experiences shape our brains" in August 2022 edition of The Psychologist

We've also had a busy summer/autumn full of presenting our latest research, including at the PSI Early Graduate Group conference in Galway, the New Directions for Youth Mental Health conference in Dublin, the World Congress of Psychiatric Genetics consortium in Florence, the International Association for Youth Mental Health conference in Copenhagen, and the European College of Neuropsychopharmacology Congress in Vienna!





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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