



**MAKING
EVERY**

**CONTACT
COUNT**

HELP TO STOP SMOKING

Stop Smoking Services in all areas across Kerry. We offer face-to-face, telehealth or telephone support, with free nicotine replacement therapy. Call 021 492 1641 or email hpd.south@hse.ie or www.quit.ie.



HEALTHY EATING



101 Square Meals:

The 101 recipes in this free eBook are easy to prepare, low-budget and nutritious.

HSE Information on Nutrition and Healthy Eating:

Information for families and individuals about eating for health and wellbeing including the food pyramid which provides a guide to everyday healthy food choices.



Healthy Food Made Easy:

A six-week group cooking programme focusing on healthy eating, nutrition and planning meals on a budget. Call 087 627 2761 or email maeve.ryan@kerrycoco.ie.

ALCOHOL AND DRUGS

HSE National Drug and Alcohol Helpline:

Confidential freephone helpline and information, guidance and referral to anyone with a question or concern related to drug or alcohol use. Call 1800 459 459 or email helpline@hse.ie.



Coolmine Drug and Alcohol Support Service:

Provides a range of quality community and residential services to empower people and their families to overcome addiction and support long term recovery. Call 066 717 4020 or 086 136 7691 or email info@coolminetc.ie or www.coolmine.ie.



HSE Drug and Alcohol Treatment Services:

Provide a range of preventative, treatment and rehabilitation services. Brandon House: 066 915 3370 Edward Court: 066 718 4968

MENTAL HEALTH AND WELLBEING



Social Prescribing:

Social prescribers link people into local community based activities and supports to help maintain positive mental health and wellbeing.

Minding Your Wellbeing Programme:

An evidence based programme that invites you to learn the value of positive psychology practices such as mindfulness, gratitude, self-care and resilience.



Yourmentalhealth.ie:

Website with information and advice about your mental health and wellbeing including services and supports available to you. Confidential helpline: 1800 111 888.

Balancing Stress:

Free, 6 part series to help people to manage stress using practical, evidence-based tools and exercises.



You and Your Mental Health:

A resource to support your mental health and wellbeing. Includes local and national support services.

SEXUAL HEALTH

Mysexualhealth.ie:

A website representing Cork/Kerry organisations that provide a wide range of sexual health, sexuality and wellbeing services.



KERRY

You are **Making Every Contact Count** when you take the opportunity during routine contacts with patients and service users to:

1. Support patients to make lifestyle choices that help prevent chronic diseases.
2. Promote self-management of existing chronic disease.



Use the following resources to help you signpost service users/patients to supports available.

More information: Call the Health Promotion and Improvement Department on 021 492 1641 or email hpd.south@hse.ie.



Check out www.healthpromotion.ie to order health resources and leaflets.

PHYSICAL ACTIVITY

Be Active Be Well:

A HSE physical activity behaviour change programme that supports adults to become more active. Call 021 492 1641 or email hpd.south@hse.ie.



Parkrun:

Free weekly 5k community event for walkers, runners and volunteers that takes place at 9.30am every Saturday morning in parks around the country. www.parkrun.ie

HSE Health and Wellbeing Exercise Videos:

Led by qualified instructors, these videos are suitable for most people and are designed for beginners.

1. Pilates
2. Yoga
3. Strength and Conditioning
4. Chair Yoga for Beginners



Walking groups:

Find a walking group close to you. Visit www.getirelandwalking.ie

Kerry Recreation and Sports Partnership:

Encourages and supports the people of Kerry to participate in sport and physical activity across the county.

www.facebook.com/kerryrecreationandsportspartnership/ or phone 066 718 4776.

Better Balance Better Bones:

An 8 week physical activity programme running in 12 locations around Kerry to help improve strength and balance for adults. Call 085 253 7742.



LIVING WITH A CHRONIC CONDITION

HSE Living Well Programme:

Free, 6 week, group self-management programme for adults with long-term health conditions.



Resources for People Living with a Long-Term Health Condition:

HSE website with helpful information and resources.