



## A Guide to Psychological Supports and Resources



## Guiding your path

Receiving a diagnosis of and living with a chronic health condition can stir up different emotions. This booklet signposts you to resources which can help support your mental health, which in turn can help support your physical health.

### **Strength in Numbers: Others like you**



1. The HSE runs a free group course called **Living Well** for anyone with a health condition. You can meet others in a similar situation and learn ways to help yourself.

<https://www.hse.ie/eng/about/who/healthwellbeing/selfmanagement/living-well-programme/>



2. The HSE offers a 6-week class to help **manage stress and anxiety.**

<https://www2.hse.ie/mental-health/self-help/balancing-stress/>



3. The HSE has an online video series called **Minding your Wellbeing** where you will find advice and exercises to encourage your wellbeing.

<https://www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html>



4. Hear about **getting better sleep**. Access this podcast at the HSE's Youtube channel:

<https://www.youtube.com/watch?v=5p30UgWG3X4>



5. The HSE offers a free 8-week online **Yoga for Beginners** class to help you learn yoga stretches and moves for better mobility.

Google: HSE Yoga Class, or click the following link:

<https://www.youtube.com/watch?v=eSzB1AbSW-g>



6. The HSE also offers a free 4-week online **Chair Yoga for Beginners** class. Google: HSE Chair Yoga, or click on the following link (*Click on the **Browse YouTube** blue box that appears in order to get to the site*)

<https://www.youtube.com/watch?v=e34gw65byA0>





7. HSE physiotherapists offer online video exercise classes for people with a health condition.

Google: HSE Being Active with a Health Condition or click:

<https://www2.hse.ie/living-well/exercise/exercise-at-home/exercise-videos/>



8. The Irish Heart Foundation offers recipes to follow a heart-healthy diet and also offers advice from their Dietician.

Google: Irish Heart Foundation Recipes/Dietician advice

<https://irishheart.ie/how-to-keep-your-heart-healthy/recipes/>

9. **Vidyamala Burch** lives with and teaches about **using meditation to manage chronic pain**. Her websites are:

<https://www.vidyamala-burch.com/>

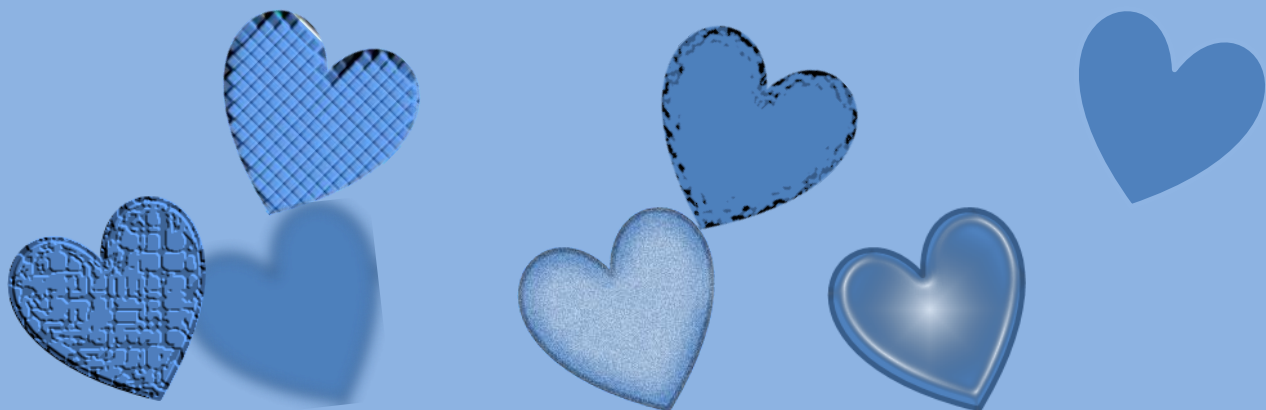
<https://www.breathworks-mindfulness.org.uk/>

10. You might be **worried** about how you are feeling physically and mentally. This is very understandable. You can find information to help yourself at:

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

and at

<https://web.nth.nhs.uk/selfhelp/>



## **Managing Feelings of Panic**

If you are finding yourself **feeling panicky**, here are some online resources that might help. You can put the title into Google search or click on the links if you are reading an emailed version of this booklet:

**Elizabeth Kromhout : 5 tips to cope during a panic attack**

<https://www.youtube.com/watch?v=nMAJI8-Lzk>

**HSE how to deal with panic attacks:**

<https://www2.hse.ie/conditions/mental-health/how-to-deal-with-panic-attacks.html>

**Mind Charity: What is a panic attack**

[https://www.youtube.com/watch?v=9YaS\\_4tXBNU&t=196s](https://www.youtube.com/watch?v=9YaS_4tXBNU&t=196s)

**MASS General Hospital Diaphragmatic breathing**

<https://www.youtube.com/watch?v=vMjTJf4-xz0>

**Silueta Productions Progressive muscle relaxation**

<https://www.youtube.com/watch?v=oAIO5Up0quc>



## Getting Help to Process your Thoughts and Feelings

Because your Body and Mind are having to cope with a lot, it might be helpful to **talk to a therapist or counsellor** to help you to process what has happened to you and how you see your future. There may be a Psychologist available in your Hospital Department which you can ask about. Here are some other ideas:

### **Public/Free Options:**



Find all HSE mental health supports in one place:

Phone 1800 111 888

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



HSE Primary Care or Adult Mental Health Psychology referral is through your GP.



The HSE's Counselling in Primary Care is a short-term counselling service available to all medical card holders, on referral by your GP or through self-referral by ringing 091 583 682 | [Google: HSE CIPC](#)



[www.turn2me.ie](http://www.turn2me.ie) offers up to 6 free counselling sessions to adults.





The HSE's National Counselling Service (NCS) provides free counselling to people age 18 or older who experienced childhood abuse or neglect, are former residents of a mother and baby home, or have a medical card.

Google: HSE National Counselling Service or click:

<https://www2.hse.ie/mental-health/services-support/ncs/>



Connect Counselling offers a free telephone counselling service seven days/week, 5pm-9pm for survivors of physical, emotional and sexual abuse.

Freephone 1800 477 477 |

Visit: [www.connectcounselling.ie](http://www.connectcounselling.ie)



For anyone experiencing low mood or depression.

Aware's support telephone service is available 10am-10pm on 1800 80 48 48 and support groups are also run.

See: [www.aware.ie](http://www.aware.ie)



Recovery College supports recovery from mental health challenges.

Visit: [www.recoverycollegewest.ie](http://www.recoverycollegewest.ie)

### **Low cost therapy options:**

This page lists some of the low cost therapy options available in Galway/the West of Ireland. Sessions range from €30 upwards and may be with therapists who have recently completed training:

#### **1. Galway community counselling service**

Based in the Ballybane Enterprise Centre

Visit: [www.galwaycommunitycounselling.com](http://www.galwaycommunitycounselling.com)

#### **2. Helplink Counselling Service**

Based above Argos in the Plaza, Headford Road

Visit: [www.helplink.ie](http://www.helplink.ie)

#### **3. Proconsult**

Low-cost psychotherapy and counselling

Ring: 091 589 581

Visit: [www.proconsult.ie](http://www.proconsult.ie)

#### **4. Mind and Body Works**

Visit: <https://mindandbodyworks.com/service/low-cost-counselling/>

#### **5. My Mind**

See: [www.mymind.org](http://www.mymind.org)

#### **6. Irish Institute of Psychoanalytic Psychotherapy**

Psychoanalytic Psychotherapy helps you to understand yourself better.

Visit: [www.iipp.ie](http://www.iipp.ie)

#### **7. Peace Inside**

Offers reduced cost psychotherapy in the city centre

Visit: [www.peaceinside.ie](http://www.peaceinside.ie)

**Fully accredited and experienced therapy options:**

1. Qualified and experienced Psychologists can be sourced through the Psychological Society of Ireland's online directory:  
[www.psychologicalsociety.ie](http://www.psychologicalsociety.ie)
2. Qualified and experienced Psychotherapists can be sourced through the Irish Association for Counselling and Psychotherapy:  
[www.iacp.ie](http://www.iacp.ie)



*Image credit: www.ndnr.com*

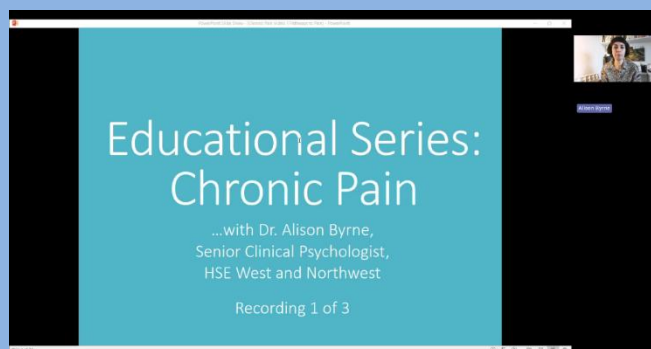
# Understanding Your Health

Galway Hospitals Clinical Psychology Service has produced two video mini-series to help inform you about the link between physical and mental health. These are on the topics of:

1. **Me, My Health and Stress**
2. **Chronic Pain**

You can find links to watch these videos by going to:

<https://www.saolta.ie/wards/psychology-department-guh> or  
Google: Psychology, Galway University Hospital. When you scroll down the page that opens, you will find the links to the different videos.



The HSE's Self-Management Support have compiled a **Directory** for people with long-term health conditions and their carers.

Google: Galway Directory of Services and Programmes for Adults



There are a wide range of **National Support Groups** which often offer helpline support, education and peer support groups to people with specific conditions. You can find the group relevant to you by searching on Google with

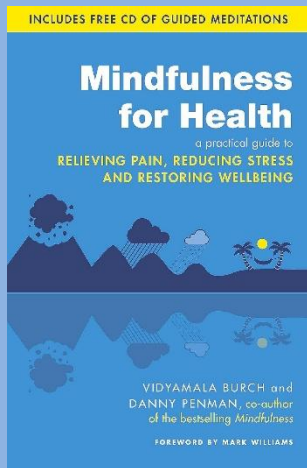
the name of your condition followed by 'Irish Association'. There is also a support group for family carers.



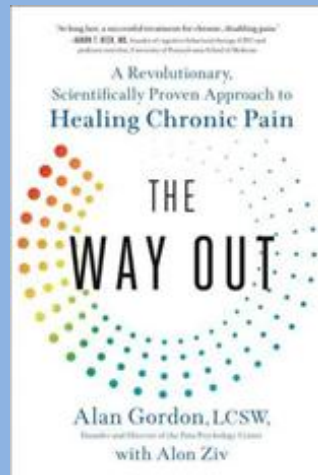
### **Books, podcasts & websites that might be useful**

On the following pages, you will find suggestions for some books and podcasts which focus on the MindBody link. You can look at the descriptions of these books online or check your library to see if the content sounds interesting to you. They are recommended here because their content is based on research and considered by Psychology to be relevant to your physical health.

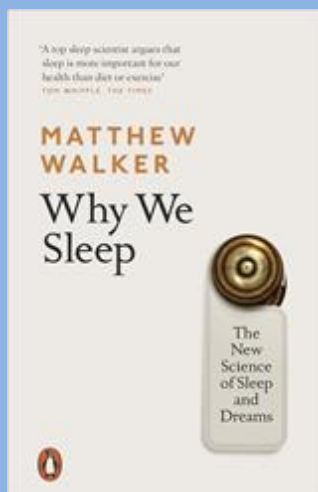




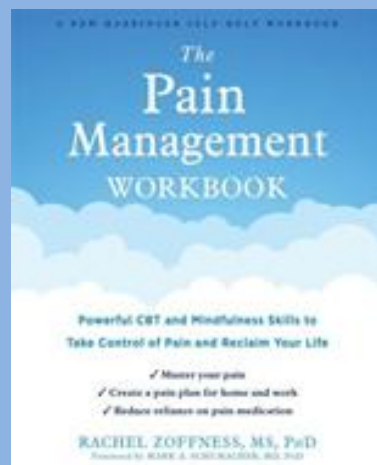
By Vidyamala Burch & Danny Penman



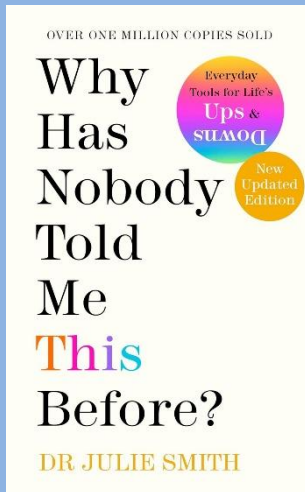
By Alan Gordon



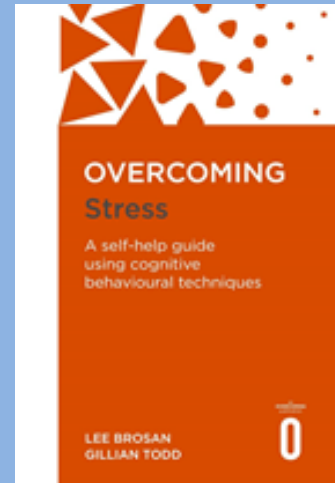
By Matthew Walker



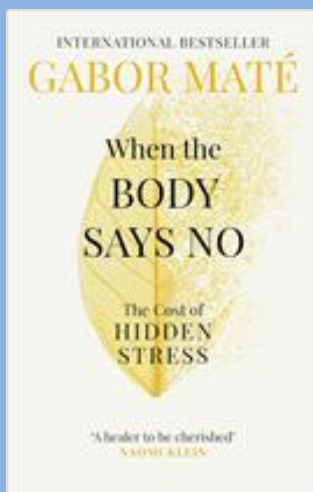
By Rachel Zoffness



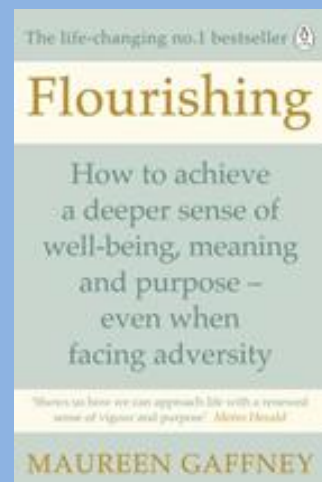
By Dr. Julie Smith



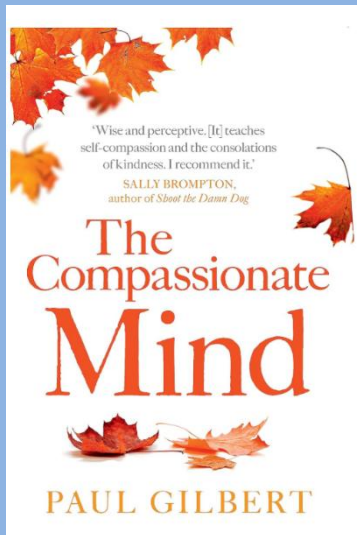
By Lee Brosnan & Gillian Todd



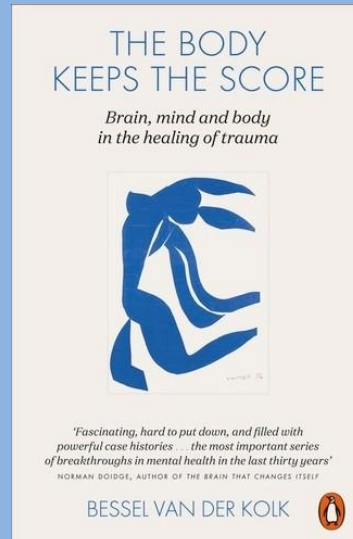
By Dr. Gabor Maté



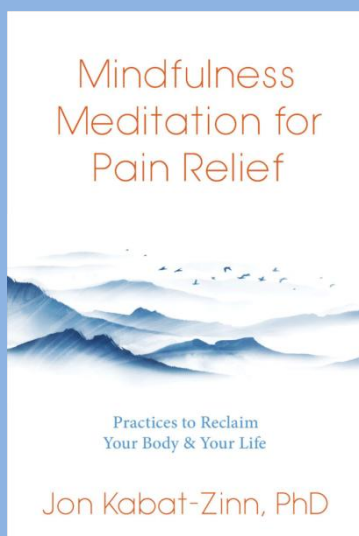
By Maureen Gaffney



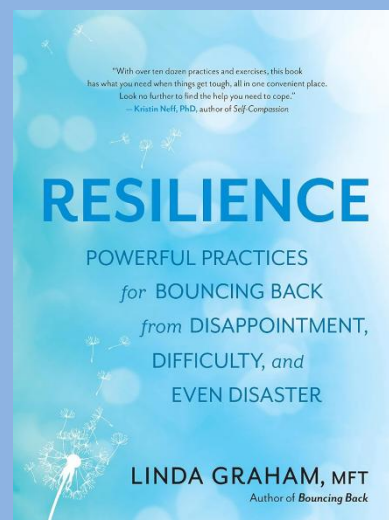
By Professor Paul Gilbert



By Dr. Bessel van der Kolk



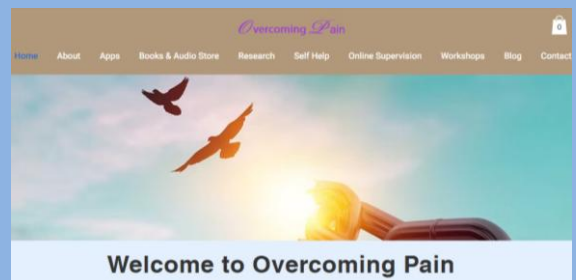
By Professor Jon Kabat-Zinn



By Linda Graham



Curable App



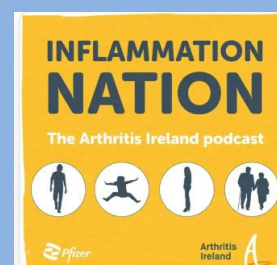
[www.overcomingpain.com](http://www.overcomingpain.com)



[www.flippinpain.com](http://www.flippinpain.com)



The Pain Reprocessing  
Therapy Podcast



Arthritis Ireland Podcast

## WELLBEING & RESILIENCE



[www.michaelkearneymd.com](http://www.michaelkearneymd.com)

Meditations & other resources

Mindfulness & Relaxation  
Centre at Beaumont Hospital

[www.beaumont.ie/marc](http://www.beaumont.ie/marc)

Beaumont Hospital's Mindfulness webpage



Calm Meditation App



Insight Timer Meditation App



## MINDBODY HEALTH



Get the Stuck Out Podcast



Just One Thing Podcast



[www.neurosymptoms.org](http://www.neurosymptoms.org)



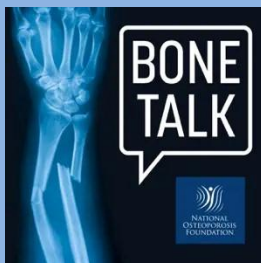
Chronic Illness Trauma Studies

How Adversity Shapes Health & Why It's not in Your Head

[www.chronicillnesstraumastudies.com](http://www.chronicillnesstraumastudies.com)

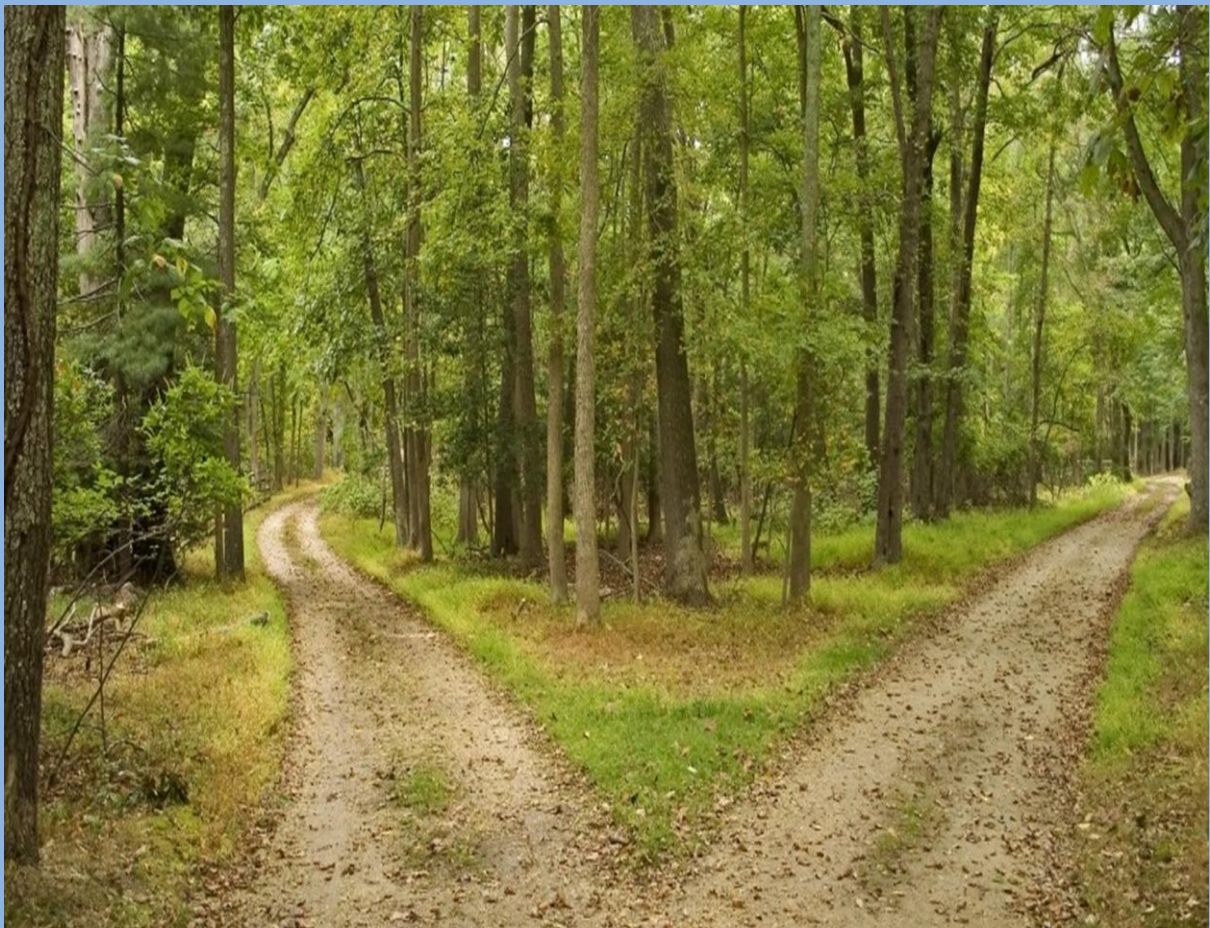


Irish Heart Foundation Podcast



BoneTalk Podcast

The Fork in the Road reminds us about the choices we make and the choices we have for our lives. In situations where the choices seem limited, it may be about choosing how you speak to yourself, how you treat yourself, and setting an intention to choose what is helpful for your MindBody health.



## Autobiography in Five Short Chapters

### I

I walk down the street.  
There is a deep hole in the sidewalk.  
I fall in. I am lost. I am helpless.  
It isn't my fault.  
It takes forever to find a way out.

### II.

I walk down the same street.  
There is a deep hole in the sidewalk.  
I still don't see it. I fall in again.  
I can't believe I am in the same place. It isn't my fault.  
It still takes a long time to get out.

### III.

I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it there, I still fall in. It's habit.  
It's my fault. I know where I am.  
I get out immediately.

### IV.

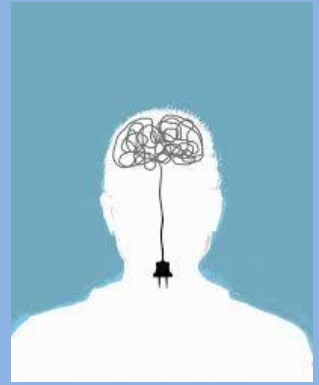
I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.

### V.

I walk down a different street. © 1977 Portia Nelson

## Check-in with yourself

Some of these questions may be useful to you today  
to help reset your system...



What's going ok today?

What am I proud of myself about?

What am I grateful for today?

What can I put into my week to look forward to?

What's something I can do today that would be good for me?

What do I need at the moment?

What can I let go of? What do I need to let go of?

Is what I am doing helping me?

What's working?

What's not working?

What and who is important to me?

How can I move towards what and who is important to me?

### As best you can, be gentle with yourself

Our minds and bodies are deeply connected. If we are feeling distressed in our body, we are also likely to be distressed in our mind. The same is true when we are feeling low in mood or anxious—we are likely to feel more pain or discomfort in our body.

Having a health condition can disrupt how you see yourself, your identity as a person, your role in your life, your relationships and your ability.

It may feel hard to adjust to the changes that have happened to you and the changes your body has been going through.

It is very normal to experience a range of emotions and some of them may feel new for you. Indeed it may feel unfamiliar and upsetting to be in a position of dependence on others if you need more help now as a result of your health.

As best you can, be gentle with yourself. Try to notice the small steps that indicate your progress. Allow that your body needs time to heal or adjust. You are doing the best you can for the situation you find yourself in.





Historically in Ireland, it may have felt shameful or 'weak' to feel emotionally vulnerable. However, research continues to support a close link between mental and physical health and between early childhood environment and current health (e.g. [www.chronicillnesstraumastudies.com](http://www.chronicillnesstraumastudies.com)). If you feel that you would like to try talking to someone, it is rather a wise and resilient move to make, that your future self might thank you for!

This booklet was produced by  
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