



Sláintecare.



A Guide to
Psychological Supports
and Resources



Road to Recovery

Receiving a diagnosis of and living with a chronic health condition can bring up so many emotions. This booklet has ideas for helping you on the journey. Have a think about what you might need for yourself in order to feel at ease in your body, and in order to enjoy your precious life.

Strength in Numbers: Others like you

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



2. The HSE offer a 6 week class to help manage stress and anxiety. This can be found at: www.stresscontrol.ie





The HSE have 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>



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

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



5. The HSE offer a free 8 week Yoga for Beginners class to help you learn yoga stretches and moves for better mobility. You can access the class by typing 'HSE Yoga Class' into Google, or clicking the following link:

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



6. The HSE also run a Chair Yoga for Beginners class which you can find by typing 'HSE Chair Yoga' into Google, or clicking on the following link:

<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 on: <https://www2.hse.ie/wellbeing/being-active-with-a-health-condition/being-active-with-a-health-condition.html#:~:text=Be%20as%20active%20as%20you,makes%20you%20breathe%20faster>



8. The Irish Heart Foundation offer recipes to follow a heart–healthy diet and also offer advice from their Dietician. Google **Irish Heart Foundation Recipes** or **Irish Heart Foundation Dietician advice**

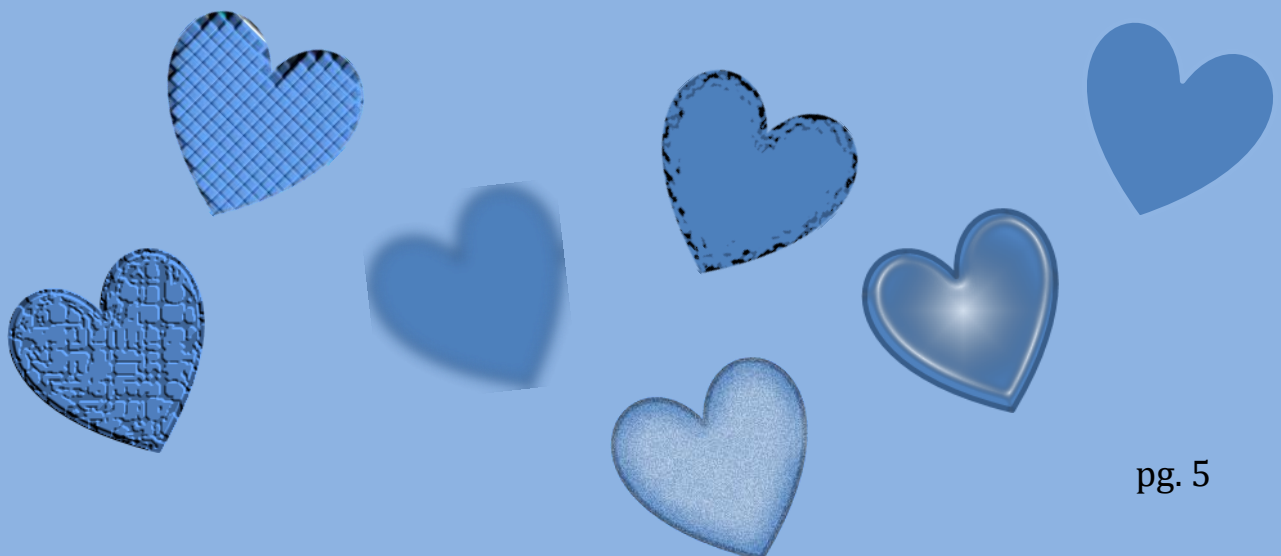
9. **Vidyamala Burch** lives with and teaches about using meditation to manage chronic pain. Her websites are:

<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 normal. Your body may be going through a traumatic time. The way your body responds to stress and worry is laid out in some of the booklets found at the following website, for example, the booklets on Stress, Anxiety, and Panic. These may help you to understand better how to read your body:

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



Manging 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

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>



Understanding

Your Health

If you have a heart problem, do you feel you understand what happened to cause your heart problem? The following **youtube videos** may help you understand or clear up a question you have:

Mayo Clinic— How the heart works:

Type this title into your internet address bar or google search

TedTalk— How blood pressure works:

<https://www.youtube.com/watch?v=Ab9OZsDECZw>

TedTalk— How emotions change the shape of your heart

https://www.ted.com/talks/sandeep_jauhar_how_your_emotions_change_the_shape_of_your_heart/transcript?language=en

You can also speak to a specialist nurse at one of the following:



Croi offer a **free telephone helpline** available weekdays from 9am – 5:30pm on 091 544 310 or by email at healthteam@croi.ie.



The **Irish Heart Foundation** also have a **Nurse Support Line** on 01 668 5001 or see ww.irisheart.ie.

You can find information on their **support groups** and their **It's Cardiac Rehab! Podcast** on their webpage:

<https://irisheart.ie/services-for-you/>

<https://irisheart.ie/services-for-you/its-cardiac-rehab-podcast/>

Understanding Your Health

Galway **Cardiology Hub Consultant**, Dr. Susan Connolly, has produced videos on topics of **Cardiovascular Disease** and **Medication**. You can find them on Youtube by typing ‘Dr. Susan Connolly’ into the Search space, or go to:

Cardiovascular Disease—the facts:

<https://www.youtube.com/watch?v=kGOiMKAwtr8>

Your medications and why they matter:

<https://www.youtube.com/watch?v=fngFmZhgrPo&t=25s>

Galway **Psychologist**, Dr. Alison Byrne, has produced a video mini-series called **Me, My Health and Stress** and another on **Chronic Pain** to help inform you and help you manage. You can find links to watch these videos by going to: <https://www.saolta.ie/wards/psychology-department-guh> or by doing a google search of ‘Psychology, Galway University Hospital’. When you scroll down the page that opens, you will find the links to the different videos.

The Cardiologist at **York Cardiology**, on youtube, also has a number of videos that might answer your questions.

Getting Help to Process your Thoughts and Feelings

Because you have been through so much recently, it might be helpful to **talk to a therapist or counsellor** to help you to process both what has happened to you and how you see your future.

Public/Free Options:



HSE Primary Care Psychology or Adult Mental Health Psychology through your GP



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



Counselling in Primary Care is a short-term counselling service available to all medical card holders, on referral by their GP or self-referral by ringing 091 583 682. See: www.hse.ie



www.turn2me.ie offer up to 6 free counselling sessions to adults



The **HSE's Self-Management Support** have compiled a Directory for people with long-term health conditions and carers. You can locate this online by typing into Google: ***Galway Directory of Services and Programmes for Adults.***

Low cost therapy options:

Sessions range from €20 upwards and may be with therapists who have recently completed training:

1. Galway community counselling service

Based in the Ballybane Enterprise Centre

See: www.galwaycommunitycounselling.com

2. Helplinks Counselling Service

Based above Argos in the Plaza, Headford Road

See: www.helplinks.ie

3. Let's Get Talking Galway

Low-cost therapy service. Ring: 091 765 500 or

See: www.letsgettalking.ie

4. Proconsult

Low-cost psychotherapy and counselling

Ring: 091 589 581

See: www.proconsult.ie

5. Tivoli

Low-cost psychotherapy

<http://www.reducedcostcounselling.com/#:~:text=The%20Tivoli%20Institute%20offers%20a,%20per%20one%2Dhour%20session>

6. My Mind

www.mymind.org

Fully accredited and experienced therapy options:

1. Qualified and experienced Psychologists can be sourced through the Psychological Society of Ireland's online directory:

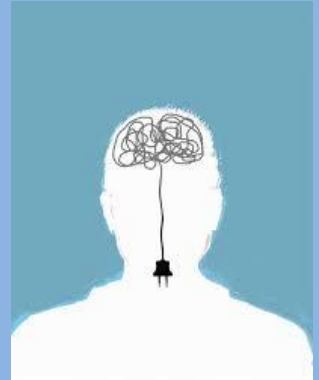
www.psychologicalsociety.ie

2. Qualified and experienced Psychotherapists can be sourced through the Irish Association for Counselling and Psychotherapy:

www.iacp.ie

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 today?

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 is important to me?

How can I move towards what 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 trauma your body has been 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 and recover.



Image credit: www.ndnr.com



This booklet was produced by Dr. Alison Byrne, Clinical Psychologist with Galway University Hospital's *Headache Self-Management Service*; and with the *Ambulatory Care Hub for Cardiology*, which is part of Slaintecare's Integrated Programme for the Prevention and Management of Chronic Disease.

