

Open Public Meeting - All Welcome

Minding your mind in tough times

*Protecting your mental
health in the recession*



A talk by:

Mark O'Callaghan
Principal Psychologist
HSE Sligo/Leitrim

Chair: Dr. Ed O'Mahony
Consultant Psychiatrist, SMHS

Stress management
Suicide prevention
Building resilience
Coping with Job Loss
Financial worries
Emigration

8 pm Tuesday May 3rd 2011
Clarion Hotel Sligo

FREE Open Public Meeting - All Welcome



Mental Health Ireland
Supporting Positive Mental Health



Research & Education Foundation
Sligo General Hospital
www.ref-sligo.ie

