

# Mental Health

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In Ireland it is estimated that 1 in 4 people will experience mental health problems in their lifetime. Mental health affects everyone it does not discriminate. Your mental health is critical to your wellbeing, for social and economic participation. It has become an increasingly concern in Ireland and with the COVID-19 pandemic having had a major impact on mental health. Healthy Ireland conducted a survey in 2015 and reported that Ireland has one of the highest rates (3/36 countries) of mental health illness in Europe.

It has been reported that 18.5% of the Irish population has been recorded as having a mental health illness. Such illnesses included anxiety, bipolar disorder, alcohol/drug use or depression. It has also been reported that there were overall encouraging levels of good mental health in the population aged 15 and over. Women had lower positive mental health compared to men. With 38% being more physical active and 33% percent being more financially secure were the changes most frequently selected towards improving health and wellbeing. [Read more here](#)  
[Healthy Ireland Survey 2015](#)

## These are some of the common health issues:

- Agoraphobia
- Alzheimer's disease
- Anger
- Anxiety
- General anxiety disorder
- Anxiety disorders in children and in young people
- Bulimia
- Stress
- Eating disorders
- Borderline personality disorder
- Baby blues
- Bipolar
- Clinical depression chronic traumatic encephalopathy
- Depression in young people
- Insomnia
- Low mood
- Obsessive compulsive disorder
- Panic attacks
- Schizophrenia

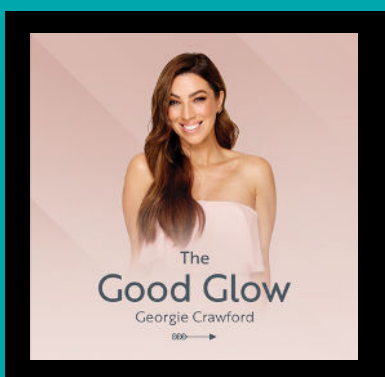
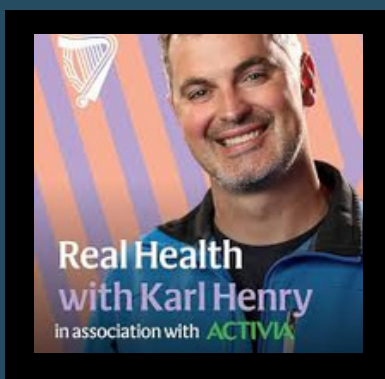
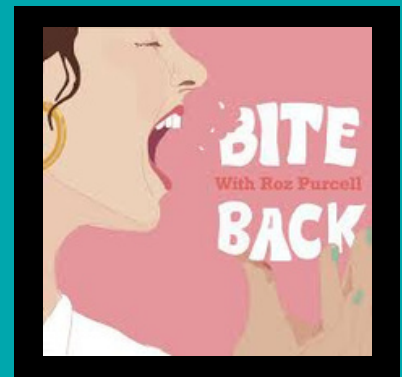
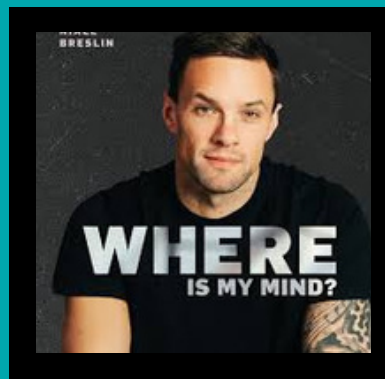
According to a study carried out by academics from Maynooth University, National College of Ireland, and Trinity College Dublin found that "42% of Irish adults have a mental health disorder and more than one in 10 have attempted suicide".

## Tips to boost your Mental Health

- Sharing your stresses, worries or concerns with someone who cares is an effective way to calm your nervous system and help to relieve stress.
- Face to face time with people you care about can help energise you and boost your mood.
- Make social connections with face to face being a priority.
- Regular activity or exercise has a major impact on your mental and emotional health. It can help you to sleep better, improve your memory and relieve stress.
- Take up meditation, mindfulness, or yoga as these can help reduce overall levels of stress
- Eat a brain-healthy diet: Fatty fish rich in omega-3s, nuts (e.g., almonds, cashews, peanuts and walnuts), legumes (e.g. lentils), beans, avocados, dark leafy greens (e.g., spinach, brussels sprouts and kale, fruit (e.g. blueberries) and beans are foods that may support your mood. It has been found that dark chocolate is potentially beneficial for mental health. Please talk to a registered dietician for the best dietary and nutritional advice.
- Your senses: using a stress ball may help you feel centered. Listening to an uplifting song might make you feel calm or even taking a walk. We all respond differently to sensory input try to find what works best for you.
- Leisure: leisure time is necessary for your mental and emotional health so take the time to relax. We are all guilty of being too busy and not taking the time to relax. Focus on the positive things as you go about your day.
- Sleep matters: when we sleep this is our mind and body's time to recharge and rejuvenate. In the hours before bedtime take a break from screen, tv, phones, tablets. The blue light emitted from electronic screens fools the brain into thinking it is daytime. Your body will stop releasing a sleep hormone called melatonin. This hormone is nature's way of helping us prepare for bed and wind down.

## Podcasts

Click on images below



# Resources

[Mental and Physical Health CSO](#)

[Maynooth University](#)

[Mental Health Ireland](#)

[Mental Health HSE](#)

[HSE Mental Health Services Support](#)

[Mental Health Services Support](#)

[Pieta](#)

[Samaritans](#)

[Aware](#)

# Books

“Anxiety and Panic”: Dr Harry Barry

“The 5 Second Rule”: Mel Robbins

“The Let them Theory”: Mel Robbins