Mental Health Week 2015

Online Resources

Videos

- Bressie's talk at 'Lovin Dublin'. It's a great talk, suitable for all year groups, but there is some bad language!

  https://www.youtube.com/watch?v=1qWaOrr_7Ss

- A Ted talk from a young man who suffered from depression as a teenager. Suitable for all year groups.

  http://www.ted.com/talks/kevin_breel_confessions_of_a_depressed_comic

- A talk by Ruby Wax about the stigma attached to mental health issues. Suitable for all year groups.

  http://www.ted.com/talks/ruby_wax_what_s_so_funny_about_mental_illness

- A short video from the WHO on depression

  https://www.youtube.com/watch?v=XiCrniLQGYc

- A few positive pep talks from Kid President

  https://www.youtube.com/watch?v=l-gQLqv9f4o
  https://www.youtube.com/watch?v=RwlhUcSGqgs
  https://www.youtube.com/watch?v=m5yCOSHeYn4

Useful Websites

- www.spunout.ie
- www.headstrong.ie
- www.walkinmyshoes.ie