



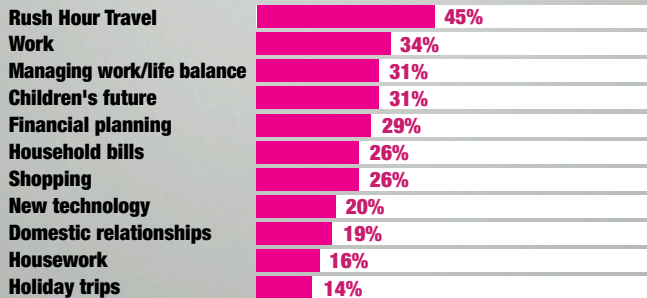
1 in 10 people experience depression at any one time

Approx 550,000 people in Ireland



Approximately 17% of the Irish population suffers from Social Anxiety

Approximately 20% of people will experience at least one panic attack at some time in their lives

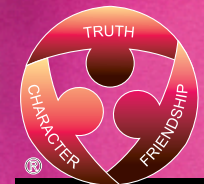


The International Stress Management Association asked workers in England which situations or activities they found stressful.

12 Steps to Positive Mental Health

- 1 Take Responsibility for your Life**
 You are responsible for your thoughts, actions, feelings, decisions and their consequences. A person who does not take responsibility is a victim.
- 2 Be Flexible in Your Thinking**
 Change what you can change, adjust to what you can't. Eliminate "should", "ought to", "must".
- 3 Accept Reality as both Good and Bad**
 The world, like you, is a mixture of good and bad rather than all good or all bad.
- 4 Savor the Moment**
 Enjoy the journey of life. Vary the pace, mixing activity with periods of calm reflection.
- 5 Learn to Live with Frustration**
 View frustrations as challenges rather than something to avoid. Learning to cope with frustration is a sign of personal maturity.
- 6 Accept and Take Care of Yourself**
 You are unique. Like yourself. Take care of and reward yourself without guilt.
- 7 Express Positive and Negative Feelings**
 Express yourself in an open, assertive way without violating the rights of others. Learn to say no.
- 8 Work toward Goals**
 Goals give your life meaning and direction. Be committed but not rigid.
- 9 Think Rationally and Creatively**
 Formulate your own solutions rather than accepting what you have been told. Take control of decision making. Pursue creativity and spontaneity.
- 10 Manage Your Time and Maintain Balance**
 Achieve a balance between work, leisure, family and friends, being serious and having fun. Set your own agenda and priorities.
- 11 Develop hobbies and absorbing Interests**
 Select interests that are meaningful and fulfilling to renew and refresh your spirit.
- 12 Develop and Maintain Relationships**
 Value and nurture friendships and show commitment. Develop a support network. Value people with whom you feel relaxed and secure.

Supporting recovery and protecting your mental health



GROW

World Community
Mental Health
Movement in Ireland

GROW Infoline: 1890 474 474

Email: info@grow.ie www.facebook.com/GROWIreland

www.grow.ie

Who are GROW?

GROW is a national community based organisation providing support and education around emotional and mental wellbeing. Our 12 Step Recovery Program provides effective peer support, motivation and empowerment to enable you to take action to change your circumstances. With **over 120 community based support groups** there is a group near you.

Recent Irish research shows that “GROW is effective because it provides ongoing community rather than temporary professional intervention.” (Watts, 2012)

How do I join GROW?

To join GROW you do not need any introductions or referrals. Our meetings are free, open to all, anonymous and confidential.

If you require further information please contact our Info line **1890 474 474** or log onto **www.grow.ie** to find a support group near you.

“GROW’S mission is to nurture mental health, personal growth, prevention and full recovery from all kinds of mental illness”.

How does GROW work?

Attending GROW’s weekly support meetings you will find a 12 Step Program of Recovery which **offers members a practical path out of mental and emotional issues.** The program empowers all members to construct their own recovery plan and journey towards personal growth. Its principal strength is the support its members give to each other, drawing on their own successful experiences of recovery.

A key aspect of membership of GROW is the development of new and meaningful friendships, development of coping strategies and interpersonal skills, increased sense of personal value and purpose.

International research shows that GROW’s 12 Step Recovery Program benefits its members in many ways “over a period of time they need significantly less professional help and have less chance of relapse. They are significantly more likely to be in employment and will have wider support networks. They are also more likely to reduce, or dispense with medication.” (Rappaport et al, 1985)

One members’ story...

I always thought that a drug problem meant that you had to be addicted to drugs. I never had any addiction, but social drug use really had a **negative effect on me.** Over time smoking cannabis began to make me feel very uncomfortable and out of place. It wasn’t long before **I started to have panic attacks** at college.

Stupidly I continued smoking as I didn’t want my friends to think that there was anything wrong with me, but this only made things worse. The more I smoked, the more uncomfortable I got and **the more I would go in on myself and isolate myself from reality.**

Eventually it got too much for me. **I had a breakdown and spent about 6 weeks in hospital.**

My time spent trying to fight my symptoms had taken its toll on me. **I stopped thinking positively about my future** as I felt that my symptoms would be always with me no matter what I tried to do.

After reading about a local GROW Mental Health support group **I knew I needed to gain some control of my mental health and tried one of their meetings.**

I felt very nervous in the first few meetings as I was among people I did not know and I felt quite panicky. However, I knew that I didn’t have to put up a front about my problems anymore and that **I could be open and honest about my mental health problems without being judged.**

Anonymous