



Féidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

Seirbhísí Síceolaíochta Cúram Príomhúil  
Longfoirt / Iarmhí  
Eagraíocht Curam Sláinte Pobail  
Lar Tire, An Lu, An Mhí  
Ionaid Sláinte  
Bóithre Bhaile Átha Cliath  
Lóingfoirt N39KR23  
Teileafón: 043 33 50170  
Facs: 043 33 46500

Primary Care Psychology Services  
Longford/Westmeath  
Midlands Louth Meath  
Community Health Organisation  
Health Centre  
Dublin Road  
Longford N39KR23  
Tel: 043 33 50170  
Fax: 043 33 46500

## STRESS CONTROL TEENS

### HSE PRIMARY CARE PSYCHOLOGY Longford/ Westmeath Primary Care Team

Dear Parents,

I wish to inform you of an upcoming intervention 'Stress Control Teens' for adolescents aged 15-18 years which will be held by Longford Primary Care Psychology in the Health Centre in Longford. This intervention is due to commence on the 18<sup>th</sup> of March 2020.

Stress Control Teens is a 6 week psycho-educational intervention to help adolescents manage stress, low mood and anxiety. In Stress Control Teens your teenager will learn how to psychologically and physically respond to stress, and learn how to cope better with stress, using proven psychological techniques. Stress Control Teens is run as a weekly class, using a lecture style presentation. Some of the topics covered across the six weeks of the course include:

|                             |                            |
|-----------------------------|----------------------------|
| • What is Stress            | • Controlling Your Actions |
| • Controlling Your Body     | • Controlling Your Panic   |
| • Controlling Your Thoughts | • Controlling Your Sleep   |

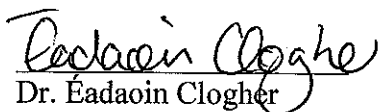
**Stress Control Teens** will run every Wednesday for **6 weeks** starting **18<sup>th</sup> March 2020 at 6pm** and last for one hour and thirty minutes with a short break. It will be located in **The Health Centre, Dublin Road, Longford, N39KR23.**

Parents are required to attend Stress Control Teens as this will enable you to learn the skills necessary to support your teenager to manage their stress. *It is essential that at least one parent attend Stress Control Teens with their teenager.*

If you would like for your teenager to attend this course, *please make contact with your GP and request a referral to 'Stress Control Teens'*. This intervention cannot be accessed without a GP referral. If you require further information please contact our secretary Vivienne on **043 33 50170**

We look forward to welcoming you to Stress Control Teens.

Yours sincerely



Dr. Éadaoin Clogher  
Senior Clinical Psychologist  
Primary Care Psychology Services