

A Safe, Non-Judgmental, Comfortable & Confidential Place

Connect... with others who are in various stages of recovery

Hope... of recovery by meeting others who have come through similar experience

Identify... with others who have similar life experience to help with confidence / isolation / self esteem

Meaning... and purpose by sharing, volunteering to help others in recovery

Empower... person and community to seek self responsibility for own mental health through knowledge, education & shared experience to meet self potential



West Clare Mental Health Association is an affiliate of Mental Health Ireland

Mental Health Ireland is a registered charity number 20008642 / CHY 5594

Email: westclaremha@mentalhealthireland.ie

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ABOUT US

West Clare Mental Health Association was established in 1975 by a group of local volunteers. The aim is to support people with mental health difficulties and to promote positive mental health in the Community.

THE LIGHTHOUSE is a West Clare Mental Health Association project that promotes positive mental health and wellbeing within the community of West Clare through a range of activities. In particular West Clare Mental Health Association works to support people on their recovery journey through the provision of peer support at the Lighthouse.



The Lighthouse, Lime Kiln Road, Kilrush, Co Clare, V15 XC58



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Who is The Lighthouse for?

Everyone experiences good and bad mental health days. Together we can make a difference.

THE LIGHTHOUSE is open to all, including: Those seeking support for themselves, their family members and supporters, and all interested in supporting and promoting mental health in West Clare.

People who are in recovery and want to share their recovery journey with others.

It is also a place of education for the general public to gain knowledge and understanding in the area of mental health.

What is Peer Support?

Help and support that people who have been through similar experiences give to one another.

What you can expect at The Lighthouse

THE LIGHTHOUSE is set up to provide a place that is Peer Led where you can always expect...

- A safe, open and friendly atmosphere
- A place that is non-clinical
- A place that is non-judgmental and inclusive for all
- A place to drop in for a cup of tea and a chat
- A place to meet others with similar life experiences
- A place to learn from each others experiences and to reduce stigma
- A place of education and training that promotes wellbeing in the community
- A place that promotes positive mental health
- A place that values the expertise of those with lived experience
- A place that follows a Co-Production Model

Services at The Lighthouse

- Peer support for individuals
- Peer support for groups
- Drop in service
- Educational and training courses including:
WRAP - "Wellness Recovery Action Plan"
ARIES - "Recovery and Wellbeing Education in Mental Health"
- SafeTALK
- Promoting and advocating for positive mental health and wellbeing programmes in West Clare

