



“Recovery is moving
achieving and learning,
being the best.

And the best I can be
with confidence.”

(Mental Health Discussion Group)



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



CARLOW INVOLVEMENT
CENTRE



Drop in for a cup of tea and
a chat!

Opening Times:
10.00am - 1.00pm

Telephone: 059 9136342

Email:
involvementcentres@gmail.com

What is an Involvement Centre?

Involvement Centres are peer led recovery focused spaces which offer a warm welcoming place in which mental health challenges are understood to be part of life and are accepted in a non- judgmental way.

It is a place where people who have experienced mental health challenges and their *relatives* or *supporters* can meet on a regular basis.

It is open to anyone over 18 years of age who is interested in promoting positive Mental Health and Recovery

What happens in an Involvement Centre?

Art 
Creative Writing
Chat 
Cuppa
Support
Listening 
Information
Meeting New
People

Where is the Involvement Centre?

*St. Dymphna's Hospital
Carlow*

Visitor Experiences

'A Listening Ear'

'Lifesaver'

'Homely atmosphere'

'Supportive

environment'

'Great Place to visit'

'Place of Healing'