



How are We?

everyone's voice is important
please take the survey



available on
Westport
Community
Initiative

also on local websites:

Town Hall Theatre, Mayo
News, GAA, Soccer, Rugby,
Athletics, Covey Wheelers,
Gaelscoil, Holy Trinity, Quay
School, Scoil Phádraig,
Mayo County Council,
What's On in Westport,
Westport Radio

hard copies available from
Library and Town Hall

WESTPORT

COMMUNITY SURVEY



Artwork by Amy Reynolds and Mairéad Murphy

How are We? - The Westport Community Survey

The Westport Community Initiative is a group which formed in 2014 out of concern arising from a number of suicides in the Westport area. We have undertaken a number of initiatives since, aimed at resourcing people and organisations to be more aware and skilled in dealing with the specific issue of suicide and the general issue of community well-being. Our work has included the publication of a local supports and services directory and a number of training programmes. To inform our thinking on the issues we are carrying out a well-being survey of the Westport community. This is taking place in November 2016. We hope as many people as possible 15 years of age and older, from all backgrounds, will complete it.

What will I be asked?

This survey will explore aspects of your life in Westport such as school, work and your community involvement. We will ask about your current worries and stresses. We will also ask questions about the way you feel about yourself, including whether you've ever felt depressed or 'low', as well as whether you talk to others about feeling this way, or whether you have accessed support services.

Private, confidential and anonymous

The information you give is completely confidential which means that the answers you give will be kept private. The survey is anonymous which means that you are not asked for your name at any point in the survey, you don't give us your name to complete the survey, we don't collect your email address or any other technical data that might identify you, and no one will be able to connect the information you put down with you personally.



How long does it take?

The survey takes about twenty minutes to complete

What are the risks and benefits of participating?

One risk of taking part is that you might feel uncomfortable telling us things about your life. If there is a question you don't want to answer, you don't have to. Taking the survey is voluntary (your choice) and you can withdraw, or stop at any time by closing your web browser. The benefit of the study is that it will help inform the development of initiatives to improve personal wellbeing and community participation for people who live, work or go to school in our town.

What happens to the information I provide?

The information will be written up into a report, circulated and communicated to the Westport community in a variety of ways. For example, we may make the results available through the local library and media. We may circulate it to local organisations in the community that can play a part in promoting well-being. The information may also be presented at conferences or in publications.

How do I complete the survey?

- ♦ If you have received this information by email, there is a link that will take you directly to the survey page on the internet.
- ♦ You can access the survey through the Westport Community Initiative Facebook page.
- ♦ You can access the survey through the various community groups which are hosting the survey link on their websites.
- ♦ Hard copies of the survey are available from the local library and Town Hall.

For further information about the survey email westportcommunitysurvey@gmail.com

24 hours a day, emotional support: Samaritans Free helpline: 116 123 Email: jo@samaritans.org Samaritans is available 24 hours a day, 7 days a week for anyone struggling to cope. For confidential, non-judgemental support please call or visit www.samaritans.ie for details of the nearest branch.

Childline Free helpline: 1800 666 666 Online Chat: www.childline.ie Teentxt service: text the word "Talk" to 5010. Childline provides a free and confidential listening service to children and young people up to the age of 18. The Childline helpline is open every day, 24 hours a day and Childline Online Chat is open every day 10am - 10pm.

Self-harm support: Pieta House Find your closest branch: www.pieta.ie/contact-us. Email: mary@pieta.ie Pieta House offers specialised treatment to clients who self-harm, suffer from suicidal ideation or have made multiple suicide attempts. Clients receive an intensive programme of one-to-one counselling lasting about four to six weeks. Pieta House is a non-profit organisation and the service is free of charge.

Money and debt management support: MABS Helpline: 0 761 07 2000 (Monday-Friday, 9am - 8pm) Local MABS offices: www.mabs.ie/contact-mabs/ The Money and Budgeting Service (MABS) is a free and confidential service for people in debt or in danger of getting into debt. Advisers can give you advice and support on many money management and debt issues, and can also provide you with MABS self-help materials free of charge.

Public services: Citizen's Information Phone Service: 0761 07 4000 (Monday-Friday, 9am to 8pm) Mortgage Arrears Information Helpline: 0761 07 4000 (Monday - Friday, 9.30am to 5pm) Provides comprehensive information on all aspects of public services and entitlements for citizens in Ireland.

General mental health support: Grow Infoline: 1890 474 474 GROW is a mental health organisation which helps people who have suffered, or are suffering, from mental health problems.

Helplines

Aware 1890 303302

Samaritans 116 123

Pieta House 093 25586

See also the Westport Directory for more info on local services and supports available online at www.mayococo.ie/en/Services/WestportDirectory