



Self- Esteem and Young People

Talk by Mark O'Callaghan,

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Having good self-esteem is vital to our overall happiness and ability to live an enjoyable and fulfilling life. The evidence tells us that children who have good self-esteem are emotionally healthy and psychologically resilient are less likely to experience emotional difficulties and are more likely to overcome these difficulties if they occur.

This talk will explore the concepts of:

- Recognising self-esteem in one's self and young people
- Factors which impact on a young person's self-esteem
- How we can foster self-esteem in teenagers

This is part of a series of free talks on Youth Mental Health which is open to everyone who has an interest in Youth Mental Health. Further information on all talks is available at: www.ecsligo.ie or www.alive2thrive.ie and FaceBook: Page: [alive2thrive](https://www.facebook.com/alive2thrive)



Date	Time	Venue
Tuesday, 24 th October	7pm – 9pm	Sligo Education Centre
Thursday, 26 th October	7pm – 9pm	Carrick Education Centre
Tuesday 21 st November	7pm – 9pm	Pastoral Centre, Ballymote
Thursday, 23 rd November	7pm – 9pm	Bee Park Centre, Manorhamilton

If you are interested in attending this public talk, please book you place by contacting:

Talks in Sligo: Contact Sligo Education Centre, (071) 9138700 or Email: info@ecsligo.ie

Talks in Leitrim: Contact Carrick Education Centre, (071) 9620383 or Email: office@carrickedcentre.ie

This is a FREE event organised by the Sligo and Leitrim Youth Mental Health Initiative and sponsored by Sligo Education Centre, Carrick Education Centre and HSE West.