

## "Impact of Drugs on Emotional Health"

*Facilitated by Conor McCafferty (Zest NI)*

**This half day workshop will help participants understand our Emotional health and how to look after it.**

### **Course Aim**

By the end of the workshop participants will have discussed:

- What is emotional health and how we can nurture it
- the relationship between substance use and emotional wellbeing, considering how certain habits and choices can influence mental health both positively and negatively.
- Strategies for coping with emotional challenges without resorting to drugs will be highlighted, encouraging open discussion and reflection amongst attendees.
- The problems that arise from poor emotional health
- Why drugs can become a medicine
- How different drugs affect the body, mind and spirit
- Where to go for help

### **For further information on training please contact:**

**Email:** [clear@dhcni.com](mailto:clear@dhcni.com)

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*Places are limited to 4 per organisation. Age restrictions apply. These sessions are open to staff & volunteers of community & voluntary sector organisations operating within the Western Trust Area.*