

COACHING FOR YOUR MENTAL HEALTH AND WELLBEING

Threshold Training Networks Coaching Service is a free service for people with experience of mental health difficulties. You meet with a coach to talk about ways to stay well and rediscover what brings you joy.



What people have achieved with coaching:

Increased their confidence in social situations

Discovered things that gave them joy
Put more structure and routine into their days

Explored what motivated them to do more
Learned how to manage their mental health better



The next step is to make an appointment to meet a coach for your first session to see if it's the right next step for you.

**CALL EMER ON :
01 4940502**

**Threshold Training Network, First Floor, Tallaght Enterprise Centre,
Main Road, Tallaght, Dublin 24**