



Press Statement

Launch of Shelf Help: Recommended Reading for Personal Well-being

by Mayor of Kildare, Councillor Mark Wall

Kildare County Council Library Services were delighted to launch Shelf Help: Recommended Reading for Personal Wellbeing, a collection of 60 book titles covering a wide range of wellness and mental health topics, in Riverbank Arts Centre on World Mental Health Day, 10 October 2013.

Ms Eimear McGinn, Senior Executive Librarian, Kildare County Council Library Service, explained how the collection of books had been put together following consultation between Librarians from Kildare Library Services and experienced healthcare professionals from the Health Service Executive, South West Regional Drugs Task Force and Mental Health Ireland, all working within the community of the County Kildare and Wicklow regions.

The collection is now available in seven of the main libraries in County Kildare and three in County Wicklow, and a selection of the titles are also available in eBook format, which can be downloaded from the KCC digital library available for download at <http://digitallibrary.kildare.ie>.

Guest speaker, Dr. Gary Collins (Clinical Psychologist) with the HSE, detailed a supportive programme of information sessions aimed at further raising awareness of some of the topics covered in the **Shelf Help** collection. Kildare Library Service and Wicklow Libraries are facilitating a schedule of these information sessions and workshops as delivered by experienced healthcare professionals.

Mayor of Kildare, Councillor Mark Wall, commended the project for its 'shared services approach' and wished the project well in delivering practical supports via a community library network.

Further information on Shelf Help: Recommended Reading for Personal Wellbeing can be found at <http://kildare.ie/Library/SpecialProjects/ShelfHelp/#d.en.29388>



Anne Myler, Kildare Library and Arts Service; special guest speaker, Gary Collins of Primary Care Psychology Services with the HSE; Caroline Farrell, Kildare Library and Arts Service; Mayor of Kildare Mark Wall; Marian Higgins, Kildare Library and Arts Service; Kildare County Manager, Michael Malone; and Eimear McGinn, Senior Executive Librarian, Kildare Library and Arts Service, pictured launching 'SHELF help: recommended reading for personal well-being' at the Riverbank Arts Centre, Newbridge, on World Mental Health Day, Thursday, October 10.

ENDS

15 October 2013