

# HEADSUP

## KILDARE

supporting U and  
your mental health

### Are you?

- Lost, confused, down
- Male and over 18
- Motivated to change
- Willing to engage

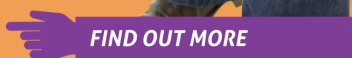
Learn to build your physical  
and mental fitness, set goals  
and take action

*"...a life saving experience and a life giving experience..."*

*"I know what I want to do, I have a plan and I'm looking forward to the rest of my life."*

*Quotes from HEADSUP Participants*

[www.heads-up.ie](http://www.heads-up.ie)



# What is HEADSUP?

HEADSUP is an innovative, evidence based training programme which:

- Enables participants' to develop their resilience
- Build their physical fitness
- Develop social connections
- Set goals and follow through on actions



During the programme participants engage with a wide range of local services so that they can be supported to improve their current circumstances.

**For more information, please contact;**

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Seirbhís Stáinte  
Níos Fearr  
& Forbairt

Building a  
Better Health  
Service



County Kildare  
LEADER PARTNERSHIP



Kildare and Wicklow  
Education and Training Board



Opening doors for  
homeless people