

Irish Examiner

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 (35) Mark (29) Vincent (37) Barbara (40) David (26)
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 Rachel (34) Shane (24) Patrick (67) Cathal

LET'S TALK SUICIDE



Irish Patients' Association

You Are the
Difference
Patient Safety First

AstraZeneca

There are few people who have not been affected by suicide. But it's important to realise, we can all make a difference.

Some experts predict that 1,000 people of all ages and social backgrounds will take their own lives in 2012; that's a small village, a large parish, and more importantly a huge unimaginable vacuum in the lives of loved ones left behind. That's five times the number of deaths on our roads but the suicide budget is 27 times less than the road safety budget per fatality.

Professor Raymond and Mr Mark Kinsella commenting on a recent report by the Irish Patients' Association illustrated the impacts and consequences of long-term unemployment with such phases as "despondency, de-motivation and depression with vulnerabilities to suicide with all of its consequences to families".

Urgent actions and investment is required to help those feeling suicidal or affected by suicide.

The Irish Patients' Association is very grateful to the Irish Examiner for permission to reprint this award winning booklet. I would also like to acknowledge and thank the thousands of community pharmacies who have made this booklet available in their stores, my daughter Emma and her friends Emma O'Sullivan and Laura Chamberlaine who

organised a fund raising event to raise suicide awareness that lead us to this event and to the people in AstraZeneca who helped make this happen by providing an unrestricted grant in support of this initiative.

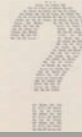
As a patient advocate, and co-founder of the Irish Patients' Association, I recall many years ago how someone close to me nearly died at their own hand, not because the patient wasn't connected to the system, but because a registrar was not contactable to conduct an assessment prior to a day release. The reason the doctor was not contactable was that a 50c battery was dead in the Bleeper so a nurse made the call to discharge the patient. That 50c could have saved so much in human terms; however there is learning from that event.

Each one of us has a role to play in protecting these vulnerable patients. Use this booklet and raise suicide awareness in homes, communities, places of work, and of worship wherever the opportunity arises,

You can make a positive difference to someone in that numbed darkness, where hope and brightness orbits the shattered shrine, wherein the spirit still resides!

Stephen McMahon
Irish Patients Association
Tel: 01-2722555
Email: info@irishpatients.ie





We would also like to thank Console, Headstrong, 3Ts, the Heath Service Executive, the National Office for Suicide Prevention, the National Suicide Research Foundation and the Action on Suicide Alliance for their help, advice and support in producing this booklet.



Compiled and edited by:
John O'Mahony
Graphic Design:
Edward Butt

TALKING

WHY TALKING IS IMPORTANT

FICTION:

People who talk about suicide don't take their own life.

FACT:

Most people who kill themselves have given definite warnings of their intention.

If you are in crisis, please, please seek help. Talk to someone. And always remember to be ready to listen – a few minutes of your time could save a life.

Talking is fundamental to getting help. Experts point to the fact that men are much less likely to share their problems than women as a telling factor in the high proportion of male suicides in Ireland.

80% of all suicides in this country are male. Men typically are much more comfortable discussing football over a pint than divulging their inner-most woes.

Women's ability to network and discuss their worries with other females, and even to 'bitch'

FICTION:

After a crisis, improvement means that the suicide risk is over.

FACT:

Many suicides occur in a period of improvement when the person has the energy and the will to turn despairing thoughts into self destructive action.

FICTION:

Suicide happens without warning.

FACT:

Suicidal people often give indications of thoughts (sometimes before the thoughts become intentions) by words or actions.

about what is bothering them is considered a major protective factor against suicide in women.

By not sharing our problems and discussing issues that may be on our mind, we allow the problems to build up so much internally, until it feels like there is no way out other than to end it all.

Sometimes these problems can seem so much bigger and out of control when they are in our heads. Often, a simple conversation with a friend can completely diminish what previously appeared to be all doom and gloom within our own heads.

FICTION:

Suicide occurs mainly among the rich/the poor.

FACT:

Suicide occurs in all groups in society.



FICTION:

Suicidal people are absolutely intent upon dying.

FACT:

Most suicidal people are ambivalent about living and dying: they gamble with death but may retain the desire to live.

FICTION:

You are either the suicidal type or you're not.

FACT:

It could happen to anybody.

Talking to others reveals that we are not alone and, most of the time, there is huge help and support out there. It also releases the stresses that we are coping with all alone, literally allowing us to get it 'off our chest'.

Just as important as talking is listening – and really listening, without judging. Often, the person next to you could be in crisis. It could be a colleague, a family member or relative, and a listening ear could make all the difference if they are feeling really low or hopeless for the future.

In this time-poor society, people have less and less time for each other, but by just listening for a few minutes, and offering comfort and support, you could be saving a life.



FICTION:

Suicidal behaviour is a sign of mental illness.

FACT:

Suicidal behaviour indicates deep unhappiness but not necessarily mental illness.

FICTION:

Once a person becomes suicidal, he/she is suicidal forever.

FACT:

Suicidal thoughts may return, but they are not permanent, and in some people they may never return.

THE WARNING SIGNS

What to look out for

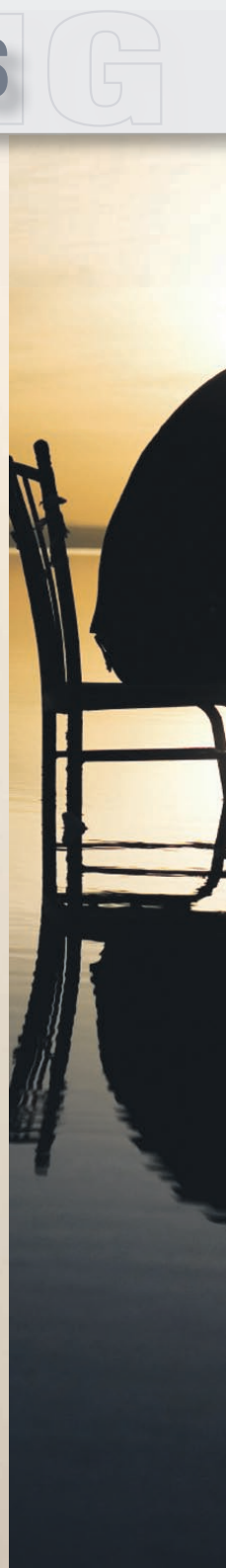
SYMPTOMS OF DEPRESSION

- Loss of interest and enjoyment
- Reduced energy, being easily fatigued
- Marked tiredness
- Reduced concentration
- Reduced confidence and self-esteem
- Feeling of guilt and unworthiness
- Disturbed sleep
- Diminished appetite and libido

(Source: International Classification of Disease, WHO (1992))

WHAT MAY TRIGGER SUICIDAL FEELINGS:

- End of a serious relationship
- Loss of a loved one to suicide
- Death of a loved one
- Divorce
- Loss of a job
- Financial difficulties
- Moving to a new location
- Isolation





What to do

WHAT CAN WE DO TO HELP

- Show that you really care. Be non-judgmental
- Talk openly about suicide
- Never keep a plan for suicide a secret
- If risk seems high, stay with the suicidal person until the crisis has passed or until help arrives
- It may be necessary to get to a GP or to a hospital as soon as possible

WHEN SHOULD YOU CONSULT A DOCTOR?

- If symptoms as stated above persist for at least two weeks
- If normal stresses of life do not explain the symptoms
- When rest and relaxation have not helped

THE WARNING SIGNS

9,218

people treated for self
harm in hospital in 2008

46.5%

of those treated
were under 30

88%

of those treated
were under 50

1

in every 156 adolescent
girls were treated for
deliberate self harm

9%

of boys between
15-19 tried to
hang themselves

72%

of cases involved
drug overdose

21%

of those treated were
due to repeat acts



79%

of women treated
had overdosed

25%

treated in 2008,
had attempted
suicide in the
previous 12 months

16%

of boys between
10-14 had tried to
hang themselves

1

in every 231 men
between 20-24 were
treated for deliberate
self harm

42%

of all cases
involved alcohol

10%

of all those seen were
admitted for
psychiatric treatment

Source: National Registry of Deliberate Self Harm Ireland 2008

HELP IS OUT THERE

No matter how desperate and hopeless you may feel, there is always help out there

First things first, you need to talk, you need to share your worries

It can really help to talk to someone you know – a family member, a colleague, a friend, a teacher.

Talking often makes a huge difference and you will see that you are not alone. In addition, the person you talk to may understand exactly how you are feeling and have some good advice for you.

If you feel you have no one or that none of these people will understand, there are plenty of others out there who will understand and point you in the right direction for help and support.

No matter how big or small your problem may be, there are a huge number of professionals and support organisations out there who can help.

If you think you are suffering from depression or are having difficulties coping, you should talk to your GP.

Remember thousands of people suffer from depression and your GP is familiar with talking to patients who suffer from emotional anxieties and mental illnesses.

Just like with physical illness, mental illness needs to be treated – sometimes it could be something as simple as making a minor lifestyle change to improve your mental well-being. If you need to see a counsellor or a psychologist, your GP can advise you and refer you.

Aware, the national voluntary organisation providing support through depression provide excellent support.

There are also some great websites out there that provide all types of support and advice.

If you or someone you know is suicidal or at immediate risk, you should contact your doctor or a nearby A+ E

People who have lost someone to suicide face a very unique and difficult type of bereavement, and can be more at risk of suicide.

**“
There are some great
websites out there that
provide support and
advice ”**



1LIFE SUICIDE PREVENTION HELPLINE

1Life is Ireland's first dedicated 24 hour Suicide Prevention and Intervention Helpline providing professional counselling services for anyone who has an issue related to suicide, whether an individual in suicidal crisis or a person seeking advice or information on behalf of another.

Freephone: 1-800-24-7-100

Text: "HELP" to 51444 for 1 to 1 support (standard text message rates apply)
www.1life.ie

AWARE

The Aware Helpline is a non directive listening service for people who experience depression and concerned family and friends.

Phone: 1890 303 302

Email: info@aware.ie
www.aware.ie

SAMARITANS

The Samaritans offer Helpline and a 24:7 text support service, 365 days a year, for anyone in emotional distress. This service is available nationwide.

Phone: 1850 609 090

Email: jo@samaritans.org

www.samaritans.ie

SMS text message to
087 2 60 90 90

CONSOLE

Console provides bereavement support counselling and advice services for people who have lost a relative or friend to suicide and who would like the comfort and understanding of others who have experienced a similar loss.

Phone: 1800 201 890

Email: info@console.ie
www.console.ie

HEADSTRONG

Headstrong works with communities to ensure young people between 12 and 25 are better supported to achieve mental health and wellbeing.

Phone: 01 4727010

Email: info@headstrong.ie

TALKING TO TEENAGERS



You never know what is going on in someone else's head. Young people do not tell their parents everything. Parents just need to think back to when they were young. Did you tell your parents everything?

Teenagers won't tell their parents if they are abusing drugs, if they are having sex, which with alcohol involved, can be a very unpleasant and undesired experience.

Teenagers are already very vulnerable, and their hormones can be under a lot of stress as they go through puberty.

Parents need to have time for their children. They need to really listen and not instantly judge and dismiss what young people are saying.

Openly judging teenagers when they talk about what is bothering them will just cause them to close up and internalise what is going on.

We need to be more open and willing to listen and accept our children to help combat the high rate of suicide among young people.

Parents, teachers and other adult figures can be fundamental in providing teenagers and young people with the skills to cope with the challenges that life throws at them.

Youth and mental health organisations

continue to call for emotional coping skills classes to form part of the secondary school curriculum. Teenagers can graduate from school with straight As in all subjects and still be totally unequipped for handling life from an emotional perspective.

“ We need to be more open and willing to listen and accept our children to help combat the high rate of suicide among young people. ”

In Australia, there was a 32% reduction in suicide among young people between 1997 and 2005. The reduction is attributed to a series of initiatives including one that put mental health on the agenda in secondary schools.



CONNECT

Sometimes families need to slow down just a little and start to listen to each other again. If families learn to speak to each other about thoughts and feelings early on, it will make it that bit easier for young people to speak to their parents about these issues when they get older.

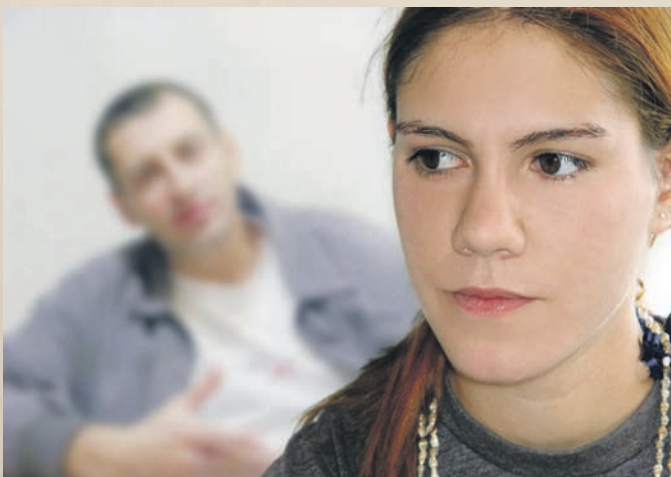
LISTEN

As a parent you should try and seek to understand what your adolescent is both saying and going through. It is important that you don't steam-roll in and bombard them with questions. Try and use openended questions Like:

- How are you feeling about it?
- What do you think?
- What do you think would make it better?
- What do you think we can do here?

CHOOSE YOUR BATTLES

Try not to fall into the vicious circle of the dreaded 'nagging' technique in order to get things done. If you find this is becoming a regular occurrence, try taking a step back and ask yourself "whose needs are being met here?". Many parents realise that they may be fighting things that are not that important and could be handled more easily through problem solving with their son or daughter.



HOW TO TALK TO A CHILD ABOUT A SUICIDE IN THE FAMILY

Try and keep your emotions under control. A child will pick up the strong feelings that have descended on their home, and will be looking to you to remain in command of the situation. You may feel like falling apart, but now is not the time.

Keep your anger in check. It is easy to see suicide as an ultimately selfish act, and those left behind are often furious. Do not, either accidentally or on purpose, say anything which might prejudice your child against their parent or loved one. They will have enough anger of their own without taking on yours as well.

The amount of information on a death you give a child will depend hugely on their age. Truth is important, but you have to consider the affect the truth may have on your child's state of mind. Does your child need to know the intimate details of how their loved-one took their life?

While many might feel that the cold reality that a suicide has taken place would be better kept from smaller children, sometimes this is just not possible. You may decide not to discuss suicide in front of your children, but their school-friends' parents will have no such scruples. It would be far better that they hear such difficult words from you, first.

Make sure the language you use is age-appropriate. A small child may not know



what 'suicide' means. Remember, children become aware of death around the age of three, and children have been known to attempt suicide themselves as young as six, so they can grasp the concept. Explain gently, and slowly.

This cannot be stated strongly enough: assure your child that it was not their fault. Children will blame themselves for everything. You must ensure they do not do so in this instance. It could be massively detrimental if permitted.

Telling a child about a death is never something that happens in one conversation. Even if you get to say all you want to before the child breaks down, or becomes too upset to hear any more, you will find that they come back to you again and again with questions you never even



heard about Mum or Dad will never be forgotten.

Older children often find difficult conversations easier if there is an activity involved. This can be anything from doing some wood-work to driving somewhere in the car. Filtering a chat through such an action means that eye-contact does not need to be observed, and embarrassment and discomfort is further relieved.

The death of a parent is always a deep, resonating shock for a child. The suicide of a parent multiplies that shock tenfold. Be prepared for some acting out. Some children will become very angry, and will express this through destructive behaviour.

Allow them to vent. Make yourself available to them, and be as non-judgemental as you can.

Nothing can undo what has happened, but time will help the family accommodate themselves to it. By degrees, you and your family will wake up each morning hurting just a little bit less. This will not mean you love the person you have lost any less - it simply means you have turned your focus back on to dealing with life. Which is healthy and natural.

thought of. Let them do so: you might well be exhausted by the process, but every single query is important.

Some children will behave as if nothing has happened, and despite the fact that you have talked to them about the tragedy, will seem totally unfazed by it. This is a method of simple denial, and should not be accepted. Pain must be faced up to, or it will fester. Sit them down, and talk again.

Choose the location for your chat wisely. It needs to be somewhere private, so the child will not be too embarrassed if they become upset, but it should not be a place they may later wish to use as a refuge - a general room in the home (the kitchen or living room) is probably best. A bedroom would not be recommended. Remember, the fact that this is the room where they

**“
Assure your child
that it was not
their fault.”**

Shane Dunphy is a child protection expert.

WHY GRIEVING IS IMPORTANT

Grieving is a unique, lonely and extremely painful process yet it is important that you work through your own pace and within their own time frame.

One of the key elements of healthy grieving is allowing emotions to surface in order to work through them. When ignored, grief causes pain that is sometimes so excruciating that people want to numb and escape it through alcohol or medications. Avoiding or blocking the grieving process prevents the natural return to interest and meaning in life that follows grief.

TALK

Don't suppress your grief to spare others distress. Keeping silent, hiding your feelings about the suicide, and punishing yourself prolongs the grief. Find someone that is a good listener within your own family, friends or through accessible services such as counselling or support groups.

CRY

Allow yourself your feelings as they are not neither 'good' nor 'bad'. They are just feelings. They are all normal.

WRITE

Start writing in a diary which may help you to work through your emotions.

CREATE

You may want to create a special memory or photo album including some memorabilia or symbolic items to honor the memory of your loved one. In the process, your thoughts and feelings may become clearer.

LEARN

Find out more about the complexities of suicide. Read books, search the internet, and talk to others that are bereaved. Those

bereaved through suicide are in a higher-risk group for taking their own lives. This can be prevented by knowing what feelings are normal to expect. If you are having thoughts of suicide, tell someone and find help.

SLEEP

Get enough sleep. A regular sleep routine will be of benefit. If you are tired during the day, give yourself a chance to sit or lie down. Resting your body will help your emotional recovery.

AVOID ALCOHOL

Though you may crave a chemical to help you get through this painful time, try your best to steer clear of substances like alcohol, caffeine, nicotine because their side effects can be unhelpful in the long-term.

“

*Grieving is a
unique, lonely
and extremely
painful process*

”



EXERCISE

If you are physically able, take a walk in the morning or at lunchtime. Choose something that will motivate you to get out of bed. Whether you feel like it or not, get some sort of physical exercise every day.

EAT WELL

Even if it's the furthest thing from your mind, pay attention to the quality of what you eat. Take the time to eat nutritious meals including fruit and vegetables even though you may not feel like cooking.

FORGIVE

Forgive. The death of someone you love brings an end for opportunity to communicate. You may be reminded of the need to forgive that person for a past hurt and forgive yourself for something you did or did not say or do. Perhaps you wish you had done more at the time. Guilt can turn to regret through forgiveness.

PLAN

Anniversaries and holidays may bring their own particular feelings. You may feel especially emotional a year after your loved one has died, on their birthday or another significant marker. In order to prepare, talk to someone that you trust and can talk to. They may be able to support you through this difficult time.

HELP

There are people who want to help you work through your feelings of grief such as friends, family, bereavement counsellors and support groups. Therefore:



STEPS TO HEALING

- Know you can survive. You may not think so but you can
- Struggle with 'why' it happened until you no longer need to know 'why' or until you are satisfied with partial answers
- Know that you may feel overwhelmed by the intensity of your feelings but all your feelings are normal
- Guilt, anger, confusion and forgetfulness are common responses. You are not crazy; you are in mourning
- Be aware you may feel inappropriate anger at the person, at the world, at God, at yourself. It's okay to express it
- You may feel guilty for what you think you did or did not do. Guilt can turn into regret through forgiveness
- Having suicidal thoughts is common. It does not mean that you will act on these thoughts
- Remember to take one moment or one day at a time
- Find a good listener with whom to share
- Call someone when you want to talk
- Don't be afraid to cry. Tears are healing
- Give yourself time to heal
- Remember the choice was not yours. No one is the sole influence in another's life
- Expect set backs. Emotions can return like a tidal wave but you may only be experiencing a remnant of grief, an unfinished piece

GAVIN
A LOVING SON,
176



- Try to put off major decisions
- Give yourself permission to get professional help
- Be aware of the pain of friends and family
- Be patient with yourself and with others who may not fully understand
- Set your own limits and learn to say no
- Steer clear of people who want to tell you how and what to feel
- Know that there are support groups that can be helpful
- Call on your personal faith to help you through
- It is common to experience physical reactions to your grief such as headaches, loss of appetite, inability to sleep
- The willingness to laugh at yourself and others is healing
- Wear out your questions, anger, guilt, or other feelings until you can let them go
- Letting go doesn't mean forgetting
- Know that you will never be the same again, but you can survive and even go beyond just surviving
- Be kind and gentle with yourself

Taken From: Bolton, I. (1993).

My Son...My Son... A Guide to Healing After Death, Loss, or Suicide

CONTACTS

■ Suicide and bereavement support

1LIFE SUICIDE PREVENTION HELPLINE

1Life is Ireland's first dedicated 24 hour Suicide Prevention and Intervention Helpline providing professional counselling services for anyone who has an issue related to suicide, whether an individual in suicidal crisis or a person seeking advice or information on behalf of another.

Freephone: 1-800-24-7-100

Text: "HELP" to **51444** for 1 to 1 support (standard text message rates apply)

www.1life.ie

AWARE

The Aware Helpline is a non directive listening service for people who experience depression and concerned family and friends. The helpline offers a non judgmental listening ear to people who may be distressed or worried, or just need someone to talk to.

Phone: 1890 303 302 | Email: info@aware.ie

www.aware.ie

SAMARITANS

The Samaritans offer Helpline and a 24:7 text support service, 365 days a year, for anyone in emotional distress. This service is available nationwide.

Phone: 1850 609 090

Email: jo@samaritans.org

www.samaritans.ie

SMS text message to 087 2 60 90 90

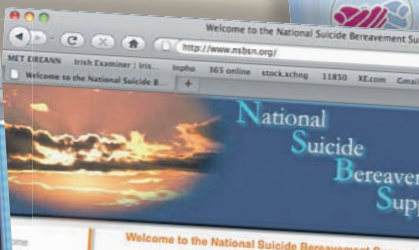
CONSOLE

Console provides bereavement support counselling and advice services for people who have lost a relative or friend to suicide and who would like the comfort and understanding of others who have experienced a similar loss.

Phone: 1800 201 890

Email: info@console.ie

www.console.ie





HEADSTRONG

Headstrong works with communities to ensure young people between 12 and 25 are better supported to achieve mental health and wellbeing. It was set up in response to an identified need to address the issue of youth mental health in Ireland.

Phone: 01 4727010

Email: info@headstrong.ie

HEADSUP

Information on where to go for help in a crisis is now available through your mobile phone.

Text the word HeadsUp to 50424.

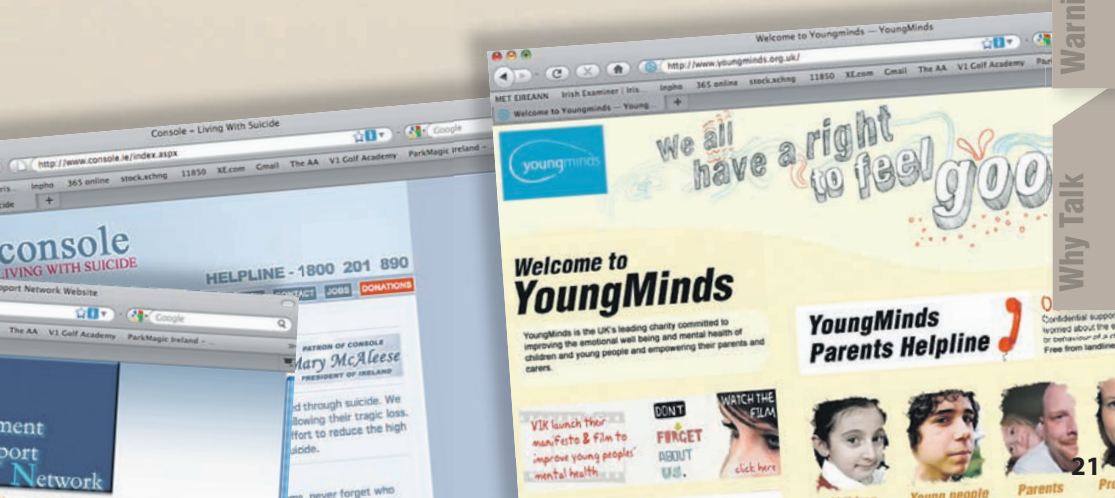
Email: info@headsups.ie

LIVING LINKS

Trained volunteers offer confidential, practical support and advice to families who have experienced a death by suicide in a number of counties

Phone: 087 9693021

Email: info@livinglinks.ie



CONTACTS

■ Children/Teenagers

CHILDLINE

24-hour service for children and young people up to 18 years of age.

Phone: 1800 66 66 66 | www.childline.ie

PARENTLINE

Confidential helpline for parents and guardians.

Phone: 1890 927 277 | www.parentline.ie

BARNARDOS CHILD BEREAVEMENT COUNSELLING SERVICE

Committed to the best interest of children and young people in Ireland, promoting and respecting their rights

Phone: 01 4732110 | www.bereavement.barnardos.ie

SPUNOUT

Spunout provides information, support and advocacy opportunities to young people throughout Ireland

Phone: 091-533693 | www.spunout.ie

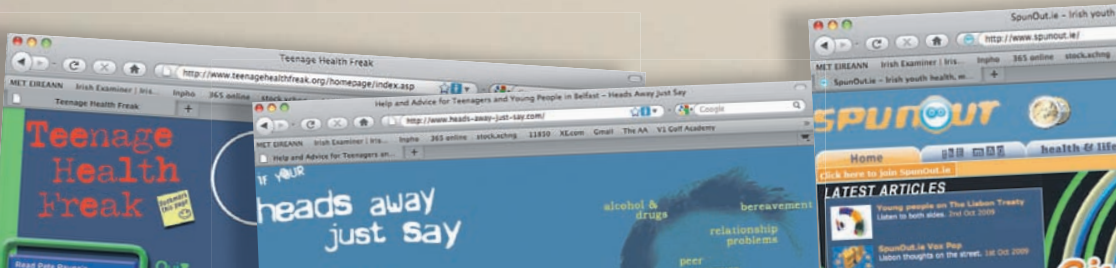
BEBO

www.bebo.com/yourmentalhealth

TEEN COUNSELLING

Teen Counselling aims to provide a professional counselling service for adolescents and their families who are struggling with behavioural and emotional problems and to inform, support and complement the role of the State sector and other voluntary organisations.

01 837 1892 | Email: drumcondrateenc@crosscare.ie





AISLING GROUP INTERNATIONAL

Nationwide service for parents and carers affected by drugs and alcohol use by young people
Phone: 046 9074300

BELONG TO YOUTH SERVICE

An organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 23. Also provides drug and alcohol information and support and support for parents.
Phone: 01 670 6223

CORK SIMON YOUTH HOMELESS DRUG PREVENTION PROJECT

Aims to prevent young people from becoming homeless. Supported by Cork Local Drugs Task Force offering help to re-establish contact with family, support, advice and information
Phone: 021 4278728 ext. 1

ISPPC TEEN-FOCUS

Youth mentoring and counselling for young people at risk (13-18 years)
Phone: 041 9833406

KERRY DIOCESAN YOUTH SERVICES DRUGS PROJECT

Works with young people between 12 and 21 who are actively misusing drugs/alcohol.
Phone: 068 23744 / 086 9263803



CONTACTS

GROW

Ireland's largest community-based mental health organisation

Phone: 1890 474 474 | Email: info@grow.ie.

HEADS AWAY JUST SAY

For young people living in Northern Ireland, covering common problems to do with home, school and friends.

www.heads-away-just-say.com/

TRINITY COLLEGE MENTAL HEALTH INITIATIVE

Confidential service available free to all registered Trinity College students offering support in coping with personal problems or academic concerns www.tcd.ie/student_counselling

YOUTH VOICE

Youth Voice is UNICEF's youth website. Here you can learn about your rights, and children's rights across the globe. www.unicef.org.uk/youthvoice/





■ Mental Health

HSE INFOLINE

The HSE provides thousands of different services in hospitals, health facilities and communities throughout Ireland. To find out more about what services are available in your area you can access information through their website and or email queries. You can also contact the HSE infoline if you have a question about your health services, your entitlements, or how to access HSE health or social services in your area

Phone: 1850 24 1850

www.hse.ie/en/HealthServices

GROW INFOLINE

Mental Health organisation which helps people who have suffered, or are suffering, from mental health problems

Phone: 1890 474474

Email: info@grow.ie | www.grow.ie

AWARE HELPLINE

Supports those who are directly affected by depression

Phone: 1890 303302

BODYWHYS - THE EATING DISORDERS ASSOCIATION OF IRELAND

Bodywhys' core services centre on providing confidential, non judgemental support for people affected by eating disorders.

Phone: 1890 200 444







■ Alcohol & Drugs

NATIONAL DRUGS & HIV

Providing confidential support & information.

Phone: 1800 459 459

DRUGS.IE

Drugs and alcohol information and support

Phone: 1800 459 459

ALCOHOLICS ANONYMOUS

Services: Self-help support group for people with alcohol related problems

Phone: 01 842 0700

DRUGS AWARENESS PROGRAMME

Providing information, support and counselling in relation to drugs,
substance misuse or addiction

Phone: 01 8360911 | www.dap.ie

ALATEEN

Support for young people, aged 12 to 20 who are affected by a problem drinker.

Phone: 01 8732699

www.al-anon-ireland.org/alanon

NARCOTICS ANONYMOUS

A group of recovering addicts who have found a way to live without the
use of drugs. It costs nothing to be a member; the only requirement is a
desire to stop using

Phone: 01 6728000 | www.na.ireland.org

GAMBLERS ANONYMOUS

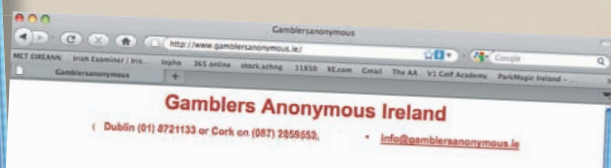
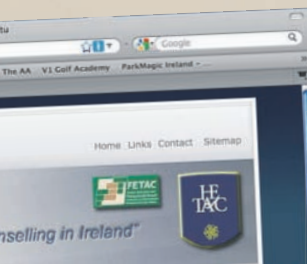
Self-help organisation holding regular meetings around the country

Phone: 01 8721133 | www.gamblersanonymous.ie

SMOKER'S QUIT LINE

Advice and/or support on quitting smoking

Phone: 1850 201203



CONTACTS

■ Abuse, Domestic Violence & Rape

AOIBHNEAS

Provide facilities, professional help and support. The helpline offers a free professional counselling service to women and men who are suffering from violence in the home.

Phone: 01-8670701

www.aoibhneas.org

CHILDREN AT RISK IN IRELAND "CARI"

Provides many services among them is the provision of therapy for children, young people and families who have been affected by child sexual abuse.

Phone: 1890-924567

www.cari.ie

RAPE CRISIS NETWORK

Provides support around any concerns you may have in regard to issues of rape, sexual assault, sexual harassment or childhood sexual abuse.

Phone: 1800 778888

www.drcc.ie

WOMEN'S AID

Offers confidential information, advice, support and understanding to women who are being physically, sexually or mentally abused in their own homes

Phone: 1800 341 900

www.womensaid.ie

ONE IN FOUR

Offers a voice to and support for women and men who have experienced sexual abuse and/or sexual violence and also to their family and friends

01 662 4070

www.oneinfour.org/





AMEN

Provides a confidential helpline, a support service and information for male victims of domestic abuse

Phone: 046 23718

www.amen.ie/

FOCUS IRELAND

Provides support to people experiencing homelessness

Phone: 01 6712555

www.focusireland.ie

■ Pregnancy & Sexual Health

POSITIVE OPTIONS

Provides information and contact details for organisations that may be able to help if you are worried about being pregnant.

www.positiveoptions.ie

IRISH FAMILY PLANNING ASSOCIATION

Offers services and facilities that are oriented to the needs of women and young people in particular and include counselling, information, education and medical services

Phone: 01 806 9444

www.ifpa.ie

CURA HELPLINE

Offers support and help to those who are faced with a crisis pregnancy

Phone: 1850 622626

www.cura.ie

LIFE HELPLINE

Provide counselling to women with crisis pregnancies

Phone: 1850 281 281

www.life.ie

STI CLINICS

Contact details of Sexually Transmitted Infections (STI)

Clinics throughout Ireland, provided by the I.F.P.A.

www.ifpa.ie/sti/clinics



CONTACTS

■ Sexuality

GAY SWITCHBOARD

Provides a non-directive, non-judgmental, befriending, support and a general information service to the gay, lesbian and bisexual community, to anyone who has issues relating to their sexuality, to their parents, families and friends.

Phone: 01 872 1055

BELONG TO

Supporting Lesbian, Gay, Bisexual and Transgender (LGBT) young people

Phone: 01-873 4184

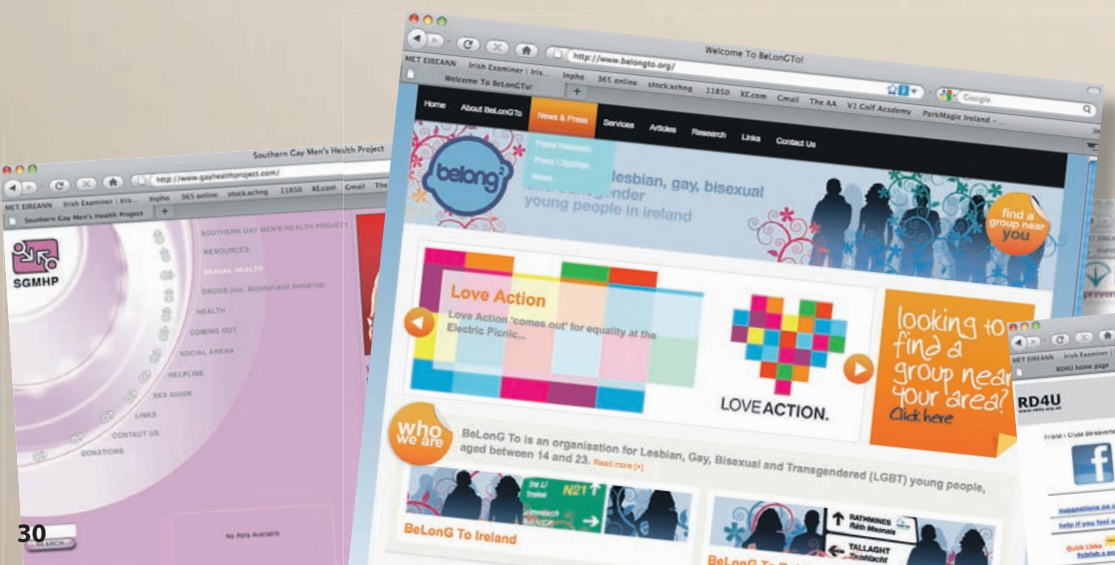
www.belongto.org

SOUTHERN GAY MEN'S HEALTH PROJECT

Provides support, information, and a contact point for many gays, bisexuals and men who have sex with men in the south of Ireland

Phone: 021 4278470

www.gayhealthproject.com/



■ International Websites

REACH OUT! (AUSTRALIA)

Reach Out! provides information, support and resources to improve young people's understanding of mental health issues, develop resilience, increase coping skills, and facilitate help-seeking behaviour.

www.reachout.com.au

THE LOW DOWN (NEW ZEALAND)

An interactive website providing information and support to help young people to gain a better understanding of depression.

www.thelowdown.co.nz/

BREATHING SPACE SCOTLAND

For young people in Scotland who are worried. Anyone can feel down or depressed from time to time. It helps to get some Breathing Space

www.breathingspacescotland.co.uk/

PAPYRUS

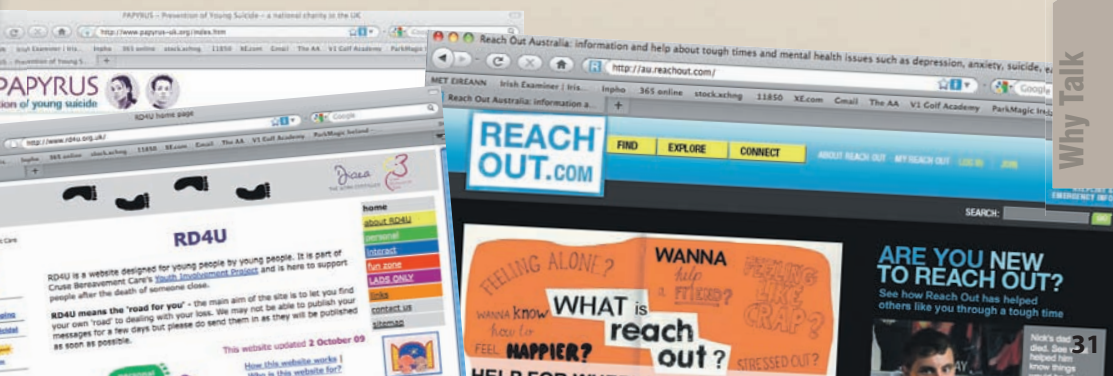
UK resources and support for those dealing with suicide, depression or distress – particularly teenagers and young adults.

www.papyrus-uk.org/index.html

RD4U - THE ROAD FOR YOU

RD4U is a website designed for young people by young people. It is part of Cruse Bereavement Care's Youth Involvement Project and it supports people after the death of someone close. The main aim of the site is to let you find your own 'road' to dealing with your loss.

www.rd4u.org.uk/



Listen – a few minutes
of your time
could save a life.

Irish Examiner