

IMPACT

HEAD SPACE

MINDING YOUR MENTAL HEALTH

A booklet for young people and their families



HEAD SPACE

MINDING YOUR MENTAL HEALTH

IMPACT is a trade union. Workers join trade unions to help them get good pay and fair play at work.

Unions for different types of workers come together in Congress. The Congress Youth Connect programme explains the world of work. Its qualified teachers visit schools to teach transition year and other classes.

The Irish Second-Level Students' Union (ISSU) is the union that helps school students with their issues.

As well as decent jobs, unions want a better life for everyone. That's why we care about mental health.

IMPACT has thousands of members who work in schools. People like SNAs, secretaries, caretakers and many others. They want the very best for students.

That's why we've produced this guide. Everyone needs to mind their mental health. And if it's not so good, help is available.

Thanks to Kinsale Youth Support Services for permission to use the content of their original booklet and to staff in Cabinteely Community School for the idea to reproduce it.

HEAD SPACE aims to provide information to young people so they can help themselves and others. Always remember you're not alone. It's important to talk to someone you trust if you need help, advice or support.



www.impact.ie



www.ictu.ie



www.youth-connect.ie



www.issu.ie



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What is mental health?

What is mental health?

Mental health is something we all have. Some people have described it as a feeling of contentment, well-being, being able to make decisions, being comfortable with ourselves and with others, being able to laugh, have fun and enjoy life. It is important to look after our mental health.

Minding your mental health

Here are some things that help you to maintain good mental health, and which can help us when we start to feel down:

- ★ Get involved and try out new things
- ★ Keep active and eat healthily
- ★ Appreciate what you have
- ★ Accept yourself for who you are
- ★ Develop your creative side
- ★ Stay in touch with friends and family
- ★ Talk to someone you trust
- ★ Find some time each day to relax
- ★ Set little goals and work towards them
- ★ Drink alcohol in moderation
- ★ Ask for and accept help

What is mental health?

Everyday stress with work, school, family and friends can make you irritable, unmotivated, or withdrawn. This is normal and these feelings usually pass. However, if they don't go away, or if you notice changes in your behaviour or the behaviour of someone you know, talk to someone about your concerns or call a confidential helpline such as the **SAMARITANS** on 116 123.

Some things to look out for might include:

- ★ *Withdrawing from friends, family, school or work*
- ★ *Change in mood or unusual responses to situations*
- ★ *Changes in sleep patterns – too much or too little*
- ★ *Changes in eating patterns – too much or too little*
- ★ *Doing things that don't make sense to others – or seeing or hearing things that others don't*

If you notice these changes in yourself or others, it might feel a bit scary, don't worry – help is available. Talk to someone and ask them to help you to find help.

For further information on mental health, please contact or browse the following:

- ★ **SAMARITANS** www.samaritans.org ● Phone: 116 123 ● SMS: 087 2 60 90 90
- ★ **HEADS UP** www.headsup.ie ● Txt: 'heads up' to 50424
- ★ **HEAD STRONG** www.headstrong.ie
- ★ **YOUR MENTAL HEALTH** www.yourmentalhealth.ie
- ★ **CHILDLINE** www.childline.ie ● Phone: 1800 666 666
- ★ **TEENLINE** Phone: 1800 833 634, 7 nights, 8pm-11pm (Wed from 4pm)
- ★ **JIGSAW.IE** www.jigsaw.ie
- ★ **AWARE HELPLINE** Phone: 1890 303 302
- ★ **SHINE HELPLINE** Phone: 1890 621 621
- ★ **MENTAL HEALTH IRELAND** www.mentalhealthireland.ie

Depression

When someone is feeling depressed they may experience changes such as:



You are not alone

What is depression?

Everyone occasionally feels blue or sad, but these feelings usually pass within a couple of days. We often use the expression "I'm feeling depressed" when we're feeling sad or miserable about life. Usually, these feelings pass with time. But if these feelings are interfering with your life and don't go away after a couple of weeks, or if they come back, over and over again, it could be a sign that you are depressed in the medical sense of the term.

Symptoms of depression include:

- ★ Persistent sad, anxious or 'empty' feelings
- ★ Feelings of hopelessness and/or pessimism
- ★ Feelings of guilt, worthlessness and/or helplessness
- ★ Irritability, restlessness
- ★ Loss of interest in activities or hobbies once pleasurable, including sex
- ★ Fatigue and decreased energy
- ★ Difficulty concentrating, remembering details and making decisions
- ★ Insomnia, early-morning wakefulness, or excessive sleeping
- ★ Overeating or appetite loss
- ★ Thoughts of suicide, suicide attempts
- ★ Persistent aches or pains, headaches

Bipolar disorder is the name used to describe a set of 'mood swing' conditions, the most severe form of which used to be called 'manic depression'. With bipolar disorder, moods can swing between low, high and mixed. It is important to note that everyone has mood swings from time to time. It is only when these moods become extreme and interfere with life, that bipolar disorder may be present and medical assessment may be needed. Many people with a depressive illness never seek treatment. But the vast majority, even those with the most severe depression, **can get better with treatment**. If you are concerned that you or someone you know might be showing signs of depression it is **important to get support**.

- ★ TALK TO A GP
- ★ SPUNOUT www.spunout.ie
- ★ REACHOUT www.reachout.ie
- ★ AWARE www.aware.ie ● Phone: 1890 303 302
- ★ GROW www.grow.ie ● Phone: 1890 474 474

Anxiety and OCD

Some common effects of anxiety and OCD include:



Help is at hand

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Anxiety and OCD

Anxiety

Everybody gets anxious at some point in their life. Anxiety is a feeling of worry, nervousness, uneasiness, feeling faint, sweating, having jelly legs and feeling your heart racing. When these symptoms get really bad it may lead to a panic attack. Panic attacks can be extremely frightening, however they are harmless and very treatable.

Anxiety can affect both your physical health and your mental health (your behaviour, feelings and emotions). The symptoms can depend on a number of factors. They may pass quickly or may stay for a long period of time. It may be worth talking to your doctor or a counsellor about ways to reduce anxiety.

OCD

OCD is a form of anxiety where a person feels they have to do things repeatedly to prevent bad things happening to themselves or others. For example, washing your hands repeatedly, switching lights on and off repeatedly. It is only when this behaviour gets in the way of your daily life that you may need to seek help.

If you, or a friend, have any of the symptoms, please contact:

- ★ TEENLINE Phone: 1800 833 634, 7 nights, 8pm-11pm (Wed from 4pm)
- ★ LEAN ON ME www.leanonme.net ★ GROW www.grow.ie ● Phone: 1890 474 474
- ★ LET SOMEONE KNOW www.letsomeoneknow.ie
- ★ SHINE www.shine.ie ● Phone: 1890 621 631
- ★ OCD IRELAND www.ocdireland.org ★ RECOVER www.recover.ie
- ★ HEADSUP www.headsup.ie ● Text: 'heads up' to 50424
- ★ TEEN COUNSELLING www.crosscare.ie ● Phone: (01) 557 4705
- ★ THE TIVOLI INSTITUTE www.tivoliinstitute.com ● Phone: (01) 280 9178
- ★ TEEN BETWEEN www.teenbetween.ie ● Phone: 1800 303 191

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Eating disorders

How you may recognise it:



Let someone know

Eating disorders

Eating disorders are not primarily about food, but can be seen as a way of coping with emotional distress or other underlying issues. For the person with an eating disorder, controlling food and the body is their way of relieving distress and achieving some degree of control over their life. Eating disorders can affect anybody, male or female. With appropriate help and support, people can, and do, recover from eating disorders. Eating disorders can be complex. There are variations in the typical signs and not all symptoms will apply to all people.

Symptoms can include:

- ★ Body and mind are starved
- ★ Refusal to eat enough
- ★ Excessive thinking and talking about food
- ★ Feeling worthless
- ★ Being underweight
- ★ Binge eating
- ★ Weight going up and down
- ★ Trying to be 'perfect'
- ★ Fear of being overweight

Even if you don't have these symptoms, if you are worried and upset by something, it is important you find someone to talk to. Don't bottle it all up. Eating disorders do not include food allergies or illness of the digestive system. However, if you are concerned about changes in your eating behaviour or of those of a friend, **contact your GP** to check it out.

Remember there is help available. With appropriate help and support, people can and do recover from eating disorders.

- ★ **BODYWHYS** www.bodywhys.ie ● Phone: 1890 200 444
- ★ **OVEREATERS ANONYMOUS** [www.overeatersanonymous.ie](http://www overeatersanonymous.ie) ● Phone: (01) 278 8106
- ★ **RECOVER** www.recover.ie
- ★ **BODY POSITIVE** www.bodypositive.com

Relationships and sexuality

There are people in every country, culture and society thinking about their sexuality:



It is okay to be you

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Relationships and sexuality

Exploring your sexuality and developing relationships can be a positive and challenging experience during teenage years. Society can place a lot of labels on people – especially in relation to sexuality and relationships. At a stage where you are exploring this for yourself it is important that you take time to understand your own feelings.

There are a **broad range of sexual orientations** including: heterosexual, bisexual, gay, lesbian and transgender. As part of exploring their sexuality, it is **common for people to go through a range of feelings** and experiences before their sexual identity emerges.

If you **feel you need support**, or someone to listen to you in a nonjudgmental way, be sure to have a look at some of the **contact details below where you can avail of support and information free of charge.**

- ★ **BEFORE YOU DECIDE** www.b4udecide.ie ● Phone: 01 427 5837
- ★ **BELONG TO** www.belongto.org ● Phone: 01 670 6223
- ★ **CURA** www.cura.org ● Phone: 1850 622 626 ★ **LINC.IE** 1890 252 084
- ★ **CRISIS PREGNANCY OPTIONS** www.positiveoptions.ie ● Freertext 'list' 50444
- ★ **GAY SWITCH BOARD** www.gayswitchboard.ie ● Phone: 01 872 1055
- ★ **GUIDE CLINIC** www.guideclinic.ie ● Phone: 01 416 2315
- ★ **IRISH FAMILY PLANNING ASSOCIATION** www.ifpa.ie ● Phone: 1850 495 051
- ★ **RAPE CRISIS NETWORK IRELAND** www.rcni.ie ● Phone: 091 563 676
- ★ **TREOIR** www.treoir.ie ● Phone: 1890 252 084
- ★ **YOUR SEXUAL HEALTH** www.sexualhealthcentre.com ● Phone: 021 427 6676
- ★ **PARENTLINE** www.parentline.ie ● Phone: 1890 927 277
- ★ **ONE FAMILY** www.onefamily.ie ● Phone: 1890 662 212
- ★ **SEXUAL VIOLENCE** www.sexualviolence.ie ● Phone: 1800 496 496
- ★ **TEEN BETWEEN** www.teenbetween.ie ● Phone: 1800 303 191

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Bullying and abuse

Bullying and domestic abuse can take many forms. Here are some of the ways it can happen:



Talk out, don't act out

Bullying and abuse

When somebody does something to control, bully or hurt someone else: it is called **abuse**. Abuse can take many forms such as physical, sexual, emotional and verbal abuse.

Physical abuse is control by violence or threat of violence including hitting, biting, burning or shaking. **Sexual abuse** is when someone forces another to do any sexual acts that they do not want to do or watch something sexual they do not want to watch. **Emotional abuse** is controlling another person through withdrawal of love, isolating them, becoming extremely jealous, constantly criticising another or threatening them. **Verbal abuse** is putting a person down and undermining their confidence by using threats, insults, name calling or shouting.

Bullying is the ongoing abuse of another person through physical, emotional or verbal means, often in the presence of others. Nobody has the right to hurt you physically or emotionally even if they are in a position of authority or they say they love you. Abuse is wrong. Always refuse to accept abuse and remember that secrecy is an abusers best weapon, so **NEVER KEEP IT A SECRET** and remember **HELP IS ALWAYS AVAILABLE**. The most important thing is to tell somebody you trust.

- ★ ANTI BULLYING www.antibullying.net
- ★ AMEN MALE VICTIMS OF DOMESTIC ABUSE www.amen.ie ● Phone: 046 902 3718
- ★ PARENTLINE www.parentline.ie ● Phone: 1890 927 277
- ★ ONE IN FOUR www.oneinfour.ie ● Phone: (01) 662 4070
- ★ CRIME VICTIMS HELPLINE www.crimevictimshelpline.ie ● Phone: 116 006
- ★ POSITIVE OPTIONS www.positiveoptions.ie ● Freertext 'List' to 50444
- ★ NATIONAL SEXUAL VIOLENCE/RAPE CRISIS HELPLINE www.drcc.ie ● Phone: 1800 77 88 88
- ★ NATIONAL DOMESTIC VIOLENCE HELPLINE www.womensaid.ie ● Phone: 1800 341 900

Alcohol

It is not uncommon to drink alcohol occasionally.
However, you may have a problem with your alcohol use if you are:



Alcohol

Don't bottle it Tackle it.

Alcohol is our favorite drug. Most of us use it for enjoyment, but **sometimes drinking can be a problem**. Fights, arguments, money troubles, family upsets, casual sex and crisis pregnancies are often a result of having had too much to drink. Alcohol can be the **cause of hospital admissions** for physical illnesses and accidents. It is also important to remember that **alcohol has the potential to be addictive**. Alcohol can make you do things you would not normally do.

Taking control and staying within low risk drinking limits

Try to cut down to low risk drinking levels using this standard drinking guide. In Ireland, a standard drink is 10 grams of pure alcohol, normally contained in



A single measure of spirits = a half pint of beer = a small glass of wine = an alcopop

For drinking to be considered 'low risk', the Department of Health and Children currently advises:

Adult women should drink less than 14 standard drinks per week

Adult men should drink less than 21 standard drinks per week

These are low risk weekly limits, which should be spread over the week and not saved for a single drinking occasion ie. binge drinking.

Caution: These guidelines do not apply to people who are ill, run down, on medication or to children. It is not advisable for women to consume alcohol if pregnant or trying to conceive.

- ★ DRINK AWARE www.drinkaware.ie
- ★ TALK TO FRANK www.talktofrank.com
- ★ AL-ANON & ALATEEN www.alanon.org ● Phone: (01) 873 2699
- ★ AA www.alcoholicsanonymous.ie ● Phone: (01) 842 0700
- ★ ALCOHOL ACTION IRELAND www.alcoholireland.ie
- ★ DRUGS www.drugs.ie ● Phone: 1890 459 459
- ★ DUBLIN SIMON COMMUNITY www.dublinsimon.ie ● Phone: (01) 679 2391

Drugs

Using drugs can have both immediate and long-term side effects. These effects may vary from person to person. Some immediate and long-term effects of drugs include:



Drugs

While there is a lot of concern about illegal drugs, the most harm and the greatest risk to young people comes from using legal drugs such as alcohol, cigarettes and the inappropriate use of medicines, over-the-counter and/or prescription. People use **many different kinds of drugs**. These drugs may be legal or illegal, helpful or harmful. Every drug **has side-effects and risks**, but some drugs have more risks than others, especially illegal drugs.

Using drugs can become a problem depending on a number of factors:

- ★ **What drug is used**
- ★ **Who is using the drug** (especially their mood and personality)
- ★ **Why they are using the drug**
- ★ **Where and How they are using the drug**

If you are concerned about someone and their use of drugs, please contact:

- ★ **DRUGS** www.drugs.ie ● Phone: 1800 459 459
- ★ **TALK TO FRANK** www.talktofrank.com
- ★ **DRUGS & HIV HELPLINE** Phone: 1800 459 459, Mon to Fri 9.30am-5.30pm
- ★ **NARCOTICS ANONYMOUS** www.na-ireland.org ● Phone: (01) 672 2800
- ★ **NAR ANON** www.nar-anon.org
- ★ **DLR COMMUNITY ADDICTION TEAM** www.dlrcat.ie ● Phone: (01) 217 6140

Psychosis

If someone becomes very confused and appears out of touch with everyone else's perception of the world, they may be experiencing a psychotic episode. They may:



Psychosis

Some drugs such as hallucinogens, marijuana and amphetamines may trigger a psychotic episode. Treatment of psychosis usually involves medication, and if someone is experiencing a psychotic episode, it is important that they seek help from a doctor, psychiatrist or a clinical psychologist.

Schizophrenia

Schizophrenia is a **serious mental illness** characterized by disturbances in a person's thoughts, perceptions, emotions and behaviour. It affects approximately **one in every hundred people** worldwide. There are a number of signs and **symptoms**. They are divided into two groups: **active symptoms** that reflect new or unusual forms of thought and behaviour such as delusions, and **passive symptoms** which reflect a loss of previous feelings and abilities.

Symptoms of psychosis include:

- ★ Having hallucinations
- ★ Strange and disorganised thinking
- ★ Hearing voices that may not be heard by anyone
- ★ Having false beliefs known as delusions
- ★ Experiencing paranoia
- ★ May appear quite flat
- ★ Strange and disorganised behaviour
- ★ Having difficulty speaking

If you are concerned that you or someone you know may be experiencing some of the symptoms listed, contact your GP or:

- ★ RECOVER www.recover.ie ● Phone: 1890 621 631
- ★ SHINE ON www.shineonline.ie ● Phone: 1890 621 631
- ★ REACH OUT www.reachout.com ★ LEAN ON ME www.leanonme.net
- ★ AWARE www.aware.ie ● Phone: 1890 303 302

Self-harm and suicide

Coping strategies. Some suggestions to try and some signs to watch for:



Life is worth talking about

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Self-harm and suicide

What is self-harm?

Self harm is when someone deliberately hurts, cuts or injures him/herself. Self-harm is a communication of deep distress. Any form of self-harm is a call for help and should be taken seriously. If you self-harm it is very important that you seek help and support. It might seem that nobody understands what you're going through, or that you are alone, but remember there is **help available**.

Suicide

Suicide is not chosen, it happens when pain exceeds resources for coping with pain. You are not weak, crazy or a bad person because you feel suicidal. It doesn't even mean that you really want to die – **it only means that you have more pain than you can cope with right now**.

If you are feeling suicidal or want to end your life, **it is important that you keep yourself safe**. Try to remember that **thoughts** about taking your life **are just thoughts**. They do not mean you have to act on them, no matter how **overwhelming** they are. The **most important thing** to do if you are having thoughts of suicide is to **talk to someone**. Reach out to someone who can help. It is okay to ask for help.

What to do if you are concerned that someone has thoughts of suicide

- ★ Speak openly about suicide
- ★ Show you care
- ★ Listen
- ★ Encourage a person to get help
- ★ Contact a GP, the Samaritans or the Emergency Services – 999 or 112
- ★ Console 1Life on 1800 247 100 - 24 hours, 7 days a week or Text 51444 for 1-to-1 support (1Life textline)

- ★ SAMARITANS www.samaritians.org ● Phone: 116 123 ● SMS: 087 260 9090
- ★ SUICIDE PREVENTION Phone: 1800 247 100
- ★ SUICIDE AWARE www.suicideaware.ie
- ★ YOUTH SUICIDE PREVENTION www.yspi.ie
- ★ SUICIDE OR SURVIVE www.suicideorsurvive.ie ● Phone: 1890 577 577
- ★ PIETA HOUSE www.pieta.ie ● Phone: (01) 601 0000

More contact details on page 26.

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Grief

Some of the things you may feel or experience after losing someone:



Grief

To grieve is normal and it takes time

It is normal to feel a sense of shock when someone close to you has died. Experiencing shock can mean you have a physical and an emotional reaction. You may feel dizzy, nauseous, dazed, numb or empty.

Everybody grieves differently and lots of things can affect the way people experience grief. **There is help available.** As the shock and numbness lessens, you are likely to start grieving. There are different factors that may affect the way people grieve. Knowing these may help to understand yours and other people's reactions to the loss. If someone's reaction is different to yours, it does not necessarily mean they care less. Some reasons why people grieve:

- ★ The type of relationship they had with the person
- ★ Gender – males and females may have different ways of managing their grief. Males are more likely to feel restrained while females are more likely to share their feelings.
- ★ Cultural background – cultural groups express grief in different ways
- ★ Other losses – the new loss may bring up previous loss – which can trigger more grief. There is help available.

Help and support is available for you, or someone you know who is grieving.

- ★ BARNARDOS www.barnardos.ie ● Phone: (01) 473 2110
- ★ BETHANY BEREAVEMENT SUPPORT www.bethany.ie ● Phone: 087 990 5299
- ★ RAINBOWS www.rainbowsireland.com ● Phone: (01) 473 4175
- ★ CONSOLE www.console.ie ● Phone: 1800 247 247
- ★ TEEN COUNSELLING www.crosscare.ie ● Phone: (01) 836 0011
- ★ SAMARITANS www.samaritans.org ● Phone: 116 123 ● SMS: 087 260 9090
- ★ HSE INFO LINE www.hse.ie ● Phone: 1850 241 850

Contacts

You can get further information and help on all of the topics covered in this booklet from the following contacts:

If you need to talk to someone now call **CHILDLINE**, phone 1800 666 666 or the **SAMARITANS**, phone 116 123 for confidential and non-judgemental listening and support – 24 hours a day, 365 days a year.

You can text the **SAMARITANS** 24-7 text support service for anyone in emotional distress. Simply send an SMS text message to 087 2 60 90 90

You can call **TEENLINE** on freephone 1800 833 634. Teenline is available to listen 7 nights a week from 8pm until midnight. Call if you are feeling fed-up, alone, distressed, worried or just want to talk to someone in confidence.

If you are worried that you or someone you know is at risk of suicide or self-harm, you should immediately contact your **LOCAL DOCTOR** or go to the **ACCIDENT AND EMERGENCY** department of the nearest hospital. You can find details of local health services on the **HSE WEBSITE**, www.hse.ie

You can get information on where to go for help in a crisis sent directly to our mobile by texting the words **HEADSUP** to 50424.

You are not alone.
Help is available.
Talk to someone you trust.

- ★ **AA** www.alcoholicsanonymous.ie ● Phone: (01) 842 0700
People sharing common problems and helping others to recover from alcoholism.
- ★ **AL-ANON & ALATEEN** www.al-anon-ireland.org ● Phone: (01) 873 2699
Strength and hope for friends and families of problem drinkers.
- ★ **ALCOHOL ACTION IRELAND** www.alcoholireland.ie ● Phone: (01) 878 0610
National charity for alcohol related problems.
- ★ **ANTI BULLYING** www.antibullying.net
An independent organisation which supports anti-bullying work in schools and provides a free website.
- ★ **AMEN MALE VICTIMS OF DOMESTIC ABUSE** www.amen.ie ● Phone: 046 902 3718
Provides a confidential helpline and support service for male victims of domestic abuse.
- ★ **AWARE** www.aware.ie ● Phone: 1890 303 302
Your supporting light through depression.
- ★ **BARNARDOS** www.barnados.ie ● Phone: 1850 222 300
Working towards integrated supports for families experiencing mental health difficulties.
- ★ **BEFORE YOU DECIDE** www.b4udecide.ie
Relationship and sex education for Irish teenagers.
- ★ **BELONGTO** www.belongto.org ● Phone: (01) 670 6223
BelongTo is a youth group for gay, lesbian, bisexual and transgender young people in Ireland.
- ★ **BETHANY BEREAVEMENT SUPPORT** www.bethany.ie ● Phone: 087 990 5299
Helping the bereaved and grieving.
- ★ **BODY POSITIVE** www.bodypositive.com
Boosting body image at any weight.

- ★ **BODYWHYS** www.bodywhys.ie ● Phone: 1890 200 444
The Eating Disorders Association of Ireland, is the national voluntary organisation supporting people affected by eating disorders.
- ★ **CONSOLE** www.console.ie ● Phone: 1800 247 247
The national suicide charity.
- ★ **CURA** www.cura.ie ● Phone: 1850 622 626
Crisis pregnancy support services.
- ★ **CRIME VICTIMS HELPLINE** www.crimevictimshelpline.ie ● Phone: 116 006
Confidential support to victims of crime in Ireland.
- ★ **CRISIS PREGNANCY OPTIONS** www.positiveoptions.ie ● Freetext 'list' to 50444
Crisis pregnancy services including counselling.
- ★ **CHILDLINE** www.childline.ie ● Phone: 1800 666 666
There to empower, support, and protect young people.
- ★ **CROSSCARE** www.crosscare.ie ● Phone: (01) 836 0011
Providing innovative and dynamic social care programmes.
- ★ **DRINK AWARE** www.drinkaware.ie
Promotes the responsible use of alcohol and challenges anti-social drinking behaviours.
- ★ **DRUGS & ALCOHOL & HIV HELPLINE** www.drug.is ● Phone: 1800 459 459
Drug and alcohol information and support for teenagers, parents and carers.
- ★ **DUBLIN SIMON COMMUNITY** www.dubsimon.ie ● Phone: (01) 679 2391
Provides residential alcohol detox, rehab and aftercare services for people who are homeless or at risk of becoming homeless.
- ★ **GAY SWITCH BOARD** www.gayswitchboard.ie ● Phone: (01) 872 1055
At the front line of confidential support for the LGBT community.

- ★ **GUIDE CLINIC** www.guideclinic.ie ● Phone: (01) 416 2315
The guide clinic is the largest, free STI, HIV and infectious disease service in Ireland.
- ★ **GROW** www.grow.ie ● Phone: 1890 474 474
World community mental health movement in Ireland.
- ★ **HEADSUP** www.headsup.ie ● Text 'headsups' to 50424
Help for wherever your head is at.
- ★ **HSE INFO LINE** www.hse.ie ● Phone: 1850 241 850
Looking after your mental health.
- ★ **IRISH FAMILY PLANNING ASSOCIATION** www.ifpa.ie ● Phone: 1850 495 051
The Irish Family Planning Association (IFPA) is Ireland's leading sexual health charity. The organisation provides sexual health, family planning, pregnancy counselling and training services.
- ★ **ISPCC** www.ispcc.ie
Protecting children 24 hours a day.
- ★ **JIGSAW.IE** www.jigsaw.ie
Making sure every young person has somewhere to turn to and someone to talk to.
- ★ **LEAN ON ME** www.leanonme.ie
Helps guide you with advice on how to support people with depression.
- ★ **LET SOMEONE KNOW** www.letsomeoneknow.ie
Office of Suicide Prevention site with lots of information on mental health issues.
- ★ **LINC.IE** www.linc.ie ● Phone: 021 480 8600
LINC aims to: Improve the quality of life, health and well-being of all women who identify as lesbian or bisexual in Ireland.
- ★ **NARCOTICS ANONYMOUS** www.na-ireland.org ● Phone: (01) 672 2800
For those whom drugs have become a major problem.

- ★ **NAR ANON** www.nar-anon.org
Helps those whose family or friends have issues with drugs.
- ★ **NATIONAL DOMESTIC VIOLENCE HELPLINE** www.womensaid.ie ● Phone: 1800 341 900
Domestic violence service in Ireland.
- ★ **NATIONAL SEXUAL VIOLENCE/RAPE CRISIS** www.drcc.ie ● Phone: 1800 778 888
Preventing and healing the trauma of rape and sexual abuse.
- ★ **OCD IRELAND** www.ocdireland.org
Information on obsessive compulsive disorder.
- ★ **OVEREATERS ANONYMOUS** [www.overeatersanonymous.ie](http://www overeatersanonymous.ie) ● Phone: 086 352 6467
Overeaters Anonymous (OA) offers a solution to anyone who would like to stop eating compulsively.
- ★ **ONE FAMILY** www.onefamily.ie ● Phone: 1890 662 212
Better lives for one-parent families.
- ★ **ONE IN FOUR** www.oneinfour.ie ● Phone: (01) 662 4070
Sexual abuse. From surviving to living.
- ★ **PARENTLINE** www.parentline.ie ● Phone: 1890 927 277
Parentline provides a completely confidential helpline for parents and guardians.
- ★ **PIETA HOUSE** www.pieta.ie ● Phone: (01) 628 2111
Suicide and self-harm crisis centre.
- ★ **POSITVIE OPTIONS** www.positiveoptions.ie ● Freetext 'list' to 50444
Crisis pregnancy options.
- ★ **REACHOUT** www.reachout.com
Provides quality assured mental health information to help young people get through tough times.

- ★ **REACH OUT** www.reachout.com
Helping you get through tough times.
- ★ **RAPE CRISIS NETWORK IRELAND** www.rcni.ie ● Phone: 091 563 676
Preventing and healing the trauma of rape and sexual abuse.
- ★ **RAINBOWS** www.rainbowsireland.com ● Phone: (01) 473 4175
Rainbows is a dedicated free service for children and young people helping those affected by loss because of bereavement, separation or divorce.
- ★ **RECOVER** www.recover.ie
A mental health information resource.
- ★ **SAMARITANS** www.samaritans.org ● Phone: 116 123 ● SMS: 087 260 9090
Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.
- ★ **SHINE** www.shine.ie ● Phone: 1890 621 631
Supporting people affected by mental health issues. Funded by the HSE.
- ★ **SHINE ON** www.shineonline.ie ● Phone: 1890 621 631
Supporting people affected by mental health issues.
- ★ **SPUNOUT** www.spunout.ie ● Phone: (01) 675 3554
A helpful resource for adolescents on a wide range of issues including; drugs and alcohol information; youth mental health; bullying; coping with stress; list of support services for youth; health and lifestyle information.
- ★ **SUICIDE AWARE** www.suicideaware.ie ● Email: suicideaware@gmail.com
Light in darkness. Advice and support.
- ★ **SUICIDE OR SURVIVE** www.suicidorsurvive.ie ● Phone: 1890 577 577
Breaking down the stigma associated with mental health issues and ensuring that those affected have access to quality recovery services that are right for the individual.

- ★ **SUICIDE PREVENTION HELPLINE** www.suicideprevention.ie
 - Phone: 1800 247 100 ● Text 'help' to 5144424 hour helpline. You would never tell a friend to die. Tell yourself what you would tell a friend.
- ★ **TALK TO FRANK** www.talktofrank.com
Friendly, confidential drugs advice.
- ★ **TEEN BETWEEN** www.teenbetween.ie ● Phone: 1800 303 191
Support for teenagers of separated parents.
- ★ **TEEN COUNSELLING** www.crosscare.ie ● Phone: (01) 557 4705
Crosscare is the social support agency of the Dublin Archdiocese.
- ★ **TEENLINE** www.teenline.ie ● Freephone: 1800 833 634
For teenagers who are feeling lonely, anxious, isolated, vulnerable, depressed or suicidal.
- ★ **THE TIVOLI INSTITUTE** www.tivoliinstitute.com ● Phone: (01) 280 9178
The Institute operates a reduced cost counselling and psychotherapy service in the community.
- ★ **TREOIR** www.treoir.ie ● Phone: 1890 252 084
Information for unmarried parents.
- ★ **YOUR SEXUAL HEALTH** www.sexualhealthcentre.com ● Phone: 021 427 6676
Advice on sexual health, funded by the HSE.
- ★ **YOUTH SUICIDE PREVENTION** www.yspi.ie
Youth suicide prevention Ireland.

HEAD SPACE

MINDING YOUR MENTAL HEALTH

It is important to remember
you are not alone.

Help is available.

Talk to someone you trust.

IMPACT

IMPACT have offices in Cork, Dublin, Galway, Limerick and Sligo.

www.impact.ie

