

Resources in Ireland

Minding Creative Minds

Established to offer a free 24/7 wellbeing & support programme for the Irish Creative Sector.

<http://mindingcreativeminds.ie>

HSE

Information on mental health services.

http://hse.ie/portal/eng/services/list/4/Mental_Health_Services/

Psychological Society of Ireland

Information on how to find a psychologist.

www.psychologicalsociety.ie/find-a-psychologist/

Your Mental Health

A comprehensive directory of services and supports from the Health Services Executive with general information about mental health and wellbeing and tips on how to help a person experiencing a mental health problem.

www.yourmentalhealth.ie

Irish Association for Counselling and Psychotherapy

www.iacp.ie

Mental Help

An online directory of services and supports offered by organisations, helplines, websites and support groups including information about training, benefits, housing, in-patient care, complaints, advocacy and recovery.

Samaritans

Open 24/7 for anyone struggling to cope.

www.samaritans.ie

Email: jo@samaritans.org

Tel: 116 123

Shine

Supports people experiencing mental health problems, their families, and friends. An information helpline give general information, a listening ear and specific information about Shine services. Emails received are reviewed and responded to by trained psychotherapists within 24 hours Mon Fri. The service is confidential.

Tel: 1890 621 631 (Mon -Fri 9am to 4pm)

Email: phil@shineonline.ie

GROW

Helps people experiencing mental health problems.

www.grow.ie

Tel: 1890 474 474

Mental Health Ireland

103 Local Mental Health Associations are affiliated to MHI. MHI supports the associations by providing information and training. The website provides general information about mental health, support services and training events.

www.mentalhealthireland.ie

Choice and medication

Information about medications.

www.choiceandmedication.org/stjohnofgodhospital

SpunOut.ie

Health information for young people, including mental health, sexual health, exam stress and general lifestyle information with an extensive online directory of available supports and services.

www.spunout.ie

ReachOut.com

Provides user friendly mental health information for young people; encourages help-seeking, signposts and explains services and promotes positive mental health. The service is delivered by a dedicated team of online communicators and moderators.

www.reachout.com

Headspace

Online self-advocacy toolkit, assists adults experiencing mental illness make effective decisions while an inpatient or in residential care.

www.headspaceireland.ie

Men's Sheds

A nationally available service and is a dedicated, friendly and welcoming meeting place where men come together and undertake a variety of mutually agreed activities.

www.menssheds.ie

3Ts Self Help eLibrary Resource

3Ts have produced a series of self-help booklets in conjunction with the NHS that are available to download for free and are intended to serve as a 'first step' towards recovery across a broad range of topics that effect mental health. There is sign-posting to relevant resources & supports at the rear of each booklet. They can be downloaded free from

www.3ts.ie

The Irish Advocacy Network

Has peer advocates in place in most H.S.E. areas in Ireland who regularly attend acute units and day centres. Their main job is to give support and information to people with mental health difficulties by befriending them and offering a confidential listening ear or peer advocacy.

Phone: 047 38918

Email: admin@irishadvocacynetwork.com

Wellness and Recovery Action Planning.

WRAP® is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be (See section 1.1). A number of organisations facilitate WRAP programmes including Saint John of God Hospital, Saint Patricks Mental Health Services and Suicide or Survive.

WorkOut

A mental fitness phone app that works on your problem-solving, strengths, identifying your social support networks and lots more. It is based on the principles of cognitive behavioural therapy (CBT). CBT is a practical action-oriented approach to moving past negative thinking, which can impact our mood and outlook.

Wellness Workshop

Online resource to help your personal journey to wellness.

www.wellnessworkshop.ie

Wellbeing podcasts

The Mental Health Foundation in the UK has created a series of free audio podcasts that help you

relax and improve your sense of wellbeing. Topics include diet, exercise, relaxation, mindfulness practice, overcoming fear and anxiety, positive thinking, and breathing techniques. You can access the podcasts for free via

www.mentalhealth.org.uk/help-information/podcasts

Mindfulness Ireland

A network of people in Ireland who aspire to practice mindful living and mindfulness meditation. www.mindfulnessireland.org

Insight timer

A meditation timer app for smart phones.

Finding Peace in a Frantic World

A website with details of books and other resources relating to mindfulness.

www.franticworld.com

Mental Health Commission

Promotes, encourages and fosters high standards and good practices in the delivery of mental health services and protects the interests of patients who are involuntarily admitted.

www.mhcirl.ie

Citizens Advice

Information on public services and entitlements in Ireland

www.citizensinformation.ie

Citizens Information Phone Service on 0761 07 4000 (Monday to Friday, 9am to

8pm) **Mental Health Reform**

Promotes improved mental health services in Ireland.

www.mentalhealthreform.ie

Positive Options

A state funded programme that promotes crises pregnancy counselling services and provides

information.

www.positiveoptions.ie

Freetext 'list' to 50444 for a list of crises pregnancy counsellors.

The Money Advice and Budgeting Service (MABS)

A free and confidential service for people in debt or in danger of getting into debt. Advisers can give you advice and support on many money management and debt issues, and can also provide you with MABS self-help materials free of charge.

MABS Helpline: 0761 07 2000 (Monday-Friday, 9am - 8pm)

Local MABS offices: www.mabs.ie/contact-mabs/

Headline

Promotes responsible and accurate coverage of mental health and suicide related issues within the Irish media.

www.headline.ie

See Change

The National Mental Health Stigma Reduction Partnership is working to bring positive change in public attitudes and behaviour towards people with mental health problems.

www.seechange.ie

Aware

Face-to-face, phone and online support for individuals experiencing mild to moderate depression and for friends and families

www.aware.ie

Helpline: 1800 80 48 48 (10am to 10pm)

Email: supportmail@aware.ie

LGBTMentalHealth.ie

Homophobia and transphobia can lead to specific stresses for lesbian, gay, bisexual and transgender (LGBT) people that can also have a negative impact on their mental health. This website provides information for LGBT people on how they can look after their mental health and highlights the services available if LGBT people need support.

www.LGBTMentalHealth.ie

Pieta House

Offers specialised treatment to clients who self-harm, suffer from suicidal ideation or have made

multiple suicide attempts. Clients receive an intensive programme of one-to-one counselling lasting about four to six weeks. Pieta House is a nonprofit organisation and the service is free of charge.

www.pieta.ie/index.php/contact-us.

Email: mary@pieta.ie

MyMind

Provide multilingual counselling and psychotherapy services, both online or face to face. Clients can self-refer and appointments are within 72 hours. Fees are based upon employment status, offering the unemployed or students affordable services.

www.mymind.org

Suicide or Survive

Provide a range of educational and therapeutic programmes aiming to increase understanding of suicide and suicide prevention.

www.suicideorsurvive.ie

Turn2Me

Provides moderated peer support forums, online support groups, access to Thought Catcher - a mood measuring tool - and one to one online counselling.

Beyond Blue

An Australian website that provides information about depression, anxiety and

suicide www.beyondblue.org.au

ASIST and SafeTALK Training

Aims to reduce the immediate risk of suicide and support the person at risk. Training is co-ordinated by the National Office for Suicide Prevention

www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP

MoodGym

A training program for depression is based on cognitive behavioural therapy. It teaches people to use ways of thinking which will help prevent depression.

www.moodgym.anu.edu.au

OCD Ireland

Information, support and news for Obsessive Compulsive Disorder, Trichotillomania and Body

Dysmorphic Disorder sufferers

www.ocdireland.org

Email: info@ocdireland.org

Social Anxiety Ireland

Provides a group treatment programme for those with social anxiety

www.socialanxietyireland.com

DETECT

Services for individuals experiencing first episode psychosis and their

families www.detect.ie

Hearing Voices Ireland (HVI)

Promotes and fosters acceptance of voice hearing as a valid human

experience www.voicesireland.com

Drugs.ie

Provides Ireland's only online interactive information and support chat service - the drugs.ie LiveHelp service. Drugs.ie also houses a national database of treatment & rehabilitation, information & support, counselling, education & training services.

The HSE Drugs & Alcohol Helpline

Provides support, information, guidance and referral to anyone with a question or concern related to drug and alcohol use and/or HIV and sexual health. The service is confidential, non-judgemental and offers space to talk about your situation, to explore some options and to consider your needs. During calls/ emails, staff refer to a database of over 400 services nationwide.

Helpline: 1800 459 459

Email support: helpline@hse.ie

(Monday to Friday, 9.30am and 5.30pm)

Quit

A support service and online information resource for people who want to stop smoking. It is run by the Health Services Executive.

Free phone 1800 201 203.

Free text QUIT TO 50100 or chat online at www.quit.ie

Bodywhys

The national eating disorder association of Ireland. They provide a variety of supports for people affected by eating disorders.

Helpline 1890 200 444,
Email support: alex@bodywhys.ie

online support groups, and face-to-face support groups in Dublin, Carlow and

Sligo. **A Lust for Life**

Multi-award winning Irish mental health charity based in Ireland that uses content, campaigns and events to facilitate young people to be effective guardians of their own mind - and to be the leaders that drive our society towards a better future

<https://www.alustforlife.com/>

Equality and mental health - what the law means for your workplace

https://www.ihrec.ie/download/pdf/equality_and_mental_health_what_the_law_means_for_your_workplace.pdf

Time to Change Global

<https://www.time-to-change.org.uk/global>

3Ts

3Ts is a registered suicide charity working to help prevent deaths by Suicide through research, education and support.

<https://www.3ts.ie/>