

YOUTH MENTAL HEALTH RESOURCES IN IRELAND

ON-LINE INFORMATION & SUPPORT

REACHOUT

www.reachout.com

ReachOut.com is a website aimed at supporting young people to help themselves through tough times and find ways to improve their own mental health and well-being. This website has over 300 factsheets on issues related to mental health as well as videos, access to an on-line community and blogs. ReachOut.com also has a mental fitness App called WorkOut that supports people to think about how they solve problems, how to make time to do things they enjoy as well as identifying their social supports and lots more. ReachOut has a partner website for parents at <http://ie.reachout.com/parents/>.

SPUNOUT

www.spunout.ie

SpunOut is a website with information and blogs about a range of issues relevant to people aged 16-25. It includes information about health and mental health issues as well as details of local support services around Ireland. They have a mood monitoring App for smartphones called MiYo and their 'Survival Guide to Life' book can be downloaded for free at <http://spunout.ie/guide>.

AWARE

www.aware.ie

Aware is a national voluntary organisation that aims to support people who are experiencing depression. The site contains information and tips on coping with depression. It also contains details of support groups and services for people with depression.

BODYWHYS

www.bodywhys.ie

Bodywhys aims to support people with eating disorders and their families. The site has information and links to services and supports, including details of a lo-call helpline.

JIGSAW

www.jigsaw.ie

This is the website of the community-based mental health support service known as Jigsaw. Jigsaw provides free mental health support to young people in their teenage and young adult years. The website gives details on the 10 communities in Ireland who currently have a Jigsaw service and on how to contact or self-refer to those services.

MY MIND: CENTRE FOR MENTAL WELLBEING

www.mymind.org

MyMind is a not-for-profit service that aims to provide affordable counselling and therapy services to people (students can attend for €20 per session). It has centres in Dublin, Cork and Limerick and has counsellors who are fluent in English, Polish, Italian, Portuguese, Spanish and German. It also offers some on-line support.

PIETA HOUSE: CENTRE FOR THE PREVENTION OF SUICIDE OR SELF-HARM

www.pieta.ie

Pieta House is a service for people who self-harm or who feel suicidal. They have a helpline and also provide counselling for people who self-harm or who are having suicidal thoughts.

SAMARITANS

www.samaritans.org

Samaritans is an organisation that provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. They provide telephone, text and individual support to people in distress.

SHINE

www.shineonline.ie

Shine is an organisation that aims to support people who are suffering with mental health difficulties and their families. They offer email and telephone information and provide support groups for people who experience mental health difficulties and their families and carers around the country. They also offer a counselling service in Dublin and Cork.

TURN2ME

www.turn2me.ie

Turn2Me is a web-based mental health support service that aims to help people to get help. As part of the service, Turn2Me offers on-line support groups and counselling.

YOUR MENTAL HEALTH

www.yourmentalhealth.ie

This is the Health Service Executive mental health information website. It offers tips about how to look after your mental health, including those from the 'Little Things' campaign launched in 2014.

CONTACT INFORMATION FOR GPs, COUNSELLORS & PSYCHOLOGISTS IN IRELAND

THE IRISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY (IACP)

www.irish-counselling.ie

On this website, you can search for an IACP accredited counsellor in any county in Ireland

THE IRISH COUNCIL FOR GENERAL PRACTITIONERS

www.icgp.ie

On this website, you can search for the details of GPs across Ireland.

THE IRISH COUNCIL FOR PSYCHOTHERAPY (ICP)

www.psychotherapy-ireland.com

On this website, you can search for an ICP accredited counsellor in any county in Ireland.

THE PSYCHOLOGICAL SOCIETY OF IRELAND (PSI)

www.psihq.ie

This website offers a service that allows you to search for a registered psychologist across Ireland.