



# Mental Health Ireland

Inspired by the work of Shannon Deery

RECOVERY COLLEGE SOUTH EAST



## LOCAL MENTAL HEALTH & RECOVERY SUPPORTS

#REFLECTANDGROW



**NEED HELP NOW?**  
Call your local GP  
Call the Samaritans on 116 123

### THE FIVE WAYS TO WELLBEING

ARE SIMPLE ACTIONS YOU CAN DO EVERYDAY TO FEEL GOOD AND FUNCTION WELL.

(New Economics Foundation, 2008)



www.mentalhealthireland.ie

## NATIONAL SUPPORTS & INFO



Promoting Positive Mental Health, Wellbeing and Recovery  
www.mentalhealthireland.ie  
01 2841166



Supporting family carers across the country.  
www.familycarers.ie  
1800 24 07 24



Supporting people who are affected by depression, bipolar and mood related conditions.  
www.aware.ie 1800 80 48 48



Whatever you're going through, a Samaritan will face it with you. There 24 hours a day, 365 days a year.  
www.samaritans.org 116 123



HSE information line for signposting to mental health supports and services.  
1800 111 888  
www.yourmentalhealth.ie