

Ten tips for RELAXATION

“CHILLAX”

- R** - Relax and chill out
- E** - Eat healthy food and drink plenty of water
- L** - Limit alcohol and caffeine intake
- A** - Alone time
- X** - eXercise for fun
- A** - Accept help from friends
- T** - Time for fun with family and friends
- I** - Identify ways to deal with your moods
- O** - Optimum 8 hours sleep a night
- N** - be Nice to yourself

www.bodywhys.ie Support services for people affected by eating disorders

www.belongto.org An organisation for Lesbian, Gay, Bisexual and Transgender (LGBT) young people, aged between 14 and 23

www.teenbetween.ie A specialised support service for teenagers whose parents are going through a divorce or separation

Websites

www.letsomeoneknow.ie An online resource designed to help young people look after their mental health

www.spunout.ie An interactive online community providing health and lifestyle information with information about support services

www.aware.ie Aware helps people and families who are affected by depression.

www.bodywhys.ie Provides a range of support services for people affected by eating disorders, including specific services for families and friends

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Don't forget if you need someone to talk to at any time of the day or night you can ring either:

Childline on 1800 666 666, it's a free call,
or

the Samaritans on 1850 60 90 90 for the cost of a local call

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Pictures posed by models.

Depression can affect everybody



Young People & Depression



Depression can be treated

*Optimising Suicide Prevention
Programmes and their
Implementation in Limerick
(OSPI-Limerick)*



Depression

When you have problems or life is not going the way you would like, it is normal to feel low or down. This can last for a few hours, days or longer. When it gets so bad that it affects you most of the time, you may be depressed.

- You may feel tired all the time
- Don't feel like eating or eat too much
- Have no interest in anything
- Find it hard to sleep
- Cannot be bothered with other people.

It is important to recognise the symptoms of depression early and to get help.

What can you do?

- Take some exercise
- Get involved in some activity
- Listen to music
- Talk to someone you trust. This could be a friend, family member or someone like a youth worker who you know would listen.
- Contact one of the agencies listed on this leaflet (they are often free)
- See your doctor who would be able to find help or give you medication if you were severely depressed

Try to remember that all problems are temporary and that if you take one day at a time things will get better.

Self Harm

Self harm is when someone deliberately injures him or herself. A person who self harms rarely does so because they want to die, but instead finds that hurting him or herself is a way of coping with painful feelings. The person usually knows that this behaviour is not good for them but they have difficulty finding other ways to cope or express their emotions.

If you have ever felt this way, it's important that you:

- Don't keep it a secret (if no-one knows, how can they help you)
- Tell someone you can trust (friend, relative or professional)
- See your doctor
- Contact one of the helping agencies in your area.



You are not alone with these feelings.

- Most people at some time in their lives face difficulties and may feel that they cannot cope anymore.
- During these times you may think that you would be better off dead or just feel too tired to go on living
- These thoughts should pass quickly and there is often no real intention of acting on them. It is possible that you feel like this because you are depressed. If these feelings do not pass, please get help.

Helping a friend through a difficult time

Helping a friend through a tough time can be really difficult.

- Being as informed as possible about the issue is an important first step.
- Remember that in many situations your friend may need to speak to someone other than yourself.
- In these situations you can assist them to find some help close by or offer to go see a counsellor with them.

Finding the right help for you

There are many different forms of help available and lots of things to consider when you are thinking of getting help. These include knowing your rights to **confidentiality** or making sure you are seeing the right person. Finding the right source of help may take time and sometimes the first or second person you talk to does not work out. **Check out the services section of this leaflet for contact details of people or organisations in your local area that may be able to help.**

Support Services Card

Limerick Local Health Office 061 483249

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