

Health Services

Alliance Centre: 16 Peter Street, Cork. Ph. 021 427 58 37 or 021 427 56 15 One to one help line for young people by young people. Hours Mon-Fri, 10am-5pm. Information and support on HIV/AIDS, sexual health and drugs awareness, with resource library. Counselling service is also available.

Aware: SMA Parish Centre, Wilton, Cork. Ph. 021 455 0027 Support group for those affected by depression, meeting at the Parish Centre, every Tuesday night at 8pm. Meetings for families and friends every 1st and 3rd Tuesday of the month.

Grow: 11 Liberty St Cork ph. 021 427 75 20 Hours: Mon-Fri 9am-5pm. Mental Health organisation promoting personal growth through friendship and mutual support groups.

G.U.M Clinic: Outpatients Department, South Infirmary/Victoria Hospital Complex, Old Blackrock Rd., Cork. Ph. 021 496 68 44 Free and confidential services offering diagnosis and treatment of sexually transmitted infections. Health advice, HIV testing and contact tracing also offered. Ring for an appointment.

SHINE: Chaplaincy, College Rd, Cork. Ph. 021 489 60 66. Self help group (strictly confidential) for those affected by eating disorders, with separate meetings for family and friends. Meets 2nd and 4th Friday of the month, 7pm at the Chaplaincy.

Information services

Cork Youth Information Centre: YMCA 11/12 Marlboro St. Cork. Ph. 021 427 01 87, www.youthinformation.ie Hours 10am-5.30pm. Comprehensive and user-friendly information service for young people.

Cork Citizens information centre: 80 South Mall, Cork. Ph. 021 427 73 77 Hours: Monday-Friday 10am-4.30pm.

Grief and Loss Services

Solas - A counselling service for young people who have experienced grief and loss. Barnardos, 18 St Patrick's Hill, Cork. Ph. 021 552 100 Help line: 01 4732 110 (10am-12pm).

Seedlings: Family ministry, 34 Paul St. Cork, ph. 021 427 51 36. Hours. Mon-Fri 10am-4pm. A seven-week support programme for young people dealing with grief through death, separation, divorce or any other significant loss

Drug and Alcohol Services

Counselling and Advisory Service (Drug & Alcohol). HSE Southern Area, 10 Church St. Cork. Ph. 021 450 0481. A free service for those with drug and alcohol problems, their families and concerned people.

Al-Anon & Alteen: Family groups Ltd. Eglington St, Cork. Ph. 021 431 1899. Support groups for family and friends of alcoholics

Websites

www.youth.ie - A site that focuses on all things youth in Ireland today

www.icpty.ie/introduction/left.html - The Irish Council for Psychotherapy - if you are looking for the contact details of a psychologist, this site has a directory of them. Also explains the different approaches to psychotherapy.

www.thegreenbook.ie - The Green Book - a directory of services within Cork includes details of counselling, youth, info services and lots of more.

www.aware.ie - Aware: helping to defeat depression

www.mentalhealthireland.ie - Mental Health Ireland: hosts the pro teen matters web magazine, which is created by young people for young people. There is info about your physical and mental health, frequently asked questions, competitions, jokes and stories. The Mental Health Ireland site also has info about mental health and illness, services and lots more.

www.gayswitchboard.ie - Gay switchboard: non-judgemental information and support.

www.yieldireland.com - Information for young people about sexual and reproductive health and relationship issues.

www.reachout.com.au - Reach Out!: a site that helps young people through tough times.

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 is a free call, or the Samaritans on **1850 60 90 90** for the costs of a local call

Young People & Depression

Depression can affect everybody

Depression has many faces

Depression can be treated

Childline (Freephone) **1800 66 66 66**
Listening service for young people.

Samaritans **1850 60 90 90**
Coach St., Cork. Confidential emotional support for those who are despairing or suicidal, 24 hours a day by telephone, e-mail, letter or face to face. (www.samaritans.org)

Barnardos **021 455 21 00**
18 Patrick's Hill, Cork. Open Mon-Fri 9.30 - 1pm. Children's Resource Centre offering information on all aspects of childcare (www.barnardos.ie)

Cork Youth Information Centre **021 427 01 87**
YMCA, 11/12 Marlboro St., Cork Hours: Mon-Fri 9.30 - 6pm (www.youthinformation.ie/cork)

AWARE **021 455 00 27**
SMA Parish Centre, Wilton, Cork. Support group for those affected by depression, meeting at the Parish Centre, every Tuesday night at 8pm.

GROW **021 427 75 20**
11 Liberty St Cork. Hours: Mon-Fri 9am-5pm. Mental Health organisation promoting personal growth through friendship and mutual support groups.



Cork & Kerry's Alliance for Awareness of Depression & Suicidal Behaviour

www.nsrff.org

“Depression can affect everybody”

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 and cannot be bothered with other people.

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

What can you do?

It may help if you take some exercise, get involved in some activity or 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. You could also contact one of the agencies in your area listed on this leaflet who could help. These services are sometimes free. See your doctor who might give advice to attend a counsellor or another health care professional.



Deliberate Self Harm

Deliberate self harm is when someone deliberately injures him or herself. Perhaps they cut themselves, take too many tablets or bang their head against a wall. A person who self harms rarely does so because they want to die, but instead find 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.

“Depression has many faces”

You are not alone with these feelings, most people at some time in their life face difficulties and may feel that they cannot cope anymore. Maybe there has been one problem after the other and you start to believe that nothing is going to go right for you or that there are no answers to your problems. 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. Try to remember that all problems are temporary and that if you take one day at a time things will get better.

Helping a friend through a difficult time

Helping a friend through a tough time can be really difficult. Whether your friend is going through a tough time with their family, having trouble with a girlfriend or boyfriend or has a mental health problem, they might turn to you for support and help. 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. Check out the services section of this leaflet for contact details of people or organisations in your local area who may be able to help.

Finding the right sort of 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.

“Depression can be treated”

Info and Services

What to do in an emergency: Ring 999, this will get you through to the Gardai, ambulance or fire brigade.

Your local doctor: Your local doctor has been trained to deal with any sort of health issue that any person of any age might have. Your local doctor can be a good place to start if you have a worry. They can help you to find different ways to cope and if necessary they can work with you or refer you to other health professionals to help you manage.

You will usually have to ring first and make an appointment. You may feel more comfortable seeing a doctor outside of your local area. Check out your local yellow pages phone book under Doctors-General Practitioners for a doctor in your area.

Counselling services

Cork Counselling Centre – 7 Fr. Matthew St, Cork. Ph. 021 427 49 51
Counselling service covering a wide range of issues.

Cork Rape Crisis Service: 5 Camden Place, Cork. Ph. 021 450 55 77
or freephone: 1800 496 496 web site: www.cork-rapecrisis.ie
Counselling services for the survivors of rape, sexual abuse and child abuse.

Counselling service: Dominican Pastoral Centre, Pope's Quay, Cork.
Ph. 021 450 22 67. Counselling in miscellaneous areas for all ages.
Ring for appointment.

STEPS: ISPCC 12 Mary Street Cork. Ph. 021 496 21 24
web site: www.ispcc.ie. Youth information and counselling service run by young people.

Victim Support: 4 Anglesea Villas, Anglesea Street, Cork.
Ph. 021 432 23 33 or 1800 661 771 web site: www.victimsupport.ie.
Provides emotional and practical support to those affected by crime.

Youth Counselling Service: YMCA, 11/12 Marlboro St, Cork.
Ph. 021 427 01 87. Counselling service for young people between 15 and 28 years. Ring for appointment.

Support Reference Card

Seedlings (Mon. – Fri. 10am-4pm) **021 427 51 36**
Family Ministry, 34 Paul St., Cork. A seven week support programme for young people (11-18 years) dealing with grief through death, separation, divorce or any other significant loss.

Solas Cork **021 455 21 00**
Barnardos, 18 Patricks Hill Bereavement counselling service for children.
(www.barnardos.ie)

Youth Counselling Service **021 427 01 87**
Counselling service for young people between 15 and 28 years.
Ring for appointment.

National Suicide Research Foundation

1 Perrott Avenue, Tel: 021 4277 499
College Road, Fax: 021 4277 545
Cork, Email: mary.nsrif@iol.ie