

Counselling Services

Counsellors are people who can help you change the things that cause you distress. A counsellor will work with you to find a solution to your problem. Going to see a counsellor may be a big step and you may feel scared, embarrassed or nervous. It may help to know that people of all ages and backgrounds see counsellors.

To find a counsellor in your local area you may want to give the Irish Association of Counselling and Therapy a call on 01 2300061 or check out the Irish Council for Psychotherapy website – www.icpty.ie/introduction/left.html, they have a directory of psychologists.

Killarney Counselling Services

Provides help and support with feelings, experiences or problems, which may be difficult painful or uncomfortable. They cover areas such as stress/anxiety, depression, grief and loss, relationship difficulties, low self-esteem and confidence and violence and abuse (at home or at school). It is important to make an appointment, you can do that by ringing, 064 36416 (Open: Mon-Fri 10am-1pm)

Or there is the Kerry Adolescent Counselling Service (Balloonagh Tralee) where you can make an appointment on 066 7181333 this counselling service is especially for young people.



Websites

www.youth.ie - A site that focuses on all issues in relation to young people 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.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.

Young People & Depression



Depression can affect everybody



Depression has many faces

Depression can be treated

Kerry Diocesan Youth Service

Denny street Tralee
New Road Killarney

066 7121674
064 31748

Citizens Information

Kerry Citizens Information Service
Provides easy access by telephone and e-mail to information and advice on a broad range of social services.

(Lo-Call) 1890 777 121
066 7123655

AWARE Killarney Tralee

Support group for those affected by depression.

0667128010
066 7136362

Don't forget if you need someone to talk to at anytime 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



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.



Support Reference Card

Kerry Adolescent Counselling Service 066 7181333
Balloonagh Tralee Co. Kerry. Counselling service for young people.

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

Samaritans 1850 60 90 90
43/44 Moyderwell, Tralee, Co. Kerry 066 7122566
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)

National Suicide Research Foundation

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