

Depression & Suicidal Behaviour

Depression can affect everybody

Depression has many faces



Depression can be treated

Depression is one of the most common and severe disorders in Ireland.

Depression affects the quality of life and can be life-threatening.

But Depression can be treated!

There are many services you can contact. For example, professionals such as your local GP, counsellors and psycho-therapists or services such as the following:

Limerick Local Health Office:	061 483249
Aware:	1890 303 302
Samaritans:	1850 609 090
Console:	061 306792
Shannondoc:	1850 212 999
Slainte:	061 318633
Adult Counselling Service:	061 411900

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



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Pictures posed by models