

Depression can affect everybody



Depression has many faces

Depression can be treated

Young People & Depression



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

Depression affects 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 psychotherapists can help, or services such as the following:

www.letsomeoneknow.ie Information to help young people look after their mental health

www.aware.ie Helps people and families affected by depression

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

www.belongto.org Organisation for Lesbian, Gay, Bisexual and Transgender young people

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

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



Tel: 021 4277 499 Web: www.nsrif.ie