

Mental health supports, training and crisis response

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CRISIS SUPPORTS

GP Out of Hours

GP Out of Hours Service. The out of hours' service is for patients with urgent medical problems who need to contact a doctor after GP surgeries close.

W: hse.ie/eng/services/list/3/outofhours/gpoooh.html

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Emergency Services

You can contact emergency services on: T: 999 or 112.

Samaritans

The Samaritans telephone service is available 24 hours a day.

For confidential, non-judgmental support:

T: 116 123

Text: 087 2 60 90 90 (standard message rates apply)

E: jo@samaritans.ie W: samaritans.ie

Pieta House

Pieta House provides 24-hour crisis support and information for those in mental health distress.

T: 1800 247 247 E: mary@pieta.ie W: pieta.ie

Text 50808

A free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis.

Text HELLO to 50808, anytime day or night. Visit www.text50808.ie

SUICIDE RESPONSE AND PREVENTION

National Office for Suicide Prevention

The HSE National Office for Suicide Prevention (NOSP) supports the implementation of Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2024.

[National Office for Suicide Prevention - HSE.ie](http://www.nosp.ie)

Resource Officers for Suicide Prevention

For information on suicide prevention, intervention and services contact your local suicide prevention officer.

HSE Resource Officers for Suicide Prevention (ROSPs) work across a range of Community Health Services, Community Health Organisations (CHOs) and areas nationwide. They work on local implementation of Connecting for Life, related suicide prevention initiatives, and education and training in their areas. HSE ROSPs do not provide a front-line crisis support themselves

W: [Resource Officers for Suicide Prevention Nationwide - HSE.ie](http://www.nosp.ie)

Youth Suicide Prevention Ireland Online Resource Centre

Youth Suicide Prevention Ireland is an information resource website for all aspects of suicide prevention. Their aim: providing a specialist Online Counselling service for all the young people of Ireland who may be at risk of suicide or self-harm.

T: 021 242 7171 W: <http://www.youthsuicideprevention.ie>

SOSAD

SOSAD has worked to raise awareness and help prevent suicide in Ireland. SOSAD works on the basis of early intervention as a suicide preventative measure, as well as supporting those who have been bereaved by suicide. We have five offices based in Cavan, Louth, Meath and Monaghan from which we provide our services.

Helpline; 041 984 8754 <https://sosadireland.ie>

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Very Well Mind

How to Create a Suicide Safety Plan:

<https://www.verywellmind.com/suicide-safety-plan-1067524>

Irish Friends of the Suicide Bereaved

Counselling and support group for the bereaved those bereaved by suicide

021 431 6722 E: ifsb@gofree.indigo.ie

HUGG

HUGG offer hope and healing by providing information, telephone support and local peer support groups led by volunteers with lived experience.

T: [01 513 4048](tel:015134048) (monitored answering machine). E: support@hugg.ie

W: [Suicide Help - Suicide Prevention - Suicide Bereavement - Suicide Support Groups - HUGG Charity](#)

SUICIDE PREVENTION TRAINING

PRACTICAL TRAINING MODULES

HSE:

The modules below deal with safeguarding, best practice and the skills required for the role at each level. It ensures that you are best prepared for the role, and that the person seeking your support is in trained empathetic hands.

The HSE courses below can be found on HSELand:

[HSeLand | The Irish Health Service's portal for online learning](#)

You need to set up an account to do these free training sessions.

Tusla Children First (HSELand)

Children First promotes the protection of children from abuse and neglect. It sets out how to report concerns about a child to Tusla social work departments, and what organisations need to do to keep children safe.

Safeguarding Vulnerable Adults (HSELand)

Safeguarding in vulnerable adults training provides an overview of key legislation and national policies in safeguarding vulnerable adults in Ireland. To increase awareness of best practices regarding the promotion of welfare of adults and safeguarding them from abuse. HSE Suicide prevention training is provided at a number of different levels - it aims to develop general awareness, alertness skills or intervention skills.

SUICIDE PREVENTION TRAINING MODULES

LivingWorks Start

LivingWorks Start is an online, interactive training programme that will give you the skills and knowledge to keep others safe from suicide. It will help you identify people who are at risk, confidently ask them about the topic of suicide and connect them with resources that can help them stay safe. The programme uses a mix of guided online content, video and interactive questions.

CPD (Continued Professional Development) recognition and points awarded for this course.

This course is provided by the HSE.

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Safe Talk Suicide Prevention training

safeTALK (Suicide Alertness for Everyone) is an internationally recognised half-day training programme that prepares participants to recognise and engage with people who may be having thoughts of suicide and to connect them to suicide first aid resources.

CPD (Continued Professional Development) recognition and points awarded for this course. *This course is provided by the HSE.*

Asist Suicide Prevention training

ASIST (Applied Suicide Intervention Skills Training) is a two-day skill building workshop in suicide first aid. Participants are trained to reduce the immediate risk of a suicide and increase the support for a person at risk. The workshop provides opportunities to learn what a person at risk may need from others in order to keep safe and get more help. Those taking part in the training will feel challenged and safe, work interactively with others in small groups, learn a suicide first aid model that provides a framework for skills practice and experience powerful audio visuals.

CPD (Continued Professional Development) recognition and points awarded for this course. *This course is provided by the HSE.*

Ohana Zero Suicide

Their goal is to reduce the suicide rate by promoting, protecting and preserving life.

[\(29\) Ohana ZERO suicide: About | LinkedIn Homepage | Zero Suicide \(edc.org\)](#)

MENTAL HEALTH AND WELLBEING ADVICE, INFORMATION AND SUPPORT SERVICES IN IRELAND

Aware

Aware provides support and information for people who experience anxiety, depression or bipolar disorder and also their loved ones

T: 1800 80 48 48

E: supportmail@aware.ie

W: aware.ie

Bodywhys

Bodywhys is the national voluntary organisation supporting people affected by eating disorders.

T: 01 2834963 E: alex@bodywhys.ie W: bodywhys.ie

Cluain Mhuire

The Cluain Mhuire Service is a community based adult mental health service serving a population of over 175,000 in the Dublin South East area.

Acute Care and Treatment; Outpatient Clinics; In Patient Care at St John of God Hospital, Recovery Programmes and Vocational Training; Residential Rehabilitation Service; Liaison Psychiatry Service; Social (drop-in) centres and Membership Club; Home based interventions and a variety of targeted therapies.

T: 01 217 2100

W: <https://www.cluainmhuire.ie/index.php/our-services/our-services>

Connect Counselling

Connect Counselling is a free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood.

T: 1800 477 477

E: admin@connectcounselling.ie

W: connectcounselling.ie

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Dual Diagnosis Ireland

Is a not-for-profit organisation aimed at raising the awareness of the lack of services for the many people with both a mental health problem such as depression and addiction issues.

E: info@dualdiagnosis.ie

W: <https://www.dualdiagnosis.ie/>

[https://www.dualdiagnosis.ie/wp-content/uploads/2011/05/A-Z mental Health 2013.pdf](https://www.dualdiagnosis.ie/wp-content/uploads/2011/05/A-Z_mental_Health_2013.pdf)

Family Support Network

The National Family Support Network primarily supports the development of family support groups and networks throughout the island of Ireland. Through this work the National Family Support Network raises awareness of the difficulties faced by families in coping with substance misuse while recognising the important role that families play in supporting the recovery of the substance misusing family member

T: 01 8980148

E: info@fsn.ie

W: <http://www.fsn.ie>

Farm and Rural Stress Helpline

HELPLINE 1800 742645

or HSE south Mental Health Resource Officer: 087 2995913

E: farmandruralstress@hse.ie

Daily from 6.00pm - 10.00pm

GROW - National Office

GROW is a Mental Health Organisation helping people who have or are suffering from mental health problems. Members are helped to recover from all forms of mental breakdown, through the support members give each other. Grow also have a young adult section to their website and are currently developing resources for young adults in Ireland.

T: 01 840 8236

E: info@grow.ie

W: <https://grow.ie>

Helplink Mental Health

A Charitable Organisation Providing Accessible
Counselling, Information and Education Mental Health Services
Locally (West of IRL), Nationally and Internationally

Helplink is a charitable organisation that provides the following support services nationally online, 7 days a week and out of hours:

- General Counselling
- Addiction Counselling
- Couples Counselling
- Bereavement Counselling
- Youth Counselling

Youth Addiction Counselling

T: National Number: 0818 99 88 80 GALWAY: +353 91 759887 MAYO: +353 94 9557007

E: helplinksupport@helplink.ie

W: <https://helplink.ie>

Hope House Addiction Treatment Centre

Hope House is a Rehabilitation Centre specialising in the treatment of alcohol, drugs, gambling and other dependencies. All prospective residents must be assessed prior to admission. Treatment The programme at Hope House is designed so that residents learn to become responsible for their own recovery.

T: 094 9256888

W: <https://hopehouse.ie>

IACP

The Irish Association for Counselling and Psychotherapy has a database of counsellors and psychotherapists, making it easier to find help in your local area.

T: 01 230 3536

W: www.iacp.ie

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Mental Health Ireland

MHI is a national voluntary organisation which promotes positive mental health and wellbeing to all individuals and communities in Ireland

T: 012841166 E: info@mentalhealthireland.ie

W: mentalhealthireland.ie

MyMind

MyMind provides a range of counselling services, available online nationwide.

T: 076 6801060

E: hq@mymind.org W: mymind.org

Niteline

Niteline is an anonymous, confidential, non-judgemental and non-directive listening, support and information service run by and for the students of ITT, ITB, MU, NCAD, NCI, RCSI, TCD and UCD and their affiliate colleges.

Niteline are there if you ever feel that you would like to talk to someone that will listen, accept and understand without judging. You can talk about anything - no problem is too big or too small.

Niteline is open every night during term time from 9:00pm to 2:30am.

As well as calling, you can also contact Niteline via their instant messaging service on their online listening page.

T: 1800 793 793

OCD Ireland

OCD Ireland provide support and information for people with obsessive compulsive disorder (OCD), trichotillomania (TTM) and body dysmorphic disorder (BDD)

E: information@ocdireland.org

W: ocdireland.org

Shine

Shine aims to empower people with mental ill health and their families through support, information and education while also advocating for social change.

T: 01 541 3715

E: info@shine.ie

W: shine.ie

Saint John of God Hospital

Saint John of God Hospital provides specialist inpatient treatments in Addictions, Psychosis, Mood Disorders, Eating Disorders and Anxiety Disorders.

T: 01-277 1450

Admission Office: 01 2771400

W: stjohnofgodhospital.ie

St. Patricks Mental Health Services

St Patrick's Mental Health Services provides community and outpatient care through its Dean Clinics and day patient services through its Wellness & Recovery Centre.

T: 01 249 3333

E: info@stpatsmail.com

W: stpatricks.ie

St. Vincents University Hospital

Inpatient care is provided to patients over 18 years of age in Elm Mount Unit in St. Vincent's University Hospital – located on the ground floor at the end of the main corridor.

Outpatient appointments for eating disorders, liaison psychiatry and a clozapine clinic are all held in Suite 3, 4 and 5 in St. Vincent's University Hospital.

Elm Mount (Upper) tel: (01) 221 3900

Elm Mount (Lower) tel: (01) 221 4228 & (01) 221 4627

W: <https://www.stvincents.ie/departments/-and-mental-health-research/>

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Step Out Ireland

Step Out Ireland supports adults with social anxiety disorder through support groups and recovery programs.

T: +353 89 4562488

E: help@stepoutireland.com W: stepoutireland.com

Suicide or Survive (SOS)

Their primary aim is suicide prevention through provision of a small group programme for people who have attempted suicide or are suicidal. SOS also run wellness workshops nationwide.

T: 0402 41487

W: <https://suicideorsurvive.ie>

Text 50808

A free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis.

Visit www.text50808.ie

Text HELLO to 50808, anytime day or night.

For the Traveller community, text PAVEE to 50808 to get specific Traveller support

The National Traveller Mental Health service

is a Traveller specific mental health and suicide prevention service. They provide these services to Travellers to improve mental health and overall wellbeing and reduce suicide.

They deliver mental health supports and suicide prevention by engaging and consulting with Travellers and others to provide education, training, individual support and group work to the community.

T: 01 872 1094

E: info@exchangehouse.ie W: https://exchangehouse.ie/services_mentalhealth.php

Traveller Counselling Service

Traveller Counselling Service is a counselling service designed to meet the needs of the Traveller community. It respects Traveller culture, identity, values and norms and works from a perspective of culture centred counselling and psychotherapy.

T: 086 308 1476

W: <https://travellercounselling.ie>

Turn2Me

Turn2Me provides a 3-tiered approach to supporting mental well-being - self- help, support groups and professional support. They are an online based counselling and support service.

E: info@turn2me.org

W: turn2me.org

YourMentalHealth.ie / HSElive

This is a Health Services Executive website that includes a comprehensive directory of services and supports, general information about mental health and wellbeing and tips about how to help people who may be experiencing mental health problems.

Resources and information about services delivered online, by telephone or face-to-face.

T: 041 6850300

Can't find what you're looking for on HSE website - call 1850 24 1850 or 01 240 8720

E: hselive@hse.ie

W: yourmentalhealth.ie

The **HSE** produce and distribute a wide range of health-related resources. Download or order them here:

[HSE - View and order publications \(healthpromotion.ie\)](http://HSE-Viewandorderpublications(healthpromotion.ie))

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WRAP (Wellness and Recovery Action Planning)

WRAP® is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.

A number of organisations listed here facilitate WRAP programmes including Saint John of God Hospital, Saint Patrick's Mental Health Services and Shine.

MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE

CAHMS

CAMHS stands for Child and Adolescent Mental Health Services and is a service that provides assessment and treatment for young people and their families who are experiencing mental health difficulties.

While a broad range of services support the mental health of children and adolescents, the term 'CAMHS' is usually applied very specifically to services that provide specialist mental health treatment and care to young people up to 18 years of age through a multidisciplinary team.

To access a CAMHS service you need to be referred by your GP.

W: <https://www.hse.ie/eng/services/list/4/mental-health-services/camhs/>

Jigsaw

Jigsaw is a free and confidential mental health support service for young people aged 12 – 25.

T: 01 4727010 E: info@jigsaw.ie

Info for young people for difficult issues and topics:

<https://jigsaw.ie/information-and-elearning/?bring=a-young-person&cat=&search=&pagesd=1>

Jigsaw Parental supports available here:

<https://jigsaw.ie/information-and-elearning/?bring=parents-and-guardians&cat=&search=&pagesd=1>

SpunOut

Spunout is Ireland's youth information and support platform, working towards an Ireland where all young people are supported and empowered to thrive.

Mental health is covered both for young people, and for parents supporting young people experiencing mental health difficulties.

W: <https://spunout.ie/>

TeenLine Ireland

Teenline Ireland is a national helpline for teenagers. Teenline provides a listening and support service.

T: 1800 833 634. You can also free text 'Teen' to 50015.

W: <https://www.ispcc.ie/teenline/>

Books for young children:

- [Bea's Rumble Jungle](#) by Claire Keating & Sinéad Dore: a book on kindness and dealing with anger
- [Bea's Ocean Commotion](#) by Claire Keating & Sinéad Dore: A book about friendship and dealing with worry
- [Bea's Polar Express SOS](#): by Claire Keating & Sinéad Dore: A book about empathy and dealing with sadness

MENTAL HEALTH SUPPORT FOR PEOPLE FROM THE LGBT+ COMMUNITY

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- **LGBT Ireland**
www.LGBT.ie
- **LGBT Telefriending Service**
www.lgbt.ie/telefriending
- **TENI**
Transgender Equality Network Ireland
www.teni.ie
- **HSE guide:** Looking after your mental health for LGBTI+ people
looking-after-your-mental-health-for-lgbti-people

ANXIETY

- www.hse.ie Resources for stress and anxiety
- www.mentalhealthireland.ie Stress and anxiety information guides
- www.suicideorsurvive.ie Wellness workshops and stress reduction tools
- www.ptsd.va.gov PTSD Coach: Information and supports for anxiety /PTSD / Trauma
- www.beaumont.ie/marc Beaumont Hospital anxiety resources
- www.positivepsychology.com
- www.padraigmorain.com

Book: 'The Power of Small' by Leonard Curtin

Book: 'Dummies guide to CBT'

Aware: free online 6-week course to manage anxiety 'Skills for life'

www.aware.ie/programmes/life-skills-group-programme/

GROW have a similar course available.

PSYCHOSIS

Early Intervention in Psychosis (EIP)

<https://www.hse.ie/eng/about/who/cspd/nops/mental-health/psychosis/>

Shine

Shine provides both individual and family support for people who experience psychosis and live with psychotic disorders.

www.Shine.ie

Hearing Voices Network

Hearing Voices Network are a national network, affiliated with [Intervoice](#), consisting of voice hearers, family members and professionals, all working together to empower individuals with voices, vision and other unusual experiences or beliefs.

[Hearing Voices Network Ireland | HVNI](#)

St. Patricks Mental Health Services

The Psychosis Recovery Service at St Patrick's Mental Health Services provides outpatient, day patient, inpatient and aftercare services.

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T: 01 249 3333

E: info@stpatmail.com

W: stpatricks.ie

[Psychosis Recovery Programme at St Patrick's Mental ...](#)

NEURODIVERSITY

As I Am

School resources, University resources, language guide, workplace guide, 'Same Chance' guide: SME toolkit

www.aslam.ie

- www.autism.ie
- www.adhdireland.ie
- www.aspireireland.ie/cmswp/
- www.dyspraxia.ie
- www.childdiversity.ie
- www.neurodiversityireland.com
- www.workhuman.com/resources/reports-guides/great-minds-dont-think-alike-a-guide-to-neurodiversity-in-the-workplace

ADDICTION SUPPORT

Family Support

- www.enableireland.ie
- <https://drugs.ie/resources/covid/family-support/>
- <https://communityresponse.ie/our-services/family-concerned-persons-group.html>
- www.mymind.org Family counselling

Addiction support & information

- HSE National Helpline: 1800 459 459 / helpline@hse.ie
- www.askaboutalcohol.ie
- www.dualdiagnosis.ie
- www.addictioncounsellors.ie
- [Alcoholics Anonymous](#) - 01 8420 700
- National Drugs Team - 1800 295 295
- [Gamblers Anonymous](#) - 01 8721 133
- [Lifering](#) - 1800 938 768
- [Narcotics Anonymous](#) - 01 6728 000
- [Samaritans](#) - 1850 60 90 90

Your **Local Health Office** can help find addiction services in your area.

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Cuan Mhuire

Residential addiction support for alcohol, drugs, gambling supports

- Head Office, Athy, Co. Kildare, Ph: +353 (0)59 86 31090, Ph: +353 (0)59 86 31493
- Coolarne, Co. Galway, Ph: +353 (0)91 797102
- Bruree, Co. Limerick, Ph: +353 (0)63 90555
- Farnanes, Co. Cork, Ph: +353 (0)21 7335994
- Newry, Co. Down, Ph: 0044 (0)28 30849010
- Registered Office: Milltown, Athy, Co. Kildare, Ireland, RCN: 20012724, CHY 6648.

[Home - Cuan Mhuire](#)

Aiseiri

Aiséirí provides addiction treatment for adults and young people who are struggling with alcohol, drug and gambling addiction (public)

[Home - Aiseiri Rehabilitation Clinics](#)

Phone: 052 7441166

Email: info@aiseiri.ie

Locations: Phoenix Park, Tipper

St.Patricks Hospital (private)

St Patrick's Mental Health Services provides outpatient, day patient, inpatient and aftercare services.

T: 01 249 3333

E: info@stpatmail.com

W: stpatricks.ie

[The Addictions Service - St Patrick's Mental Health ...](#)

The Rutland Centre (private)

Rutland Centre provides treatment for individuals with substance and/or behavioural addictions.

[Rutland Centre: Leading Addiction Treatment Services](#)

Call Us: +353 1 494 6358 Email: info@rutlandcentre.ie

Address: Knocklyon Road, Dublin 16, D16 YV04

Tiglin

Head office: Tiglin Mens Centre, Tiglin Challenge, Tiglin, Ashford, Co Wicklow, 67FV07

Telephone: (0404) 40010

Email: admin@tiglin.ie

[Men's Residential Rehabilitation Centre | Tiglin Challenge Limited](#)

Books

- [Alcoholics Anonymous \(Big Blue Book\)](#) – AA
- [Overcoming Alcohol Misuse – Conor Farren](#)
- [The Language of Letting Go – Melody Beattie](#)
- [Get Your Loved One Sober – Robert Myers/Brenda L Wolfe](#)

EATING DISORDERS

HSE Eating Disorders Support

The HSE National Clinical Programme for Eating Disorders (NCP-ED) is a collaborative initiative between the HSE, the [College of Psychiatrists of Ireland](#), and BodyWhys - the national support group for people with eating disorders.

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[Eating Disorders - HSE.ie](#)

BodyWhys

Local Helpine: 1890 200 444

www.bodywhys.ie

- [Understanding Family Based Treatment \(FBT\) A short Guide for Families](#)
- [Eating Disorders A Treatment Guide](#)
- [Understanding CBT_E -cognitive behavioural therapy enhanced](#)
- [Eating Disorders -A resource for parents](#)

Equip

Equip is US based and is 100% virtual, evidence-based treatment model makes recovery possible for everyone affected by an eating disorder.

You'll find some additional helpful information about CBT-E here:

[CBT-E: Understanding Enhanced Cognitive Behavioral Therapy for Eating Disorders](#)

SOCIAL PRESCRIBING

Social prescribing recognises that health is heavily determined by social factors such as poverty, isolation and loneliness. Social prescribing offers GPs and other health professionals a means of referring people to a range of non-clinical community supports which can have significant benefits for their overall health and wellbeing.

Social Prescribing has a number of key components:

- A referral from any healthcare professional/other professional or self-referral into the service
- an intervention between the service user and a social prescribing link worker. The intervention can take up to eight sessions
- Supporting the service user to access local voluntary community and social enterprise organisations or services through discussion and joint decision
- making measuring the impact of the social prescribing on the person, the wider community and the health service.

[Social Prescribing - HSE.ie](#)

<https://www.allirelandsocialprescribing.ie/services-map>

COUNSELLING

Bodies that provide counselling support and services: they should be able to signpost to local counselling services in your area.

IACP

The Irish Association for Counselling and Psychotherapy has a database of counsellors and psychotherapists, making it easier to find help in your local area.

T: 01 230 3536

W: www.iacp.ie

APCP

Association of Professional Counsellors and Psychotherapists in Ireland

www.apcp.ie

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PSI

PSI is the learned and professional body for Psychology and Psychologists in Ireland.

www.psychologicalsociety.ie

SUPPORTERS PROGRAMMES

It's important as a supporter to link in with others in a similar place, or who can give you sine support:

HSE supports and information on services:

[Mental health supports and services - HSE.ie](#)

[Family Recovery Resource Guide](#)

Suicide or Survive

This programme teaches supporters practical skills they can use to support others, it gives information on what supports are available and how they can be accessed and teaches practical ways of looking after your own mental health

[Suicide or Survive | Supporters Programme](#)

Shine

If you or someone you know is looking for confidential mental health and recovery information or support:

[Get support | Supporting People Affected By Mental Ill Health | Shine](#)

Aware

Our Relatives & Friends Programme is a psychoeducational programme designed specifically for those supporting a loved one experiencing depression or bipolar disorder. The aim is to focus on the self-care of the supporter, while also equipping the supporter with the tools to understand and support a loved one experiencing depression or bipolar disorder.

[Relatives & Friends Programme | Positive Mental Health | Aware](#)

Mental Health Ireland

[Family Recovery Supports – Mental Health Ireland](#)

'Living with the Black Dog' book written by Matthew Johnstone for people supporting those experiencing mental health problems. This is a follow up book to the 'I Had a Black Dog' book on having depression.

STIGMA AND DISCRIMINATION

Around the world organisations have been brought together to reduce the stigma that still exists in relation to mental health.

See Change

Ireland's national stigma reduction programme.

The information guides published by See Change are in the guides links below.

www.seechange.ie

Global Anti Stigma Alliance (GASA)

GASA has an international listing of the anti-stigma programmes across the world.

[Global Anti-Stigma Alliance \(antistigma.global\)](http://GlobalAntiStigmaAlliance.org)

See Me Scotland

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Scotland's national stigma reduction programme. They have a large amount of resources available for workplaces and communities

[See Me | End Mental Health Stigma and Discrimination | End Mental Health Stigma and Discrimination \(seemescotland.org\)](#)

ADDITIONAL TRAINING AND INFORMATION SUPPORTIVE TO MENTAL HEALTH FIRST AIDERS

The World Health Organisation (WHO)

The WHO have some great resources and information on mental health including:

[WHO mental health resources](#)

[WHO - MINDBANK INTERNATIONAL RESOURCES](#)

[A guide to peer support mental health services](#)

Quality Rights training on mental health

WHO's Quality Rights initiative aims to improve the quality of care in mental health and related services and to promote the rights of people with psychosocial, intellectual and cognitive disabilities.

The associated Quality Rights e-training, available in 11 languages, covers: taking care of one's own mental health; supporting friends, family and colleagues with their mental health; tackling stigma, discrimination, abuse and coercion in mental health services; and taking action in support of transformation of mental health services towards a person-centred, rights-based recovery approach.

[WHO qualityrights e-training on mental health](#)

ACTIVE LISTENING: TECHNIQUES, BENEFITS, & EXAMPLES

Active listening is a communication skill that involves going beyond simply hearing the words that another person speaks. It's about actively processing and seeking to understand the meaning and intent behind them. It requires being a mindful and focused participant in the communication process.

Active listening techniques include:

- Being fully present in the conversation
- Showing interest by practicing good eye contact
- Noticing (and using) non-verbal cues
- Asking open-ended questions to encourage further responses
- Paraphrasing and reflecting back what has been said
- Listening to understand rather than to respond
- Withholding judgment and advice

This is easily described at Very Well Mind:

<https://www.verywellmind.com/what-is-active-listening-3024343>

Samaritans listening skills training:

This course will help participants to:

- Explore what active listening looks like in practice
- Develop their range of open questions to explore facts and feelings
- React with empathy through their words and tone of voice
- Ask effective clarifying questions to ensure shared understanding
- End conversations effectively and sensitively

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[Listening Skills | Samaritans Training and Engagement Programmes](#)

TRAINING RELATED TO MENTAL HEALTH

Mental Health First Aid Ireland

Mental Health First Aid (MHFA) is the help offered to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem, or who is experiencing a mental health crisis. That help is offered / given until appropriate professional help is received, or until the crisis resolves. Mental Health First Aid Ireland, accredited by MHFA International, are the only licenced provider of MHFA in the Republic of Ireland, and offer training across the public and private sector with a focus on Adult, Workplace and Youth MHFA (for adults supporting young people).

T: 01 2771458

E: mhfa.ireland@sjog.ie

W: <https://www.mhfaireland.ie>

Suicide or Survive

Their primary aim is suicide prevention through provision of a small group programme for people who have attempted suicide or are suicidal. SOS also run a range of wellness workshops nationwide, and the 'Eden' programme for suicide survivors.

T: 0402 41487

W: <https://suicideorsurvive.ie>

Mental Health Ireland

MHI is a national voluntary organisation which promotes positive mental health and wellbeing to all individuals and communities in Ireland

T: 012841166 E: info@mentalhealthireland.ie

W: mentalhealthireland.ie

YourMentalHealth.ie / HSElive

In-person suicide prevention and similar training programmes in your area.

[Types of training - HSE.ie](#):

- Let's Talk About Suicide
- Understanding Self-harm
- Suicide bereavement workshop
- safeTALK (Suicide Alertness for Everyone)
- ASIST (Applied Suicide Intervention Skills Training)

The HSE 'Stress Control' course can help you learn stress management skills.

- [StressControl.ie](#)
- [Upcoming training - HSE.ie](#)

ADVOCACY AND REFORM

Mental Health Reform

Mental Health Reform is Ireland's leading national coalition on mental health. With over 70 member organisations, we work together to drive progressive reform of mental health services and supports in Ireland.

T: 01-874 9468 Email: info@mentalhealthreform.ie W: <https://www.mentalhealthreform.ie>

Helpful guides available from MHR:

- [Lets talk about recovery guide](#)
- [A guide on effective public consultation for people with psychosocial disability](#)
- [A guide to the UNRPD](#)

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Irish Advocacy Network

Support, information, advocacy and training offered by persons who have experienced mental health difficulties. They have peer advocates (contact details on the website) working in the majority of counties throughout Ireland and regularly meet people in acute psychiatric units, training centres, day centres and day hospitals as well as meeting people in the community.

T: 047 38918 / 047 72863

E: admin@irishadvocacynetwork.com

W: <http://www.irishadvocacynetwork.com/>

Decision Support Services

The DSS promote the rights and interests of people who may need support with decision-making. They register decision support arrangements and supervise decision supporters.

T: +353 (01) 211 9750 E: queries@decisionsupportservice.ie

W: [Welcome to the Decision Support Service website | Decision Support Service](#)

Mental Health Commission

The MHC promote, encourage and foster high standards and good practices in the delivery of mental health services in Ireland.

T: 01 636 2400 E: info@mhcirl.ie

[Mental Health Commission | Mental Health Commission \(mhcirl.ie\)](#)

In relation to mental health and the media, it may be helpful to know about this resource:

Headline

They produce original research to inform and improve media practices when reporting on mental health challenges and suicide. They have oversight of Irish media reporting on mental illness and suicide. Complaints can also be made to them when media guidelines are breached.

<https://headline.ie>

EMPLOYMENT LAW RELATING TO MENTAL HEALTH IN IRELAND

'Mental Health in the Workplace: A guide to your rights'

By Mental Health Reform funded by IHREC

A guide for both employees and employers to understand employment law, PSED, UNCRPD and the disability acts in relation to mental health in the workplace. This guide gives guidance on disclosure, best practice and what to do when an employee does not feel supported by their workplace in relation to their mental health difficulties.

**this guide was launched on 17th September 2024 and is available from Mental Health Reform and Mental Health Matters for download:*

www.mentalhealthreform.ie

www.mentalhealthmatters.ie/publications

The Employment Law Equality Acts (Discrimination & Reasonable Accommodation)

[Employment Equality Act, 1998 \(irishstatutebook.ie\)](#)

The Public Sector & Human Rights Duty (PSED); Discrimination under the 9 grounds: mental health falls under Disability.

[gov - Public Sector Equality and Human Rights Duty \(www.gov.ie\)](http://www.gov.ie)

[Public Sector Equality and Human Rights Duty - IHREC - Irish Human Rights and Equality Commission](#)

UNCRPD

United Nations Convention on the Rights of People with Disabilities

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[crpd_e.pdf \(un.org\)](#)

[The Convention on the Rights of Persons with Disabilities - IHREC - Irish Human Rights and Equality Commission](#)

Disability Acts 2005 & National Disability Inclusion Strategy: protects disabled rights
[Revised Acts \(lawreform.ie\)](#)

IHREC

Irish Human Rights and Equality Commission

Your Rights Service

www.ihrec.ie

Factsheets available from IHREC:

- [Disability discrimination and the right to reasonable accommodation under the Employment Equality Acts - IHREC - Irish Human Rights and Equality Commission](#)
- [Public Sector Equality and Human Rights Duty - IHREC - Irish Human Rights and Equality Commission](#)
- [Human Rights and Equality for Employers - IHREC - Irish Human Rights and Equality Commission](#)
- [A Guide to the Equal Status Acts - IHREC - Irish Human Rights and Equality Commission](#)
- [A Guide the Employment Equality Acts - IHREC - Irish Human Rights and Equality Commission](#)

EMPLOYMENT RELATED SUPPORTS

Workplace Relations Commission

The WRC have a vast range of services available to both employers and employees, covering all aspects of the workplace relations environment, with the aim of ensuring harmony, trust, goodwill, fairness, non-discrimination and good work practices within the workplace.

Info service: 0818 80 80 90 **T:** 059 9178990

W: <https://www.workplacerelations.ie/en/>

National Disability Authority

www.nda.ie

DPO: Disabled Persons Organisations

www.dponetwork.ie

GUIDES, BOOKLETS AND LINKS

MENTAL HEALTH COMMISSION GUIDES

- [Mental Health Commission Know your Rights Booklet](#)
- [Information for Involuntary Patients | Mental Health Commission \(mhcirl.ie\)](#)
- [Admission process guide – a guide for family and friends on the admission process | Mental Health Commission \(mhcirl.ie\)](#)

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- [Headspace Toolkit | Mental Health Commission \(mhcirl.ie\)](#)
- [Headspace Support Tools | Mental Health Commission \(mhcirl.ie\)](#)
- [Ethnic Minorities and Mental Health | Mental Health Commission \(mhcirl.ie\)](#)

HSE RESOURCES ON MENTAL HEALTH IN DIFFERENT COMMUNITIES

- [family-carer-and-supporter-leaflet](#)
- <https://www.healthpromotion.ie/products/looking-after-your-mental-health-in-later-life>
- [looking-after-your-mental-health-when-you-have-financial-difficulties](#)
- [mental-health-in-pregnancy](#)
- [planning-a-pregnancy--information-for-women-with-mental-health-problems](#)
- <https://www.healthpromotion.ie/products/you-are-not-alone-crisis-supports-card>

SUICIDE PREVENTION BOOKLETS & GUIDES

- [lets-talk-about-suicide-dl-leaflet](#)
- [Suicide Prevention in the Community \(hse.ie\)](#)

SEE CHANGE STIGMA REDUCTION GUIDES

- [A new reality: Living with Covid-19: returning to the workplace](#) (a guide with information on stress, anxiety, grief and how to have difficult conversations about these with family and colleagues).
- [Stand Up to Stigma](#) (a guide to understanding stereotyping, prejudice & discrimination as the building blocks to stigma, and information on language and the impact on people with lived experience of mental health difficulties).
- [Mental Health Matters](#) (a guide on attitudes and stigma in the workplace, information for managers and on employment rights in relation to mental health).
- [Let's Talk Mental Illness](#) (a guide to understanding diagnosed mental illnesses, with insight from people with lived experience on what helps or hinders)

OTHER GUIDES

- [Samaritans' Media Guidelines](#)
- [Order Resources - spunout](#) Information for young people, and people supporting young people.
- [Cultural Competency - Mental Health Reform](#)

Your local library is a good resource for books on mental health that have been quality reviewed.

OTHER INFORMATION AND LINKS

DSM

The DSM5 gives summaries of signs and symptoms contextualised in bio-psychosocial framework (diagnostic criteria) for trained professionals and is used to inform a diagnosis.

*As a Mental Health First Aider you are **NOT** required (or trained!) to diagnose someone – this information is to help with your understanding of the diagnostic process a doctor uses to diagnose mental illness, so that you might be able to have an easier conversation with*

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someone who may need to go to the doctor as they are showing several symptoms that are unusual, causing the person distress, and causing a negative impact on their life.

For example:

For a diagnosis of **Schizophrenia** to be concluded, it is necessary for at least 2 experiences to be present of:

- Delusions
- Hallucinations
- Disorganised thinking
- Catatonic behaviour
- Negative symptoms

Time period: 1 month

For a diagnosis of **Borderline Personality Disorder (BPD)** to be concluded, it is necessary for at least 5 or more be present:

- Inappropriate anger
- Paranoid ideation and dissociation
- Instability in relationships
- Instability in self-image and emotions
- Marked impulsivity
- Abandonment reaction
- Recurrent suicidal behaviour / self-harm
- Chronic feelings of emptiness

There is a higher rate in these symptoms in people who have Autism or ADHD (and other neurodiverse experiences). This can lead to misdiagnosis.

LIGHT THERAPY

- Wake Up / Dawn Lamps
- Seasonal Affective Disorder (SAD) Therapy Lamps

Light therapy lamps have LED bulbs delivering up to 10,000 Lux. To be of therapeutic value, the lamp needs to be at a distance of **20 - 25cm** distance.

You can buy both kinds in places like:

www.Amazon.com

www.Boots.ie

www.murrays.ie (medical equipment)

www.TheSleepShop.ie

www.BrighterDay.ie

www.SolarLamp.ie

www.Currys.ie