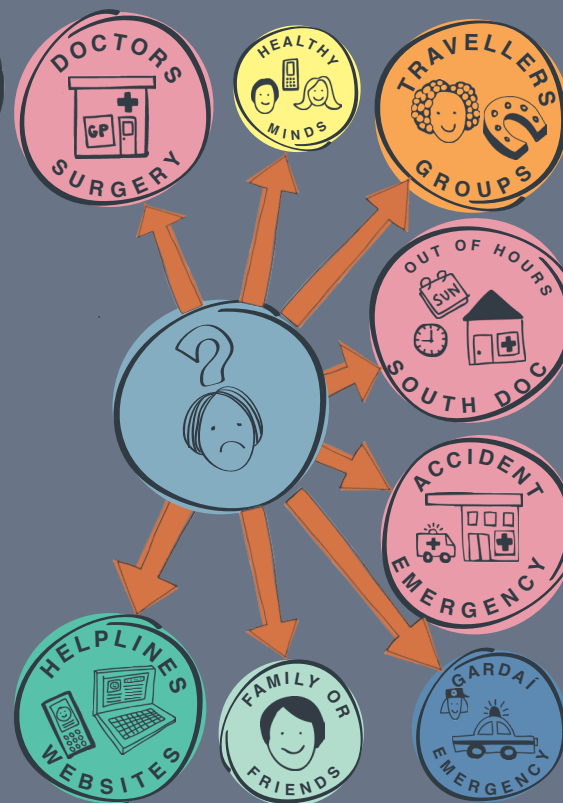


## Signs and symptoms

If you are experiencing any of the following, it is good to go to your GP for a talk:

- feeling sad or worrying all the time
- having no interest in food or eating too much
- thinking bad thoughts about yourself or others over a long time
- feeling moody and on bad form over a long time
- not looking after yourself
- not sleeping, sleeping too much or not getting up out of bed
- wanting to be alone more than usual
- not talking to your wife/husband, friends, children or extended family
- turning to alcohol or drugs

## Where to go for help



### Help on the end of the phone - call for free:

- SAMARITANS: 24 hour 116 123
- NATIONAL SUICIDE HELPLINE: operated by Pieta House 24 hour 1800 247 247
- TEENLINE: 8pm-11pm 1800 833 634 or text 50015
- CHILDLINE: 24 hours 1800 666 666 or text 'talk' to 50101
- AWARE: Depression support 10am-10pm 1890 303 302

- | Useful websites  | Cork organisations              |
|--|---------------------------------|
| <a href="http://www.aware.ie">www.aware.ie</a>                             | Cork Mental Health 021 451 1100 |
| <a href="http://www.pieta.ie">www.pieta.ie</a>                             | Pieta House 021 434 1400        |
| <a href="http://www.grow.ie">www.grow.ie</a>                               | Shine 1890 623 631              |
| <a href="http://www.samaritans.ie">www.samaritans.ie</a>                   | Mná Feasa 021 421 1757          |
| <a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a> | OSS Cork 1800 497 497           |
| <a href="http://www.shineonline.ie">www.shineonline.ie</a>                 | LINC 021 480 8600               |
| <a href="http://www.belong.ie">www.belong.ie</a>                           | Cork Gay Project 021 430 0430   |
| <a href="http://www.linc.ie">www.linc.ie</a>                               |                                 |
| <a href="http://www.corkgayproject.com">www.corkgayproject.com</a>         |                                 |



**John Walsh** - Traveller Mental Health Project  
Co-ordinator  
**Helen O'Sullivan** - Traveller Mental Health  
Community Worker  
**HEALTHY MINDS PROJECT** Phone: 021 492 8381  
HSE South, Old Library Building, St. Mary's Road, Cork. Fax: 021 430 8597  
Mobile: 087 759 0050

**TVG - Travellers Visibility Group**  
25 John Street, Cork City Phone: 021 450 3786  
Email: tvgcork@gmail.com Website: tvgcork.ie/site/

**WCT - West Cork Travellers**  
Murphy's Garage, Western Road, Clonakilty, Co Cork.  
Phone: 023 883 5039 Email: wctcmail@gmail.com

**CTWN - Cork Traveller Women's Network**  
c/o St. Catherine's School, Bishopstown Avenue, Model Farm Road, Cork  
Phone: 086 385 0136 Email: corktravellerwomen@hotmail.com

**TNC - Travellers of North Cork**  
Riverside, Doneraile, Co. Cork.  
Phone: 022 71030 Email: marietnc@gmail.com

**SOUTH DOC**  
After 6pm Monday - Friday. All day Saturday & Sunday  
1850 335 999

**24 Hour Emergency services**  
Ambulance 999 Gardaí 999  
Mercy Hospital 021 427 1971 CUH 021 492 2000

## What to expect

You may be asked to wait for a while in a waiting room.

You may be asked some questions about:

- how you are feeling, and how long for
- your mental health history
- your living situation
- any medication you are taking
- drug and alcohol use

You may be asked to:

- come back again
- go to see another doctor or professional
- begin a short course of medication
- attend therapy sessions - group or 1 to 1

## Questions you should ask

- Do I have a mental health problem?
- Do I need medication?
- How long will it take before I feel better?
- What can I do to help myself? How will therapy help?
- Will it cost me anything?
- How can you support me as a Traveller?

## Therapy sessions

To start with, you may be asked to attend appointments

Don't be afraid. This will usually be once a week for 6-8 weeks. It is usually in a small group, or one to one.

Try to open up and be honest about how you are feeling. Listening and learning from other people can help

Ask questions.

Keep going for all your appointments - even if at first you find it difficult to be there.

Let someone know that you are a member of the Travelling community, and if you feel you need any extra support.

If you are finding it hard, talk to the worker, they will help.

