

South Tipperary Directory of Mental Health Services & Supports





Contents

Accessing
Services

Foreword	4
Introduction	5

Understanding

Accessing Mental Health Services 6

Admission to Inpatient Care	12
-----------------------------	----

A Better Understanding 15

Recovery

Depression	15
------------	----

Anxiety Disorders	16
-------------------	----

Post Traumatic Stress Disorder (PTSD)	17
---------------------------------------	----

Schizophrenia	18
---------------	----

Obsessive Compulsive Disorder (OCD)	20
-------------------------------------	----

Bipolar Affective Disorder	22
----------------------------	----

Eating Disorders	23
------------------	----

Severe Emotional Dysregulation Disorder	25
---	----

Dementia	27
----------	----

Services &
Supports

Recovery 30

Reading

Relapse Prevention	32
--------------------	----

Mindfulness	35
-------------	----

40 Tips for Mental Health & Wellbeing	37
---------------------------------------	----

Services & Supports 44

Mental Health
Websites

Emergency Numbers 24/7	44
------------------------	----

Accommodation & Housing	44
-------------------------	----

Glossary

Contents

Addiction Services (Alcohol, Drugs & Gambling)	46
Advocacy & Legal Services	49
Bereavement & Suicide Support	52
Counselling Services	55
Carers Support	59
Disability & Rehabilitative Services	60
Domestic Violence Services & Supports	64
Employment, Education, Training & Volunteering	68
4 Young People	70
Family Support & Children's Services	73
Finance & Budgeting Services	76
Information Services	78
New Communities	79
LGBTI	80
Older Peoples Services	81
Mental Health Services & Supports	84
Primary Care/General Practitioners/Caredoc	89
Services for Travellers	92
Transport	92
Bibliotherapy: Promoting Wellbeing through Healthy Reading	93
Mental Health Websites	
National & International	102
Glossary	103

Accessing
Services

Understanding

Recovery

Services &
Supports

Reading

Mental Health
Websites

Glossary

Foreword



I am delighted to introduce the second edition of the Directory of Services for South Tipperary and would like to congratulate all those involved for their work and dedication in updating the directory. In this age of information overload via the internet, accurate, reliable information on mental health issues and mental health and support services is essential. I hope this directory will prove useful to service users and service providers alike.

I would like to thank STAN (South Tipperary Action Network Mental Health), HSE Connecting for Life, Tipperary County Council and the South Tipperary Mental Health Association for their support and assistance in producing the Directory. The front cover is adapted from artwork from the Western Studio, Clonmel.

Dr. Michele Brannigan
Consultant Psychiatrist, Clinical Director
South Tipperary Mental Health Services

Introduction

It is estimated that one in four of us will experience mental health problems during our lifetime. This directory was first produced in 2009 and has been revised in the hope that it will be of help to anyone who wants to know more about mental health problems and how to access local services. The aims of the directory are:

- To provide a brief outline of the main mental health conditions
- To inform service users, their families and friends of services and supports available to them
- To be a resource for health and social care professionals and other service providers.
- To promote recovery and well-being

This edition of the directory has been collated by the [South Tipperary Action Network – STAN Mental Health](#). The aim of STAN is to bring service providers together with a view to improving the quality of life and mental health of all citizens and in particular the de-stigmatising of mental health.

Sincere thanks to all who contributed to the process of updating the directory. Thanks to the artists at the Western Studio in Clonmel, whose art work was the inspiration for the front cover. We would also like to thank the Psychological Society of Ireland for giving permission to include their Tips for Wellbeing.

This edition of the directory has been funded by the Health Service Executive under Connecting for Life South Tipperary, The National Lottery, Tipperary County Council and South Tipperary Mental Health Association. The directory can be accessed on the South Tipperary Action Network Web www.stanmentalhealth.ie, www.connectingforlifesouthtipperary.ie and www.yourmentalhealth.ie.

Feedback, suggestions and updates are most welcome.
Please email: stanmentalhealth@gmail.com

Naomi Burke, Chairperson,
South Tipperary Action Network (STAN Mental Health)
April 2017.

Accessing Mental Health Services

South Tipperary Adult Mental Health Service provides a 24 / 7 service. All referrals go through the Adult Mental Health Team Co-ordinator. All General Practitioners (GPs) in South Tipperary have direct telephone access to the Team Co-ordinator.

First Point of Contact with Adult Mental Health Services

In most cases, it is the GP who initially refers the Individual to the Adult Mental Health Services for assessment and intervention. This is the preferred referral pathway.

Referrals from other sources are also accepted e.g. Caredoc, Hospital Emergency Department, South Tipperary General Hospital Mental Health Liaison Staff or other Medics. In each case the individual's GP is informed that a referral has been made.

GP Service

It is advisable to see a GP or family doctor if:

- You are concerned about your own or another person's (e.g. family member's) mental health
- You are experiencing distressing symptoms (e.g. mood changes, sleep difficulties etc)
- You are experiencing suicidal thoughts, and / or have plans to harm yourself.

Following assessment, and depending on your needs, your GP may:

- Provide the relevant mental health care you need
- Refer you to other services in the Community (e.g. Local Counselling Services)
- Refer you to the Community Mental Health Team

Community Mental Health Teams (CMHT):

The role of the Community Mental Health Team (CMHT) is to provide multidisciplinary assessment, treatment and support for adults aged 18-65 years. The CMHT comprises the following staff members: a Consultant Psychiatrist, Mental Health Nursing Staff, Psychologist, Social Worker, Occupational Therapist and Addiction Counsellor. Depending on available staff resources,

Accessing Mental Health Services

other professionals (e.g. Family Therapists, Dietician) may also be part of a CMHT. There are 3 CMHT's in South Tipperary and each team caters for the mental health needs for people living within a particular geographic area (Clonmel East, Clonmel West and Cashel/Tipperary).

Both the Clonmel East and Clonmel West CMHT's are based in the Community Mental Health Centre, Glenconnor Road, Clonmel.

The Cashel / Tipperary CMHT is located in Carraig Ór Cashel, but also provides a satellite service in St. Vincent's Hospital, Tipperary Town.

Child & Adolescent Mental Health Services (CAMHS)

The CAMHS service is a specialist mental health service for children and adolescents up to 18 years of age. Parental / guardian consent is required before any child / adolescent can be assessed or treated by CAMHS. All referrals should be sent directly to the relevant CAMHS Team. There are 2 CAMHS teams in South Tipperary; each team has its own Consultant Paediatric Psychiatrist.

CAMHS Team 1 is located in South Tipperary Therapy Service, Glenconnor Rd, Clonmel, and its catchment area includes Slieve Ardagh (Killenaule, Fethard, Mullinahone) Cashel and Tipperary Town.

CAMHS Team 2 is located in Coleville House, Coleville Rd., Clonmel, and caters for individuals living in Clonmel, Carrick-on-Suir, Cahir and Clogheen.

Psychiatry of Later Life (POLL)

This service caters for Older Adults (aged 65 years and over) presenting with mental health difficulties who meet one of the following criteria:

- They are aged 65 years and over and had no previous contact with South Tipperary Adult Mental Health Services.
- They are aged 65 years and over and have not attended South Tipperary Adult Mental Health Services in the past 10 years.

Accessing Mental Health Services

Referrals are sent to the Mental Health Team Co-ordinator, Psychiatry of Later Life, Rosehill, Western Rd, Clonmel.

If an individual turns 65 years, and is currently or has attended a Community Mental Health Team within the past 10 years, then their mental health needs will continue to be treated by their existing Community Mental Health Team.

In emergency or crisis situations, older adults can attend their GP, Caredoc, or the Emergency Department, South Tipperary General Hospital.

Rehabilitation & Recovery Team

The Rehabilitation & Recovery Team provides mental health services for adults with severe and enduring mental health difficulties. The team is based in Morton House, Morton Street, Clonmel. Referrals are made to the Rehabilitation and Recovery team by the Adult Community Mental Health Teams.

Glenville House (Crisis House)

Glenville House is used for brief crisis intervention. Referrals to Glenville house are through the Community Mental Health Teams, the assessing Mental Health Team or the Department of Psychiatry. Your CMHT may recommend admission to Glenville House as part of your initial assessment and / or ongoing care plan, depending on your identified needs.

Department of Psychiatry (DOP)

The DOP is an acute mental health unit comprising 44 beds, located in St. Luke's General Hospital, Kilkenny. Admission may be offered following an initial mental health assessment. This can happen if a person is acutely mentally unwell, or as part of your care-plan.

Accessing Mental Health Services

Health Service	Contact
Community Mental Health Centre, Clonmel	052 6183470/ 052 6183495
Carraig Ór Cashel & St. Vincent's Tipperary Town	062 70460
Psychiatry of Later Life, Rosehill	052 6177491 (office hours)
Child & Adolescent Mental Health Services CAMHS Team 1	052 6177436 (office hours)
CAMHS Team 2	052 6189204 (office hours)
Emergency Department, South Tipperary General Hospital	052 6177000 (open 24/7)
Caredoc GP service	1850 334 999 (6pm – 8am)
St Luke's Hospital Kilkenny (Dept of Psychiatry)	056 7785000

Out of Hours

South Tipperary Mental Health Service can be accessed out of hours through Caredoc or by presenting to South Tipperary General Hospital Emergency Department (STGH ED).

Other Local Specialist Services

Self-Harm & Alcohol/Drug Detox for Individuals with a Mental Health Diagnosis

Should you require immediate medical treatment for self-harm, alcohol or substance misuse, you will be referred to South Tipperary General Hospital, Emergency Department. The Community Mental Health Team will provide follow-up support based on your mental health needs.

Accessing Mental Health Services

If you do not need follow-up support from the CMHT, support may be provided by your GP and/or you may be referred to other specialist services such as South Tipperary Substance Misuse Service or the Self-Harm Intervention Programme (SHIP) service.

South Tipperary Substance Misuse Service (HSE)

This service provides support to individuals with addiction issues such as alcohol and/or drugs misuse, gambling etc. The service accepts GP referrals and self-referrals.

Self-Harm Intervention Programme (SHIP)

The SHIP service is available in Carlow, Kilkenny, South Tipperary, Wexford and Waterford. This is a free and confidential HSE professional counselling service offering short-term counselling to individuals aged 16 years and over who have self-harmed and/or are experiencing suicidal thoughts. GP referrals or referrals from Mental Health Services are accepted.

For more information see listings in **Services & Supports** section.

Attending The Mental Health Service – What To Expect

New Service Users

Being referred to your Community Mental Health Service is often an anxious time, particularly if you have not attended these services previously.

Your First Appointment

In the event of a crisis or urgent referral, a member of the Community Mental Health Team will contact you to offer you an appointment for assessment. Routine appointments are usually sent by post. If you wish, a relative or close friend can accompany you; they may be asked to provide additional information about your difficulties, with your consent.

A comprehensive assessment and risk assessment is carried out with each person to identify their specific needs: you will be asked questions about your presenting difficulties, relevant personal information, history of psychiatric and medical difficulties, the

Accessing Mental Health Services

stressors in your life, and your support network (e.g. family / friends). Some people may require a medical assessment with the Consultant Psychiatrist or Junior Doctor.

Care Plan

Following assessment, a care plan will be developed with you. This plan outlines what your specific needs are, and how these needs will be addressed by the Community Mental Health Team. Your care plan can be amended, if your needs change.

In some cases, the initial assessment may indicate you do not meet the criteria for a Mental Health Diagnosis, and that your needs would be best met by other services in the community (e.g. local counselling services). You will be referred back to the care of your GP, or referred / signposted onwards to that service. However a re-referral to the Community Mental Health Service can occur at a future date, if your mental health needs change.

Interventions

Your assessment and care plan will identify what supports / interventions are appropriate to your recovery.

Interventions available from the Community Mental Health Team may include Counselling, Addiction Counselling, Family Therapy, Social Work, Occupational Therapy, Dietetic Input, Psychology, Dialectical Behaviour Therapy, Medication etc.

Any concerns you have about your care plan or interventions offered to you should be discussed with a member of the CMHT.

Bio-Psychosocial Model of Care

South Tipperary Mental Health Services adopts the Bio-Psychosocial model of Mental Health Care. This means looking at the relevant biological, social and psychological issues that impact on the person's mental health needs. For example, a person diagnosed with depression might live in unsuitable accommodation and have unresolved distressing past issues. All of these issues will be addressed as part of the individual's care-plan to support recovery and prevent relapse.

Accessing Mental Health Services

When a person is mentally well, they are discharged from the Mental Health Service. However, should their circumstances and/or mental health needs change they can be re-referred to the Mental Health Service as appropriate.

Confidentiality

All staff members are required to abide by a code of conduct on confidentiality.

Service Users Involvement with the Mental Health Services

Service users are most likely to benefit from attending mental health services if they:

- Are fully involved in their mental health recovery: by being informed about their mental health condition, making relevant lifestyle changes to improve their mental and physical wellbeing, and being actively involved in any decision making about their life.
- Attend scheduled appointments and cancel appointments if unable to attend.
- Work with their Community Mental Health Team to address their specific needs, as outlined in their care-plan.

Family Members & Carers

Family Members & Carers play an important role in supporting the person's mental health recovery. This can be a confusing, stressful and lonely time for family members & carers. There are a number of groups and supports in South Tipperary that are available to assist. Please see the Carers Support section for more information.

Admission to Inpatient Care (Voluntary & Involuntary Admission)

For the most part, people with mental health difficulties will receive the mental health care they require from their local Community Mental Health Team (CMHT).

However, some individuals may become so mentally unwell that they require inpatient care, and may need to be admitted to the Department of Psychiatry (DOP) in St. Luke's Hospital Kilkenny. The term **voluntary admission** is used when service users provide consent to be admitted to the DOP for treatment.

In a small minority of cases, an individual can present as very mentally unwell, but decline to be admitted to the acute unit. The term **involuntary admission** is used when service users are admitted to the DOP without their consent. Where possible, voluntary admission is encouraged, and involuntary admission is only ever used as a last resort. Under the Mental Health Act 2001, Irish law permits involuntary admission to hospital if:

- The individual has a mental illness which poses a serious risk of harm to himself/herself, or to others.
- The individual's mental health is so impaired their mental health would deteriorate further if they did not receive inpatient treatment.

Following involuntary admission, the individual must be assessed by a Consultant Psychiatrist within 24 hours. Following this assessment, the Consultant Psychiatrist will only sign an **Admission order** if the individual is found to have a mental health difficulty, requires inpatient care and intervention, and declines to stay. An admission order lasts up to 21 days.

Under the Mental health Act 2001, a mental health tribunal must be held during the 21 days. The mental health tribunal is an independent panel of people comprising a practising barrister or solicitor, a consultant psychiatrist (who is not involved in the individual's care) and a lay person who will examine the individual's inpatient admission to ensure the law was correctly followed. If the mental health tribunal establishes that the individual needs inpatient care and the procedures for involuntary admission were correctly followed, then the tribunal will **affirm the admission order**. This means the individual will remain in hospital to receive the necessary treatment.

If the tribunal finds that the individual does not require inpatient psychiatric treatment and the procedures did not comply with the law, the tribunal will **revoke the admission order**. This means the individual can immediately leave the unit.

Appealing the Decision of the Mental Health Tribunal

If an individual disagrees with the Mental Health Tribunal's decision, they can appeal this decision by applying to the Circuit Court.

Accessing Mental Health Services

The appeal must be taken within 14 days of the Mental Health Tribunal's decision.

Renewal Orders

Admission orders are only valid for 21 days. The individual must be medically assessed by a Consultant Psychiatrist seven days before the admission order expires. A renewal order which is valid for up to 3 months will only be signed, if the individual refuses consent for voluntary admission and the individual continues to meet the eligibility criteria for involuntary admission under the Mental Health Act 2001. A Mental Health Tribunal will be held to review the individual's case, following which the renewal order will be affirmed or revoked.

The Consultant Psychiatrist will medically assess the individual seven days before the renewal order expires. If the individual remains mentally unwell, and continues to meet the legal criteria for involuntary admission under the Mental Health Act, subsequent renewal orders can be signed off which are valid for up to 6 months, and thereafter, up to 12 months. The individual's case will be fully reviewed by a Mental Health Tribunal each time a renewal order is signed off on.

Service users who are admitted to inpatient units in an involuntary capacity can opt to receive inpatient care in a voluntary capacity at any time. Individuals are discharged, when they are medically assessed as being mentally stable. The individual's care plan will determine what follow up intervention is required: this is likely to include treatment from the Community Mental Health Team.

Rights of Service Users (Involuntary Admission)

Under the Mental Health Act 2001, individuals who are involuntary admitted to inpatient units have certain rights, including:

- The right to information about their detention
- The right to information about their treatment
- The right to information about Admission Orders
- The right to have their care reviewed by a Consultant Psychiatrist or a Mental Health Commissioner
- The right to be represented by a Lawyer

For further information see www.mentalhealthcommission.ie

A Better Understanding: Depression

Depression is a common but serious illness. It is estimated that 1 in 20 people will suffer from depression at some point during their lifetime. Most people experience low mood from time to time, but these feelings usually pass relatively quickly. In contrast, individuals who present with depressive disorders report their low mood persists over time and interferes with their daily life and normal functioning.

People who experience depression frequently report they are pre-occupied with negative thoughts, they experience inappropriate feelings of guilt and worthlessness, and they may withdraw socially from others. Other symptoms of depression can include: loss of interest in previously enjoyable activities, changes in eating and sleeping patterns, weight gain or weight loss, experiencing difficulties when concentrating or making decisions, loss of energy, feeling fatigued, and persistent feelings of sadness, anxiety or "emptiness". Some individuals may experience suicidal thoughts, or attempt suicide. Depression can be triggered by stressful life events such as relationship difficulties, bereavement etc. Genetic factors and psychological factors may also be involved. Sometimes there are no obvious reasons for why someone becomes depressed.

Interventions

People who experience depression may find it beneficial to discuss their problems with a psychologist or a therapist. Cognitive behavioural therapy (CBT) and Mindfulness are recognised as effective interventions for depression. These approaches can be delivered on an individual or group basis, and can be used irrespective of whether or not a person is using antidepressant medications. The National Institute for Health & Clinical Excellence (NICE) recommends mindfulness as an effective treatment for recurrent depressive illness: available research indicates it halves the likelihood of further depressive episodes for individuals who present with a history of recurrent depression.

Antidepressant medications are often helpful in alleviating depressive symptoms such as low mood, poor sleep, poor concentration etc. These medications can take 2-4 weeks to work properly.

Many people find benefit in attending support groups where they can meet others with similar difficulties. It is often helpful to hear how others have coped and recovered from their depression. Mindfulness groups and courses are run at various locations throughout the country.

A Better Understanding: Anxiety Disorders

Anxiety Disorders are common, affecting approximately 5% of the population. Anxiety typically arises in response to or when anticipating stressful events and situations. Such anxiety is normal, and elevated anxiety levels typically return to normal levels when the stressful situation has passed. An anxiety disorder diagnosis may be given if an individual's anxiety levels are excessive and prolonged. The most common Anxiety Disorders include:

Panic Disorder is characterised by unexpected and repeated episodes of intense fear accompanied by physical symptoms that may include chest pain or discomfort, heart palpitations, shortness of breath, trembling or shaking, sweating, feeling dizzy or lightheaded, and feeling nauseous or experiencing abdominal distress. These symptoms can occur suddenly and without warning. In the midst of a panic attack, affected individuals often report fearing they are having a heart attack and are going to die. Others report fearing they are losing control. Although intensely frightening and distressing, panic attacks are not dangerous or life threatening.

Some individuals may find their panic attacks only occur in specific situations (e.g. whilst shopping), and they respond by deliberately avoiding such situations where possible. Some individuals endure these feared situations with great difficulty and they are likely to experience significant anxiety about having a panic attack, or anxiety about being in a situation from which escape might be difficult or embarrassing. Some individuals will only confront their feared situations if accompanied by a trusted companion.

Phobias: A phobia is an excessive or unreasonable fear of an object, place or situation (eg dogs, flying etc). **Social Phobia** or **Social Anxiety Disorder** is characterised by overwhelming anxiety and excessive self-consciousness in everyday social situations. People with social phobia have a persistent, intense and chronic fear of being watched and judged negatively by others, or being embarrassed or humiliated by their own actions in social situations. This fear can be so intense and debilitating that affected individuals tend to avoid social situations.

A Better Understanding: Post Traumatic Stress Disorder

Post Traumatic Stress Disorder (PTSD) is an anxiety disorder that can develop after experiencing or witnessing a terrifying event or ordeal in which grave physical harm occurred or was threatened. Traumatic events that can trigger PTSD include violent personal assaults, road traffic accidents etc.

Following a traumatic event, symptoms such as nightmares, flashbacks, concentration difficulties, sleep disturbance and avoiding things associated with the traumatic event are frequently experienced. For most people, these symptoms generally disappear after a few weeks. Individuals should only seek professional help if these symptoms persist over time and significantly interfere with daily living.

Interventions

Effective Interventions for Anxiety Disorders include Anxiety Management, Cognitive Behaviour Therapy, and Mindfulness. Medication is also beneficial for many people. Eye Movement Desensitization and Reprocessing Therapy (EMDR) is a specialised and effective psychological treatment used to treat PTSD.

A Better Understanding: Schizophrenia

Schizophrenia is a relatively common mental disorder that affects approximately 1 in every 100 people during their lifetime. During an episode of schizophrenia, the person's thinking becomes distorted making it difficult for them to distinguish reality from what is being imagined. Many individuals with schizophrenia hear voices that others don't hear; they may falsely believe that others are reading their minds, or are controlling their thoughts. They may also believe that others are plotting to harm them. The symptoms of schizophrenia can include:

Understanding

- **Hallucinations** – that is, perceiving something that does not exist in reality. Hallucinations can occur in any of the 5 senses – that is, hearing, smelling, feeling or seeing something that isn't there. Auditory Hallucinations (ie Hearing voices) are the most commonly reported hallucinations in schizophrenia. The voices may talk to the affected individual about their behaviour, they may order the individual to do things, or warn them of danger. Sometimes the voices may talk to each other. Even though the voices are often perceived as being familiar or unfamiliar, they are usually perceived as being distinct from the individual's own thoughts. Whilst auditory hallucinations are often experienced as very distressing; some affected people report they can accept their voices and not allow them to interfere with their day to day lives.
- **Delusions** – A delusion is having an unshakeable belief in something that is very unlikely, bizarre or obviously untrue. For example, people with schizophrenia may falsely believe that they are a famous or important person, or may believe that people on television are communicating directly with them and giving them special messages. They may believe that others are trying to harm them in some way, such as by harassing, poisoning, spying on, or plotting against them or the people they care about – these beliefs are called "delusions of persecution".
- **Disorganised Thinking (Speech)** – When unwell, people with schizophrenia may have unusual thought processes and may have difficulty organising their thoughts in a coherent way. Their speech may appear garbled or jumbled, so that it is difficult to follow or understand what they are saying. They may also use words which have no obvious meaning to others (ie. neologisms).

A Better Understanding: Schizophrenia

- **Negative Symptoms** such as diminished emotional expression, concentration and motivational difficulties may be present. When diminished emotional expression is present, the individual is likely to have reduced ability to express feeling. If motivational difficulties or difficulties initiating activities are present, the affected person may sit for long periods of time, and show little interest in participating in social or work activities. It may appear as if they lack interest in social interactions, they may talk less than previously, and they may have decreased ability to experience pleasure when participating in positive social interactions or activities. The extent of these symptoms varies from person to person. Negative symptoms are sometimes hard to recognise, and can often be mistaken for depressive symptoms or other conditions.

Schizophrenia affects men and women equally, although men are more likely to develop the condition at a younger age. The onset of schizophrenia can be abrupt or gradual. Symptoms such as hallucinations and delusions usually start between the ages of 16-30 years. It can be difficult to diagnose schizophrenia during the teenage years as early warning signs may include a change of friends, deterioration in academic performance, sleep problems and irritability – however, these problems are not unusual in teenagers. This stage of the illness is often referred to as the “prodromal” period. It is important to note that those who misuse drugs often present with symptoms similar to schizophrenia, and this can make accurate diagnosis difficult. The onset of schizophrenia during childhood is known to occur, but is rare. Similarly, it is rare to develop schizophrenia after 45 years of age.

Interventions for schizophrenia usually involves a combination of counselling and antipsychotic medications. Counselling helps individuals come to terms with their diagnosis, and assists them in identifying factors (eg: stress, not taking medications etc) which may lead to relapse. Cognitive Behavioural Therapy is effective in treating Psychosis. Family Behavioural Therapy is beneficial in cases where there is considerable familial distress or in situations where the affected person has frequent relapses. Some individuals make a full recovery from this illness. For others, recovery involves learning to effectively manage their schizophrenia, whilst continuing to live fulfilling and productive lives. See Directory for local supports including: Phrenz Group, SHINE, Tipperary Mental Health Support Group for Families & Carers.

A Better Understanding: Obsessive Compulsive Disorder (OCD)

Obsessive Compulsive Disorder (OCD) affects 1 in every 30 people. For many people, the onset of OCD can occur during the childhood or adolescence years. The symptoms and severity of OCD tends to fluctuate over time: so that at times the affected individual can manage their condition quite well, whilst at other times, the symptoms can be quite distressing and greatly interfere with daily living. OCD is characterised by recurrent and intrusive thoughts known as “obsessions” and ritualistic behaviours or “compulsions” that are distressing and difficult to control. Individuals with OCD generally recognise that their obsessions and compulsions are irrational and do not make sense, yet they feel unable to stop them.

Common obsessions include:

- Having repeated thoughts or images (eg a fear of germs / dirt etc).
- Having repeated aggressive thoughts or images of having harmed or committed acts of violence towards others
- Having repeated intrusive and unwanted sexual thoughts or urges (eg falsely imagining they have sexually abused someone or have been unfaithful to their partner).
- Being preoccupied with religious and blasphemous thoughts
- Having things in a particular order so it is “just right”.
- Being excessively clean and tidy – significantly more so than the average person.

A Better Understanding: Obsessive Compulsive Disorder (OCD)

Common compulsions include the following:

- Frequent hand washing or having a particular and precise routine to follow when bathing or showering. If interrupted, the individual will re-commence their routine from the beginning.
- Checking doors, windows, light switches, electrical appliances etc
- Checking letters or other paperwork repeatedly
- Counting or touching things in a specific manner
- Repeating the same steps over and over

Many OCD type behaviours are frequently observed amongst the general population. However, a diagnosis of OCD is only given if there is a compulsion to repetitively engage in certain behaviours, the behaviour causes significant distress, and is so time consuming it interferes with daily living. Some individuals find that OCD and Depressive symptoms are invariably linked whereby obsessions can emerge or get worse if the person is depressed.

Interventions

Cognitive Behavioural Therapy using Exposure and Response Prevention (ERP) is an evidence based intervention for OCD. The intervention involves the affected person repeatedly confronting situations which trigger their obsessive thoughts (a process called exposure) and then refraining from carrying out their compulsions (response prevention). In order for the treatment to be successful, the exposure period needs to be sufficiently long until the individual's anxiety level subsides. Dysfunctional thinking associated with OCD is also addressed. Medications to treat OCD are also available.

A Better Understanding: Bipolar Affective Disorder

Bi-Polar Affective Disorder (previously known as Manic Depression) is a mood disorder that affects approximately 1% of the population, and is equally prevalent among men and women. Many people first develop the disorder during adolescence and early adulthood. Approximately 15% of people who have a first episode of Bi-polar disorder never experience another one.

Bi-polar disorder is characterised by extreme variations in mood. Affected individuals experience periods (or episodes) of elated mood and periods of depressed mood. During the elated or "manic" phase, people typically experience feelings of elation (extreme happiness or feeling "high"), or irritability, or both. They may feel over confident, have lots of energy and engage in behaviour that is typically out of character for them such as spending large amounts of money etc. They can present as irritable or over talkative, and they may have difficulty sleeping.

During the depressed phase, affected individuals are likely to experience low mood, and feelings of despair, guilt and unworthiness. Other symptoms may include loss of interest in previously enjoyed activities, sleep problems and feeling tired all of the time. Some individuals may experience suicidal thoughts, or psychotic symptoms.

Episodes of elation and depression may occur directly after each other, or there may be periods of stability in between.

Interventions

Counselling can assist individuals with Bi-polar Disorder to come to terms with their diagnosis, and to manage their illness more effectively. Mood Diaries can assist in identifying and recognising triggers which lead to elated or depressed mood. Mood stabilising medications are available which reduce the likelihood of further episodes. See Directory for local and national supports.

A Better Understanding: Eating Disorders

About 200,000 people in Ireland are affected by eating disorders. Eating disorders are complex and potentially life threatening conditions with serious physical and psychological complications. On the surface, eating disorders appear to be about food, body weight and body shape. In reality, they are ways of coping with underlying issues or unmanageable feelings. Psychiatrists recognise 3 officially classified eating disorders: Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder. Many people have other patterns of disordered eating which do not easily fit into any of these classifications.

Anorexia Nervosa

Anorexia Nervosa often begins during adolescence or early adulthood. It rarely begins before puberty or after age 40, but cases of both early and late onset have been described. The onset of Anorexia Nervosa is often associated with a stressful life event (eg leaving home for college).

Individuals who present with anorexia nervosa tend to be preoccupied with thoughts of food and the need to lose weight. They are likely to restrict food intake, exercise excessively, use diuretics, diet pills and laxatives, or engage in self-induced vomiting (purging) following food consumption. They have a distorted body image and perceive themselves as fat and overweight even if they are significantly underweight. Anorexia Nervosa is potentially life threatening if a person becomes severely underweight.

Bulimia Nervosa

Bulimia Nervosa often begins in adolescence or young adulthood. Onset before puberty or after age 40 is uncommon. It often begins both during and/or following a period of dieting to lose weight. Experiencing multiple stressful life events can also precipitate the onset of Bulimia Nervosa.

Affected individuals tend to have repeated episodes of binge eating where they eat an abnormally large amount of food in a short period of time. Binge eating usually occurs in secret, and is generally accompanied by a sense of not being in control of one's eating, or not being in control of the amount of food eaten.

A Better Understanding: Eating Disorders

During an episode of binge eating, the individual will typically eat to the point where they feel uncomfortably, or even painfully full. Following a binge, the individual uses compensatory behaviours to prevent weight gain. They may engage in one or more of the following – self induced vomiting, excessive use of laxatives or diuretics, periods of fasting, or excessive exercise. Unlike Anorexia Nervosa, this disorder can go undetected and unnoticed for longer, because affected individuals may be able to maintain a normal body weight for their age, sex and height.

Binge Eating Disorder (Compulsive Overeating)

This disorder involves repeated episodes of binge eating without purging. Over time, compulsive eating can result in significant weight gain, although this is not always the case. People experiencing binge eating disorder may find themselves locked into a lonely cycle of dieting and bingeing resulting in feelings of shame and guilt.

Interventions

Individuals can and do recover from Eating Disorders. Effective outpatient interventions are available from Community Based Mental Health Services, or from other private organisations that specialise in treating eating disorders. Inpatient care is sometimes necessary, particularly if the affected individual is severely underweight.

Treatment should comprise a multidisciplinary approach, incorporating medical, psychological and nutritional advisors. Psychological treatment is essential to identify and address the underlying issues which led to the development and continuation of the eating disorder over time.

BODYWHYS (The Eating Disorders Association of Ireland) provides support for people with eating disorders, and their families and friends. See www.bodywhys.ie for further information.

A Better Understanding: Severe Emotional Dysregulation Disorder

Individuals with **Severe Emotional Dysregulation Disorder** frequently present to medical services with histories of deliberate self-harm (eg cutting themselves etc), threats of suicide and/or recurrent suicide attempts, often as a means of managing difficult emotions and coping with life's difficulties. Other potentially harmful behaviours may also be present, including misusing alcohol and/or drugs, uncontrollable or restricted eating patterns, impulsive engagement in risky behaviour, spending too much money, or impulsively engaging in other activities which are likely to have negative outcomes for them.

Affected individuals typically experience their emotions as being very intense and overwhelming. They report their mood changes quickly (eg feeling very happy and confident in the morning to feeling low and sad in the afternoon). These mood shifts are often accompanied by suicidal thoughts or irritability which can last from a few hours up to a few days, after which their mood returns to its normal baseline level. During this period, many individuals engage in self-harm behaviours. Others report experiencing transient stress related paranoid ideation or dissociation, or feeling numb. Identity disturbance (ie not having a strong sense of who you are as a person) and chronic feelings of emptiness are often reported.

Relationship difficulties are not uncommon, as individuals with severe emotional dysregulation disorder find their feelings towards others can alternate from idealising others (ie experiencing intense positive emotions about another person) to devaluing others (ie experiencing intense negative emotions about another person). Fears of being abandoned and anger management difficulties are often present.

Causes

Severe emotional dysregulation disorder is believed to result from a combination of factors, such as a difficult childhood and teenage experiences, genetic factors and your personality style.

A Better Understanding: Severe Emotional Dysregulation Disorder

Interventions

Dialectical Behaviour Treatment (DBT) is an effective and evidence-based intervention, specifically designed to treat individuals who present with severe emotion dysregulation, recurrent suicidal behaviour, and patterns of self harm. DBT is intense and comprises group skills training, and individual therapy. The aim of DBT is to help the individual build a life worth living and to reduce emotional suffering.

DBT Skills Group training involves learning specific skills which helps emotionally dysregulated individuals to cope with life more effectively and to manage their emotions in appropriate and non-harmful ways. There are 4 modules, namely:

- **Mindfulness** – This module teaches individuals how to stay focused in the present moment, and to take hold of their own mind. Mindfulness is a central component of DBT.
- **Emotion Regulation** – Individuals learn to identify and understand emotions. They learn various techniques to help them manage painful and intense emotional states.
- **Distress Tolerance** – This module teaches crisis survival skills which individuals can use to manage and cope with distressing and intolerable feelings in appropriate and non-harmful ways.
- **Interpersonal Effectiveness** – This module teaches strategies which individuals can use to improve the quality of their relationships with others.

DBT Individual Therapy

The aim of Individual Therapy is to support individuals integrate the DBT skills they have acquired in Group Skills Training into their daily lives.

A Better Understanding: Dementia

Dementia is generally associated with old age however it is not a natural consequence of ageing. Research indicates that approximately 5% of people over 65 have dementia. This number rises with increasing age to 20% of people over the age of 80. As our population is living for longer, dementia is becoming more common. It is estimated that by 2046 there will be 152,000 people living in Ireland with dementia.

Dementia is a disease of the brain. It is a general term used to describe a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. Dementia can occur when the brain is affected by specific diseases and conditions (e.g. Alzheimer's disease, Stroke etc.). Dementia is a progressive disease, meaning symptoms start out slowly and gradually get worse. How quickly the dementia progresses will vary from one person to the next. The experience of having dementia will differ for affected individuals.

Symptoms of Dementia can vary greatly. They can include:

- Memory loss
- Communication and language problems
- The ability to focus and pay attention
- Reasoning and judgment
- Visual perception

Individuals with early stage dementia may notice problems with their short-term memory (e.g., remembering appointments, paying bills, planning and preparing meals or keeping track of their purse or wallet).

Accurate and early diagnosis of the condition is very important as it can prevent crises and improve the quality of life of the person with dementia and their family/carers. You should contact your GP if you have concerns. There are many services that can support people to live well with dementia.

A Better Understanding: Dementia

Causes of Dementia

There are several diseases and conditions that cause dementia. These include:

- **Alzheimer's disease** – This accounts for 60-80% of cases and is the most common dementia type. During the course of the disease, the chemistry and structure of the brain is altered, leading to the death of brain cells.

- **Vascular Dementia** – This occurs after a stroke, and is the second most common dementia type. Following a stroke, blood vessels carrying oxygen to the brain are damaged, resulting in the death of brain cells. This can give rise to the symptoms of vascular dementia. These symptoms can occur either suddenly following a stroke, or over time following a series of small strokes.

- **Frontal-temporal dementia (including Pick's Disease)**
The front part of the brain appears to be most affected. Consequently, changes in personality and behaviour may be more noticeable than memory difficulties particularly during the early stages of dementia.

- **Dementia with Lewy Bodies** - This dementia occurs when tiny spherical structures (called Lewy Bodies) develop inside nerve cells in the brain. Their presence leads to the degeneration of brain tissue. Language Skills, Concentration and Memory are affected. This form of dementia shares some characteristics with Parkinson's disease.

- **Other** – Other rarer diseases are known to cause dementia. These include Progressive Supranuclear Palsy, Korsakoff's Syndrome, Creutzfeldt-Jakob Disease (CJD), HIV and AIDS. Individuals diagnosed with Multiple Sclerosis, Motor Neurone Disease, Parkinson's and Huntington's disease are at increased risk of developing dementia.

A Better Understanding: Dementia

Diagnosis & Intervention

It is useful to discuss your concerns with a GP if you suspect either you or a loved one has dementia. At the present time, there is no definitive test to determine if a person has dementia. Currently, diagnosis is based on a comprehensive medical history and physical examination. The doctor will enquire about memory difficulties, changes in thinking, changes in day to day functioning, and changes in behaviour and mood.

At the present time, there is no cure for Dementia. However, drug treatments and other interventions are available which will help alleviate symptoms.

Research into Dementia is ongoing. Whilst we don't yet know or fully understand the causes of dementia, the available research evidence suggests we can reduce the risk of getting dementia by having a healthy lifestyle and diet, by not smoking, and by keeping mentally and physically active as we age.

Recovery

"Recovery is moving on achieving and learning, being the best and the best that I can be with confidence"

(Mental Health Discussion Group, Clonmel 2013)

When we have a physical illness, we expect to fully recover from it to restore physical wellbeing. Research shows that people can and do recover from mental illness. In the mental health field, the concept of recovery does not always refer to the process of complete recovery from a mental health problem; instead it can refer to being in control of your life, and living a fulfilling, productive and meaningful life despite experiencing mental health difficulties.

The process of recovery differs from person to person. It is often experienced as a gradual progression rather than as something that happens overnight. Instead of moving forward in a linear fashion, you may feel you are moving two steps forwards and one step backwards in terms of your recovery. It can be a time of self-discovery and personal growth: as you realise what skills, tools and supports are available to help you regain control of your life, and as you learn what works and doesn't work for you in restoring mental wellbeing. Recovery is not always about cure but having a quality in living. It is about managing symptoms and difficulties. It is about learning ways to live well and building a meaningful and satisfying life with or without symptoms.

What Supports Recovery?

Research shows there are 5 key steps in the recovery journey. These are:

Hope – Maintaining belief and hope that recovery is possible at all times, even when you are mentally unwell or struggling.

Personal Responsibility – Taking responsibility for your recovery journey, and taking responsibility to make the necessary changes in your life to achieve this. Doing this helps increase your resilience to future stresses and possible relapse. Making connections are very important so invest time in developing them. Allow time to connect with self and have quiet moments; connect with nature, pets, or a higher power. Connecting also involves giving which can have a very positive effect on how we feel about ourselves.

Recovery

Education – It is important to research and be knowledgeable about your mental health difficulty, and how it affects you. Knowing what mental health services and other relevant supports are available in your local community is also helpful. Learning new things will bring confidence as well as being fun.

Self-Advocacy – Self advocacy is about believing in yourself, knowing your rights and speaking up for yourself – asking for what you want or need, developing a positive sense of yourself and being aware of your strengths and talents. If you think you might need help in doing this, there are advocacy services available that will support you to be involved in decisions affecting your life.

Supportive Relationships – research shows that having supportive relationships can increase resilience and help prevent relapse. It is important to have support from others who understand and believe in you, and who want the best for you. Ideally, it is better to have more than one source of support as you will have lots of different needs, and different supporters will be able to help at different times. Supportive relationships can also occur in the context of organised support groups.

Managing Mental Health

Certain steps can be taken to help prevent relapse of your mental health condition.

Balanced Healthy Lifestyles

Good lifestyle habits are an essential part of maintaining positive mental health. Eating balanced and nutritious meals will ensure you are getting essential vitamins and minerals, necessary for good health.

Exercise is important; when we exercise natural endorphins are released in the body which stimulate positive mental health. Adults are recommended to have a minimum of 30 minutes exercise on a daily basis. Irrespective of your level of fitness, there is a wide variety of exercises you can choose to engage in ranging from gentle walking to more vigorous aerobic activities. It is better to participate in an activity you enjoy rather than doing something you dislike. If staying motivated is a problem, ask a friend to join you or join a group activity.

Recovery

Getting adequate sleep, preferably 8 hours daily is necessary for good health. Having insufficient or too much sleep can have a negative impact on your mental health and well-being over time. Avoid engaging in activities such as watching TV, using your computer or interacting with social media in your bedroom. Try and have a consistent bedtime routine, going to bed at approximately the same time each night. Make sure your bedroom is sufficiently warm and quiet to facilitate restful sleep.

Avoid drinking too much alcohol, and avoid illicit drugs. Coffee and other stimulant drinks should be taken in moderation, as they can interfere with mental processes or sleep routines.

Education

It is important to research and be knowledgeable about your mental health condition, how it affects you, and the signs and symptoms associated with relapse.

Medication Management

Medication management includes taking the right dose of medication, as prescribed by your physician. Do not discontinue or take extra medications, without your physician's knowledge, as doing so could be potentially dangerous. If you have difficulty remembering to take your medications, get a family member or friend to help you. Another option is to get your pharmacy to put your medications into blister packs.

Time Out

Taking time out to relax is important. How people relax varies from one person to the next. Some people enjoy reading, doing crosswords, walking the dog, while others enjoy having a warm bath.

Relapse Prevention

People with mental health difficulties may become mentally unwell again following a period of wellness. Slips and relapses can occur during the recovery process. They may experience changes in their symptoms or in some aspect of their behaviour, thoughts or feelings. These changes are warning signs, and they are indications that a relapse may be imminent.

Recovery

Some warning signs are common and include changes in sleep patterns or having paranoid thoughts. Some people may experience specific changes in their behaviour, thoughts and mood before a relapse that is unique to them. This series of changes is often referred to as a relapse signature. Many people have their own individual early warning signs (relapse signature) that they or family members can recognise.

Some common early signs of relapse are:

- Feeling anxious or worried
- Feeling stressed from having lots of demands
- Feeling depressed, unhappy, lonely, guilty or ashamed
- Feeling suicidal
- Dwelling on past events
- Withdrawing from others
- Feeling tense or restless
- Feeling irritated, quick tempered or aggressive
- Feeling paranoid – thinking that others are talking about you
- Hearing voices
- Experiencing racing thoughts or disordered thinking
- Changes in eating or sleeping patterns
- Increased alcohol consumption or drug use
- Relationship issues
- Concentration or motivational difficulties

Sometimes the presence of early warning signs may be an indication that you are affected by something stressful. They do not always mean you are becoming unwell. If this is the case, quickly address and reduce the stressors in your life. By doing this, you may prevent the likelihood of relapse.

It is important to reach out during times of crisis when you are feeling scared, alone or out of control. Talking about your feelings to a trusted person can help to relieve some of the anxiety that you may be having and can help prevent a slip or relapse. Reaching out also helps to remind you that you are not alone.

Recovery

If however, relapse is imminent, please link in with your GP or local mental health service so your condition can be managed and treated effectively. Remember the earlier your warning signs are detected, the greater the likelihood that you can prevent a relapse, or reduce its severity.

Relapse Prevention Plan

A relapse prevention plan specifies how a person will respond in the event of relapse occurring. As part of this plan you should:

- Identify the factors which lead to relapse. Family members and health professionals involved in your care can help you with this.
- Be aware of your early warning signs (relapse signature) – which may include subtle changes in your thoughts, feelings or behaviour.
- Identify actions you can take that will help you recognise the presence of early warning signs.
- Identify who you can turn to for support and help. This may include family members, friends and/or health professionals. It is a good idea to have their names and contact details written down so that you or others helping you can easily find the information.

Recovery: Mindfulness

"When we are being mindful, we are choosing to notice the details of our experiences, just as they are in this moment and without judging or trying to change them in the first instance"

Silverton, 2012

Mindfulness has become very popular in recent years, and is increasingly used in health care, social care, education and business settings. Celebrities are openly talking about the benefits of mindfulness, and more and more people are attempting to integrate mindfulness into their daily lives. Mindfulness has its origins in Buddhist spiritual practices. However, you do not have to be a Buddhist, or indeed have any religious beliefs to practice Mindfulness.

In the 1970's Jon Kabat Zinn's research on Mindfulness demonstrated that the daily practice of mindfulness led to a reduction in physical and psychological symptoms in patients presenting with Heart Disease, Arthritis, Anxiety and Chronic Pain. Following this, mindfulness was adapted and used to help patients presenting with diverse medical conditions. This led to the development of specific treatments, including Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT). Research shows that mindfulness has a positive impact on and can help alleviate Recurrent Depression, Anxiety Disorder, Addictive Behaviours, Stress, Chronic Pain, Insomnia, Cancer and Physical Pain.

How does it work?

Neuroscience research has demonstrated that the structure and activity (neuroplasticity) of the human brain can change, and this change is directly connected to how we use our brain. The available research on mindfulness shows that the daily practise of mindfulness leads to changes in our brain – increased thickening of the hippocampus and an increase in amygdala size has been noted – these changes positively affect our wellbeing by increasing our ability to deal with situations in a more positive and balanced way. Surprisingly, these changes can occur quite quickly: often after only 8 weeks of daily mindfulness practise.

Recovery: What is Mindfulness?

Mindfulness is the practice of purposely focusing your attention on the present moment and accepting it in a non-judgemental way. This involves being fully present to what you are experiencing at this moment. We all have the capacity to “be present” in our lives. However, due to demanding and busy lives, most of us operate on “automatic pilot” and are often oblivious to our inner experience. Mindfulness is a skill that needs to be cultivated and practiced throughout the day by bringing your attention/focus back to the present moment whenever you notice that you have returned to ‘autopilot’ - we need to spend time doing it – before we see the benefits. In the beginning, it might seem as if unwanted thoughts are constantly intruding your mind and the serenity associated with the mindfulness practice might be brief. With time, your ability to control your focus will improve.

Meditation is a form of mindfulness – where a period of time is set aside daily for this practice. Meditation is an important and effective mindful practice and should be practised daily, starting with 10 to 20 minutes per day. Mindfulness, on the other hand, is a way of living life by focusing on the present moment. For the best results, mindfulness and meditation should be practised daily. In meditation, many people find it typically takes at least 20 minutes for their brain to settle. Jon Kabat-Zinn recommends 45 minutes of meditation at least 6 days a week. This might be an unrealistic goal for many people. Try to start with 5-10 minutes a day, and gradually increase this over time.



Mindfulness Exercise

1. Find a quiet place free of distraction.
2. Sit comfortably with your back straight but relaxed.
3. Focus your awareness on your breath. Pay attention to the sensations of the inhalation and exhalation. Start again on the next breath.
4. No need to judge or change your breathing in any way.
5. Notice anything else that comes to mind as a distraction. Let them go and return your attention to your breath.

Mindfulness Classes & Further Reading

Check out your local library or newspapers to find out about available Mindfulness classes / groups in your community. Books on mindfulness are now widely available.

Recovery: 40 Tips for Mental Health & Wellbeing

This list was compiled by the Psychological Society of Ireland (PSI). The tips outlined below are practical, and supported by research as being effective.

THE BASICS

1. Look after your basic needs first: Eat & Sleep

Before trying to tackle any of the complex demands of day-to-day life, it is vital that we start with full energy levels. Feelings of tiredness and hunger can make many problems seem worse, so make sure to get the sleep you need and maintain a nutritious diet.

2. Listen to your body and use your Breathing

Take time each day to pay attention to your body and what it is telling you. Try to recognise when your body and mind are stressed. Can you feel tension or stress building up? Sore back? Headache? Don't ignore these signals. Try to alleviate them before they build up. If you are feeling stressed or anxious, take a few deep breaths and concentrate on letting go of all your worries. This can be the most useful immediate tip to stop getting caught in a cycle of stress.

3. Happiness happens without money

A person's happiness is not related to their financial wealth.

Yet research has shown that people believe money is important in order to be happy. Even if you would be happy to get some money, remember that you can achieve happiness without it too!

4. Laugh and remember the laughs

Even forced laughter in a laboratory setting can bring about a positive mood. Laughter has also been shown to have a beneficial effect on our coping skills. Remembering the times we laughed together makes us evaluate our relationships more positively. So don't be afraid to laugh and remember the laughs you have shared.

5. Try to find something to be grateful for

Taking time to be thankful and to say thanks to other people improves your mood. Remember though, this is not the same thing as ignoring problems or denying anger. Look for what is positive and/or beautiful during your day.

6. Get Active

While physical activity (that suits you and your level of ability) is

Recovery

good for your body, exercise is good for your mind too. Regular exercise gives you energy, improves mood, and relieves stress, anxiety and depression. Once you get into it, it can also be great fun!.

7. Drink Alcohol Responsibly and in Moderation

Alcohol drinkers in Ireland drink more compared to those in other western European countries and many have risky drinking habits that lead to adverse consequences. The Department of Health & Children advises that up to 21 standard drinks a week is considered low risk for men, and up to 14 standard drinks a week is considered low risk for women. Drinking above the advised weekly limits for low risk drinking is associated with much poorer outcomes for people with mental health problems and various other health risks. So if you do enjoy a drink, spread out your drinking over the week and don't save it for one session or big night out.

8. Engage in Meaningful, Creative Activities

Get involved in meaningful, creative work. Do things that challenge your creativity and make you feel productive, whether or not you get paid for it – things like gardening, drawing,

writing, playing an instrument, or building something.

9. Do what you love

Getting good at something doesn't often come easy and people who become excellent aren't necessarily "gifted" at a young age. Expert performers such as soccer players, piano players, neurosurgeons and tennis players are nearly always made, not born. It's practice that makes perfect. If you like something you are more likely to work hard at it to become very good at it. When it comes to choosing what you would like to do with your life, choose something that you like.

10. See fun as a priority not an indulgence

Make leisure time a priority. Do things for no other reason than that it feels good to do them. Go to a funny movie, take a walk on the beach, listen to music, read a good book, or talk to a friend. Play is an emotional and mental health necessity.

11. Lose Yourself

Learn an activity that makes you lose sense of time, that makes you feel fuller as a person after doing it and gives you a sense of calm. This could be knitting, repetitive prayer, meditation, or playing a musical instrument.

Recovery

If practiced daily for at least 20 minutes it has been shown to reduce blood pressure, improve levels of antioxidants, reduce stress, and improve mood.

12. Don't let a little Anxiety stand in your way

While there are obviously certain fear-inducing situations or activities that should be avoided, often people can avoid doing things that they want to do or that are good for them because of nerves. Doing the things that we are a little anxious about helps them become less frightening. Avoiding activities or situations that are fear inducing only results in increased anxiety about that situation.

13. Set Yourself Realistic Goals

Break the big goals into smaller steps or tasks. Smaller tasks are much easier to complete. And it's easier to see your progress with smaller tasks too. This will provide a gradual sense of accomplishment that can motivate you to continue. Rome wasn't built in a day but some of it was!

14. Avoid Conversations about Weight & Appearance

Conversations about weight, appearance and pressure to be thin, result in increased body dissatisfaction. But it's not that easy to avoid this topic for fear they will be seen as "stuck-up" or

conceited by other women. But continuing to talk about these topics, create a norm that can keep us believing that all women feel poorly about their bodies.

DAILY ROUTINE (Home, School, Work)

15. Exercise Your Brain

The human brain is a wonderful organ. It contains 100 billion neurons, weighs only 3lbs and uses 20% of the body's energy to function. Learning new things and a continuous curiosity keeps your brain working, generating new brain cells and new neural connections in the brain. Such mental stimulation keeps the brain fit and can prevent cognitive decline in older age.

16. Remember to remember

People often realise too late that they have forgotten to do something that they had meant to do and setting an alarm or leaving a "post-it" is not always practical. You can increase your chances of remembering what to do by thinking about where and when you're going to do it. For example, you might think, "when I get home and sit down on the couch, I will pick up the phone and call my mother". Anxiety can often make these everyday lapses seem worse. Try to relax and give yourself a break. It can help to improve your

Recovery

memory.

17. Set Academic goals to better yourself, not others.

It can be a competitive world and we can often feel pressured to do better than the people around us, rather than simply trying to better ourselves. Research has shown that students who work towards improving their own performance, rather than working towards outperforming others, show the best motivation, learning strategies and academic outcomes.

18. Study Together

Working collaboratively with peers provides adaptive opportunities for learning. This can encourage us to change our usual techniques and find a system for thinking, teaching and learning that works for us. Find other people to work with you and you will reap the benefits.

19. Choose an Activity, Join a Group and Get Involved

Join a special interest group or get involved in extracurricular activities. These groups offer wonderful opportunities for finding people with common interests – people you like being with who are potential friends. Studies of college students have shown that personal adjustment and integration into campus life plays a huge role in student retention in college.

20. Remember work isn't everything

While work plays an important role in many people's lives, it's important to get the work life balance right. Employees who enjoy down time or relaxation outside of their job are more likely to recover their energies and be engaged when they are at work and they feel more dedicated to the task at hand. So a balanced approach to work is a win-win for you and your employer.

21. Get to know your Work Mates

Engaging with a social group in work has been shown to reduce stress and increases your life and job satisfaction.

22. Volunteer

Doing something that helps others has a beneficial effect on how you feel about yourself. Volunteering can bring about feelings of personal achievement, a sense of community spirit and solidarity. There is no limit to the individual and group volunteer opportunities you can explore. Schools, Churches, not-for-profit and charitable organisations of all sorts depend on volunteers for their survival.

CHILDREN

23. Listen to what the children

Recovery

have to say

Adults are inclined to think they know what's best for children but it is important that children are included in the decisions that involve them. Being listened to, being heard and being given the opportunity to ask questions is greatly important to children and research shows that empowering young people in this way provides them with psychological benefits.

24. Focus on your Child's Inner Strengths

Every child is different. Recognising and encouraging your child's unique strengths can enhance their self-esteem and well-being.

25. Emphasise learning and enjoyment over winning for Children in Sport

Children who are motivated by self-improvement as opposed to performing better than others are less anxious, less likely to cheat and show greater persistence. Encourage your child to be the best they can be regardless of others and to have fun while doing it.

26. Learn and teach media-wise skills

Children and adolescents spend more time with the media than they spend doing any other leisure activity. While some

research shows that TV watching has negative effects on a child's development, other research has demonstrated the opposite. You can regulate many negative effects of TV viewing by engaging in the TV watching with your children. You can use it for education and talking about the programmes, commercials and the issues that arise. This way you can teach your children to be media-wise.

TOUGH TIMES

27. Be Hopeful

Being hopeful means believing that you can set (realistic) goals for the future and that you have the ability to successfully work towards them. Hope sustains us even when things are not going the way we want. Nothing lasts forever, and remembering that things will change can get us through tough times.

28. Work on developing different ways to cope

People who actively develop different ways to cope with difficult things are happier. Talk to a friend, meditate, exercise!

29. Write things down

Keeping a diary or simply writing down a thought can greatly help to cope with problems. Write things down to help you organise and formulate your situation and

Recovery

your thoughts. It also allows you to look at the situation as an outsider. You can rewrite it, come back to it later or simply throw it away when you're finished.

30. Ask for Support

The longer you leave a problem, the worse it may become.

Don't be afraid to ask for help from a family member, friend or professional. Asking for and accepting help from family and friends strengthens your ability to cope. If you feel overwhelmed or have difficulty meeting your goals on your own, consider seeking help from a psychologist.

31. Get Intimate

Almost every close relationship will involve some negative experiences. However, the positive emotions, shared experiences, and the physical intimacy that comes with intimate relationships have a strong link to health and well being and helps buffer against stressors and mental health difficulties.

32. Simply getting together can be supportive

Simply having someone who you can be yourself with can be a major protective factor against depression. Men, who traditionally have difficulty

seeking support, will naturally begin supporting each other if they are simply brought together on a regular basis.

33. Find Support Online

Online groups can develop into self sustaining networks, with internet friendships enhancing off-line or "real-life" friendships rather than replacing them, and thereby leading to offline benefits for online users.

34. Be a Support

Be a supportive family member or friend. Social support is a significant factor in predicting both psychological adjustment and physical health.

35. Focus on things you can control

When a person is not doing as well as they would like at a particular behaviour, avoid focusing on the stable uncontrollable things (the past, gender, a permanent disability) as this can lead to feelings of hopelessness. Instead, focus on what can be changed, the things that are unstable and controllable, eg the amount of effort put in or the way the person is going about it. This can foster positive feelings of hope and persistence at the task.

Recovery

36. Think about how you label events

Is a puncture in your tyre really a disaster? Or is it a nuisance, inconvenience and annoying? How you think and talk about events can really influence your mood and the intensity of it.

37. Do Something

Mood and activity. If you're feeling down or blue, aim to DO. Do not rely on your mood or feelings to dictate your activities; do not wait until you "feel like it". The best thing when you are feeling down is to DO something!

38. Be flexible in your thinking

Avoid "all or nothing", "black or white" and absolutist thinking. Do you find yourself using words like "should", "ought", "must" and "can't"? Using such rigid language can mean that you end up living by very fixed rules. This can lead to increased stress and even anxiety or depression. Try substituting a different word. Instead of "I must" or "I should", try "it would be helpful if I"

39. Remember your triumphs

Focus on moments in the last week where you were proud of yourself. When people get stressed they tend to go into "all or nothing" thinking and search for evidence of how poorly they performed or how catastrophic a likely event might become. If you review your week and search for moments where you were really yourself, this will lift your mood and help you avoid a black and white way of looking at the world.

40. Think about Mental Health and see the person first

There are many misperceptions about mental health problems. These misperceptions can often add to the problems that these illnesses bring. Challenging and looking beyond stereotypes or labels and seeing the person first will help. Educating yourself about mental health will not only reduce misperceptions about mental illness but will help you recognise when you or someone you know is having a hard time.

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Emergency Numbers 24/7

Name	Contact
Ambulance / Fire / Gardai	999/112
CAREDOC (after hours GP Services – South Tipperary)	1850 334 999
South Tipperary General Hospital	052 617 7000
St. Luke’s Hospital, Kilkenny	056 778 5000
Samaritans	116 123
Cuan Saor - Womens Refuge 24 helpline	1800 576 757
Garda Confidential Number	1800 666 111
Clonmel Garda Station	052 617 7640
Cahir Garda Station	052 744 5630
Tipperary Garda Station	062 80670
Cashel Garda Station	062 75840
Carrick on Suir Garda Station	051 642 040

Accommodation and Housing

Name	Service details	Contact
Tipperary County Council	<p>The housing section of the County Council provides housing supports and advice to those who are homeless or have a housing need. Contact the County Council housing office if you have an accommodation query.</p> <p>The County Council administers various housing adaptation grant schemes: the Housing Adaptation Grant Scheme for People with a Disability, Mobility Aids Housing Grant Scheme and the Housing Aid for Older People Scheme.</p>	<p>Tipperary County Council Civic Offices, Clonmel.</p> <p>Tel: 076 1065000</p> <p>Web: www.tipperarycoco.ie</p> <p>Email: customerservices@tipperarycoco.ie</p>

Accommodation and Housing

Name	Service details	Contact
Threshold The National Housing Charity	Threshold provides advice on housing and tenancy issues and advocates on behalf of tenants.	Web: www.threshold.ie Head Office: 21 Stoney Batter, Dublin 7. Tel: 1890 334 334 Email: advice@threshold.ie Cork Advice Centre, 22 South Mall, Cork. Tel: 021 427 8848 Email: advicecork@threshold.ie
Citizens Information Service	Provides information, advice and advocacy on a broad range of public and social services. The service is free, confidential and independent. The Citizen's Information Helpline is available Monday-Friday, 9 am - 8pm Local Citizens Information Centres: Thurles CIC : 34/35 Croke St Clonmel CIC – Market Place Tipperary CIC – Community Services Centre, St. Michael's St.	National Helpline No: 076 1074000 Web: www.citizensinformation.ie Tel: 076 1076510 Email: thurles@citinfo.ie Tel: 076 1076460 Email: clonmel@citinfo.ie Tel: 076 1076540 Email: tipperary@citinfo.ie Outreach services available in Cashel, Carrick on Suir and Cahir.

Accommodation and Housing

Name	Service details	Contact
MABS - Abhaile Mortgages Arrears Resolution Service	This is a service for homeowners with home mortgage arrears.	Tel: 076 102 2000 Email: helpline@mabs.ie
South Tipperary Development Company – Home Repair Service	This service offers an affordable home repair service to property owners or tenants who are in receipt of a Dept of Social Protection Fuel Allowance Payment.	Tel: 052 7442652 Web: www.stdc.ie Email: homerepairs@stdc.ie
St Vincent de Paul Furniture Store	2nd Hand Furniture Store. Open every second Friday 10am – 1pm	Mulcahy House, Anglesea St. Clonmel Tel: 052 6123878

Addiction Services (Alcohol, Drugs & Gambling)

Name	Service details	Contact details
HSE - South Tipperary Substance Misuse Service	Substance misuse service for individuals under 16 years with parental consent and over 16 years. Services include addiction counselling, drug education, alternative therapies, and relapse prevention.	Grounds of South Tipperary General Hospital, Western Rd. Clonmel, Co. Tipperary. Tel: 052 6177900
HSE Drugs/HIV Helpline	Nationwide Helpline Service	1800 459 459 Freephone

Addiction Services (Alcohol, Drugs & Gambling)

Name	Service details	Contact details
Clonmel Community Based Drug Initiative	Provides a preventative drug education programme for parents of children from 10 to 12 years.	The Wilderness Youth & Community Centre, Wilderness Grove, Clonmel Tel: 052 6170876 Email: clonmelcbdi@wstcys.ie
Mid-West Tipperary Drug Initiative	Provides a preventative drug education programme for parents of children aged 7-14 years. This programme is free and available in Killenaule, Fethard, Mullinahone, Cashel, Cappawhite and Tipperary Town.	Tipperary Regional Youth Service, 17 Bank Place, Tipperary Tel: 062 52604 Email: tippyic@eircom.net Web: www.youthworktipperary.ie
South Tipperary Drug and Alcohol Outreach Project	Provides confidential services and response for persons aged over 13 years who are involved in high risk substance misuse and experiencing social exclusion.	Youth Resource Centre, Irishtown, Clonmel. Tel: 086 8561683 Email: tipperaryoutreach@wstcys.ie
Suir Valley Community Based Drug Initiative	A community based drug initiative offering support, education and awareness programmes to individuals and family members of anyone directly or indirectly affected by substance misuse.	56 New St., Carrick on Suir Tel: 051 645775 Email: suirvalleycbdi@wstcys.ie
Aiseiri Treatment Centre	A treatment programme for persons experiencing difficulties with alcohol use, drug use or gambling. Treatment is provided on an inpatient and outpatient basis.	Townpark, Cahir Tel: 052 7441166 Web: www.aiseiri.ie

Services & Supports

Addiction Services (Alcohol, Drugs & Gambling)

Name	Service details	Contact details
Al-Anon / Alateen	Supports young people, relatives and friends who are affected by another person's involvement with alcohol. Contact directly for information on meetings in your area.	Room 5, 5 Capel St. Dublin 1 Helpline: 01 873 2699 from 10am - 10pm, 7 days per week. Email: info@alanon.ie Web: www.alanon.ie
Alcoholics Anonymous	Self-help for overcoming alcohol addiction. Contact directly for information on meetings in your area.	Unit 2, Block C, Santry Business Park. Swords Rd. Dublin 9. Info line: 01 842 0700 Tipperary Contact: Tel: 087 2894567 Email: gso@alcoholicsanonymous.ie Web: www.alcoholicsanonymous.ie
Gamblers Anonymous	Self-help for overcoming gambling addiction. Contact directly for information on meetings in your area.	c/o Teach Mhuire, 36 Lower Gardiner St. Dublin 1. Tel: 01 872 1133 Tipperary Contact: Tel: 085 7831045 Email: info@gamblersanonymous.ie Web: www.gamblersanonymous.ie
Narcotics Anonymous	Self-help for overcoming drug addiction. Contact directly for support meetings in your area.	29 Bride St, Dublin 8 Tel: 01 672 8000 Email: info@na-ireland.org Web: www.na-ireland.org Munster contact: Tel: 087 1386120

Services & Supports

Addiction Services (Alcohol, Drugs & Gambling)

Name	Service details	Contact details
The SER Family Support Network	This organisation supports families affected by substance misuse. It offers brief intervention and referral to peer family support groups.	Tel: 051 312010 / 086 6045805 Email: info@serfsn.org

Web: www.serfamilysupportnetwork.org

Advocacy and Legal Services

Name	Service details	Contact details
FLAC - Free Legal Advice Centre	<p>FLAC is an independent voluntary organisation that offers legal advice, information and advocacy.</p> <p>Free Legal Advice in South Tipperary is provided in:</p> <p>Clonmel Citizens Information Centre, Market Place, Clonmel. 3rd Thursday of every month from 7.30pm -9pm</p> <p>Tipperary Town Citizens Information Centre, Community Services Centre, St Michael's St., 2nd Wednesday of every month from 7.30pm – 8.30pm</p>	<p>13 Lower Dorset St. Dublin 1. Legal information line: Lo-Call: 1890 350250 or 01 8745690 Web: www.flac.ie</p> <p>Tel: 076 1076460 (CIC Clonmel) Email: clonmel@citinfo.ie</p> <p>Tel: 076 107 6540 (CIC Tipperary) Email: tipperary@citinfo.ie</p>

Advocacy and Legal Services

Name	Service details	Contact details
Legal Aid Board - Nenagh Law Centre	Provides legal aid and advice on matters of civil law to persons unable to fund such services from their own resources. The Legal Aid Board does not provide legal aid in criminal matters.	Friarscourt St. Nenagh Tel: 067 34181 Email: lawcentrenenagh@legalaidboard.ie Web: www.legalaidboard.ie
Family Mediation Service (A Legal Aid Board Service)	Provides a free service to couples who are separating or divorcing, or who have already separated, to negotiate their own agreement, taking into account the needs and interests of all involved.	Waterford Office: 13B Wallace House, Maritana Gate, Canada St. Waterford, X91 YD79 Tel: 051 860 460 Email: info@familymediation.ie For information on other offices please see www.legalaidboard.ie
Amnesty International	A human rights organisation that campaigns for the rights of people. Amnesty also keeps a 'watching' brief on areas like prisons, asylum and mental health.	Sean McBride House, 48 Fleet St. Dublin 2. Tel: 01 863 8300 Email: info@amnesty.ie Web: www.amnesty.ie
EPIC – Empowering People in Care	An independent service for children and young people who have been or are currently living in care. EPIC also works with young people preparing to leave care and in aftercare.	7 Red Cow Lane, Smithfield, Dublin 7 Tel: 01 872 7661 Email: info@epiconline.ie Web: www.epiconline.ie

Services & Supports

Advocacy and Legal Services

Name	Service details	Contact details
Irish Advocacy Network	Provides peer advocacy, support and information for those experiencing difficulties with their mental health.	Head Office: Smithfield Business Centre, Suite 1.9, The Distillers Building, New Church St. Dublin 7. Tel: 01 872 8684
Email: admin@irishadvocacynetwork.com Web: www.irishadvocacynetwork.com		
Irish Patients Association	The Irish Patients Association advocates for the needs of patients while working in partnership with health providers.	Tel: 087 6594183 Email: info@irishpatients.ie Web: www.irishpatients.ie
Mental Health Commission	Promotes high standards and good practices in the delivery of mental health services and protects the interests of patients who are involuntarily admitted.	MHC – St. Martin’s House, Waterloo Rd, Dublin 4. Tel: 01 6362400 Email: info@mhciril.ie Web: www.mhcirl.ie
National Advocacy Service for People with Disabilities (NAS)	Provides independent advocacy services for people with disabilities.	c/o Citizens Information Board, George’s Quay House, 43 Townsend St. Dublin 2. Tel: 076 1073000 Email: info@advocacy.ie Web: www.citizensinformationboard.ie
SAGE - Support & Advocacy Service for Older People	Provides independent advocacy services for older people.	Sage Head Office, 24-26 Upper Ormond Quay, Dublin 7 Tel: 01 536 7330 LoCall 1850 71 94 00 Email: info@sage.thirdageireland.ie Web: www.thirdageireland.ie/sage

Advocacy and Legal Services

Name	Service details	Contact details
The Ombudsmans Office	Examines complaints from people who feel they have been unfairly treated by public bodies e.g. government departments, local authorities, the HSE and publicly funded third level education bodies.	18 Lower Leeson St. Dublin 2. Tel: 01 6785222 Tel: 1890 223030

Email: ombudsman@ombudsman.gov.ie
Web: www.ombudsman.gov.ie

Bereavement and Suicide Support

If you or someone you know is feeling suicidal and in need of immediate help, you can access help at your local Hospital Emergency Department (eg South Tipperary General Hospital, open 24 hours a day, 365 days a year), through your local GP or through CAREDOC (out of hours: 6pm-8am).

Name	Service details	Contact details
Caredoc	After hours GP Services – South Tipperary 6pm-8am	Tel: 1850 334999
HSE South East Regional Suicide Resource Office	Offers the following services: Bereavement Counselling Service for Traumatic Deaths for those over 16 years who have been affected by suicide or sudden traumatic deaths. Referral to the service are by a health professional. Training: ASIST Training, safe TALK and Understanding self harm.	Regional Suicide Resource Office, HSE South, Front Block, St Patrick's Hospital, John's Hill, Waterford. Tel: 051 874 013 Email: trainingsro@hse.ie

Bereavement and Suicide Support

Name	Service details	Contact details
Barnardos Children's Bereavement Service.	Nationwide helpline service offering information and support.	Helpline Tel: 01 473 2110 Email: bereavement@barnardos.ie Web: www.barnardos.ie
SHIP – Self harm Intervention Programme (HSE)	Provides short term counselling to individuals aged 16 years and over who are experiencing suicidal ideation or the impulse to self harm. Referrals via GP or Mental Health Services.	Primary Care Centre, 223 Lismore Park, Waterford. Tel: 086 0222251
Samaritans	Provides a confidential 24 hour telephone support service for people experiencing feelings of distress or despair including those who are feeling suicidal.	Tel: 116 123 Web: www.Samaritans.org
C-SAW: Community Suicide Awareness Workers Tipperary	A voluntary organisation based in Clonmel. Supports and Services include: Weekly Coffee morning every Wednesday 11am – 1pm Monthly Bereavement Counselling and Take time to Talk Counselling services	24 William St., Clonmel. Tel: 052 617 2477 Email: c-saw@live.com

Bereavement and Suicide Support

Name	Service details	Contact details
Rainbows	<p>Provides supports for children and young people affected by loss because of bereavement, separation or divorce.</p> <p>Local groups:</p>	<p>Web: www.rainbowsireland.ie</p>
	<p>Clonmel Community Resource Centre, Kickham St. Clonmel.</p>	<p>Tel: 052 6129143 Email: manager@clonmelcrc.ie</p>
	<p>Knockanrawley Resource Centre Tipperary</p>	<p>Tel: 062 52688 Email: helenbuckleykrc@eircom.net</p>
	<p>Spafield Family Resource Centre, Old Road, Cashel</p>	<p>Tel: 062 63622 Email: reception@spafieldfrc.ie</p>
Pieta House	<p>Pieta House Centre for the Prevention of Self Harm/Suicide. Contact for more information on services available.</p>	<p>Pieta House (Roscrea & Waterford) Tel: 1800 247247 Email: info@pieta.ie Web: www.pieta.ie</p>
Knockanrawley Resource Centre	<p>Provides bereavement support</p>	<p>Knockanrawley, Tipperary Town. Tel: 062 52688 Email: knockanrawley@eircom.net Web: www.knockanrawley.ie</p>
St. Oliver's Bereavement Support Service	<p>Provides bereavement support.</p>	<p>C/o Parish Office, Cooleens, Glenconnor, Clonmel. Tel: 052 6125679 Email: stoliver@eircom.net Web: www.stoliver@eircom.net</p>

Services & Supports

Bereavement and Suicide Support

Name	Service details	Contact details
St. Peter and Paul's Bereavement Support Service	Provides bereavement support.	Gladstone St., Clonmel Tel: 052 6122138 / 052 6129404 Email: parishsspeterandpaul@gmail.com

Counselling Services

Counselling services can be accessed through your GP, HSE, local Family Resource Centre, voluntary group or on a private basis. Some counsellors offer counselling services on a reduced fee basis. Always check that the counsellor is appropriately qualified.

Name	Service details	Contact details
HSE National Counselling Service – South East	Provides counselling services for adults who have experienced childhood trauma, abuse or neglect.	Tel: 1800 234 118 Freephone
CONNECT (Adult Victims of Child Abuse & Neglect)	Nationwide Freephone support and counselling service	Tel: 1800 477477 Freephone Email: admin@connectcounselling.ie Web: www.connectcounselling.ie
SHIP- Self Harm Intervention Programme (HSE)	Provides short term counselling to individuals aged 16 years and over who are experiencing suicidal ideation or the impulse to self harm. Referrals via GP or Mental Health Services.	Primary Care Centre, 223 Lismore Park, Waterford. Tel: 086 0222251

Counselling Services

Name	Service details	Contact details
CIPC – Counselling in Primary Care (HSE)	Provides short term counselling to those aged 18 years and over who have a medical card. Referrals through GP services.	Primary Care Centre, 223 Lismore Park, Waterford. Tel: 051 359 088
Tipperary Rape Crisis and Counselling Centre	Provides a free and confidential counselling service to adults and their families affected by rape, child sexual abuse and sexual violence.	20 Mary St., Clonmel Tel: 052 6127676 / 6127677 Freephone: 1800 340340 Email: trcc@eircom.net
	www.tipperaryrapecrisisandcounsellingcentre.com	
Cuan Saor – Womens Refuge	Provides counselling and a range of services to women and children who are experiencing domestic violence.	3 Jervis Place, Parnell St. Clonmel. Tel: 052 6127557 Freephone Helpline: 1800 576 757 (24 hours/365 days) Web: www.cuansaor.org
ACCORD – Relationship & Marriage Counselling	Provides marriage preparation courses and relationship counselling for couples / individuals experiencing difficulties in their relationships.	Community Services Centre, St. Michael’s St. Tipperary Tel: 062 33330
	Email: accordtipphurles@eircom.net	
	St Mary’s Pastoral Centre, Irishtown, Clonmel, Co. Tipperary. 052 6124144	
	Email: clonmelaccord@eircom.net Web: www.accord.ie	

Services & Supports

Counselling Services

Name	Service details	Contact details
Clonmel Community Resource Centre	Provides a range of services including free Teen Counselling 13-18 years and access to counselling services.	Kickham St. Clonmel, Co. Tipperary Tel: 052 612 9143 Email: admin@clonmelcrc.ie Web: www.clonmelcrc.ie
Knockanrawley Resource Centre, Tipperary Town.	Provides a range of services including counselling services for individuals, couples and families.	Knockanrawley, Tipperary Town. Tel: 062 52688 Email: knockanrawley@eircom.net Web: www.knockanrawley.ie
Millennium Family Resource Centre	Provides a range of services including low cost counselling.	Glengoole, Thurles, Co. Tipperary. Tel: 052 9157992 Email: admin@mfrfc.ie Web: www.mfrfc.ie
Nano Nagle Community Resource Centre	Provides a range of services including low cost counselling.	Greenside, Carrick on Suir, Co. Tipperary. Tel: 051 642418 Email: carrickresource@eircom.net Web: www.carrickcommunityrc.com
Spafield Resource Centre	Provides a range of services including counselling services for individuals and families.	Old Road, Cashel. Tel: 062 63622 Email: reception@spafieldfrc.ie Web: www.spafieldfrc.ie
C.A.R.E Cancer Care Support Centre Clonmel	Provides support, information and counselling services to those affected by cancer in South Tipperary.	14 Wellington St. Clonmel. Tel: 052 6182667 Web: www.cancercare.ie

Counselling Services

Name	Service details	Contact details
Circle of Friends Cancer Support Centre, Tipperary Town.	Provides a range of services including counselling for those affected by cancer. Web: www.circleoffriendscancersupport.com	Station House, Station Road, Tipperary Town. Tel: 087 3412600
One In Four	Provides support for those affected by sexual abuse and/or sexual violence and their families.	Tel: 01 6624070 Email: info@oneinfour.ie Web: www.oneinfour.ie
CURA	Provides confidential and non directive counselling for women presenting with a crisis pregnancy at any time during the pregnancy.	20A Liberty Square, Thurles, Co. Tipperary. Lo-Call: 1850 622626 Email: curathurles@eircom.net Web: www.cura.ie
Psychological Society of Ireland (PRI)	The PSI is the professional body for Psychologists in the Republic of Ireland. Psychologists available for private work are listed online.	Floor 2, Grantham House, Grantham St., Dublin 8. Tel: 01 4720105 Web: www.psihq.ie
Irish Council for Psychotherapy	ICPT is a professional body for psychotherapists in Ireland. Accredited Therapists available for private work are listed online.	29 Upper Mount St., Dublin D02 K003. Tel: 01 9058698 Email: hello@psychotherapycouncil.ie Web: www.psychotherapy-ireland.ie

Services & Supports

Counselling Services

Name	Service details	Contact details
Irish Association for Counselling and Psychotherapy (IACP)	Accredited Counsellors and Psycho-therapists available to provide counselling are listed on the Web	IACP, Marina House, 11-13 Clarence St. Dun Laoighaire, Dublin. Tel: 01 2303536 Email: iacp@iacp.ie Web: www.iacp.ie
Family Therapy Association of Ireland (FTAI)	FTAI is the professional organisation which represents family therapists in Ireland. Accredited family therapists are listed on the Web.	FTAI, 73 Quinn's Rd, Shankill, Co. Dublin. Tel: 01 2722105 Web: www.familytherapyireland.com

Carers Support

Name	Service details	Contact details
Family Carers Ireland (formerly known as the Carers Association)	Provides a variety of supports and services to family carers including training for carers, home care services, information on carers' rights and entitlements, free legal advice, counselling and personal advocacy services.	Local Office: 8 Sarsfield St., Clonmel. Tel: 052 6170454 National Freephone: 1800 240724 Email: rmolloy@familycarers.ie Web: www.familycarers.ie
Tipperary Mental Health Support Group Clonmel	A monthly support group (2 nd Tuesday of every month in St. Oliver's Parish Centre, Haywood Rd. Clonmel 2.30pm – 4.30pm) for family members and carers of someone with mental health difficulties. Supported by SHINE.	For more information contact SHINE Tel: 086 8525562

Carers Support

Name	Service details	Contact details
Alzheimer Society of Ireland	Provides support for those affected by Alzheimers and Dementia. Holds a monthly support group for Carers on the 3 rd Thursday of every month at 7pm in Le Cairde Day Care Centre, Glenconner Road, Clonmel.	Tel: 052 6176775 /086 049 0548 Email: asilecairde@alzheimer.ie National Helpline : 1800 341 341 Web: www.alzheimer.ie
Living Well with Dementia in South Tipperary.	Provides support to those caring for someone with dementia in South Tipperary.	Memory Technology Library, Grounds of South Tipperary General Hospital, Western Rd. Clonmel. Tel: 087 0550050
		Web: www.southtipperarydementia.ie
The SER Family Support Network	This organisation supports families affected by substance misuse. It offers brief intervention and referral to peer family support groups.	Tel: 051 312010 /086 6045805 Email: info@serfsn.org
		Web: www.serfamilysupportnetwork.org

Disability & Rehabilitative Services

Name	Service details	Contact
Brothers of Charity Services South East	Provides a range of services for adults and children with an intellectual disability & their families.	Brothers of Charity SE, Belmont Park, Waterford. Tel: 051 833 400
		Web: www.brothersofcharity.ie

Disability & Rehabilitative Services

Name	Service details	Contact details
HSE Disability Services	Provides services for children and adults with an intellectual, physical or sensory disability. Services may include specialist assessment and therapeutic services, respite and home support, day or rehabilitative training services, residential services.	Tel: 052 6177000
Cluain Training & Enterprise Centre	Provides training and support for people with mental health difficulties and / or acquired brain injury in South Tipperary.	17-19 Nelson St, Clonmel, Co. Tipperary Tel: 052 6125328 Email: infocluain@gmail.com Web: www.cluaintraining.ie
Employ Ability Service South Tipperary	Provides support to people with disabilities with finding employment.	Place 4 U, Gladstone St. Clonmel Tel: 052 6129465 Web: www.employability.ie
National Learning Network	Provides training and support for people with disabilities.	Roseville, Western Rd. Clonmel Tel: 052 6181555 Email: clonmel@nlm.ie Web: www.nlm.ie
Tipperary Centre for Independent Living	Provides a Personal Assistant Service and transport service to people with disabilities.	40 Irishtown, Clonmel. Tel: 052 6128667 Web: www.tippcil.com
Irish Wheelchair Association	Provides services for people with mobility difficulties.	Brodeen, Cashel Rd, Tipperary town. Tel: 062 52744 Email: tipptown@iwa.ie Web: www.iwa.ie

Disability & Rehabilitative Services

Name	Service details	Contact details
National Advocacy Service for People with Disabilities (NAS)	Provides independent advocacy services for people with disabilities.	c/o Citizens Information Board, George's Quay House, 43 Townsend St. Dublin 2. Tel: 076 1073000 Email: info@advocacy.ie Web: www.citizensinformationboard.ie
South Tipperary Autism Support Group	A monthly support group for parents and carers. Meetings the first Tuesday of every month.	Clonmel Community Resource Centre, Clonmel. Tel: 052 6129529 Email: info@southtipperautism.ie Web: www.southtipperautism.ie
K.I.T.E. - Kilkenny Initiative for Training & Education (The K.I.T.E. Service)	Offers training programmes and a support and guidance service for adults with a diagnosis of Autism Spectrum Disorder.	Tel: 056 7712913 / 056 7712883 Email: mary.mulrooney@hse.ie Web: kite@hse.ie
Tipperary Sports Partnership (TSP)	A local sports partnership set up by Irish Sports Council and Tipperary County Council to co-ordinate, promote and develop recreational sport in Tipperary.	Tipperary Sports Partnership, Ballingarrane House, Ballingarrane, Co. Tipperary Tel 052 6187080 Email: info@tipperarysports.ie Web: www.tipperarysports.ie
Camphill Communities	Provides residential and day services for individuals with intellectual disabilities. Camphill Communities in South Tipperary are in Carrick on Suir and Grangemockler.	Carrick on Suir Tel: 051 645 080 Email: info@camphill.ie Web: www.camphill.org

Services & Supports

Disability & Rehabilitative Services

Name	Service details	Contact details
Deafhear	Provides services to those who experience hearing loss.	Tel: 01 817 5700 Email: info@deafhear.ie Web: www.deafhear.ie
Moorehaven	Provides day centre and residential services for adults in the mild to moderate range of intellectual disability.	O'Brien St. Tipperary Town Tel: 062-52437 Email: info@moorehaven.ie Web: www.moorehaven.ie
Epilepsy Ireland	Provides services to those affected by epilepsy.	249, Crumlin Road, Dublin 12 Tel: 01 4557500 Email: info@epilepsy.ie Web: www.epilepsy.ie
Headway (Acquired Brain Injury Support)	Provides information and support for those affected by acquired brain injury.	Blackhall Green, Off Blackhall Place, Dublin 7. Tel: 01 6040800 Helpline: 1890 200 278 Email: helpline@headway.ie Web: www.headway.ie
MS Ireland The Multiple Sclerosis Society of Ireland	Provides information, support and advocacy services to those affected by MS.	South East Regional Office: Walkin St. Kilkenny. Tel: 056 7777771 Helpline Tel: 1850 233 233 Email: southeast@ms-society.ie Web: www.ms-society.ie
National Council for the Blind (N.C.B.I)	Provides services to those with sight loss.	South East Regional Office, 7 Ormonde Road, Kilkenny. Tel: 056 7763530 Helpline: 1850 33 43 53 Web: www.ncbi.ie

Domestic Violence

Domestic Violence refers to the use of physical or emotional force or threat of physical force, including sexual violence, in close adult relationships. As well as physical violence it can also involve emotional abuse, the destruction of property, isolation from friends, family and other potential sources of support, threats to others including children, stalking, and control over access to money, personal items, food, transportation and the telephone.

Under the Domestic Violence Act 1996, the Gardai have the power to arrest and prosecute a violent family member. Under the law there are two main kinds of protection available, a safety order and a barring order.

A safety order: A safety order is an order of the court which prohibits the violent person from further violence or threats of violence. It does not oblige the person to leave the family home. If the person is not living with you it prohibits them from watching or being near your home. A safety order can last up to 5 years.

A Barring order: A barring order is an order which requires the violent person to leave the family home. The order also prohibits the person from further violence or threats of violence, and from watching or being near your home. A barring order can last up to 3 years.

To get a barring order or a safety order you must attend a District Court hearing. While you are waiting for the court to hear your application, the court can give you an immediate order called a protection order. The protection order has the same effect as a safety order. In exceptional circumstances the court can grant an interim barring order. This is an immediate order, requiring the violent person to leave the family home. The safety order or the barring order can be renewed by applying for a further order before the previous one has expired.

The court will grant an order where it believes that your safety or welfare or the safety or welfare of a dependent, requires that an order is granted. Under the legislation, welfare includes both physical and psychological welfare.

Services and Supports

To apply for a barring order or a safety order you must go to your local District Court Office. You do not need a solicitor to make an initial application, but the Courts highly recommend you have legal representation for full hearings. For more information contact the court office, a family law solicitor, Cuan Saor or the Law Centre.

Name	Service details	Contact
Clonmel Court office	Court Services	Court House, Nelson St. Clonmel. Tel: 052 6129183 Email: clonmelcourtoffice@courts.ie Web: www.courts.ie
Cuan Saor Women's Refuge	Provides a range of supports to women and children who are or have experienced domestic violence, including refuge, support and information, outreach support, court accompaniment, childcare, counselling, groupwork and Education/Training programmes.	3 Jervis Place, Parnell St. Clonmel. Tel: 052 6127557 Freephone: 1800 57 67 57 Web: www.cuansaor.org
Other refuges in the region	<p>Amber Women's Refuge, Kilkenny</p> <p>Oasis House Women's Refuge, Waterford</p>	<p>Lacken, Dublin Rd. Kilkenny. Tel: 056 777 1404 Helpline: 1850 42 42 44 Web: kilkennywomensrefuge.ie</p> <p>72 Morrissons Rd Waterford. Tel: 051 370 367 Helpline: 1890 264 364 Email: oasishouse2@eircom.net</p>

Domestic Violence

Name	Service details	Contact
Tipperary Rape Crisis and Counselling	A free and confidential service to male and female adult survivors of rape and child sexual abuse, their families or anyone affected by sexual violence.	20 Mary St., Clonmel. Tel: 052 612 7676 / 052 612 7677 Freephone: 1800 340 340 Email: trcc@eircom.net
Web: www.tipperaryrapecrisisandcounsellingcentre.com		
Women's Aid	Provides support and information to women affected by domestic violence.	National Freephone Helpline: 1800 341 900 Email: helpline@womensaid.ie Web: www.womensaid.ie
MEND (Men Ending Domestic Violence)	The South East Domestic Violence Intervention Programme co-ordinates programmes to help men stop being violent/abusive towards their partners.	South Tipperary c/o Men's Development Network, 49 O Connell St., Waterford. Tel: 051 878 866 South Tipperary MEND contact: Tel: 087 915 6632 Web: www.mend.ie
AMEN – Male Victims of Domestic Abuse	Provides information and support services for male victims of domestic abuse and their family members.	St. Anne's Resource Centre, Railway St., Navan, Co. Meath Tel: 046 902 3718 Email: info@amen.ie Web: www.amen.ie
HSE Safeguarding and Protection Team	Concerns about abuse or neglect of an older person or a person with a disability can be reported to the HSE Safeguarding and Protection Team.	HSE offices, Dublin Road, Lacken, Kilkenny. Tel: 056 778 4325 Email: Safeguarding.cho5@hse.ie Web: www.safeguardingcommittee.ie

Services & Supports

Services and Supports

Name	Service details	Contact
ISPCC (Irish Society for the Prevention of Cruelty to Children)	A national child protection charity. Provides a listening support service for children (Childline)	Childline freephone: 1800 666 666 Web: www.childline.ie
One in Four	Provides support for survivors of sexual abuse and /or sexual violence, and their families.	Tel: 01 611 4650 Email: info@oneinfour.org Web: www.oneinfour.ie
Legal Aid Board - Nenagh Law Centre	Provides legal aid and advice on matters of civil law to persons unable to fund such services from their own resources. The Legal Aid Board does not provide legal aid in criminal matters.	Friarscourt St., Nenagh. Tel: 067 34181 Email: lawcentrenenagh@legalaidboard.ie Web: www.legalaidboard.ie
FLAC - Free Legal Advice Centre	<p>FLAC is an independent voluntary organisation that offers legal advice, information and advocacy.</p> <p>Free Legal Advice in South Tipperary is provided in:</p> <p>Clonmel Citizens Information Centre, Market Place, Clonmel. 3rd Thursday of every month from 7.30 - 9pm</p> <p>Tipperary Town Citizens Information Centre, Community Services Centre, St Michael's St. 2nd Wednesday of every month from 7.30 – 8.30pm</p>	<p>13 Lower Dorset St., Dublin 1. Legal information line: Tel: 01 874 5690 / Lo-Call 1890 350 250 Web: www.flac.ie</p> <p>CIC Clonmel Tel: 076 107 6460 Email: clonmel@citinfo.ie</p> <p>CIC Tipperary Tel: 076 107 6540 Email: tipperary@citinfo.ie</p>

Employment, Education, Training and Volunteering

Name	Service details	Contact
Dept of Social Protection	<p>Provides employment support and advice to jobseekers and employers nationwide.</p> <p>Intreo Centres:</p> <p>Social Welfare Branch Offices:</p> <p>Carrick on Suir</p> <p>Cahir</p> <p>Cashel</p> <p>Tipperary Town</p> <p>DSP information line</p> <p>Also provides a jobs online vacancy service</p>	<p>Web: www.welfare.ie Lo-call: 1890 800 024 Tel: 01 248 1398</p> <p>Clonmel IC, Harbour House, New Quay, Clonmel. Tel: 052 6170220</p> <p>Thurles IC: Tipperary Technology Park, Racecourse Rd. Tel: 0504 67100</p> <p>55 New Street. Tel: 051 601190</p> <p>Market Yard, The Square. Tel: 052 744 5200</p> <p>Bohermore, Lady's Well. Tel: 062 64220</p> <p>8 Church Street. Tel: 062 80230</p> <p>Tel: 1890 662244</p> <p>Email: jobsireland@welfare.ie Web: www.jobsireland.ie</p>
ETB - Education Training Board	<p>Provides Education and Training services, PLC courses, Adult Guidance in Education services (STAGES), Adult Learning Scheme (ALS) Vocational Training Opportunities Scheme (VTOS)</p>	<p>Tipperary ETB, Administrative Offices, Western Road, Clonmel. Tel: 052 6121067 Email: clonmel@tipperaryetb.ie Web: www.tipperary.etb.ie</p>

Services & Supports

Employment, Education, Training and Volunteering

Name	Service details	Contact
NALA - The National Adult Literacy Agency	Provides learning opportunities to people with literacy and numeracy difficulties.	Dillon Street, Clonmel, Co. Tipperary. Tel: 052 6127543 / 087 2333752 Email: mroche@tipperaryetb.ie
Web: www.nala.ie/courses/tipperary-etb-adult-learning-scheme-clonmel		
Cluain Training and Enterprise Centre	Provides training and support for people with mental health difficulties and/or acquired brain injury in South Tipperary.	17-19 Nelson St. Clonmel, Tel: 052 6125328 Email: infocluain@gmail.com Web: www.cluaintraining.ie
National Learning Network	Provides training and support for people with disabilities.	Roseville, Western Rd, Clonmel Tel: 052 6181555 Email: clonmel@nlm.ie Web: www.nlm.ie
Limerick Institute of Technology	Offers programmes in Business, Marketing, Creative Multimedia, Digital Animation Production, and Game Art and Design	LIT Clonmel, Cashel Rd, Clonmel Tel: 0504 28490 Email: tippadmissions@lit.ie Web: www.lit.ie
Employ Ability - South Tipperary Supported Employment	Provides support to people with disabilities with finding employment.	Place 4 U, Gladstone St. Clonmel Tel: 052 6129465 Web: www.employability.ie

Services & Supports

4 Young People

Name	Service details	Contact
Youthwork Ireland Tipperary	Offers a range of services and programmes to young people in Tipperary.	Tipperary Youth Information Service, Croke St., Thurles, Co. Tipperary. Tel: 0504 23426 Email: info@youthwork.tipperary.ie Web: www.youthwork.tipperary.ie
Macra na Feirme	An organisation for young people aged 17 – 35 years who are interested in getting involved in sports, travel, drama and debating.	Macra na Feirme, Irish Farm Centre, Bluebell, Dublin 12. Tel: 01 426 8900 Email: macra@macra.ie Web: www.macra.ie South Tipperary Tel: 086 255 4928
Tipperary Sports Partnership (TSP)	A local sports partnership set up by Irish Sports Council and Tipperary County Council to co-ordinate, promote and develop recreational sport in Tipperary.	Tipperary Sports Partnership, Ballingarrane House, Ballingarrane, Co. Tipperary. Tel: 052 618 7080 Email: info@tipperarysports.ie Web: www.tipperarysports.ie
Clonmel Youth Information Service	Provides a range of services to young people including information services, internet access and assistance with CVs.	12 Upper Irishtown, Clonmel. Tel: 052 612 5518 Email: clonmelyic@eircom.net Web: www.waterfordinfo.com
Clonmel Youth Diversion Programme	Provides support to young people aged 12 - 18 years who have contact with the juvenile justice system.	Tel: 052 618 0713 Email: clonmelydp@wstcys.ie

Employment, Education, Training and Volunteering

Name	Service details	Contact
Making Connections	Provides training opportunities for people who have experienced substance or alcohol misuse, homelessness and associated mental health issues.	Wilderness Youth & Community Centre, Wilderness Grove, Clonmel. Tel: 086 771 6289 Email: mcsouthtipperary@wstcys.ie
Men's Shed	Provides a space where men can meet and undertake mutually agreed tasks. Open to all men.	Dudley's Mill, Raheen Rd. Clonmel, Co. Tipperary. Tel: 086 265 4577 Web: www.menssheds.ie Email: josullivan16@gmail.com
Recovery College South East	Provides educational courses & workshops that focus on wellness, recovery and self management skills in mental health & addiction. Email: recoverycollegessoutheast@gmail.com	PO Box 16, Abbey Business Centre, Abbey St., Kilkenny. Tel: 056 777 1094 / 086 174 6330
Tipperary Volunteer Centre	Provides a placement service between individuals and groups who want to undertake voluntary activities in South Tipperary.	Chapel Lane, Cashel, Co. Tipperary. Tel: 062 64775 Email: info@volunteertipperary.ie Web: www.volunteertipperary.ie

Services & Supports

4 Young People

Name	Service details	Contact
Foróige	Youth organisation working with young people aged 12-18 years through volunteer led clubs and staff led projects.	Regional Office: Oakvilla, Military Road, Waterford. Tel: 086 231 6302 Email: gail.osullivan@foiroige.ie

4 Young People

Name	Service details	Contact
Clonmel Community Youth Project	A Community based youth project targeting young people aged 10-21 years, particularly those who are disadvantaged or at risk.	Clonmel Community Youth Project, Wilderness Youth & Community Centre, Wilderness Grove, Clonmel, Co. Tipperary. Tel: 052 617 0876 Email: clonmelcyp@wstcys.ie
Edge Youth Diversion Project	Supports young people in the Carrick on Suir area aged 12-18 years that are at risk, or involved in activities that may be considered antisocial or criminal.	Youth Resource Centre, 56 New Street, Carrick on Suir, Co. Tipperary. Tel: 051 645 560 Email: edgeproject@hotmail.com
Childline (Irish Society for the Prevention of Cruelty to Children)	Provides a listening support service for children up to the age of 18 years.	Freephone: 1800 666 666 Or text Talk to 50101 Web: www.childline.ie
Headspace	A Toolkit developed by the Mental Health Commission for young people who are inpatients of Mental Health Services.	Web: www.headspaceireland.ie
Reachout.com	Provides information for parents about young people and mental health matters.	Web: www.reachout.com

Services & Supports

4 Young People

Name	Service details	Contact
Spunout	A youth information Web for young people aged 16–25 years. Topics include education, employment, health, life and opinion.	Web: www.spunout.ie
Teenline	A confidential listening service for young people.	Freephone: 1800 833 634 Text: 50015 Email: info@teenline.ie Web: www.teenline.ie
Ombudsman for Children's Office	Looks into complaints made by children and young people about the actions of public organisations and promotes the rights and welfare of children and young people under 18 years of age living in Ireland.	Millennium House, 1 st floor, 52-56 Great Strand St, Dublin 1. Tel: 01 865 6800 Complaints freephone 1800 202 040 Email: oco@oco.ie Web: www.oco.ie

Family Support and Children's Services

Name	Service details	Contact
Tusla – Child and Family Agency	The Statutory Agency with responsibility for child welfare and protection services.	Clonmel Office Tel: 052 617 7303 Email: info@tusla.ie Web: www.tusla.ie

Family Support and Children's Services

Name	Service details	Contact
HSE - Child & Adolescence Psychiatry Service, South Tipperary	Provides Mental Health Services for Children and Adolescents.	Coleville House, Coleville Rd., Clonmel. Tel: 052 618 9206
HSE - Child Psychology Services, South Tipperary	Provides Psychological services for children 0-18 years. Referrals are made through GP services. Parent-Infant & Toddler Programme.	South Tipperary Therapy Services, Western Rd., Clonmel. Tel: 052 617 7911
Barnardos	A family support project offering a range of services to families and children.	140 Mountain View, Elm Park, Clonmel. Tel: 052 617 0665 Email: info@southtippbarnardos.ie Web: www.barnardos.ie
Clonmel Community Resource Centre	Provides a range of Integrated Family Supports, Free Teen Counselling 13-18 yrs, Access to counselling services, Transgender Support Group, LGBTI & New Communities Health Worker Projects.	Kickham St., Clonmel, Co. Tipperary Tel: 052 612 9143 Email: admin@clonmelcrc.ie Web: www.clonmelcrc.ie

Services & Supports

Family Support and Children's Services

Name	Service details	Contact
Community Mother Programme	Provides support and information service for parents of children aged 0-5 years. Services include home visits, breastfeeding support, mother and baby group and parent and toddler group.	Room 3, Clonmel Community Resource Centre, Kickham St. Clonmel. Tel: 052 612 8199 Email: ccpspl@gmail.com
Nano Nagle Community Resource Centre	Provides a range of services including education and training programmes, active retirement club, yoga, pilates, mindfulness and low cost counselling.	Greenside, Carrick on Suir, Co. Tipperary. Tel: 051 642 418 Email: carrickresource@eircom.net Web: www.carrickcommunityrc.com
Knockanrawley Family Resource Centre	Provides a range of services including community development, training and education, childcare, family therapy and counselling.	Tipperary Town Tel: 062 526 88 Email: knockanrawley@eircom.net Web: www.knockanrawley.ie
Spafield Resource Centre	Services provided include adult education programmes, computer classes, childcare, art classes, counselling and psychotherapy, and community development.	Old Road, Cashel. Tel: 062 636 22 Email: reception@spafieldfrc.ie Web: www.spafieldfrc.ie
Three Drives Family Resource Centre	Services include training courses, IT training, English classes, Counselling services, Art therapy.	22/23 Greenane Drive, Tipperary Town. Tel: 062 808 31 Email: threedrivesfrc@eircom.net

Finance and Budgeting Services

Name	Service	Contact
Credit Union	Credit Union Services	<p>Credit Union House, Parnell St. Clonmel, Co.Tipperary Tel: 052 612 5207 052 612 5292</p> <p>Fethard Office: 052 613 2261</p> <p>Mullinahone Office: 052 915 3311</p> <p>Email: admin@clonmelcu.com Web: www.clonmelcu.com</p>
MABS – Money Advice & Budgeting Service	<p>MABS provides advice to people who are experiencing financial difficulty or who are in debt.</p> <p>The service is free, independent, confidential and non-judgemental.</p> <p>Also provides Abhaile - Mortgage Arrears Resolution Service.</p>	<p>Helpline: 076 1072000 Email: helpline@mabs.ie Web: www.mabs.ie</p> <p>MABS in South Tipperary: Clonmel: 5 Printers Lane, Market St. Tel: 076 107 2750 Email: clonmel@mabs.ie</p> <p>Tipperary town: 19 Davis Street. Tel: 076 107 2130 Email: Tipperary@mabs.ie</p> <p>Carrick on Suir: Nano Nagle Resource Centre, Greenside. Tel: 076 107 2810 Email: carrickonsuir@mabs.ie</p>

Finance and Budgeting Services

Name	Service	Contact
Dept of Social Protection	<p>Social Welfare services</p> <p>Intreo Centres:</p> <p>Social Welfare Branch Offices:</p> <p>DSP information line:</p>	<p>Clonmel IC: Harbour House, New Quay, Tel: 052 6170220</p> <p>Thurles IC: Tipperary Technology Park, Racecourse Rd. Tel: 0504 67100</p> <p>Carrick on Suir : 55 New Street. Tel: 051 601 190</p> <p>Cahir : Market Yard, The Square. Tel: 052 744 5200</p> <p>Cashel : Bohermore, Lady's Well. Tel: 062 642 20</p> <p>Tipperary Town: 8 Church Street. Tel: 062 802 30</p> <p>1890 662 244 Web: www.welfare.ie</p>
Society of St. Vincent de Paul	SVP provides a range of practical services to people and communities in need.	<p>Head Office SVP House, 91-92 Sean McDermot St. Lower, Dublin D01WV38 Tel: 01 838 6990 Email: info@svp.ie Web: www.svp.ie</p> <p>South Tipperary details: Mulcahy House, Anglesea St., Clonmel. Tel: 052 612 3878</p>

Information Services

Name	Service details	Contact
Citizens Information Service	Citizens Information helpline: free and confidential phone line service Monday – Friday 9pm – 8pm	076 107 4000 Web: www.citizensinformation.ie
Citizens Information Centres	Provides citizens with information, advocacy and advice on their rights and entitlements. Service is free, confidential and independent.	<p>Thurles CIC : 34/35 Croke St Tel: 076 1076510</p> <p>Clonmel CIC : Market Place, Tel: 076 1076460 Email: clonmel@citinfo.ie</p> <p>Tipperary CIC : Community Services Centre, St Michael’s St, Tel: 076 107 6540 Email: tipperary@citinfo.ie</p> <p>CIC also offer outreach services in Carrick on Suir, Cashel and Cahir.</p>
HSE Information Line	National Information Line	Tel: 1850 241 850 info@hse.ie

Services & Supports

Information Services

Name	Service details	Contact
Tipperary Libraries Services	Library and Information Service	Branches: Cahir: Tel: 052 744 2075 Cashel: Tel: 062 639 48 Carrick on Suir: Tel: 051 640 591 Clonmel: Tel: 052 612 4545 Killenaule: Tel: 052 915 7906 Tipperary Town: Tel: 062 51761 Email: libraries@tipperarycoco.ie Web: www.tipperarylibraries.ie

New Communities

Name	Service details	Contact
Irish Refugee Council	A Voluntary Sector Agency working with and for refugees in Ireland.	37 Dame St., Dublin 2. Tel: 01 764 5854 Web: www.irishrefugeecouncil.ie Email: info@irishrefugeecouncil.ie
New Communities Health Project	Provides support and advocacy services to all new community members in South Tipperary.	Clonmel Community Resource Centre, Kickham St., Clonmel. Tel: 085 808 5507 Email: Osas@clonmelcrc.ie

LGBTI

Name	Service details	Contact
LGBT: Helpline	Support and information services for lesbian, gay, bi-sexual, transgender people, their families and friends. Services include a national helpline, online chat support, a Peer Support Service, LGBT awareness training and volunteering.	Unit 1.15, Smithfield Business Centre, Smithfield Square, Dublin 7. Tel: 1890 929 539 Email: info@lgbt.ie Web: www.lgbt.ie
Transgender Equality Network Ireland (TENI)	Provides support, advocacy, education and training services.	Unit 2, 4 Ellis Quay, Dublin 7. Tel: 01 873 3575 Email: office@teni.ie Web: www.teni.ie
LGBTI Project South Tipperary	Provides support & information for the LGTBI community in South Tipperary. Also supports Transgender & LGB Support Groups.	Clonmel Community Resource Centre Kickham St., Clonmel. Tel: 052 612 9143 / 085 854 1514 Email: gerald@clonmelcrc.ie

Services & Supports

Older Peoples Services

Name	Service details	Contact
HSE Services Psychiatry of Old Age Services	Provides a specialist service for people over the age of 65 who develop mental health difficulties in later life. Referrals through GP.	Rosehill, Glenconnor Rd., Clonmel, Co. Tipperary. Tel: 052 617 7491
Living Well with Dementia South Tipperary	Provides information, support and services for those with dementia, their families and carers.	Memory Technology Library, Grounds of South Tipperary General Hospital, Western Rd., Clonmel. Tel: 087 055 0050 Web: www.southtipperarydementia.ie
HSE Safeguarding and Protection Team	Concerns about abuse or neglect of an older person or a person with a disability can be reported to the HSE Safeguarding and Protection Team.	HSE offices, Dublin Road, Lacken, Kilkenny. Tel: 056 778 4325 Email: Safeguarding.cho5@hse.ie Web: www.safeguardingcommittee.ie
Sage - Support & Advocacy Service for Older People	Provides independent advocacy services for older people.	Head Office 24-26, Ormond Quay Upper, Dublin 7. Tel: 01 536 7330 LoCall: 1850 719 400 (8am –10pm daily) Email: info@sage.thirdageireland.ie Web: www.sage.thirdageireland.ie

Older Peoples Services

Name	Service details	Contact
Senior Helpline	A confidential listening service for older people by older people.	LoCall 1850 440444 (10am-10pm daily) Web: www.seniorhelpline.ie
Age Action Ireland		Tel: 01 4756989 Web: www.thirdageireland.ie
Day Care Centres	Cahir Day Care Centre	St Mary's Road, Cahir. Tel: 052 7445480
	Carrick on Suir Day Centre for the Elderly	Pill Road, Carrick on Suir. Tel: 051 640085
	Cashel Day Centre for the Elderly	St. Patrick's Garden, Deerpark Road, Cashel. Tel: 062 63288
	Clogheen - Vee Valley Day Care Centre	The Convent Road, Clogheen, Cahir, Co. Tipperary. Tel: 052 7465477
	Clonmel Day Care Centre for the Elderly	Irishtown, Clonmel. Tel: 052 6124882
	Tipperary - St Vincent's Day Care Centre for the Elderly	St Vincent's Health Centre, Tipperary Town. Tel: 062 82105
	Fethard & District Day Care Centre	Fr. Tirry Centre, Barrack St. Fethard. Tel: 052 6132917

Services & Supports

Older Peoples Services

Name	Service details	Contact
Meal Services	Clonmel	Meals on Wheels Tel: 085 754 4565
	Cahir	Meals on Wheels, Pearse St. Cahir. Tel: 052 744 1093
	Carrick on Suir	Carrick-on-Suir Social Services, Community Hall, Greenside, Carrick on Suir. Tel: 051 645151
	Fethard	Meals on Wheels Fethard & District Day Care Fr. Tirry Centre, Barrack St. Fethard. Tel: 052 743 2917
	Tipperary Town	Meals on Wheels, Community Centre St. Michael St. Tipperary Town. Tel: 062 51622
	Glengoole	Millenium Family Resource Centre, Glengoole. Tel: 052 915 7992

Mental Health Services and Supports

Services & Supports

Name	Service details	Contact
HSE South Tipperary Mental Health Services	Carraig Ór Mental Health Centre, William St. Cashel. & St. Vincent's, Station Rd. Tipperary.	Tel: 062 70460
	Community Mental Health Centre, Glenconnor Road, Clonmel	Tel: 052 618 3470 / 052 618 3495
	Psychiatry of Older Age, Rosehill, Clonmel	Tel: 052 617 7491 (office hours)
	Child and Adolescent Mental Health Service CAMHS Team 1 CAMHS Team 2	Tel: 052 617 7436 (office hours) Tel: 052 6189204 (office hours)
	St Luke's Hospital, Freshford Road, Kilkenny (Dept. of Psychiatry)	Tel: 056 778 5000
	Emergency Dept., South Tipperary General Hospital	Tel: 052 617 7000 (open24/7)
	Caredoc GP Service	Tel: 1850 334 999 (6pm – 8pm)
South Tipperary Consumer Panel (Mental Health)	Service Users of the Mental Health Services, Carers, Family Members, and HSE staff meet monthly to discuss their experiences of accessing and using mental health services, and discuss ideas to bring about positive changes in the service.	Meetings are held on the 3 rd Wednesday of every month in the Community Mental Health Centre, Clonmel at 6.15 pm. Tel: 085 151 9776 Email: southtipperaryconsumerpanel@gmail.com

Mental Health Services and Supports

Name	Service details	Contact
Tipperary Mental Health Support Group	A monthly support group held on 2 nd Tuesday of every month 2.30pm – 4.30pm for family members and carers of someone with mental health difficulties. Supported by SHINE.	St. Oliver's Parish Centre, Haywood Rd., Clonmel For more information contact SHINE Tel: 086 852 5562
Hearing Voices Group Tipperary Town & Clonmel	<p>The Tipperary Town group meets every Wednesday 2-3pm at Cuan Croí Day Centre</p> <p>The Clonmel group meets every fortnight - Wednesday 3.30-4.30pm at Morton St Day Centre</p>	<p>For more information contact Caroline Tel: 062 821 23</p> <p>For more information contact Aoife Nolan Tel: 052 618 3465 / 052 618 3470 Kay Fripps 052 612 5451</p>
Phrenz Group South Tipperary	A monthly support group meeting in Clonmel for individuals with schizophrenia and related illnesses. Supported by SHINE.	For more information contact SHINE Tel: 086 852 5562
South Tipperary WRAP Support Group	A Peer Support Group for those who have trained in WRAP (Wellness Recovery Action Plan). Meets fortnightly in Clonmel.	Email: southtipperarywrap@gmail.com
C-SAW: Community Suicide Awareness Workers Tipperary	A voluntary organisation based in Clonmel. C-Saw provides a range of services including a Weekly Coffee morning every Wednesday 11am – 1pm, Monthly Bereavement Counselling and Take time to Talk Counselling.	24 William St., Clonmel. Tel: 052 617 2477 Email: c-saw@live.com

Mental Health Services and Supports

Name	Service details	Contact
GROW	<p>A peer support voluntary organisation that provides group support for people who have or are experiencing mental health problems.</p> <p>Weekly meetings in Clonmel and Cahir.</p>	<p>National Office, 11 Liberty Street, Cork. Tel: 021 277 520</p> <p>National Info line Tel: 1890 974 974</p> <p>SE Regional contact: Tel: 056 776 1624</p> <p>Web: www.grow.ie</p>
AWARE (Depression)	<p>A national voluntary organisation which supports people with depression.</p> <p>Weekly Aware meetings in Dungarvan</p>	<p>National Office, 72 Leeson Street, Dublin 2. Tel: 01 662 721</p> <p>National Helpline: 1890 303 302</p> <p>SE Regional contact Tel: 053 918 4525</p> <p>Email: info@aware.ie Web: www.aware.ie</p>
Mental Health Ireland	<p>A national voluntary organisation which aims to promote positive mental health and supports people with mental illness, their families and carers.</p> <p>MHI have a branch in South Tipperary.</p>	<p>Mensana House, 6 Adelaide Street, Dun Laoghaire, Co. Dublin. Tel: 01 2841166</p> <p>SE Regional Contact: 087 835 3925</p>

Services & Supports

Mental Health Services and Supports

Name	Service details	Contact
SHINE (formerly Schizophrenia Ireland)	Provides support, counselling and advocacy services for people experiencing mental health difficulties. Regional office – Waterford	National Office: 38 Blessington Street. Dublin 1. Infoline: 1890 621 631 Email: info@shineonline.ie Web: www.shineonline.ie Tel: 086 852 5562
Irish Advocacy Network	Provides peer advocacy, support and information for those experiencing difficulties with their mental health. Email: admin@irishadvocacynetwork.com Web: www.irishadvocacynetwork.com	Head Office: Smithfield Business Centre, Suite 1.9, The Distillers Building, New Church St. Dublin 7 Tel: 01 872 8684
National Advocacy Service for people with Disabilities (NAS)	Provides independent advocacy services for people with disabilities Web: www.citizensinformationboard.ie	c/o Citizens Information Board, George’s Quay House, 43 Townsend St. Dublin 2. Tel: 076 107 3000 Email: info@advocacy.ie
STAN - South Tipperary Action Network Mental Health	STAN is a network of service providers established to provide networking and training opportunities for people and organisations working in South Tipperary to improve the quality of life and mental health of all citizens.	Tel: 087 165 9843 Email: stanmentalhealth@gmail.com Web: www.stanmentalhealth.ie

Mental Health Services and Supports

Name	Service details	Contact
Samaritans	Provides confidential support for people in distress or who are feeling suicidal.	Tel: 116 123
BODYWHYS (Eating Disorders)	Provides information and support for those affected by eating disorders and their families.	Lo-Call: Tel: 1890 200 444 (Mon - Friday) Tel: 01 283 4963 Email: info@bodywhys.ie Web: www.bodywhys.ie
Headspace	A Toolkit prepared by the Mental Health Commission for young people who are inpatients of Mental Health Services.	Web: www.headspaceireland.ie
Mental Health Reform – Promoting Improved Mental Health Services.	A national coalition of organisations working to promote improved mental health services and social inclusion of people with mental health conditions.	Coleraine House, Coleraine St., Dublin 7. Tel: 01 874 9468 Email: info@mentalhealthreform.ie Web: www.mentalhealthreform.ie
Mental Health Commission	Promotes high standards and good practices in the delivery of mental health services and protects the interests of patients who are involuntarily admitted.	MHC – St. Martin’s House, Waterloo Rd., Dublin 4. Tel: 01 636 2400 Email: info@mhcir.ie Web: www.mhcirl.ie

Services & Supports

Primary Care/General Practitioners/Caredoc

Caredoc GP service: Tel: 1850 334 999 (6pm-8am)

Practice	Doctors	Contact
Bansha Health Centre, Co. Tipperary.	Van Eynatten, Dr. Bastiaan	062 54224
Ballyporeen Health Centre, Church St. Ballyporeen, Co. Tipperary.	O'Reilly, Dr. Melaine	052 746 7480
Ballingarry Health Centre, Thurles, Co. Tipperary.	Curtin, Dr. John O'Riordan, Dr. Margaret	052 915 4208
Cahir Market Yard Surgery, Co. Tipperary.	Farrell, Dr. John Halley, Dr. Anita Dalton, Dr. Jill Lalor, Dr. Gillian Maher, Dr. Tony	052 744 1364
Convent Road, Cahir , Co. Tipperary.	McCarthy, Dr. John M Nic Eoin, Dr. Maire	052 744 1825
Cappawhite Health Centre, Co. Tipperary.	Akinsuli, Dr. Olusegun	062 75040
Pearse Square, Carrick on Suir , Co. Tipperary.	Downey, Dr. Andrew Grant, Dr. Rosemary	051 640 542
8 Castle St. Carrick on Suir , Co Tipperary.	Flanagan, Dr. John Moloney, Dr. Laura Engela, Dr. Seamus	051 640 527
Medical Centre, Kickham St. Carrick on Suir , Co. Tipperary.	Roche-Nagle, Dr. Richard Kwong, Dr. Justin Grant, Dr. Rosemary	051 646 003
17 Kickham St., Carrick on Suir , Co. Tipperary.	O'Donovan, Dr. Timothy Huma, Dr. Himayat	051 641 059
Cashel Health Care, Main St., Cashel, Co. Tipperary.	Barratt, Dr. Gerard Murphy, Dr. Declan	062 64680

Primary Care/General Practitioners/Caredoc

Practice	Doctors	Contact
Cahir Rd, Cashel , Co. Tipperary.	Keenan, Dr. Lorcan Halley, Dr. Brigid	062 61715
Deerpark Rd, Cashel , Co. Tipperary.	Ryan, Dr. William	062 61266
Clogheen Medical Centre, Convent Road, Clogheen, Co. Tipperary.	O'Reilly, Dr. Melaine	052 746 5503
Gladstone Street Surgery, 46 Gladstone St, Clonmel , Co. Tipperary.	Quirke, Dr. Michael Dillon, Dr. Tara	052 612 2894
Mary St. Medical Centre, Clonmel , Co. Tipperary.	Walsh, Dr. Colman Cheasty, Dr. Judith Sullivan, Dr. Gerry Foley, Dr. Cathy Cantwell, Dr. Liz	052 612 1288
Western House Medical Centre, Western Road, Clonmel , Co. Tipperary.	Rouse, Dr. Martin Rouse, Dr. Bernie Kelly, Dr. Kevin Kelly, Dr. Maria Morrissey, Dr. Brian Breen, Dr. Pat Dowling, Dr. Stephanie	052 612 5312
Riverside Medical Centre, 7 Upper Irishtown, Clonmel , Co. Tipperary.	Lynch, Dr. Patrick Nic Eoin, Dr. Maire	052 612 4756
Suirside Medical Centre, The Gables, Old Waterford Rd., Clonmel , Co. Tipperary.	Sharpe, Dr. Damian	052 612 2963 / 612 3201
Dundrum Health Centre, Dundrum, Co. Tipperary.	O'Dwyer, Dr. Kieran	062 71270

Services &
Supports

Primary Care/General Practitioners/Caredoc

Practice	Doctors	Contact
Dr. Molly Owens, The Square, Fethard , Co. Tipperary.	Owens, Dr. Molly Oosthuysen, Dr. Jaco	052 613 1690
Northgate Medical Centre, Rocklow Rd., Fethard , Co. Tipperary.	Condon, Dr. Carmel Fuller, Dr. Kirsten	052 613 1631
Killenaule Surgery, Killenaule, Thurles, Co. Tipperary.	Meagher, Dr. Liam Gannon, Dr. Lucia	052 915 6134
Mullinahone Health Centre, Kickham St., Thurles, Co. Tipperary.	Gilman, Dr. John	052 915 3287
Kylecourt Clinic, Old Davitt Street, Tipperary Town	Carroll, Dr. Conor Hanrahan, Dr. Iver Loneragan, Dr. Breda Ryan, Dr. Chris	062 51470 / 51687
Medicentre, 23 Davis St. Tipperary Town	Van Eynatten, Dr Bastiaan	062 52655
Primary Care Centre, Rosanna Rd. Tipperary Town	Purcell, Dr. Tom O'Connor, Dr. Caroline Browne, Dr. Joseph Sheahan, Dr. Michael Wallace, Dr. John	062 51657
Co Waterford		
Clonea Health Centre, Clonea Power, Co. Waterford.	Roche-Nagle, Dr. Richard Kwong, Dr. Justin Grant, Dr. Rosemary	051 646 003 / 646 042
Co. Kilkenny		
Health Centre, Main St., Piltown, Co. Kilkenny.	Flanagan, Dr. John Moloney, Dr. Laura Engela, Dr. Seamus	051 643 116

Services for Travellers

Name	Service details	Contact
Traveller Community Health Workers	Peer health service for the Traveller community. Traveller Community Health Care Workers offer information and support to Traveller families in South Tipperary.	Room 9, Clonmel Community Resource Centre, Kickham St. Clonmel. Tel: 052 617 0947 Email: phcp@eircom.net
Tipperary Rural Travellers Project (TRTP)	A community development project for the Traveller community in South Tipperary. Services include: support services for Traveller men, Primary Health Care Programmes, Afterschool programmes.	1 St. Michael's Street, Tipperary Town. Tel: 062 311 38 Email: tipptraveller-book@hotmail.com

Transport

Name	Service details	Contact
Bus Eireann	National bus service	Tel: 1850 836 611 www.buseireann.ie
Irish Rail	National rail service	Tel: 01 836 6222 www.irishrail.ie
JJ Kavanaghs & Sons Ltd.	Private coach operator between Tipperary, Limerick, Kilkenny and Dublin.	Tel: 0818 333 222 www.jjkavanagh.ie Email: info@jjkavanagh.ie
Ringalink Services- South Tipperary	Wheelchair accessible bus service. Pre booking required. Nominal return adult fare. Travel pass holders no charge.	Booking line Lo-Call 1890 424 141 Email: ringalink@eircom.net www.ringalink.ie
South Tipperary Centre for Independent Living	Provides transport services to people with disabilities.	40 Irishtown, Clonmel Tel: 052 612 8667 www.tippcil.com

Promoting Wellbeing through Healthy Reading

Mental Health Difficulties are prevalent in Ireland with 1 in 6 of our population having a mental health need at any given time. Even though Psychological therapies are recognised as effective interventions for a range of mental health difficulties, access to such therapies is often limited.

In recent years, there is growing recognition, that “Bibliotherapy” is an alternative way of increasing access to psychological therapy.

Bibliotherapy involves using self-help books for therapeutic purposes: some studies show that the use of high quality bibliotherapy books can produce therapeutic outcomes comparable to those of drug therapy or psychotherapy (National Institute for Health & Clinical Excellence, UK). Many of

the books on bibliotherapy lists are based on Cognitive Behaviour Therapy (CBT).

CBT is a recognised intervention for conditions such as Anxiety, Depression, Panic Attacks, Eating Disorders etc. The books on this list are written by psychologists who are clinical experts in their field of interest. The books present self-help versions of recommended treatment interventions; and are similar to what an individual would receive if they were attending psychological therapy. Bibliotherapy is not suitable for everyone. It can be beneficial for individuals who are motivated to work independently to address their mental health difficulty using a structured guided approach. Good literacy levels are needed to fully benefit from this approach.

Bibliotherapy can be used as a stand-alone psychological intervention, or by those who are on waiting lists for therapy. It can also be used as an adjunct to therapy. The books listed here can be directly ordered from a good bookstore or bought online (eg Amazon), or they can be accessed from your Local Library (www.tipperarylibraries.ie)

A 150 word summary review on each book can be accessed at the following web addresses (URLs shortened for convenience):
HSE Web:

www.hse.ie/powerofwords
Dublin City Libraries Web:
<http://tinyurl.com/lo5eqhi>

(*) denotes the core books (42 in total) that have been recommended for placement in all libraries in Ireland

Promoting Wellbeing through Healthy Reading

Adult Issues	Book Title	Author(s)	Year
Addiction	7 Tools to Beat Addiction *	Stanton Peele	2004
	Get your Loved One Sober: Alternatives to Nagging, Pleading & Threatening *	Robert Meyers & Brenda Wolfe	2003
	An Introduction to Sensible Drinking *	Marcantonio Spada	2001
	Overcoming Problem Drinking	Marcantonio Spada	2006
	Overcoming Compulsive Gambling	Alex Blaszczynski	2010
Anger	Overcoming Irritability & Anger *	William Davies	2000
	Managing Anger: Simple Steps to Dealing with Frustration & Threat	Gael Lindenfield	2000
	Act on Life Not Anger	Georg Eifert et al	2006
Anxiety	An Introduction to Coping with Anxiety *	Brenda Hogan & Lee Brosnan	2007
	Things might go horribly wrong: A guide to life liberated from Anxiety *	Kelly Wilson & Tony DuFrene	2010
	Overcoming Anxiety	Helen Kennerley	2004
	Anti Anxiety Workbook	Martin Antony & Peter Norton	2008
	Compassionate Mind Guide to Overcoming Anxiety: Using Compassionate Focused Therapy to calm Worry, Panic and Fear	Denis Tirsch	2012
Anxiety: Health Anxiety	An Introduction to Coping with Health Anxiety	Charles Young & Brenda Hogan	2007

Promoting Wellbeing through Healthy Reading

Adult Issues	Book Title	Author(s)	Year
Anxiety: Panic	An Introduction to Coping with Panic * When Panic Attacks *	Charles Young Aine Tubridy	2007 2003
Anxiety: Phobias	An Introduction to Coping with Phobias	Brenda Hogan	2007
Anxiety: Social Anxiety & Shyness	Overcoming Social Anxiety & Shyness * I Think they are Overcoming Social Phobia (DVD) * Shyness & Social Anxiety Workbook	Gillian Butler Ronald M Rapee Martin Antony & Richard Swinson	2003 1998 2008
Anxiety: Stress & Worry	An Introduction to Coping with Stress * The Relaxation & Stress Reduction Workbook (6 th Edit) * A Mindfulness Based Stress Reduction Workbook (incl CD) * Overcoming Worry Overcoming Anxiety, Stress & Panic: A Five Areas Approach	Lee Brosnan Martha Davis et al Bob Stahl, Elisha Goldstein & Saki Santorelli Mark Freeston & Kevin Meares Chris Williams	2010 2008 2010 2008 2009
Anxiety: Traumatic Stress	An Introduction to Coping with Post Traumatic Stress *	Ann Wetmore	2010

Promoting Wellbeing through Healthy Reading

Adult Issues	Book Title	Author(s)	Year
Assertiveness	Assert Yourself: Simple Steps to Getting What You Want (2 nd Edit) *	Gael Lindenfield	2001
Bereavement	An Introduction to Coping with Grief * The Courage to Grief * Living with Loss Overcoming Grief	Sue Morris Judy Tattelbaum Liz Mc Neill Taylor Sue Morris	2010 1980 2008 2008
Body Image	Overcoming Body Image Problems	David Veale	2009
Child Sexual Abuse (Adult Survivors)	An Introduction to Coping with Childhood Trauma * Breaking Free: Help for Survivors of Child Sex Abuse * Overcoming Childhood Trauma	Helen Kennerley Caroyln Ainscough & Kay Toon Helen Kennerley	2011 2000 2000
Dementia	The Simplicity of Dementia * The 36 Hour Day: A Family Guide to Caring for People with Alzheimers Disease, Related Dementias, and Memory Loss	Huub Buijssen Nancy L Mace & Peter V Rabins	2005 2011

Promoting Wellbeing through Healthy Reading

Adult Issues	Book Title	Author(s)	Year
Depression	<p>Coming Through Depression (CD included) *</p> <p>An Introduction to Coping with Depression *</p> <p>Depression: The Way out of your Prison</p> <p>Overcoming Depression</p> <p>Overcoming Depression & Low Mood: A 5 Areas Approach</p> <p>The Mindful Way Through Depression</p> <p>The Mindfulness & Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living (CD included)</p>	<p>Tony Bates</p> <p>Lee Brosnan & Brenda Hogan</p> <p>Dorothy Rowe</p> <p>Paul Gilbert</p> <p>Chris Williams</p> <p>Mark Williams et al,</p> <p>Kirk Strosahl</p>	<p>2011</p> <p>2007</p> <p>2003</p> <p>2009</p> <p>2012</p> <p>2007</p> <p>2008</p>
Depression: Post Natal	Overcoming Postnatal Depression: A 5 Areas Approach *	Chris Williams, Roch Cantwell & Karen Robertson	2008
Eating Problems	<p>An Introduction to Coping with Eating Problems *</p> <p>Overcoming Bulimia Nervosa & Binge Eating *</p> <p>Anorexia Nervosa: A Survival Guide for Families, Friends & Sufferers *</p> <p>Overcoming Anorexia Nervosa</p> <p>The Mindfulness & Acceptance Workbook for Bulimia: A Guide to Breaking Free from Bulimia using Acceptance and Commitment Therapy</p>	<p>Gillian Todd</p> <p>Peter Cooper</p> <p>Janet Treasure</p> <p>Christopher Freeman & Peter Cooper</p> <p>Kelly Wilson et al</p>	<p>2011</p> <p>2010</p> <p>1997</p> <p>2009</p> <p>2011</p>

Reading

Want to Read More....

Promoting Wellbeing through Healthy Reading

Adult Issues	Book Title	Author(s)	Year
Mood Swings	Overcoming Mood Swings	Jan Scott	2010
Obsessive Compulsive Problems	An Introduction to Coping with OCD *	Lee Brosnan	2007
	Obsessive Compulsive Disorder	Frederick Toates & Olga Coschug Toates	2005
Pain	Overcoming Obsessive Compulsive Disorder	David Veale & Rob Willson	2009
	Overcoming Chronic Pain	Frances Cole et al	2005
Perfectionism	Overcoming Perfectionism	Roz Shafron & Sarah Egan	2010
Personal Development	Change for the Better: Self Help Through Practical Psychotherapy (4th Edit) *	Elizabeth Wilde McCormick	2012
	The Happiness Trap *	Russ Harris	2012
	Self Compassion: Stop Beating Yourself Up & Leave Insecurity Behind	Kristen Neff	2011
	The Gifts of Imperfection: Let go of who you think you are supposed to be and embrace who you are (CD)	Brené Brown	2010
Relationships	Hold me Tight: Seven Conversations for a Lifetime of Love *	Sue Johnson	2011
	Women who Love Too Much	Robin Norwood	2008
	Act with Love: Stop Struggling, Reconcile Differences, & Strengthen your Relationship with Acceptance Commitment Therapy	Russ Harris	2009

Promoting Wellbeing through Healthy Reading

Adult Issues	Book Title	Author(s)	Year
Schizophrenia	Surviving Schizophrenia: A Manual for Families, Consumers & Providers	E. Fuller Torrey	2001
Self Esteem	An Introduction to Improving Your Self Esteem *	Melanie Fennell with Lee Brosnan	2011
	The Confidence Gap *	Russ Harris	2011
	10 Days to Great Self Esteem The Feeling Good Handbook	David Burns David Burns	2000 1999
Self Harm	Dialectical Behaviour Therapy Skills Workbook: Practical Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotional Regulation & Distress Tolerance	Matthew Mc Kay	2007
Sexual Problems	Overcoming Sexual Problems	Vicki Ford	2010
Sleep	An Introduction to Coping with Sleep Problems	Colm Espie	2011
Weight Problems	Overcoming Weight Problems	Jeremy Gauntlett-Gilbert & Claire Grace	2005

Bibliotherapy: Child & Family**Promoting Wellbeing through Healthy Reading**

Child & Family	Book Title	Author(s)	Year
Anxiety	What to do when you worry too much: A kid's guide to Anxiety (6+) * A Hug Bag of Worries (3+) When my worries get too big: A relaxation book for children who live with Anxiety	Dawn Huebner Virginia Ironside Kari Dunn Buran	2012 2004 2004
Autism	I am Special: Introducing Children and Young People to their Autism Spectrum Disorder (age 10+) When my Worries get too big: A relaxation book for Children who live with Anxiety (ages 5-9) – (eg dealing with anxiety around transitions)	Peter Verneulen Kari Dunn Buran	2008 2004
Bedtime	What to do when you dread Bed (6+)	Dawn Huebner	2008
Bereavement	Finding a way through when someone close has died * Helping Children Cope with the Loss of a Loved One * Beyond the Rough Rock: Supporting a child who has been bereaved by Suicide	Pat Mood & Lesley Whittaker William C. Kroen Diana Crossley & Julie Stokes	2001 1996 2008
Bullying	How to Handle Bullies, Teasers and other Meanies (Age 8-12) * Bullying : A Parent's Guide *	Kate Cohen-Posie Jennifer Thompson	2008 2005

Promoting Wellbeing through Healthy Reading

Child & Family	Book Title	Author(s)	Year
Communication	How to Talk so Kids Will Listen & Listen so Kids Will Talk	Adele Faber & Elaine Mazlish	1999
Depression	Coping with Depression in Young People: A Guide for Parents	Carol Fitzpatrick & John Sharry	2004
Eating	How to Get Your Kids To Eat....But Not Too Much	Ellyn Smith	1987
Parenting	The Incredible Years- A Trouble Shooting Guide for Parents of Children (2-8yrs) Parent Power –Bringing up Responsible Children & Teenagers * Parenting is Child's Play Parenting is Child's Play: The Teenage Years * Positive Parenting Parenting Infants: What Every Parent Needs to Know STEP: Parenting Young Children (0-5 years) STEP: Parent Handbook (6-12 years) STEP: Parenting Teenagers	Carolyn Webster-Stratton John Sharry David Coleman David Coleman John Sharry Margot Sunderland D. Dinkmeyer,GD Mc Kay et al	2006 2002 2007 2010 2008 2007 1997 1997 1998
Separation	When Parents Separate: Helping your Children Cope *	John Sharry et al	2001
Sibling Rivalry	How To Get Your Children To Live Together So You Can Too	Adele Faber & Elaine Mazlish	2004

Mental Health Websites

National

Aware	www.aware.ie
Connecting for Life	www.connectingforlifesouthtipperary.ie
Critical Voices Network Ireland (CVNI)	www.cvni.ie
Grow	www.grow.ie
Irish Advocacy Network	www.irishadvocacynetwork.ie
Irish College of Psychiatrists	www.irishpsychiatry.ie
Mental Health Commission	www.mhcirl.ie
Mental Health Ireland	www.mentalhealthireland.ie
Mental Health Reform	www.mentalhealthreform.ie
Seechange	www.greenribbon.ie
Shine	www.shineonline.ie
STAN Mental Health	www.stanmentalhealth.ie
HSE Info & Support on Mental Health	www.yourmentalhealth.ie

International

Wellness Recovery Action Plan (WRAP)	www.mentalhealthrecovery.com
Mental Health Foundation	www.mentalhealth.org.uk
The Hearing Voices Network	www.hearing-voices.org
Intervoice – The International Community for Hearing Voices	www.intervoiconline.org
Mind	www.mind.org.uk
National Alliance on Mental Health (USA)	www.nami.org
Mental Health America (USA)	www.nmha.org
Rethink Mental Illness	www.rethink.org
The Royal College of Psychiatrists	www.repsych.ac.uk
SANE	www.sane.org.uk
Schizophrenia.com	www.schizophrenia.com

Glossary

ADON: Assistant Director of Nursing.

ADHD: Attention Deficit Hyperactivity Disorder, a medical condition.

Advocate: A person who is available to help and support service users or carers with accessing services.

A.H.P: Allied Health Professional (e.g. Social Worker, Occupational Therapist, Psychologist, Dietician and Speech and Language Therapist)

A.R.I: Advancing Recovery in Ireland – an initiative which aims to identify ways in which recovery principles can best be incorporated into routine practice in the Health Services.

ASIST: Applied Suicide Intervention Skills Training.

Autonomy: Freedom to make choices and decisions independently.

Biomedical Treatment: Treatment involving medication.

CAMHT: Child and Adolescent Mental Health Team.

CAMHS: Child and Adolescent Mental Health Services.

Carer: A friend or relative, who looks after a person or child who is ill, has a disability or is elderly on an informal voluntary basis.

Care Plan: An individualised plan detailing treatment and care needs.

CMHN: Community Mental Health Nurse.

CMHT: Community Mental Health Team – a team of health professionals who work together to provide specialist assessment and treatment to support service users experiencing mental health difficulties. The team comprises a Consultant Psychiatrist, Nursing Staff, Social Worker, Psychologist, Occupational Therapist and Addiction Counsellor.

CNS: Clinical Nurse Specialist – a qualified nurse who has undertaken further education or training relevant to his/her area of specialist practice.

CBT: Cognitive Behavioural Therapy – A talking therapy that deals with current problems and difficulties, rather than focusing on issues from the past. CBT is based on the premise that our thoughts, feelings and behaviour are interconnected. During therapy, the therapist and client work collaboratively to change the client's behaviour, and/or their thinking patterns.

CfL: Connecting for life, Ireland's National Strategy to Reduce Suicide 2015-2020.

Glossary

Clinical Psychologist (Mental Health): A health professional, who has specialist training in the diagnosis and psychological treatment of mental, behavioural and emotional illness. This role includes psychological assessment and intervention, psychotherapy, research and teaching.

Consultant Psychiatrist: A trained medical doctor who has a specialist training in the assessment and treatment of mental ill health.

Continuity of Care: This refers to the care offered to an individual over time. The nature and range of services offered to the individual is determined by the individual's specific needs.

Counsellor: A trained professional who helps individuals or couples to address personal difficulties in their lives or to address issues that are adversely affecting their wellbeing.

Culture: A shared system of values, beliefs and behaviour.

Day Centre: A community setting where people attend voluntarily for continuing social support. Services may include rehabilitation and personal development.

Dietician: Health professional who assesses diet and nutritional status and provides evidence-based advice on all aspects of nutrition and diet in order to promote health, prevent disease and help manage existing conditions.

DBT: Dialectical Behaviour Therapy is a specific treatment approach for individuals presenting with severe emotional dysregulation. Treatment comprises individual therapy, and group skills training in Mindfulness, Emotional Regulation, Distress Tolerance, and Personal Effectiveness.

DON: Director of Nursing.

DOP: Department of Psychiatry.

DSM-5: Diagnostic & Statistical Manual of Mental Disorders - 5th Edition. A manual published by the American Psychiatric Association, which provides information on officially recognised psychiatric disorders, and the standard criteria required for diagnosis. Physicians and mental health professionals use the DSM-5 to confirm mental health diagnoses.

Dual Diagnosis: when two or more problems/disorders affect a person at the same time e.g. substance misuse issues combined with mental health problems.

Glossary

Early Intervention:

Interventions targeted at individuals who are displaying the early signs / symptoms of a mental health experience (e.g. psychosis, eating disorders).

ECD: Executive Clinical Director.

ECT: Electro-convulsive therapy is a treatment that involves sending an electric current through the brain to trigger a seizure/fit; in an attempt to relieve severe depression that has not benefitted from medication. The treatment is given under general anaesthetic and using muscle relaxants.

E.D: Emergency Department is a walk in centre in hospitals where members of the public can access medical treatment immediately or in crisis situations, also known as A&E (Accident and Emergency Department).

Family Therapist: A psychotherapist who provides therapy for families, couples and individuals around relationships and other relevant issues.

GP: A General Practitioner (doctor) provides general health services to people in the community and refers onto specialist services if needed.

Group Therapy: Therapy involving groups of 4-12 individuals who present with similar difficulties. The therapist facilitates the therapy group, and uses the emotional interactions of the group members to reduce distress, to increase individual awareness and to modify or change individual behaviour.

HBTT: Home Based Treatment Team: a team of mental health professionals who provide care and treatment to acutely ill patients for a limited period of time, as an alternative to inpatient care.

HIQA: Health Information & Quality Authority is a statutory government funded agency in Ireland which monitors the safety and quality of the healthcare and social care systems.

HSE: Health Service Executive – provides public health and social care services to those living in Ireland.

ID: Intellectual Disability

ImROC: Implementing Recovery through Organisational Change – a new approach where service users and service providers (including mental health) work in partnership to develop systems and bring about organisational

Glossary

change that supports recovery and wellbeing for those attending these services.

MHC: Mental Health Commission

Mental Health Social

Workers: A health professional who works with individuals and families to assess and address social needs which may be impacting on the individual's / family's mental wellbeing. The role can include advocacy work, supportive counselling, case management and liaising with voluntary and statutory agencies.

Multidisciplinary Team: A team of health and social care professionals

NDA: National Disability Authority

NOSP: National Office of Suicide Prevention

OT: Occupational Therapist – a health professional who has special skills in assessing the person's functioning in terms of day to day life skills. The purpose of occupational therapy in community mental health is to increase the individual's ability to live as independently as possible. The OT provides advice and supportive practical

strategies in relation to further training programmes, personal development, self care, stress management and social/living skills.

Out Patient Clinics

(Psychiatry): Clinics where the Psychiatrist and/or members of the multidisciplinary team meet with the service user to discuss the assessment, follow up care and ongoing management of their care plan. The frequency of attendance at outpatient clinics is determined by the service user's specific mental health needs.

Policy: A plan of action that governs mental health service activity.

Primary Care Health

Services: Provides the first point of contact for individuals seeking help. Can include GP services, Physiotherapy, OT services, Counselling, Psychology and Social Work Services. Individuals who present with more complex needs are likely to be referred to specialist services.

Psychiatric Nurse/Mental

Health Nurse: A nurse who has specialist training in the area of mental health. The role includes supporting the person with mental health difficulties with information about their

Glossary

illness and treatments available. The Mental Health Nurse can also provide psycho-education in relation to medication and its effects and side effects. The MHN can also provide support to family members and/or carers if required.

Registrar in Mental Health: A medical doctor with a specialist qualification in mental health, but without overall responsibility for treatment.

Rehabilitation: A programme of therapy designed to restore independence and reduce disability. The aim is to help individuals to return to living independently. The services provided will be dependent on the individual's specific needs, but may include Nursing, Psychology, Social Work and /or Occupational Therapy support.

Respite Care: A residential service where service users can access brief time- limited support.

RPN: Registered Psychiatric or Mental Health Nurse.

Service User: A word used to describe any individual who is currently availing of health

services. The term service user is often interchangeable with the terms patient or client.

Social Inclusion:

Ensuring that vulnerable or disadvantaged groups are able to access activities, benefits and services that are generally available to other people.

Stigma: Society's negative attitude or prejudice at some people, often caused by a lack of understanding. Many individuals with mental health difficulties identify stigma as an issue for them.

S.T.A.N: South Tipperary Action Network - Mental Health.

S.T.C.P: South Tipperary Consumer Panel

AVFC: A Vision for Change (2006): A report published by the Government which provides a comprehensive policy framework about how the Health Services should be run.

WRAP: Wellness Recovery Action Plan.

W.H.O: World Health Organisation

Disclaimer

Use of this directory means that you have understood and accepted the disclaimer terms and conditions set out below:

This directory was compiled by South Tipperary Action Network (STAN mental health), and is intended to be an information resource for both individuals who avail of Adult Mental Health Services in South Tipperary, their families and friends, and for health and social care professionals and other service providers involved in delivering such services.

The material contained in this directory is provided for general information purposes only and does not constitute care, treatment or other professional advice. Individuals are welcome to use the material contained in the directory but decisions with respect to specific care models are a matter for individual choice. Due to the general nature of the information in this directory, should you require specific help, you should seek the assistance of an appropriately trained professional.

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Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Connecting for Life
South Tipperary



Mental Health
Ireland



Comhairle Contae Thiobraid Árann
Tipperary County Council