



Connecting for Life
Cork



Cork Kerry Community Healthcare



Need to talk?

Help is a phone call away



SAMARITANS

Free-phone 24/7 on **116 123**

Text **087 2609090**

Email: jo@samaritans.ie



Pieta  House

Call **1800 247 247**

Email: info@pieta.ie



Childline
ISPC

Free-phone 24/7 **1800 666 666**

Text "Talk" to **50101**

Go to www.childline.ie

Resource Officers for Suicide Prevention Cork & Kerry

Julieann Lane (Kerry)

e: Julieann.lane@hse.ie t: 066 7184535

Martin Ryan (Cork)

e: Martin.ryan8@hse.ie t: 021 4659746

Donagh Healy  **ry**

Resource Officer for Suicide Prevention for Kerry

t: 066 7184500 /087 7198903

Training Requests

e: sp.enquiries@hse.ie

If you are in crisis please contact your local GP. Out of hours, contact SouthDoc on 1850 335 999 or your nearest Emergency Department.

For further information and a list of other supports please access:
www.yourmentalhealth.ie www.bereaved.ie

Issued by the HSE/Cork Kerry Community Healthcare



Seirbhís Sláinte
Níos Fearr
& Fóirbairt

Building a
Better Health
Service



SURAM SLÁINTE POBAIL
CORCAIGH CIARRAI
CORK KERRY
COMMUNITY HEALTHCARE



yourmentalhealth.ie
#littethings



Connecting for Life
Cork

POSITIVE MENTAL HEALTH IN SCHOOLS

This booklet will provide simple information to the school population that is clear, supportive and direct. It has been developed with the aim of answering some of the ongoing questions that arise within the school sector by principals, staff, students and parents.

It is important to note that this is a broad booklet that only touches on each subject as a starting point. For further information on any of the subjects mentioned please use the links provided.

Some key links for overall advice on promoting your mental health are www.yourmentalhealth.ie and www.connectingforlifecork.ie



It is extremely important to note that if you
need help at any stage

as a parent, child or young adult we would encourage you to visit
your local GP/or out of hours: SOUTH DOC on 1850 335 999 service or Emergency Department

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PROMOTING POSITIVE MENTAL HEALTH



This booklet was originally developed by Kinsale Youth Support Service (KYSS) with the aim of helping and supporting young people by providing information and promoting understanding of the challenges that young people within our community are faced with. KYSS operate as a beacon for young people and their families in Kinsale and the surrounding areas by promoting general wellbeing which includes positive physical and mental health.

This booklet provides information on mental health and highlights the services that are available when help is needed. You can also log on to **www.yourmentalhelath.ie** or **www.kyss.ie** for more information on any of the issues or services discussed in this booklet. I want to acknowledge Dr E Longergan from HSE CKCH mental health for all his help and expertise in the Document and all other contributors across all sectors.

When our mental health is well we can enjoy day to day life and we can get the best out of things. If it is not so good, help is available.



PROMOTING POSITIVE MENTAL HEALTH

What Is Mental Health?

Mental Health is related to all of the other dimensions of health and is defined as 'a state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community' (WHO, 2001).

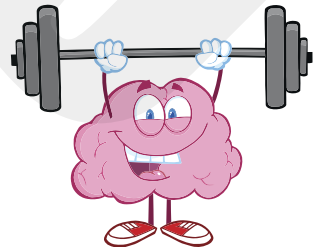
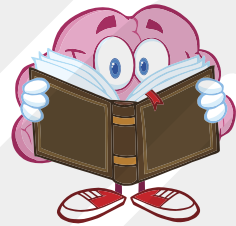
Mental health is something we all have and something that is important to look after. Some people have described good mental health as a feeling of:



Minding your mental health:

It is often the little things that can make the biggest difference to our mental health. Here are some little things that can help you to maintain good mental health, and which can help us when we start to feel down.

- Get involved and try out new things
- Keep active and eat healthy
- Appreciate what you have
- Accept yourself for who you are
- Develop your creative side
- Stay in touch with friends and family
- Talk to someone you trust
- Find some time each day to relax
- Set little and small goals and work towards them
- Ask for and accept help

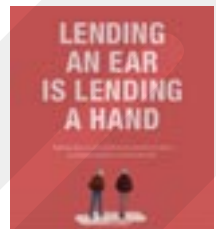
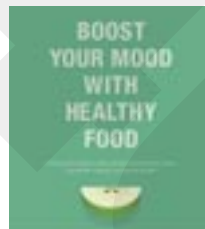
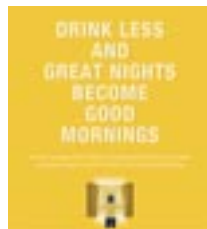


Little Things Campaign

The HSE, National Office for Suicide Prevention (NOSP) and over 20 national partner organisations launched a new mental health and wellbeing campaign in Autumn 2014. This evidence-based campaign marks a new approach to mental health which focuses on education, attitude and marked change. These posters and all other national mental health campaigns and materials are available through www.yourmentalhealth.ie

This campaign aims to:

- Change attitudes and behaviour relating to mental health
- Convey the idea that ups and downs are normal and experienced by everyone
- Inform people that there are things they can do to help themselves and to help others
- Direct people to www.yourmentalhealth.ie and the **Samaritans'** new Freephone 116123 for a listening ear and emotional support
- Promote **Barnardos Children Bereavement Services**
8-9 Orchard View, Mahon, Cork **t:** 0214357679
Barnardos Helpline Service **t:** 01 473 2110
e: bereavement@barnardos.ie
- Promote **Childline** on 24/7 service on **t:** 1800 666 666



How to Spot Symptoms of Poor Mental Health

Everyday stresses that come with work, school, family and friends can make you irritable, un-motivated or withdrawn. This is normal and these feelings usually pass. However, if they don't go away or if you notice changes in your behaviour or the behaviour of someone you know, talk to someone about your concerns. You could talk about your concerns with a parent, friend, teacher, youth worker or your GP. You can also call a confidential helpline such as the Samaritans on free phone 116123. It's important to remember to not keep concerns about your feelings or concerns about someone you know to yourself because supports are there for you when you need them.

Some signs and symptoms to look out for include:

- Withdrawal from friends, family, school or work
- Changes in mood or unusual responses to situations
- Changes in sleep patterns.
This could be too much or too little sleep
- Changes in eating patterns.
Again this could be eating too much or too little.
- Doing things that don't make sense to others
- Seeing or hearing things that others don't



If you notice these changes in yourself or others, it might feel a bit scary but don't worry – help is always available and **IT'S OK TO ASK FOR HELP.**

For further information on mental health, please contact or browse the following:

www.yourmentalhealth.ie

www.corksamaritans.ie

www.pietahouse.ie

www.childline.ie

Depression

Everyone occasionally feels down or sad, but these feelings usually pass within a couple of days. We often use the expression 'I'm feeling depressed' when we're feeling sad or miserable about life but these feelings normally pass with time. If these feelings are interfering with your life and don't go away after a couple of days, or if they come back, over and over again, it could be a sign that you are depressed in the medical sense of the term.

Some symptoms of depression could include:

- Persistent sadness, anxious or 'empty' feelings
- Feelings of hopelessness and/or pessimism
- Feelings of guilt and/or worthlessness
- Helplessness
- Irritability and/or restlessness
- Loss of interest in activities or hobbies once enjoyed
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness
- Excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide and/or suicide attempts
- Persistent aches or pains, headaches

For further information and supports:

Talk to a GP

www.reachout.com

www.aware.ie t: 1890 303 302

www.spunout.ie

www.yourmentalhelath.ie for all supports locally and nationally

Anxiety and Obsessive Compulsive Disorder (OCD)

Anxiety: Everybody gets anxious at some point in their life. Anxiety is a feeling of worry, nervousness, un-easiness, feeling faint, sweating, having jelly legs and feeling your heart racing. When these symptoms get really bad it may lead to a panic attack. Panic attacks can be extremely frightening however they are harmless and very treatable. Anxiety can affect both your physical health and your mental health (your behaviour, feelings and emotions). The symptoms of anxiety may pass quickly or may stay for a long period of time. It may be worth talking to your doctor or a counsellor about ways to reduce anxiety.

OCD: OCD is a form of anxiety where a person feels they have to do things repeatedly to prevent bad things happening to themselves or others. An example of this would be washing your hands repeatedly, switching lights on and off repeatedly. It is only when this behaviour gets in the way of your daily life that you may need to seek help.

Some common effects of anxiety and OCD include:

- Feeling short of breath
- Difficulty getting to sleep
- Dry mouth and difficulty swallowing
- Repeated actions
- Pounding heart
- Sweating and trembling
- Muscle tension and headaches
- Jelly legs

If you or a friend has some, or any of the symptoms, please see:

Talk to your GP

www.teenline.ie t: 1800 833 634 (7pm to 10pm)- 7 nights

www.letsomeoneknow.ie

www.ocdireland.org

www.reachout.com

Eating Disorders

Eating disorders are often not primarily about food, but can be seen as a way of coping with emotional distress or other underlying issues. For the person with an eating disorder, controlling food and their body is their way of trying to relieve distress and an attempt to achieve some degree of control over their life. Eating disorders can affect anybody, male or female. **With appropriate help and support, people can, and do, recover from eating disorders.** Eating disorders can be complex. This being said, there are variations in the typical signs and not all symptoms will apply to all people.

Signs and Symptoms include:

- Body and mind are starved
- Making yourself sick
- Feeling worthless
- Binge eating
- Excessive thinking and talking about food
- Refusal to eat enough
- Fear of being overweight
- Being underweight
- Weight going up & down
- Trying to be 'perfect'

Eating Disorders do not include food allergies or illnesses of the digestive system. However, if you are concerned about changes in your eating behaviour or of those of a friend, contact your GP to check it out.

It is important to remember that there is help available! With appropriate help and support, people can and do recover from eating disorders.

Help is at hand!

For further information and support on eating disorders you can contact:

- **Bodywhys - The Eating Disorder Association Of Ireland**
e: alex@bodywhys.ie
w: www.bodywhys.ie
- **OA (Overeaters Anonymous)**
t: 021 486 7907 or 086 352 6467
w: www.corkoa.ie

Relationships and Sexuality

Exploring your sexuality and developing relationships can be a positive but challenging experience during teenage years. Society can place a lot of labels on people - especially in relation to sexuality and relationships. At a stage where you are exploring this for yourself it is important that you take time to understand your own feelings. There are a broad range of sexual orientations including: heterosexual, bisexual, gay, lesbian and transgender. As part of someone exploring their sexuality, it is common that people to go through a range of feelings and experiences before their sexual identity emerges. It is also important to remember that you do not have to fit into one of these labels, as everyone is unique and different. You may also think that you are sure of your sexual identity, but it may change and it's important to remember that is normal. If you feel you need support, or someone to listen to you in a non judgmental way.

Lgbt Support:

Cork Gay Project, 4 South Terrace, Cork City. tel; 0214300430

LINC (Advocating for Lesbian & Bisexual Women in Ireland)

Established in 1999, LINC is a community organisation working exclusively with Lesbian and Bisexual women and their families. The Cork city based resource centre provides information, supports and services including a comprehensive outreach awareness training programme. The organisation also offers a low cost counselling service and one to one peer support. LINC is a member organisation of the national LGBT helpline.

Transgender Equality Network of Ireland (TENI)

(Teni) Provides advocacy supports to Transgender People, their family and friends including:

- Signposting to suicide prevention services
- Peer support for parents and transgender children and their siblings
- Informal one to one chat with a support worker

Be sure to have a look at some of the contact details below where you can avail of support and information free of charge.

YHS Cork Youth Health Service

Penrose House, Penrose Quay, Cork, Ireland **t:** 076 108 4150 **f:** foursquare <http://yhs.ie>

Opening Hours

Monday: 8.30-3.30 (Counselling, Crisis Pregnancy, Youth Worker) Tuesday: 8.30-5.00 (STI Clinic)
Wednesday: 11.00-5.00 (Contraceptive Clinic, Counselling) Thursday: 11.00-8.00
(Contraceptive Clinic, Counselling) Friday: 8.30-1.00 (STI Clinic)

The YHS is a free, non judgemental sexual health & counselling service for young people aged 23 and under. YHS offers a STI clinic, Family Planning (contraceptive) clinic, 3-option Crisis Pregnancy counselling, Drug & Alcohol & generic counselling, sexual health promotion and advice, including youth work programmes of support for young people and parents.

Bullying and Abuse

Bullying can be described as the ongoing abuse of another person through physical, emotional or verbal means, often in the presence of others. Nobody has the right to hurt you physically or emotionally even if they are in a position of authority or they say they love you. Abuse is wrong. Always refuse to accept abuse and remember that secrecy is often an abusers best weapon, so **NEVER KEEP IT A SECRET** and remember **HELP IS ALWAYS AVAILABLE**. The most important thing is to tell somebody you trust. When somebody does something to control, bully or hurt someone else it is called abuse.

Abuse can take many forms such as physical, sexual, emotional and verbal abuse:

Physical Abuse: Is control by violence or threat of violence including hitting, biting, burning or shaking

Sexual Abuse: When someone forces another to do any sexual acts that they do not want to do or watch something sexual that they do not want to watch

Emotional Abuse: Controlling another person through withdrawal of love, isolating them, becoming extremely jealous, constantly criticising or threatening them

Verbal Abuse: Is putting a person down and undermining their confidence by using threats, insults, name calling or shouting

Let someone know

Youth Health Service

t: 021 422 0490/1

e: yhs@mailp.hse.ie **w:** www.hse.ie

Sexual Health Center

t: 021 427 6676 or 427 5837

e: info@sexualhealthcentre.com

w: www.sexualhealthcentre.com

TENI Transgender Equality Network Ireland

t: 01 8733575 **e:** office@teni.ie **w:** www.teni.ie

STI Clinic, Victoria Hospital

t: 021 496 6844

Cura t: 1850 622 626 or 021 427 7544

Free Text: 50444 **w:** www.ppositiveoptions.ie

Teen Parent Support w: www.teenparents.ie

Linc t: 021 480 8600 or 1850 929 539

w: www.linc.ie

Belong To t: 01 670 6223

w: www.belongto.org

Sexual Violence

t: 800 496 496

w: www.sexualviolence.ie

**Bullying and abuse can take many forms.
Here are some of the ways it can happen:**

- Put downs and name calling
- Sexual harassment
- Being kicked and punched
- Having your belongings stolen or damaged
- Damaging your property
- Being left out or ignored
- Getting stalked
- People making threats
- Not allowing you an opinion to disagree or say no

Talk out, don't act out:

It's important for you to know what supports and services are available.

Here are some of the services and resources you can use for more information or support:

www.antibullying.net

OSS Cork

t: 1800 497 497 **e:** advice@oss cork.ie **w:** www.oss cork.ie

Parentline

t: 01 873 3500 or 1890 927 277

Sexual Violence Centre, Cork

t: 021 450 5577 or 1800 496 496 **w:** www.sexualviolence.ie

West Cork Women Against Violence

t: 1800 203 136 **w:** www.westcorkwomensproject.ie

www.amen.ie

t: 046 902 3718 **e:** info@amen.ie

Racism and Discrimination

Racism is the belief that one group of people is superior to another. It accounts for people believing that differences in people's character or ability are due to someone's ethnicity. It relates to any action, practice, policy, law, speech, or incident which has the effect (whether intentional or not) of undermining anyone's enjoyment of their human rights.

Discrimination is treating someone less favourably. The Irish Equal Status Acts 2000-2015 defines discrimination under the following 9 grounds:

- Gender
- Civil Status
- Family Status
- Sexual Orientation
- Religion
- Age
- Disability
- Race
- Membership of the Traveller Community

For further information or support in relation to racism and discrimination contact:

Citizens Information **t:** 076 1074000 (Mon to Fri 9am to 8pm)

e: advice@oss cork.ie **w:** www.citizensinformation.ie

Traveller Visibility Group

25 Lower John St, Cork. **t:** 021 4503786 (Mon to Fri 9-5pm)



Psychosis

Some drugs such as hallucinogens, marijuana and amphetamines may trigger a psychotic episode. If someone becomes very confused and appears out of touch with everyone else's perception of the world, they may be experiencing a psychotic episode.

They may:

- Have hallucinations
- Strange and disorganised thinking
- Hearing voices that may not be heard by anybody else
- Have false beliefs known as delusions
- Strange and disorganised behaviour
- May appear quite flat
- Have difficulty speaking
- Experience paranoia

Treatment of psychosis usually involves medication, and if someone is experiencing a psychotic episode, it is important that they seek help from a doctor, psychiatrist or a clinical psychologist.



Schizophrenia

Schizophrenia is a serious mental illness characterised by disturbances in a person's thoughts, perceptions, emotions and behaviour. It affects approximately one in every hundred people worldwide.

There are a number of signs and symptoms. They are divided into two groups: 'active symptoms' that reflect new or unusual forms of thought and behaviour such as delusions, and 'passive symptoms' which reflect a loss of previous feelings and abilities.

Some signs and symptoms:

- Having hallucinations
- Strange and disorganised thinking
- Hearing voices that may not be heard by anyone
- Having false beliefs known as delusions
- Experiencing paranoia
- May appear quite flat
- Strange and disorganised behaviour
- Having difficulty speaking

If you are concerned that you or someone you know may be experiencing some of the following symptoms, contact your GP or the following services/ supports:

www.reachout.com

www.recover.ie

www.shineonline.ie t: 1890 621 631

www.yourmentalhelath.ie

Self-Harm and Suicide

What is self-harm?

Self-harm is when someone deliberately hurts, cuts or injures him/herself. Self-harm is a communication of deep distress. Any form of self-harm is a call for help and should be taken seriously. If you self-harm it is very important that you seek help and support. It might seem that nobody understands what you're going through, or that you are alone, but remember there is help available.

What is suicide?

Suicide is often not chosen; it happens when pain exceeds resources for coping with pain. You are not weak, crazy or a bad person because you feel suicidal or are having suicidal thoughts. It doesn't even mean that you really want to die - it only means that you have more pain than you can cope with right now and that you may not see the other options available to you.

If you are feeling suicidal or want to end your life, it is important that you keep yourself safe. Try to remember that thoughts about taking your life are just thoughts. They do not mean you have to act on them, no matter how overwhelming they are. The most important thing to do if you are having thoughts of suicide is to talk to someone. Reach out to someone who can help. It is okay to ask for help.

If you are concerned that someone is having suicidal thoughts, speak openly to them about suicide, show you care and listen.

You can also use these services and resources for more information and support:

Contact a GP, SouthDoc **t:** 1850 355 999 or the Emergency Services

Contact Pieta House **t:** 1800 247 247 24 hrs 7 days a week

Emergency Services **t:** 999/112

Pieta House Cork **t:** 021 434 1400

Samaritans **Freephone:** 116123 **e:** jo@samaritans.ie **w:** www.corksamaritans.ie

www.reachout.com

www.yourmentalhealth.ie

Grief

To grieve is a normal part of life and it a very personal journey and more importantly it takes time. It is normal to feel a sense of shock when someone close to you has died. Experiencing shock can mean you have a physical and an emotional reaction. You may feel dizzy, nauseous, dazed, numb or empty.

Everybody grieves differently and lots of things can affect the way people experience grief. As the shock and numbness lessens, you are likely to start grieving. There are different factors that may affect the way people grieve. Knowing these may help to understand yours and other people's reactions to the loss. If someone's reaction is different to yours, it does not necessarily mean they care less.

Some of the things you may feel or experience after losing someone:

- Loneliness
- Challenges to beliefs
- Changes in appetite
- Anger
- Not wanting to be around people
- Despair and hopelessness
- Changes in your sleeping pattern
- Sadness
- Lack of concentration

Some reasons why people grieve differently:

The **type of relationship** they had with the person.

Gender: males and females may have different ways of managing their grief. Males are more likely to feel restrained while females are more likely to share their feelings

Cultural background: cultural groups express grief in different ways

Other losses: the new loss may bring up previous loss – which can trigger more grief.

It is important to remember that no matter how you grieve, help is always available.

Barnardos Children Bereavement Services

are available in Cork through 8-9 Orchard View, Mahon, Cork

Helpline: 021 473 2110 (Open Monday to Thursday 10am-12pm)

e: bereavement@barnardos.ie

Encourage a person to get help

It is important to note that In Ireland it is illegal to drink before the age of 18yrs. However this booklet aims to provide clear Information on the effect alcohol has on your mental health and your health in general.

It's reassuring to know that most young people in Ireland don't abuse alcohol or drugs but, for some, using substances at this time in their lives can give rise to all kinds of problems.

For a Practical Guide for parents and young people please go to www.askaboutalcohol.ie

What is alcohol?

Alcohol is a drug found in all alcoholic drinks like beer, wine and spirits such as vodka and whiskey. Alcohol is a depressant drug. It slows down various sections of the brain and the central nervous system. This affects your ability to control your behaviour and your bodily functions, like thinking, talking, walking and even breathing.



Alcohol and Young People's Mental Health

Young people are particularly vulnerable when it comes to alcohol's effects on mental health, as their brains are still developing.

**For all alcohol related information please go to
www.askaboutalcohol.ie**

Alcohol as a way to cope for teenagers

Part of being a teenager is finding our own way to cope with tough times, to manage when things go wrong and to handle our feelings. Every time we deal with hard situations or negative emotions, we get stronger and more resilient, so we are better able to cope the next time. However, if we rely on alcohol, we may miss out on developing coping skills and resilience, which can leave us isolated or vulnerable when we are older.

Alcohol and social skills... the time of your life?

Making friends, starting romantic relationships and having fun with your friends are big parts of being a teenager. When it's going well, it can be the best time of your life, but the teenage years can also be a time of self-doubt, needing to fit in and anxiety about not being confident enough, popular enough or attractive enough.

How does alcohol fit in?

Alcohol can be a quick-fix for young people as they try to deal with these situations and feelings as alcohol gives a sense of confidence, freedom from worries and a feeling of fitting in with the group. Unfortunately, the quick fix can make things worse in the longer term. Relying on alcohol can mean a young person misses out on developing the true confidence that comes from learning social skills and building real relationships. They may find it hard to have fun or socialise without alcohol.

Alcohol can also affect a young person's self-esteem if they embarrass themselves while drunk, engage in risky behaviours or do things they regret. And in the age of social-media sharing, drunken bad behaviour can become public knowledge, leading to shame and lasting stigma.

Alcohol and brain development

Teenagers' brains are still developing. Drinking alcohol while the brain is still developing can damage two key parts of the brain: the area responsible for logic, reasoning, self-regulation and judgement, and an area of the brain related to learning and memory. This damage can then impact on a young person's thinking, functioning and behaviour in the long term.

Risk-taking and acting on impulse

Alcohol as a drug can increase our tendency to take risks and act on impulse, without thinking about the consequences for everybody. It can also affect our judgement and our ability to spot danger or react to it. Mixing a teenager's natural lack of inhibition with the effects of alcohol can greatly increase the chances of a young person having an accident, being exploited, doing something they regret or hurting themselves or someone else. Therefore Teens are generally more likely than adults to make impulsive, emotional decisions without thinking about the consequences – The parts of the brain responsible for impulse control don't fully mature until we're in our mid-20s. Alcohol increases the chance of risky behaviour, as it lowers inhibitions, increases impulsiveness and makes decision-making worse.

Alcohol and mental health problems

Alcohol is associated with a range of negative mental health conditions and symptoms in young people. A recent study in Ireland found that young people who drank heavily were far more likely to have more serious symptoms of depression, anxiety and stress.¹

Increasing risk of dependence

There is increasing evidence that the earlier someone starts drinking the more likely they are to drink harmfully or develop a drug or alcohol problem later in life.

PROMOTING POSITIVE MENTAL HEALTH

Ways to look after a young person's mental health if you care for a young person:

- Stay close to them - know where they are, what they are doing and keep in touch with how they are feeling
- Try to support them in finding healthy activities and ways to cope
- Make them aware of services that they can use if they are feeling low, such as **Childline** (freephone listening service), **Spunout.ie** (youth information and support website) and **Reachout.com** (mental health support)
- Set a good example with alcohol – don't give the message that alcohol is a good way to cope with difficulties and don't allow them to drink



- 1 Dooley and Fitzgerald (2012) My World Survey. National Study of Youth Mental Health in Ireland. Headstrong and UCD, Dublin
- 2 Grant and Dawson. Age at onset of drug use and its association with DSM–IV drug abuse and dependence: Results from the National Longitudinal Alcohol Epidemiologic Survey. *Journal of Substance Abuse* 10:163–173, 1998
- 3 Grunbaum, Kann, Kinchen et al. Youth risk behavior surveillance—United States, 2003. *Morbidity and Mortality Weekly Report Surveillance Summary*, May 21;53:1–96, 2004. Erratum in *MMWR*, June 25; 53:536, 2004. Erratum in *MMWR*, June 24; 54:608, 2005

Note to underage Drinking

Signs and symptoms of excessive drinking:

You may have a problem with your alcohol use if you are:

- Drinking to numb how you feel
- Getting into hassle at school, work or home
- Feeling hung-over most mornings
- Thinking about drinking most days
- Feeling edgy for no apparent reason
- Drinking to escape problems
- Drinking to get drunk
- Drinking more to get the same effect that you used to get
- Drinking alone

What is a standard drink?

In Ireland a standard drink has about 10 grams of pure alcohol in it. In the UK a standard drink, also called a unit of alcohol, has about 8 grams of pure alcohol.

What are the low-risk drinking guidelines?

Low risk weekly guidelines for adults are:

- 11 standard drinks in a week for women
- 17 standard drinks in a week for men

Caution: These guidelines do not apply to people who are ill, run down, on medication or to children. It is not advisable for women to consume alcohol if pregnant or trying to conceive.

ALCOHOL: Don't bottle it, tackle it.

Here are some of the resources and supports you can contact for further information or concerns:

Al-Anon and Alateen t: 01 873 2699 w: www.al-anon-ireland.org

www.alcoholicsanonymous.ie t: 01 842 0700

Arbour House t: 021 496 8933

Tabor Lodge t: 021 488 7110 w: www.taborlodge.ie

Matt Talbot Adolescent Services Trabeg t: 021 489 6400

Drugs

While there is a lot of concern about illegal drugs, the most harm and the greatest risk to young people comes from using legal drugs such as alcohol, cigarettes and the inappropriate use of medicines (over-the-counter and/or prescription). People use many different kinds of drugs. These drugs may be legal or illegal, helpful or harmful. Every drug has side-effects and risks, but some drugs have more risks than others, especially illegal drugs.

Using drugs can become a problem depending on a number of factors:

- What drug is used
- Who is using the drug (especially their mood and personality)
- Why they are using the drug
- Where and how they are using the drug

Using drugs can have both immediate and long-term effects. These effects may vary from person to person. Some immediate and long-term effects of drugs include:

- Losing Interest
- Getting the munchies
- Difficulties with memory and attention
- Problems with your mental health
- Having to use more to get the same effect
- Feeling of been overwhelmed and not being able to cope problems
- Feelings of paranoia
- Anxiety
- Depression
- Panic attacks
- Legal problems

If you are concerned about someone and their use of drugs, please contact:

www.drugs.ie

Drugs Helpline t: 1800 459 459

Narcotics Anonymous t: 087 138 6120 w: www.nasouth.ie

Bandon Community Drugs Initiative, Community Worker t: 086 825 1215

Arbour House Treatment Services t: 021 496 8933 (Free counselling service)

Matt Talbot Adolescent Services t: 021 489 6400 (Free counselling service)

Youth Mental Health Services in Cork



Jigsaw One to One Support:

Jigsaw Cork is a free, non-judgemental and confidential mental health support service for young people aged 12-25. Jigsaw provide therapeutic guidance and support for young people who are going through a difficult or distressing time.

Jigsaw is a youth friendly service and young people can self-refer or be referred by concerned adults/professionals who engage with young people.

Jigsaw workshops:

Jigsaw Cork also engages in education, training and awareness raising work within the community. Jigsaw know that the community is vital in helping to support young people with their mental health and with aims to strengthen the confidence and competence of young people, their families, and communities to support young people's mental health.



What is the Youth Advisory Panel?

Jigsaw has a Youth Advisory Panel which is a team of volunteers aged 16-25 who work to improve the service and influence how Jigsaw supports young people in the community. Members of the youth advisory Panel are from all over Cork with diverse backgrounds, a variety of interests and skills, and a passion for youth mental health. They are central to the work of Jigsaw and are involved in everything from interviewing new staff, designing the hub, to organising and representing Jigsaw at community events.

If you would like more information or have a query regarding any of the above please do not hesitate to contact on:

t: 021 245 2500 **e:** cork@jigsaw.ie **w:** www.jigsaw.ie/jigsaw_cork/

Child and Adolescent Mental Health Services (CAMHS)

CAMHS is free multidisciplinary specialist mental health service for children and adolescents and their families. More specifically, CAMHS conduct assessments and provide intervention for more serious emotional, behavioural or mental health difficulties including ADHD, depression, anxiety and eating disorders.

Referral to CAMHS can only be made through a health professional who is familiar with the child/young person e.g. your Local GP, Public Health Nurse, Senior Educational Psychologist.

Cork Samaritans

Cork Samaritans provides a 24-hour helpline, text and email service for people who are in distress, struggling to cope and who are in need of emotional support, including those who are feeling suicidal.

Samaritans vision is that fewer people die by suicide and we do that by making sure there's someone there for anyone who needs us, when they need us, how they need us.

If you need emotional support you can contact Samaritans 24 hours a day, seven days a week, call:

freephone: 116 123

text: 087 260 9090 (standards rates apply)

e: jo@samaritans.ie

PROMOTING POSITIVE MENTAL HEALTH

Cork Pieta House Services

Free support for those in suicidal distress or engaging in self harm. Anonymous Service.

Services include: Bereavement Services. Self Harm Awareness. Free Clinical Therapy. Highlights: Serving Since 2006, Providing Free Counseling, Providing Professional Therapeutic Service also provided is a family bereavement services.

Free 24/7 Crisis Line: 1800 247247

Direct Cork line: 021 439 5333

Youth Health Service (YHS)

YHS is a unique young person centred service that is non judgmental for young people in Cork. It is a HSE led service in partnership with Foroige and the Sexual Health Centre. It was developed based on the premise that to effectively support the health and well being of young people, a holistic approach must be taken. Therefore, it provides a range of free services for young people under the age of 23.

Services include: Counselling, Pregnancy support and information, Sexually Transmitted Infection (STI) Screening and Treatment, Drugs and Alcohol support and Youth Development and Engagement. Contraception Clinic.

YHS works closely with parents, schools, youth and community organisations as well as other HSE services.

YHS t: 761 084150 **e:** yhs@hse.ie **w:** www.yhs.ie



PROMOTING POSITIVE MENTAL HEALTH

Some Contacts

www.yourmentalhealth.ie or **www.connectingforlifecork.ie** (All information Hubs) These website will give you a full index of all services inclusive of local directories of all services, cost and referral pathways.

www.iacp.ie The Irish association for counselling and psychotherapy. (A full list of counsellor and psychotherapist in your area). However here are some that are based in Cork that might be useful and some that are national services.

Barnardos **t:** 021 431 0591
e: bereavement@cork.barnardos.ie
w: www.barnardos.ie

Jigsaw Cork **t:** 021 245 2500 **e:** cork@jigsaw.ie

Parentline **t:** 1890 927 277
w: www.parentline.ie

SouthDoc **t:** 1850 335 999

Samaritans **t:** 116 123 **text:** 087 260 9090
e: email jo@samaritans.ie

HSE infoline **t:** 1850 241 850 **w:** www.hse.ie

Childline **t:** 1800 66 66 66 **or text talk to:** 50101
w: www.childline.ie

Pieta House **t:** 1800 247 247
e: info@pieta.ie 24hr service for under 18's.
Online and text service available too.

ISPC **t:** 021 450 9588/1800 666
w: www.ispcc.ie 24hr service for under 18's.
Online and text service available too.

MABS (Money Advice & Budgeting Service)
t: 1890 283 438 **w:** www.mabs.ie
(Open Mon-Fri 9am-8pm)

Youth Counselling Service, YMCA
t: 021 427 0187 **w:** www.notalone.ie

Cork Youth Information Centre
t: 021 427 0187
w: www.youthinformation.ie

West Cork Youth Information Centre
t: 023 884 4009 **w:** www.notalone.ie

www.spunout.ie

www.webwise.ie
(Internet safety support and information)

OUT OF HOME SUPPORTS

Cork Foyer **t:** 021 428 8524
w: www.corkfoyer.ie

Liberty Street House **t:** 021 492 1728 (Tulsa)

DOMESTIC (ABUSE)

HSE National Counselling Service
t: 1800 235 234 or 021 486 1360

Harbour Counselling Service **t:** 1800 234 116

National 24 Hour Helpline **t:** 1800 778 888
For victims of rape and sexual abuse

Connect **t:** 1800 477 477
Connect is a free adult phone counselling service

One in Four **t:** 01 662 4070



Need to talk?

Help is a phone call away



SAMARITANS

Free-phone 24/7 on **116 123**

Text **087 2609090**

Email: jo@samaritans.ie



Pieta House

Call **1800 247 247**

Email: info@pieta.ie



Childline
ISPCC

Free-phone 24/7 **1800 666 666**

Text "Talk" to **50101**

Go to www.childline.ie

Resource Officers for Suicide Prevention Cork & Kerry

Julieann Lane (Kerry)

e: Julieann.lane@hse.ie t: 066 7184535

Martin Ryan (Cork)

e: Martin.ryan8@hse.ie t: 021 4659746

Donagh Hennebry

Resource Officer for Suicide Prevention for Kerry
t: 066 7184500 /087 7198903

Training Requests

e: sp.enquiries@hse.ie

If you are in crisis please contact your local GP. Out of hours, contact SouthDoc on 1850 335 999 or your nearest Emergency Department.

For further information and a list of other supports please access:
www.yourmentalhealth.ie www.bereaved.ie

Issued by the HSE/Cork Kerry Community Healthcare



Seirbhís Sláinte
Níos Fearr
& Fóirair

Building a
Better Health
Service



SURAM SLÁINTE POBAIL
CORCAIGH CIARRAI
CORK KERRY
COMMUNITY HEALTHCARE



yourmentalhealth.ie
#littethings

HELP IS AVAILABLE

www.yourmentalhelath.ie

www.connectingforlife.ie



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