**Mental health support services**

Remember, it is good to talk if you are worried or concerned about anything. You may like to talk to a family member or a close friend or prefer to talk to someone outside the family. If you feel you want to or need to talk to anyone about any issues affecting you the following choices are available to you.

**GP and Maternity care**

Your G.P. will listen to you and help you locate services or refer you to a service. Your Midwife can also help and refer you if you wish. There are also support services in some maternity units including The Rotunda and The Coombe, and your GP or Midwife can refer you to those.

**Support groups**

The following organizations run support groups around the country.

Aware (Depression): 1890 303 302, [*www.aware.ie*](http://www.aware.ie)Console (Suicide Bereavement Support): 1800 201 890, [*www.console.ie*](http://www.console.ie)  
Grow (Mental Health Support Groups): 1890 474 474, [*www.grow.ie*](http://www.grow.ie)

**24-Hour helpline Support**

Samaritans: 1850 60 90 90 [*www.samaritans.org*](http://www.samaritans.org)

**Other Help-Lines and information**

Aware (Depression) Helpline: 1890 303 302  
HSE Info Line: 1850 24 1850

Drugs/HIV Help Line: 1800 459 459

Health Service Executive: 1850 24 1850, [*www.hse.ie*](http://www.hse.ie)  
Marriage & Relationship Counseling Services: 1890 380 380, [*www.mrcs.ie*](http://www.mrcs.ie)Mental Health Ireland: [*www.mentalhealthireland.ie*](http://www.mentalhealthireland.ie)

**Online information**

[*www.nurturepnd.org*-](http://www.nurturepnd.org-) This Irish site offers information on professional counseling and support services in relation to mental health and emotional wellbeing for pregnant women and new mothers, their partners and families.

[*www.pnd.ie*-](http://www.pnd.ie-) This Irish site offers information to those suffering from Post Natal Depression.

*<https://www.healthpromotion.ie/hp-files/docs/HPM00043.pdf>* This booklet is an essential read for mothers, family and friends affected by postnatal depression.

<http://www.hse.ie/eng/health/az/P/Postnatal-depression/Symptoms-of-postnatal-depression.html> - This Irish site offers information on symptoms, causes,

treatment and prevention of postnatal depression. There are useful links to

resources in Ireland.

[*http://www.hse.ie/eng/services/Publications/Mentalhealth/Chasing\_the\_blues\_away.pdf*-](http://www.hse.ie/eng/services/Publications/Mentalhealth/Chasing_the_blues_away.pdf-) This Irish website has a very nice booklet concentrating on postnatal

depression.

[*www.rcpsych.ac.uk/healthadvice/problemsdisorders/mentalhealthinpregnancy.aspx*](http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/mentalhealthinpregnancy.aspx)- This English website offers comprehensive information on mental health

disorders in pregnancy. The references are to UK based organizations so of little use in Ireland but the leaflets give users a clear understanding of mental health

illnesses and treatment options.

[*http://www.beginbeforebirth.org/the-pregnancy/begin-before-birth*](http://www.beginbeforebirth.org/the-pregnancy/begin-before-birth) Again this

is an English website. Experts in the fields of mental health endorse it.

The main focus is on prevention and treatment of mental health during

pregnancy.

**General online Information on mental health**

[*www.yourmentalhealth.ie*](http://www.yourmentalhealth.ie) This is a very useful, easy to navigate Irish website which encourages the individual to protect their mental health.

*Anxiety*

[*http://www.hse.ie/eng/health/az/A/Anxiety/*](http://www.hse.ie/eng/health/az/A/Anxiety/) - This is a useful reference for

understanding and learning about anxiety.

