



County Wicklow Partnership

# MENTAL HEALTH SUPPORTS IN COUNTY WICKLOW



Funded by The Local and Community Development Programme.  
County Wicklow Partnership, Avoca River House, Bridgewater Centre, Arklow, Co. Wicklow  
Tel: 0402 20955 Email: [info@wicklowpartnership.ie](mailto:info@wicklowpartnership.ie)

## **BUILDING RESILIENCE – Better mental health is good for everyone**



Mental health is as important as our physical health. If you broke your leg you would go to a doctor for help. Yet we take less care of our mental health especially when we may feel down, depressed or are experiencing more severe difficulties.

If you are feeling down or anxious, lacking interest in your life and relationships, and finding it difficult to cope with everyday living and the normal stresses of life then you may need to seek advice or support from your local health or community services

The first port of call for some people looking for support is their G.P. If you do not have a G.P contact your local Health Centre, some of which are listed on the back page of this leaflet.

Seeking support or talking to a professional can help you and your family to deal with depression or other mental health difficulties. As with physical health issues there are steps which you can take to improve recovery from mental health issues.



Asking for support or help is always the first step. When you seek help and begin to understand how you are feeling, coping with anxiety, stress or depression becomes easier.



## **BUILDING RESILIENCE - Steps which can help you everyday!**



### **Remember:**

- It is always possible to **feel good** and **regain your confidence**
- Write a list of the things that you **enjoy**, make you feel 'good' and **boost your energy**. Read your list every day.

### **Look After Yourself:**

- **Share** your worries and concerns with someone close to you – your family, a good friend, a work colleague, GP, Priest or Minister,
- **Learn to know** the early warning signs which make you feel low, anxious or stressed
- **Stay involved** with activities and people who can help you feel less anxious or depressed
- **Eating wholesome food regularly** and **keeping physically active** will support your wellbeing and positive attitude towards life



### **Being Yourself:**

- **Focus** on the strengths within yourself which will help you cope with life's pressures
  - **Plan realistic goals** for yourself
  - **Smile**, it will make you feel better and will attract more positive responses from others
- Do not be afraid of experiencing anxiety, low moods or depression



## **THERE IS ALWAYS SOMEONE AVAILABLE TO LISTEN AND SUPPORT**

See overleaf for listings of local supports and helplines. Types of support can include reducing isolation by getting involved with your local community in some way. County Wicklow Partnership (email: [info@wicklowpartnership.ie](mailto:info@wicklowpartnership.ie)) has information on community groups, events, training and workshops.





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### USEFUL NUMBERS AND CONTACTS

#### Community Counselling:

Living Life Counselling, (For people on low incomes) 28 Lower Main Street, Arklow.  
Telephone the Bray office for appointments in Arklow and Wicklow 01 286 6729  
Living Life Counselling, Madeley, Eglington Road, Bray. Tel: 01 286 6729  
H.S.E. Counselling/Psychotherapy Services: Addiction & Mental Health  
Arklow: 0402 33456 Wicklow: 0404 60688

#### Community Supports & Services:

Arklow Mental Health Assoc. Tel: 0402 33844  
Wicklow Mental Health Association: Tel: 086 212 4211 or Email  
wicklowmentalhealth@gmail.com  
Companions Social Club, Wicklow Town: Tel: 086 212 4211 for more information  
Wicklow Library and Arklow New Library: Sections dedicated to Mental Health and Well-Being  
Suicide or Survive (SOS), 2 Main Street, Arklow. Co. Wicklow: 1890 577 577  
Friends of Newcastle: (01) 281 9001  
Springboard: Child & Family Project. Tel: 0402 24828  
Wicklow Child & Family Project. Tel: 0404 64725

#### Health Centres in Co. Wicklow

- Arklow Health Centre, Castle Park, Arklow, Co. Wicklow (0402) 39 624
- Baltinglass Health Centre, Baltinglass, Co. Wicklow (059) 648 1081
- Carnew Health Centre, Carnew, Co. Wicklow (053) 942 6196
- Rathdrum Health Centre, Rathdrum, Co. Wicklow (0404) 46 231
- Wicklow Health Centre, Glenside Rd Wicklow Town, Co. Wicklow (0404 68400)
- HSE Information Helpline: 1850 241850 or visit [www.hse.ie](http://www.hse.ie) for more information.

#### Other Supports (By Referrals only)

Newcastle Hospital, Greystones, Co. Wicklow: 01 281 9001  
Sonas House, Coolgreany Rd., Arklow, Co. Wicklow: 0402 91374  
The Tunnel Community Project, Arklow, Co. Wicklow: 067 985 1485 - a Community Mental Health  
Recovery and Well Being Project.

#### Helplines:

Aware: Tel: 1890 303302, Mon-Wed. 10am-10pm, Thurs.-Sun. 10am-1am.  
Samaritans: Tel: 1850 609090 (24hrs) Tel: 1850 609091 (Minicom) Email:  
jo@samaritans.org  
Grow: Infoline Tel: 1890 474474, Email: [info@grow.ie](mailto:info@grow.ie)  
CONSOLE: Tel: 1800 201890, Email: [info@console.ie](mailto:info@console.ie) (support, advice & referral services to  
anyone bereaved by suicide)

#### Websites:

- HSE Websites: [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) & [www.letsomeoneknow.ie](http://www.letsomeoneknow.ie)
- [www.wicklowpartnership.ie](http://www.wicklowpartnership.ie): Information on local community groups & workshops in Co. Wicklow
- [www.Spunout.ie](http://www.Spunout.ie): Mental Health Information for young people
- [www.headstrong.ie](http://www.headstrong.ie): Resources for Youth Mental Health
- [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie): Voluntary organisation helping to promote Positive Mental Health
- [www.mindfulness.ie](http://www.mindfulness.ie): The benefits of mindfulness as a tool to reduce stress and anxiety