

MIND YOUR HEAD



SUPPORTS CONT...

Voluntary Organisations

There is a range of voluntary organisations in Ireland that promote positive attitudes to mental health and provide services to people suffering from mental illness. The following organisations are the major ones; most of whom have local branches.

Mental Health Ireland

Mental Health Ireland

Mensana House
6 Adelaide Street
Dun Laoghaire,
Co. Dublin.
Tel: 01 284 1166



AWARE

AWARE is a voluntary organisation that aims to provide support group meetings for people with depression and manic depression and their families.

AWARE

72 Lower Lesson Street,
Dublin 2.
Lo-Call: 1890 303 302 (helpline only)
Tel: (01) 661 7211
E-mail: aware@iol.ie

Pieta House

Pieta House specializes in helping those who are involved in active self-harm or who have suicidal ideation.

Pieta House, Lucan Road, Lucan,
Co. Dublin.
Tel: (01) 601 0000