

Contents

<i>Introduction</i>	3
<i>Service User Perspective</i>	4
<i>Definition of Main Mental Health Difficulties</i>	5
<i>Accessing Mental Health Services</i>	13
<i>Support Organisations in South Tipperary</i>	17
<i>Local Service Directory</i>	19
<i>National and International Websites</i>	29
<i>Recommended Reading List</i>	39

Introduction

It is estimated that one in four of us will experience some mental health problems during our lifetime.

This booklet has been compiled by a small group of people, a service user, a service carer and a service provider, 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 purpose of this booklet is to:

- give a brief outline of the main mental health difficulties
- to inform service users and their carers in South Tipperary of services and supports available to them
- to be a resource for health professionals and others

The term **service user** is used to describe any person who is undergoing treatment or availing of psychiatric services. The term **carer** is used to describe a person- family member or other- who accepts responsibility for the wellbeing of, or who supports the service user.

FROM THE PERSPECTIVE OF A SERVICE USER:

“Like any other illness, mental health difficulties, when left untreated can worsen and lead to a crisis point. The stress of living, financial worries, financial difficulties can force symptoms of mental illness to present quite unexpectedly.

Living with a diagnosed / recognised mental illness becomes easier as time passes. Finding the right medication to suit the individual takes patience and understanding on the part of the doctor and patient.

It is not uncommon to feel a loss of confidence socially. What to tell others if anything at all, becomes a dilemma.

As a person who has experienced such challenges, I can say there is light at the end of the tunnel. The period of recovery can be used to pursue learning in a new area, take part in some exercise, make time to learn new skills and set achievable goals.

Reading about the nature of your illness or asking your doctor to explain helps to ease the worry.

In South Tipperary today, there are a wealth of services and support networks to assist us through such times”.

MAIN MENTAL HEALTH DIFFICULTIES

Depression

Depression is a common but serious illness. It is estimated that one in twenty people will suffer from depression at some point during their life. Most people feel down at times, but these feelings are usually fleeting and pass within a short time. When a person has a depressive disorder, their low mood persists over time and interferes with daily life and normal functioning.

Depressed individuals find themselves pre-occupied with negative thoughts, inappropriate feelings of guilt and worthlessness, and may withdraw socially from others. Other symptoms include: loss of interest in enjoyable activities, changes in eating and sleeping patterns, difficulties concentrating or making decisions, loss of energy, fatigue, and persistent feelings of sadness, anxiety or “emptiness”. Severely depressed individuals may contemplate 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 people become depressed.

Treatments

Many people find it beneficial to discuss their problems with a psychologist or therapist. Cognitive behavioural therapy (CBT) is recognised as an effective treatment for depression. This can be carried out on an individual or group basis, and can be used irrespective of whether or not a person is using antidepressant medications.

Antidepressants medications are often helpful in alleviating symptoms typically associated with depression such as low mood, poor sleep, poor concentration etc. This can help the person to function and cope better. An antidepressant takes 2-4 weeks to work properly.

Many people find it useful to attend *support groups* where they can meet others with similar problems. This assists in reducing feelings of isolation, and it can help to hear how others have coped and recovered from the illness.

Bipolar Disorder

Bi-polar 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 and engage in behaviour that is normally out of character: for example, spending large amounts of money that they may or may not have, substance abuse, etc. They can be irritable or over talkative, and may have difficulty sleeping.

During the depressed phase, affected individuals are likely to experience low mood, feelings of despair, guilt and unworthiness. They may also have other symptoms such as feeling tired all the time, loss of interest in activities they previously enjoyed, and sleep problems. Suicidal thoughts may also be present. Some individuals may experience symptoms of psychosis where they see things or hear things that others can't.

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

Treatments

Counselling can help affected people to come to terms with their diagnosis, and enable them to identify and recognise triggers which lead to elated or depressed mood. It also teaches them appropriate ways to manage their illness and prevent relapse. Mood stabilising medications are available which reduce the likelihood of recurrent episodes of depression or elation.

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 imagined. People with schizophrenia may hear voices that other people don't hear or they may believe that others are reading their minds, controlling their thoughts or plotting to harm them. The symptoms of schizophrenia can include:

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. Hearing voices is the most commonly reported hallucination in schizophrenia. Some individuals find it distressing to hear voices while others reportedly accept them and do not allow them to interfere with daily living.

Delusions – A delusion is having an unshakeable belief in something that is very unlikely, bizarre or obviously untrue. For example, people with schizophrenia may believe that people on television are giving them special messages, or may incorrectly believe that they are a famous or important person.

Thought Disorder – When unwell, people with schizophrenia may exhibit unusual thought processes and may have difficulty organising their thoughts.

Symptoms such as emotional flatness, concentration and motivational difficulties, and self neglect may be present. The extent of these symptoms varies from person to person.

Treatment

Treatment 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) which may lead to relapse.

Approximately 25% of people diagnosed with schizophrenia recover completely, while the majority experience substantial improvements and can live productive and fulfilling lives.

ANXIETY DISORDERS

Anxiety disorders are common, affecting approximately 5% of the population. Although anxiety can be present for many people in response to stressful events, where it becomes excessive it may indicate the presence of an anxiety disorder which requires further investigation and treatment. Among the different types of Anxiety Disorders, the most common include:

Panic Disorder

Panic Disorder is characterised by unexpected and repeated episodes of intense fear accompanied by physical symptoms that may include chest pain, heart palpitations, shortness of breath, dizziness, or abdominal distress (ie Panic Attacks). These symptoms can occur suddenly and repeatedly without warning. People in the midst of a panic attack may feel they are having a heart attack or dying. Although intensely frightening and distressing, panic attacks are not dangerous.

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 by others, and being embarrassed or humiliated by their own actions. Their fear may be so severe that it interferes with daily living.

Post Traumatic Stress Disorder (PTSD)

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 may trigger PTSD include violent personal assaults, 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. However 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.

Treatments

Treatments for Anxiety Disorders include Anxiety Management, Cognitive Behaviour Therapy and in some cases medication. Post Traumatic Stress Disorder can be treated with a specialised psychological treatment called Eye Movement Desensitization and Reprocessing (EMDR).

Obsessive Compulsive Disorder

OCD affects 1 in every 30 people. It is characterised by recurrent and intrusive thoughts known as “obsessions” and ritualistic behaviours or “compulsions” that are distressing and difficult to control. People with OCD often recognise that their obsessions and compulsions are irrational and do not make sense, yet they are unable to stop them. Common obsessions include: contamination, fears of germs, dirt etc, imagining having harmed oneself or others, intrusive and unwanted sexual thoughts or urges, being preoccupied with religious or blasphemous thoughts, and a need to have things “just right”.

Common compulsions include washing, checking, counting and cleaning. While many of these behaviours are frequently noted in the general population, people with OCD find that their obsessions and compulsions are extremely distressing, time consuming and significantly interfere with daily functioning.

Some individuals with OCD may also experience depression at some point.

Treatments

Cognitive behavioural therapy using exposure and response prevention (ERP) is recognised as an effective treatment for OCD. As part of their therapeutic programme, the person with OCD is encouraged to repeatedly confront situations which trigger their obsessive thoughts (a process called exposure) and refrain from carrying out their compulsive rituals (response prevention). For the treatment to be successful, the exposure needs to be long enough for the anxiety to subside. The therapist will assist the individual to address dysfunctional thinking associated with their OCD. Medications to treat OCD are also available.

EATING DISORDERS

The term “eating disorder” is used to refer to a wide range of disturbed eating behaviours. 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 fit easily into any of these classifications.

Anorexia Nervosa

People with anorexia nervosa are preoccupied with thoughts about food and the need to lose weight. They may restrict food intake, exercise excessively, use diuretics, diet pills and laxatives, or engage in self induced vomiting following food consumption. They have a distorted body image and perceive themselves as fat and overweight even when grossly underweight. This disorder is potentially life threatening if a person becomes severely underweight.

Bulimia Nervosa

People with Bulimia Nervosa have repeated episodes of binge eating (eating abnormally large amounts of food in a short space of time) followed by Purging (elimination of the food from the body by self induced vomiting, excessive use of laxatives, periods of fasting, or excessive exercise). Because most people affected by Bulimia Nervosa generally maintain a normal body weight this disorder may go unnoticed.

Binge Eating Disorder (Compulsive Overeating)

This disorder involves repeated episodes of bingeing but 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 in a lonely cycle of dieting and bingeing with resultant bouts of shame and guilt.

Treatment

A multidisciplinary approach to treating eating disorders is necessary, incorporating medical, psychological and nutritional advisors. Many people affected by eating disorders are treated as outpatients. However, in some cases inpatient care may be deemed necessary.

It is vital that the person receives psychological treatment to address the underlying issues that led to the development of their eating disorder.

Notes

ACCESSING MENTAL HEALTH SERVICES

The first point of contact with the Adult Mental Health Service is through your GP.

GP Service

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

- You have any concerns regarding your mental health
- You are experiencing distressing emotional symptoms which interfere with daily living.
- You have isolated yourself from others to a worrying degree or
- You are seriously and repeatedly contemplating suicide

Following a medical assessment, your GP may provide the relevant mental health care you need, or may refer you to the Community Mental Health Team.

Community Mental Health Team

The Community Mental Health Team (CMHT) – often referred to as the **multidisciplinary team** - provides specialist, multidisciplinary assessment, treatment and support to help people with mental health difficulties. The multidisciplinary team is generally comprised of a Psychiatrist and Junior Doctor, Nursing Staff, Psychologist, Social Worker and Community Mental Health Nurse. The CMHT may also include other health professionals such as Family Therapists, Addiction Counsellors, Occupational Therapists etc.

ASSESSMENT & CAREPLANNING

In South Tipperary, the adult mental health service uses the ACIR (**Assessment, Careplanning & Integrated Records**) process. Following referral to the adult mental health service, a member of the CMHT will complete an assessment with the patient. The purpose of this assessment is to:

- Meet the patient and assess his/her mental state (may include a medical examination)

- Get background information regarding personal, family, and occupational history
- Get background information regarding medical and psychiatric history.
- Identify the individual's specific mental health difficulties, and its impact on their life.
- Conduct a risk assessment
- Identify other pressing needs (eg: housing issues etc).

Based on the information provided, a **CAREPLAN** is drawn up for the patient (service user), and takes into account his/her individual health and social needs. A careplan simply outlines the plan of treatment and care specific to that individual. The patient has input into developing the careplan. If the patient is working with several health professionals simultaneously, then the multidisciplinary team will also be involved.

For psychiatric inpatients, the careplan assists in identifying steps which need to be taken to address the patient's specific difficulties and to work towards hospital discharge. Following discharge, the careplan outlines what measures are necessary in order for the service user to maintain good health and prevent relapse.

The care plan is reviewed on a regular basis, so that as the needs of the service user changes, the care plan can be adjusted accordingly. Each service user is given a copy of the careplan.

<p>ACCESSING MENTAL HEALTH SERVICES IN CRISIS SITUATIONS</p>

Crisis or emergency situations can arise at any time, including late at night or at weekends. In the event of this happening, contact a GP or CAREDOC or go directly to Accident and Emergency Services.

Difficulties can arise if a person becomes acutely unwell and is reluctant to be admitted to a psychiatric hospital for intensive treatment. Furthermore, family members may feel reluctant to have the person admitted against his/her will.

Should an assisted admission become necessary, there is new provision in the Mental Health Act for an Authorised Officer to act on behalf of family members. Your GP can advise you on this.

VOLUNTARY AND INVOLUNTARY ADMISSIONS TO PSYCHIATRIC HOSPITALS

Most people who are admitted into hospital for psychiatric treatment do so by choice - this is called **voluntary admission**. However, some individuals with mental health conditions are admitted and treated against their will - this is called **involuntary admission**. Under the Mental Health Act 2001, Irish law permits involuntary admission to hospital, but strict procedures must be followed for this to happen. The law states that involuntary admission can only occur if:

If the person has a mental illness which poses a serious risk of harm to himself or others

If the person's mental health condition is so impaired that their condition would deteriorate further if they didn't receive hospital treatment

Following involuntary admission, a person must be assessed by a consultant psychiatrist within 24 hours. Following assessment, the consultant psychiatrist will only sign an **admission order** if he decides the person has a mental disorder, and requires hospital based care and treatment. The admission order lasts for 21 days.

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 your care) and a lay person who will look at your admission to ensure the law was correctly followed.

If the mental health tribunal believe the procedures for involuntary admission were correctly followed, and the person requires inpatient psychiatric treatment, their decision will be to **affirm the admission order**. This means the person has to stay in hospital. If the tribunal believes the procedures for involuntary admission did not comply with the law, and the person does not need to stay in hospital, their decision will be to **revoke the admission order**. This means that the person is free to leave the hospital.

RELAPSE PREVENTION

Relapse Prevention

People with mental health difficulties may become mentally unwell again following a period of wellness. They may notice a return of symptoms associated with their mental health condition. Prevention of relapse in mental disorders is crucial. Factors that can lead to relapse include:

- Stress
- Alcohol, and Drug Use
- Unhealthy Lifestyles
- Relationship difficulties
- Extreme Loneliness

Relapse Prevention involves having a plan which enables you to manage and cope better if a relapse occurs. As part of this plan you should:

1. Identify the factors which lead to relapse. Family members and health professionals involved in your care can assist you with this.
2. Be aware of the early warning signs which indicate that you are becoming unwell. These may include subtle signs of changes in your thoughts, feelings or behaviour.
3. Identify what action you can take if you recognise the presence of early warning signs?
4. Identify who you can turn to for support and help? This may include friends, family members and/or health professionals. It is a good idea to have their names and contact numbers close at hand.

Relapse Prevention Plan / Appointment Card

The South Tipperary Adult Mental Health Services provides all service users with a little booklet to record appointments for outpatient services. This booklet has a section where the patient can record their relapse prevention plan and relevant contact numbers.

SUPPORT ORGANISATIONS IN SOUTH TIPPERARY

Many people find it useful to attend support groups where they can meet others with similar problems. This assists in reducing feelings of isolation, and it can help to hear how others have coped and recovered from their illness. The 3 main support organisations for Mental Health are SHINE, AWARE and GROW.

SHINE

This organisation supports people with enduring mental illness including but not exclusively schizophrenia, schizoaffective disorder and bipolar disorder. SHINE provides support and information to affected individuals and their relatives.

Phrenz groups which are affiliated with SHINE provide a forum where people with mental illness can meet others with similar problems.

In South Tipperary, a Phrenz group is held in Coolgreaney House Clonmel on the first Tuesday of each month. For further details contact Coolgreaney House at 052 61 23015.

Mental Illness may also affect family members. SHINE runs support groups on a monthly basis for family members affected by enduring mental illness. For further information on support groups in your region, contact SHINE at 01 860 1610. The Helpline Number is 1890 621 631

AWARE

AWARE is a voluntary organisation for individuals directly affected by depression. Services provided include a national helpline service and support groups at various venues nationwide. For further information contact AWARE Lo-call 1890 303 302 or 053 9184525

In South Tipperary, AWARE holds meetings at:

Clonmel Community Resource Centre, Kickham Lodge, Kickham St. Clonmel each Monday excluding Bank Holidays. The contact number is 052 6129143.

GROW

GROW supports people who have suffered, or are suffering from mental health problems. Contact GROW Helpline 1890 474 474 or GROW (South Eastern Region) 056 7761624 for information on meetings in your area.

In South Tipperary, support meetings are held in the following venues:

St. Mary's Pastoral Centre Irishtown, Clonmel each Thursday. Tel. 052 6124144

Nano Nagle Centre, Carrick-on Suir each Wednesday. Tel: 051 642418

Aiseiri Centre Cahir, Co. Tipperary each Thursday. Tel. 052 7441166

SOUTH TIPPERARY BEFRIENDING SERVICE

South Tipperary Befriending is a community based volunteer service for adults with mental health problems. The purpose of the befriending service is to foster independence, to reduce social isolation and increase self confidence. Referrals to the service are accepted from mental health professionals. Contact the Co-ordinator at 086 8254021 for further information.

IRISH ADVOCACY NETWORK

The Irish Advocacy Network (IAN) provides peer support and information to people with mental health difficulties. Peer advocates are people who have personal experience of mental health difficulties and who have completed training in advocacy. Consequently, they have an in-depth understanding of problems faced by people with mental health difficulties. They encourage people with mental health difficulties to take control of their life. IAN has peer advocates throughout Ireland who regularly attend acute units and day centres. Sometimes they meet people in the community. Their main job is to give support and information to people with mental health difficulties by befriending them and offering a confidential listening ear or peer advocacy.

The peer advocate for the South Tipperary Region is Damian Godkin. His contact number is 087 9918097.

LOCAL SERVICE DIRECTORY

Emergency Numbers

Ambulance / Fire / Gardai 999/112

CAREDOC (after hours GP Services – South Tipperary) 1850 334 999

HSE Helpline 1850 24 1850 (Mon-Sat 8am -8pm)

Samaritans Callsave 1850 609 090

HOSPITALS / Mental Health Day Hospitals

Name	Address	Contact
St. Luke's Psychiatric Hospital	Western Rd., Clonmel	052 6177000
St. Michael's Acute Psychiatric Hospital	Western Rd., Clonmel,	052 6177000
South Tipperary General Hospital	Western Rd, Clonmel, Co. Tipperary	052 6177000
Our Lady's Hospital	Cashel	062 61022
Coolgreaney House	Queen St. Clonmel	052 6123015
Carraig Oir Day Hospital	William St., Cashel	062 70460
St. Vincent's Day Hospital	Tipperary Town	062 82124

DOMESTIC VIOLENCE / ABUSE

Name	Address	Contact
Cuan Saor – Domestic Abuse	Women’s Refuge Ltd Clonmel	052 6127557 office 1800 57 67 57 Helpline Cuausaor@eircom.net
Women’s Aid	National Freephone Helpline	1800 341 900
MEND (Men Ending Domestic Violence)	South Tipperary C/o Men’s Development Network Waterford	087 9156632 (9.30-5pm) 051 844260
AMEN – Male Victims of Domestic Abuse	St. Anne’s Resource Centre, Railway St., Navan, Co. Meath	046 9023718 (Office Hours) 086 7941 880 (After Hours) 086 1947 270 (After Hours)
Rape Crisis Centre	20 Mary St., Clonmel	052 6127677 1800 340 340 Freephone
ISPCC (Irish Society for the Prevention of Cruelty to Children)	Clonmel Resource Centre, Kickham St. Clonmel	052 6172095
Tipperary Society for the Prevention of Cruelty to Children	Clonmel, Co. Tipperary	052 6121980 086 6031366
Childline		1800 666 666 Freephone

Addiction Services (Alcohol / Drugs / Gambling)

Name	Address	Contact
HSE – Regional Drug Co-ordination Unit	Dunmore Rd., Waterford	051 846720
HSE (Health Service Executive)	<p>South Tipperary Addiction Services, Coolgreaney House, Queen St., Clonmel</p> <p>*This service is specifically for people with addiction problems and enduring mental health issues</p> <p>South Tipperary Substance Misuse Department, 11-12 Peter St., Clonmel. Satellite clinics available in Mullinahone, Carrick on Suir and Tipperary Town</p>	<p>052 6126533</p> <p>052 6177900</p>
HSE Drugs / HIV Helpline		1800 459 459 Freephone
Aiseiri Treatment Centre*	Townpark, Cahir.	<p>052 7441166</p> <p>infocahir@aiseiri.ie</p>
Clonmel Community Based Drug Initiative	The Wilderness Youth & Community Centre, Wilderness Grove, Clonmel	052 6170876
Suir Valley Community Based Drug Initiative	56 New St., Carrick on Suir	<p>051 645775</p> <p>086 8969112 (Ann)</p> <p>087 9827669 (Maureen)</p>
Mid-West Tipperary Drug Initiative	Tipperary Regional Youth Service, 17 Bank Place, Tipperary	<p>062 52604</p> <p>087 6188075</p>
Alcoholics Anonymous (self help for recovering alcoholics)	<p>109 South Circular Rd, Dublin*</p> <p>Contact directly for information on meetings within your region.</p>	<p>01 4538998</p> <p>01 6795967 After 5pm</p> <p>1890 924 567 Lo-Call</p>
<p>Al-Anon / Alateen (supports young people, relatives and friends who are affected by another person's involvement with alcohol)</p> <p>Support meetings in following venues in South Tipp</p>	<p>5 Capel St., Dublin 1</p> <p>Social Service Centre, John St. Cashel</p> <p>Resource Centre, Kickham St. Clonmel</p> <p>Aiseiri Treatment Centre, Cahir</p> <p>Nano Nagle Centre, Carrick on Suir</p>	<p>01 873 2699</p> <p>062 61395</p> <p>052 6129143</p> <p>052 7441166</p> <p>051 642418</p>
<p>Gamblers Anonymous –(self help for those overcoming gambling addiction)</p> <p>Support Meetings in following venues in South Tipp</p>	<p>Dublin</p> <p>Cork</p> <p>Pastoral Centre, Irishtown, Clonmel</p> <p>Aiseiri Treatment Centre, Cahir</p>	<p>01 8721133</p> <p>087 2859552</p> <p>052 6124144</p> <p>052 7441166</p>

Narcotics Anonymous- self help for those overcoming drug addiction	29 Bride St., Dublin 8 PO Box 89 Cork City (Munster Area – contact for support meetings in your area)	01 672 8000 (Information) 087 1386120 052 7441166
Support Meetings in following venues in South Tipp	Aiseiri Treatment Centre, Cahir 51 Mary’s Hall (opposite Church), Upper Irishtown, Clonmel	
Nar-Anon (supports relatives / friends affected by another person’s involvement with drugs)	Dublin	01 8748431

Bereavement / Suicide Support

Name	Address	Contact
HSE	Coolgreaney House, Queen St., Clonmel	052 6123015
St. Oliver’s Bereavement Support Group	C/o Parish Office, Cooleens, Glencnorr, Clonmel	052 6125679
St. Mary’s Bereavement Support Group	C/o Pastoral Centre, Irishtown, Clonmel	052 6122773
St. Nicholas & Faugheen Bereavement Counselling	C/o 28 Pearse St., Carrick on Suir	051 640 080 087 240 1816
Centre for Pastoral Counselling & Psychotherapy	New Inn, Cashel	052 7462366 check
Knockarawley Resource Centre,	Tipperary Town.	062 52688
Bansha / Kilmoyler Bereavement Group	Rossadrehid, Co. Tipp	062 54267
HSE Suicide Bereavement Support		1850 201 249
HSE Solas Barnardos Child Bereavement Service		01 473 2110
Regional Suicide Resource Office	St. Patrick’s Hospital Waterford	051 874013
Living Links, Suicide Bereavement	Tipperary	087 9693021 (2-4pm)
SUAS (Suicide Understanding & Support)	C/o Caragh, Brittas Rd., Thurles	0504 26366
RAINBOWS – Peer support for children around bereavement	11 Nelson St., Clonmel Knockanrawley Resource Centre Tipperary Spafield Resource Centre, Cashel	087 633 6617 062 52688 062 63622 sfrc@iolfree.ie Email
SAMARITANS -	Provides 24 hours a day confidential support for people in distress or who are feeling suicidal	1850 60 90 90 Callsave

CARER'S SUPPORT

Name	Address	Contact
Carer's Association Centre	Market Square, Tullamore, Co. Offaly. 8 Sarsfield St., Clonmel Richie Molloy	1800 240724 Freephone 052 6170454 086 1967482
Alzheimers Home Care Service	South Tipp Branch Office Contact Person: Eileen Graham	052 6182730

CHILDREN & PARENTING

Name	Address	Contact
HSE - Child Psychology Services South Tipperary	Community Care Services, 11-12 Peter St., Clonmel * A drop in clinic is held on the first Wednesday of each month. No appointment necessary	052 6177911
HSE - Child & Adolescence Psychiatry Service, South Tipperary	Coleville House, Coleville Rd. Clonmel	052 6189206
South Tipperary County Childcare Committee	Hughes Mill, Suir Island, Clonmel	052 6182274
Tipperary Regional Youth Services	Tipperary	062 52604
ISPCC (Irish Society for the Prevention of Cruelty to Children)	29 Lower Baggot St., Dublin 2	01 6767960 1850 50 40 50 Freephone
HSE – Parentline (Parents Under Stress)		01 8733500 1890 927 277
South Tipp Lone Parent Initiative	16 Kickham St, Carrick on Suir	051 642716

COUNSELLING & PSYCHOLOGY SERVICES

Name	Address	Contact
HSE – Psychiatric Day Hospitals	Coolgreaney House, Queen St, Clonmel Carraig Oir Day Hospital, Cashel St. Vincent’s Day Hospital, Tipperary	052 6123015 062 70460 062 82124
HSE - Adult Psychology Services	St. Michael’s Unit, Clonmel St. Vincent’s Day Hospital, Tipperary Carraig Or Day Hospital Cashel	052 6177170 062 82124 062 70460
COMHAR (Adult Victims of Child Abuse)	South Tipperary Area	051 852122 1800 234 118 Freephone
CONNECT (Adult Victims of Child Abuse & Neglect)	Available Wednesday-Sunday 6- 10pm	1800 235 235 Freephone
Rape Crisis Centre	20 Mary St., Clonmel	052 6127676 / 6127677 1800 340340 Freephone Email: trcc@eircom.net
ACCORD – Relationship & Marriage Counselling	The Pastoral Centre, Irishtown, Clonmel Community Services Centre, St. Michael’s St., Tipperary	052 6124144 Email clonmelaccord@eircom.net 062 33330 1850 303 202 Email accordtipphurles@eircom.net
Centre for Pastoral Counselling & Psychotherapy	New Inn Cashel	052 7462366 - check
Family Therapy & Counselling Service	Carrick on Suir	051 641346 087 2969325 (Betty Downey)
Knockanrawley Resource Centre, Tipperary Town.	Counselling services provided for individuals, couples and families.	062 52688 Email knockanrawley@eircom.net
Spafield Family Resource Centre, Cashel	Counselling services provided.	062 63622 Email sfrc@iolffree.ie

Family Resource Centres and Community Development

Family Centres were established to be a resource for individuals, couples, families and children. They assist people to address their problems in an atmosphere of support and understanding. Many of the provided services are free.

Name	Address	Contact
Clonmel Community Resource Centre	Kickham Lodge, Kickham St., Clonmel	052 6129143
Knockanrawley Resource Centre,	Tipperary Town	062 52688 Email: knockanrawley@eircom.net Website: www.knockanrawley.ie
Spafield Family Resource Centre	Spafield Crescent, Cashel	062 63622 Email: sfrc@iolfree.ie
Nano Nagle Community Resource Centre	Carrick on Suir	051 645077
Citizen's Information Centre	Market Place, Clonmel	052 6122267
Citizen's Information Centre	Nano Nagle Community Resource Centre, Carrick on Suir	051 642418
Citizen's Information Centre	St. Michael's St., Tipperary	062 52102
Citizen's Information Centre	South Tipperary County Council Offices, Erasmus Smith House, Cashel Rd. Cahir.	052 7441322 (Wednesday 10.30am – 12.30pm only)
Citizen's Information Centre	Civic Offices, Friar St., Cashel	086 3616251 (Thursday 10.30am – 1pm only)
Money Advice & Budgeting Service (MABS)	No. 5 Printers Lane, Clonmel	052 6129313
MABS	19 Davis St., Tipperary	062 33410
MABS	Nano Nagle Community Resource Centre, Carrick On Suir	051 645077
Free Legal Advice Centres (FLAC)	13 Lower Dorset St., Dublin 1	01 8745690 Lo Call 1890 350 250 www.flac.ie
Free Legal Aid available in following venues	Citizen's Information Centre Clonmel Citizen's Information Centre Tipperary	052 6122267 062 52102
FAS Employment Services	Mary St., Clonmel 2/3 Emmet St., Clonmel	052 6123486 052 6182240

DISABILITY & REHABILITATIVE SERVICES

Name	Address	Contact
Disability Training Service, Guidance Officer	Monastery House, Golden Rd., Cashel	062 64901
National Learning Network	Roseville, Western Rd., Clonmel	052 6181555
Cluain Training Centre	17-19 Nelson St., Clonmel	052 6125328
South Tipperary Supported Employment	12 Nelson St., Clonmel	052 6129465
Housing (People with Disabilities)	FHIST (Funded Housing Initiative, South Tipperary)	052 6123039 Seamus O’Keeffe
FAS Employment Services	Mary St., Clonmel 2/3 Emmet St., Clonmel	052 6123486 052 6182240

MENTAL HEALTH

<p>HSE – Day Hospitals</p>	<p>Coolgreaney House, Queen St., Clonmel. Contact directly for information on available services.</p> <p>Carraig Or Day Hospital, Mental Health Centre, William St., Cashel. Contact directly for information on services.</p> <p>St. Vincent’s Day Hospital, Station Rd., Tipperary. Contact directly for information on services.</p>	<p>052 6123015</p> <p>062 70460</p> <p>062 82124</p>
<p>HSE – Addiction Counsellor</p>	<p>South Tipperary Addiction Services, Coolgreaney House, Queen St., Clonmel</p>	<p>052 6126533</p>
<p>HSE - Adult Psychology Services</p>	<p>St. Michael’s Unit, Clonmel St. Vincent’s Day Hospital, Tipperary Carraig Or Day Hospital Cashel</p>	<p>052 6177170 062 82124 062 70460</p>
<p>Child Psychology Services for South Tipperary</p>	<p>Peter St., Clonmel Holds a Drop in Clinic on first Wednesday of each month. No appointment necessary.</p>	<p>052 6177911</p>
<p>AWARE (Depression)</p>	<p>National Information Line Aware (South East Region)</p>	<p>1890 303 302 Lo Call 053 9184525</p>
<p>BODYWHYS (Eating Disorders)</p>	<p>National Lo-Call Helpline No:</p>	<p>1890 200 400 (Mon-Friday) 01 283 4963</p>
<p>GROW</p>	<p>National Information Line GROW (South Eastern Region)</p>	<p>1890 474 474 056 7761624 www.grow.ie</p>
<p>SHINE Supports people with enduring mental illness</p>	<p>Information Helpline Coolgreaney House, Clonmel</p>	<p>1890 621 631 052 6123015</p>
<p>SAMARITANS -</p>	<p>Provides confidential support 24 hours a day for people in distress or who are feeling suicidal</p>	<p>1850 609 090 Callsave</p>
<p>South Tipperary Befriending Service,</p>		<p>086 8254021 southtipbefriending@eircom.net</p>
<p>Mental Health Ireland</p>	<p>South Tipperary Region</p>	<p>052 6177418 087 6721521</p>
<p>Irish Advocacy Network – provides peer support for people with Mental Health Issues</p>	<p>c/o Health Care Unit, Roosky, Monaghan. Damian Godkin – Local Advocate</p>	<p>047 38918 087 9918097</p>

NATIONAL VOLUNTARY ORGANISATIONS

AWARE

72 Lower Leeson St., Dublin 2
Tel: 01 661 7211
Helpline: 1890 303 302 (10am-10pm)

SAMARITANS

112 Marlborough St., Dublin 1
Tel: 1850 60 90 90
Email: jo@samaritans.ie

GROW

National Office-Grow Centre,
11 Liberty Street, Cork.
Tel: 021 277 520

BODYWHYS – Eating Disorder Association

P.O. Box 105, Blackrock, Co. Dublin.
Tel: 01 283 4963
Helpline: 1890 200 444

GROW

167 Capel St., Dublin 1
Tel: 01 873 4029
Information Line: 1890 474 474

MENTAL HEALTH IRELAND

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

RECOVERY INC.

P.O. Box No. 2210, Dublin 8
Tel: 01 626 0755

OANDA (Out & About Association)

140 St. Lawrence's Road, Clontarf,
Dublin 3
Tel: 01 234 5678

* Self help for those working towards recovery disorders

* Supports those with agoraphobia + anxiety

ALZHEIMERS SOCIETY OF IRELAND

43 Northumberland Avenue,
Dun Laoghaire, Co. Dublin.
Tel: 01 284 6616
Helpline: 1800 341 341

HEADWAY (Acquired Brain Injury)

1-3 Manor St., Business Park, Manor St.
Dublin 7
Tel: 01 810 2066
Helpline: 1890 200 278 (Mon-Fri, 9am-5pm)

SHINE – supporting people affected by Mental Ill Health

38 Blessington Street, Dublin 1. Tel: 1890 621 631

Huntington's Disease Association of Ireland

Carmichael House, North Brunswick Street, Dublin 7
Tel: 01 872 1303 Freephone: 1800 393 939

Alcoholics Anonymous

National Office Tel: 01 4533 8998

Alanon

5 Capel St. Dublin Tel: 01 873 2699

Drug HIV Helpline

1800 459 459

Narcotics Anonymous

Tel: 01 672 8000

National Service Users Executive,
91 Leopardstown Avenue,
Blackrock, Co. Dublin.
Tel: 085 121 2386 / 085 121 2399

Mental Health Commission
Tel: 01 636 2400
Web: www.mhcirl.ie

Irish Advocacy Network

C/o Health Care Unit, Rooskey, Monaghan Town, Co. Monaghan. Tel: 047 38918

National Suicide Research Foundation (NSRF)

Tel: 021 427 7499 Website: www.nsrfl.ie

National Office for Suicide Prevention

Tel: 01 635 2139 or 01 635 2179 Website: www.nosp.ie

HSE

Helpline: 1850 24 1850 (Mon-Sat, 8am-8pm). Website: www.hse.ie

NATIONAL WEBSITE ADDRESSES

Organisation	Details	Website Address
Advocacy	<p>Irish Advocacy Network provides a peer advocacy service for individuals with mental health difficulties.</p> <p>National Service User Executive (NSUE) was established so that service users of the Mental Health Service, and their carers / family members are involved in all aspects of Mental Health Service Provision.</p>	<p>www.irishadvocacynetwork.com Call: 047 38918</p> <p>www.nsue.ie Tel: 085 121 2386 Tel: 085 121 2399</p>
Alcohol	<p>DrinkAware.ie aims to promote awareness on issues related to alcohol consumption.</p> <p>Alcoholics Anonymous helps its members, through mutual support, to achieve and maintain sobriety. Provides information on accessing local AA groups.</p> <p>Al-Anon & Alateen provides support for relatives and friends of problem drinkers. Alateen offers support specifically for children of problem drinkers. Provides information on local Al-Anon and Alateen groups.</p>	<p>www.drinkaware.ie Email: info@drinkaware.ie</p> <p>www.alcoholicsanonymous.ie Tel: 01 8420700</p> <p>www.al-anon Tel: 01 8732699</p>
Alzheimer's Disease & Dementia	<p>The Alzheimer Society of Ireland is a national organisation providing support and services to those affected by Alzheimers disease or dementia and their carers.</p>	<p>www.alzheimer.ie Email: info@alzheimer.ie Helpline: 1800 341341</p>
Bereavement	<p>There are a range of bereavement, counselling and support services in Ireland. Please check the websites for further details.</p>	<p>www.rip.ie</p> <p>www.citizensinformation.ie</p>
Children	<p>Barnardos is an independent charity for children. They provide supportive services, and work with children and families in the community. They provides information on services available in your region.</p> <p>Childline was established by the Irish Society for the Prevention of Cruelty to Children (ISPCC). The website provides information on a broad range of topics which are relevant for children of any age up to 18 years. Childline supports children and adolescents – they provide a 24-hour telephone service, and an online and mobile phone texting service.</p>	<p>www.barnardos.ie</p> <p>www.childline.ie</p> <p>www.ispcc.ie</p>
Citizens Information (formerly Citizen's Advice Bureau).	<p>Citizens Information is an Irish eGovernment website which provides information about relevant social issues for members of the public (eg: Social Welfare Payments; Birth, Family & Relationships; Employment; Health; Money & Tax, and Housing).</p>	<p>www.citizensinformation.ie</p>

Deafness	Deafhear (formerly the National Association for Deaf People) promotes the welfare of deaf people and their families. They have a national network of resource centres which provide a range of accessible services to deaf and hard of hearing people and their families.	www.deafhear.ie
Depression	See Section on Mental Health	
Domestic Violence (Female Victims)	Safe Ireland provides information for female victims of domestic abuse and their children. They provide information on how to access women's refuge centres and emergency accommodation nationwide. Cosc – National Office for Prevention of Domestic, Sexual and Gender Based Violence. They provide relevant information and support for those affected by violence, and includes information on services in your local area. Women's Aid provides confidential support and information for women and children affected by domestic violence. Includes information on services in your local area.	www.safeireland.ie www.cosc.ie www.womensaid.ie
(Male Victims)	AMEN provides a support service and information for male victims of domestic abuse and their children.	www.amen.ie
Male Perpetrators of Violent & Abusive Behaviour	MEND is a group programme, based in the South East of Ireland which aims to help men to overcome their violent or abusive behaviour towards their partners and loved ones.	www.mend.ie
Drugs	Drugs.ie - A comprehensive website on issues relating to drugs and alcohol. Provides information on different types of drugs, legal issues and accessing appropriate help and support in your local area. Narcotics Anonymous works to help those affected by drugs to overcome their drug addiction. Provides information on support groups in your local area.	www.drugs.ie www.na-ireland.org
Eating Disorders	Bodywhys provides support for individuals affected by eating disorders. Support groups for family members and carers are also available.	www.bodywhys.ie Email: infor@bodywhys.ie Call: 01 283 4963 Helpline: 1890 200 444
Emotional Distress (See section on Mental Health)	Samaritans provides confidential and emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.	www.samaritans.org Call: 1850 60 90 90
Gay & Lesbian Equality Network (GLEN)	GLEN works to achieve full equality and inclusion for lesbian, gay and bisexual (LGB) people in Ireland, and protection from all forms of discrimination.	www.glen.ie

Gambling	<p>Gamblers Anonymous is a fellowship of men and women who support one another to overcome their gambling problem. Provides information on support groups in your region</p>	<p>www.gamblersanonymous.ie Call: 01 872 1133</p>
Health Issues	<p>Irish Health provides a comprehensive online source of medical and healthcare information as well as the latest health news.</p> <p>Health Promotion Unit raises awareness of lifestyle topics. Publications can be ordered online.</p> <p>Mental Health : Go to section on Mental Health</p>	<p>www.irishhealth.com</p> <p>www.healthpromotion.ie</p>
Housing Issues	<p>Threshold provides free and confidential information and advice on housing, primarily private rented housing.</p> <p>Focus Ireland aims to provide housing for homeless people, and advocates on their behalf.</p> <p>Daft.ie – a website for finding rented accommodation and for buying houses</p>	<p>www.threshold.ie Email: advice@threshold.ie</p> <p>www.focusireland.ie Email: info@focusireland.ie</p> <p>www.daft.ie Email: info@daft.ie</p>
Mental Health	<p>Aware is a national voluntary organisation which supports people with depression. Provides information on depression and support groups in your community.</p> <p>GROW aims to help people affected by mental health to work towards recovery. Includes information on support groups in your area.</p> <p>Mental Health Ireland is a national voluntary organisation which aims to actively support persons with mental illness, their families and their carers.</p> <p>SHINE (formerly Schizophrenia Ireland) provides support for people affected by enduring Mental Illness including, but not exclusively Schizophrenia, Schizo-affective Disorder and Bi-polar Disorder.</p>	<p>www.aware.ie Helpline: 1890 303 302</p> <p>www.grow.ie Call: 1890 974 474</p> <p>www.mentalhealthireland.ie Call: 01 2841166</p> <p>www.shineonline.ie</p>
Money Issues	<p>Money Advice & Budgeting Service provides a free and confidential service for people with debt and money management problems. The website includes information on Managing Money, Budgeting, Overcoming Debt, and information leaflets on relevant topics. Also includes information on accessing MABS centres in your local area.</p> <p>Its Your Money website was established by the Financial Regulator to educate and inform the public (without using financial jargon) about the following topics: Banking, Mortgages, Pensions, Budgeting, Life Insurance and Personal Loans.</p>	<p>www.mabs.ie</p> <p>www.itsyourmoney.ie</p>

Parenting	<p>Parentline offers a listening ear, support, guidance and information on all aspects of being a parent.</p> <p>Treoir – National Federation on Services for Unmarried Parents and their children. Website includes information on Local Services, Custody and Access Issues, Child Maintenance, Guardianship etc.</p> <p>Gingerbread supports single, separated and parents who share parenting.</p>	<p>www.parentline.ie Call: 1890 927 277</p> <p>www.treoir.ie Email: info@treoir.ie Tel: 01 6700 120 Lo-call: 1890 252 084</p> <p>www.gingerbread.ie</p>
Pregnancy	<p>Cura is a voluntary organisation which offers support and help to those who are faced with a crisis pregnancy. Provides information on Cura centres in your region.</p> <p>Roller Coaster – a website which provides information on pregnancy, parenting issues and childcare. Provides information on mother-toddler groups in your region.</p>	<p>www.cura.ie Lo-call: 1850 622 626</p> <p>www.rollercoaster.ie</p>
Rape Crisis	<p>Rape Crisis Centre offers a range of specialised services including: phone counselling, crisis support, advocacy, individual counselling, court accompaniment and education. Provides information on how to access services in your region.</p>	<p>www.reni.ie</p>
Relationship Issues	<p>ACCORD provides professional and confidential counselling services for individuals and couples experiencing relationship difficulties. Counselling services are available nationally. Some centres offer Psychosexual Therapy and Fertility Consultancy.</p> <p>Family Support Agency has a comprehensive website on relevant issues for families and children. Includes information on Family Mediation Services, Family Resource centres and a Support for Families Directory.</p>	<p>www.accord.ie</p> <p>www.fsa.ie</p>
Suicide	<p>Samaritans provides confidential and emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.</p>	<p>www.samaritans.org Call: 1850 60 90 90</p>
Suicide Bereavement	<p>Console is a registered charity which supports and helps people bereaved through suicide. Provides information on counselling and support services throughout the country.</p>	<p>www.console.ie Helpline: 1800 201 890</p>
<p>Work Related Issues</p> <p>Training & Employment</p> <p>Unemployment & Redundancy</p>	<p>FAS is the National Training & Employment Authority for Ireland, with 66 offices nationwide.</p> <p>FAS provides training and employment programmes for those wishing to update or acquire new skills, it provides a recruitment service to job-seekers and employers, it acts as an advisory service for industry and it supports community-based enterprises.</p> <p>Information for those who have lost their job or are facing redundancy can be found on the following websites.</p>	<p>www.fas.ie</p> <p>www.redundancy.ie www.losingyourjob.ie</p>

Young People	SpunOut is a national youth organisation that empowers young people to experience positive mental health and wellbeing. The website provides fact sheets on many issues, including: mental health, suicide prevention, alcohol, drugs, and a support service database.	www.SpunOut.ie
Other	Irish Links is an online directory exclusively listing Irish non-profit organisations whose common aim is to bring about positive change in society. Includes links to sites for Carers, The Elderly, Young People, Parenting, Education, Employment / Unemployment; Disability, Health, Housing issues etc.	www.activelink.ie

MENTAL HEALTH - INTERNATIONAL WEBSITES

Website Address	Information
www.mind.org.uk	<p>MIND, a leading Mental Health Charity based in the UK aims to create a better life for those affected by Mental Illness. The information section of this website provides fact sheets and booklets on many issues relating to Mental Health including the following:</p> <ul style="list-style-type: none"> How to recognise the early signs of mental distress How to rebuild your life after breakdown How to cope with Panic Attacks, Depression, Suicidal Feelings etc How to cope as a Carer
www.mental-health-matters.com	This website features information on mental health disorders, medication, treatment and recovery. It also includes information on holistic and alternative, non-medical treatments.
www.rpsych.ac.uk	The Royal College of Psychiatrists Website provides relevant Mental Health Information for the general public. This includes information on Anxiety, Depression, Eating Disorders, Drug Misuse, Obsessive Compulsive Disorder, Older People’s Mental Health, Post Traumatic Stress Disorder, Schizophrenia and Personality Disorders. The Royal College of Psychiatrists publish many books on mental health, and their website includes a booklist for both members of the general public and those working in the field of mental health.
www.intervoiceonline.org	Intervoice – The International Community for Hearing Voices website contains inspirational stories from people who hear voices, coping with voices and an online discussion forum for people to share their experiences.
www.b-eat.co.uk	The Beat (Eating Disorders Association, UK) website is for people with eating disorders and their families. The website features information on eating disorders and recovery.
www.rethink.org	Rethink is a UK website for people with severe mental illness and their families. The website provides information on Mental Illness, Living with mental illness, treatment issues and recovery. It also provides numerous fact sheets on relevant issues.
www.foodandmood.org	This website provides information on how food relates to mood and mental health (MIND website).
www.wlbinwales.org.uk/Work-LifeBalance	This website contains a host of practical solutions and useful suggestions to enable people to work towards an appropriate work-life balance.

INTERACTIVE SELF HELP WEBSITES

<p><u>www.moodgym.anu.edu.au</u></p>	<p>MoodGYM is a free interactive website which teaches cognitive behavioural therapy skills to people who are vulnerable to depression and anxiety. The website is geared for those with mild to moderate depression. Interactive modules are delivered in a specific order. The modules are: feelings, thoughts, unwarping, de-stressing and relationships. The website is ideal for anyone who wants to be proactive and overcome mental health problems, and it is also helpful in preventing relapse.</p>
<p><u>www.livinglifetothefull.com</u></p>	<p>This website provides a free online skills course for distressed people and their carers. The material included in this website is based on cognitive behavioural therapy which is an evidenced based and structured form of therapy that aims to alter unhelpful thinking (cognitions) and behaviour that commonly occur during times of distress. The website helps you to understand why you feel as you do and assists you to make changes in your thinking, activities, sleep and relationships. It also addresses Assertiveness Problem Solving, Healthy Living, Using Medication effectively and Staying well.</p>

Notes

PROMOTING WELLBEING THROUGH HEALTHY READING

The Healthy Reading collection comprises a number of highly recommended books which can help individuals deal with issues such as: stress, depression, bereavement, self esteem etc. All of the books are available from Tipperary Library Service or can be ordered directly from a good bookstore

Booklist

Topic	No	Title	Author(s)	Year
Anger	1	Overcoming Irritability & Anger	Will Davies	2000
	2	Managing Anger	Gael Lindenfield,	2000
Anorexia Nervosa	3	Overcoming Anorexia Nervosa*	Christopher Freeman & Peter Cooper	2002
	4	Anorexia Nervosa: A Survival Guide for Families, Friends & Sufferers	Janet Treasure	1997
Anxiety	5	Overcoming Anxiety *	Helen Kennerley	2004
Assertiveness	6	Assert Yourself	Gael Kindenfield	2001
Bereavement	7	You'll get over it: The rage of Bereavement	Virginia Ironside	1997
	8	Living with Loss: A book for the Widowed	Liz Mc Neill Taylor	2000
Binge Eating & Bulimia Nervosa	9	Getting better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa & Binge Eating Disorders	Ulrike Schmidt & Janet Treasure	1999
	10	Bulimia Nervosa & Binge Eating*	Peter Cooper	1995
Child Abuse (Adult Survivors)	11	Overcoming Childhood Trauma	Helen Kennerley	2000
Depression	12	Depression: The Common Sense Approach*	Tony Bates	1999
	13	Overcoming Depression*	Paul Gilbert	2000
	14	Depression: The Way out of your Prison	Dorothy Rowe	2003
Depression / Anxiety	15	The Feeling Good Handbook*	David Burns	1999

Topic	No	Title	Author(s)	Year
Mood Swings / Bi-polar Disorder	16	Overcoming Mood Swings*	Jan Scott	2004
Obsessions & Compulsions	17	Overcoming Obsessive Compulsive Disorder*	David Veale & Rob Wilson	2005
	18	Obsessive Compulsive Disorder	Frederick Toates & Olga Coschug-Toates	2005
Panic	19	When Panic Attacks	Aine Tubridy	2003
	20	Panic Attacks	Christine Ingham	2000
Relationship Problems	21	Overcoming Relationship Problems*	Michael Crowe	2005
Self Esteem	22	Self Esteem: Simple Steps to Develop Self Reliance and Perseverance	Gael Lindenfield	2000
	23	10 Days to Great Self Esteem*	David Burns	2000
Social Anxiety	24	Overcoming Social Anxiety & Shyness*	Gillian Butler	2003
Stress	25	Managing Stress (Teach Yourself)	Terry Looker & Olga Gregson	2003
	26	The Relaxation & Stress Reduction Workbook (5 th Edtn)	Martha Davis, Elizabeth Robbins Eshelman & Matthew Mc Kay	2000
Trauma	27	Overcoming Traumatic Stress*	Claudia Herbert & Ann Wetmore	2002
Worry	28	How to stop worrying	Frank Tallis	1990

The Carer

The term carer is used to describe a person who accepts responsibility for the wellbeing or who supports the service user. As a carer, you have definite rights: you are entitled to:

- **Collaborate in your relative's care**
- **Visit your relative at convenient times**
- **Be treated with respect and consideration**
- **Receive understandable answers to pertinent questions**
- **Make a complaint and know its outcome**
- **The assistance of an interpreter if necessary.**
- **Receive the following information**
 - Your legal rights and entitlements**
 - Names and positions of those treating your relative**
 - Significant events (including transfers) of your relative**
 - Pending discharge back into your care**
 - Explanation of the cost of care.**