

# Men's Health

## Resources

If you have an urgent health issue your first point of contact is your local GP. If it is late in the evening or at the weekend / bank holiday, contact:

- **Urgent Out of hours GP:** EDOC (North East Wicklow)  
**Call: 01 223 4500 Website: [www.edoc.ie](http://www.edoc.ie)**
- **Caredoc** (South Wicklow)  
**Call: 0818 300365 / 059 913 8100 [www.caredoc.ie](http://www.caredoc.ie) (24 hours , 7 days a week)**
- **Emergency Services Garda Síochána, National Ambulance Service, Fire Service and Irish Coast Guard:**  
**Call: 112 or 999** – Have your Eircode ready if possible
- **Emergency Departments:**
  - St.Vincent's University Hospital 01 221 4358
  - Michael's Hospital Dun Laoghaire 0800-2000 (24/7);
  - St Columcille's Hospital Loughlinstown (Local Injuries Unit, 0800-1800 - 24/7)
- **Your Mental Health-HSE: provides** information on mental health supports and services  
**Call: 1800 111888 (24hours) Website: [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)**
- **Samaritans:** Listening and emotional support service  
**Call: 116123 (Free) Website: [www.samaritans.org](http://www.samaritans.org)**
- **Pieta House:** provides telephone and text-based support for people who are suicidal or engaging in self-harm  
**Call: 1800 247 247 Website: [www.pieta.ie](http://www.pieta.ie) or Text HELP to 51444**
- **Dublin Rape Crisis Centre** is a national organisation offering a wide range of services to people who are affected by rape, sexual assault and harassment  
**Call:1-800 77 8888 Website: [www.drcc.ie](http://www.drcc.ie).**
- **Aware** provides support to people affected by depression and bipolar disorder,  
**call: 01 661 7211 Website: [www.aware.ie](http://www.aware.ie)**
- **Drugs and Alcohol Helpline** provides helpline and email support, information, guidance & referral to anyone with a question or concern related to drugs and alcohol. Confidential and free.  
**Freephone: 1800 459 459 Website: [hse.ie-drugs and alcohol](http://hse.ie-drugs and alcohol)**
- **Farm and Rural Stress Line:** This is for farmers and people who live in rural areas who may be feeling down, suffering from stress, or depression or those concerned about someone.  
**Call 1 800 742 645**

## **Jigsaw Support Line:**

Jigsaw Support Line is up and running. This new initiative, developed as part of their Covid – 19 response, aims to provide free, relevant and accessible mental health support, education, advice and guidance to young people aged 12 to 25 years old, and/or their parents/concerned others who are resident in the Republic of Ireland.

Alongside the Support Line, they are also offering an inbound SMS and email service, both operated by a designated group of Jigsaw Clinicians. Both additional offerings aim to give all potential users various options to get in touch and initiate a request for a return call from a Jigsaw Clinician.

Their contact details and opening hours are:

- **1800 JIGSAW (544729)**      Opening hours: Monday to Friday 1pm- 5pm
- **SMS 086 180 3880.**      Opening hours: Monday to Friday 9am to 5pm
- **Email [help@jigsaw.ie](mailto:help@jigsaw.ie).**      Opening hours: Monday to Friday 9am to 5pm.

## **Spunout:**

SpunOut.ie is Ireland's youth information website created by young people, for young people. They aim to educate and inform our readers about the importance of holistic wellbeing and how good health can be maintained, both physically and mentally. They believe that we should have easy access to relevant, reliable, and non-judgemental information and they are proud to provide our readers with a dynamic, responsive website full of up-to-date, factual information, free of any shame or bias.

**Call: 01-6753554    Website: [spunout.ie](http://spunout.ie)**

## **Merchant Quay- Wicklow:**

The MQI CRIS Project provides community-focused supports for adults over 18 and their families, focusing on the provision of treatment supports and integration support. The Project operates across Wicklow (excluding Bray and Blessington). The MQI CRIS Project is a free and confidential service that works with external agencies for the best possible outcome for clients.

Who can use this service?

Adults who have a history of alcohol and/or drug use and their families who have been affected by drugs and/or alcohol use.

How can I access this service?

People can self-refer to the CRIS Project or can be referred from any other agency. To make a referral, or to arrange an appointment,

**Call: 0404 34009 or email [cris@mqi.ie](mailto:cris@mqi.ie).**

## **Talk to Tom:**

We offer a range of varied services for the community at Talk to Tom Suicide Prevention & Awareness. These include one to one, group, and family counselling and therapy sessions. Child and adolescent services, bereavement support and community outreach programmes.

**Call: 0818-303061 Website: [talktotom.ie](http://talktotom.ie)**

## **Mental Health Ireland:**

At Mental Health Ireland, our aim is to promote positive mental health and wellbeing for all individuals and communities and to support people with lived experience of mental health challenges in their recovery, bringing practical expression to national policy objectives.

**Call: 01-2841166 Website: [mentalhealthireland.ie](http://mentalhealthireland.ie)**

## **Grow:**

GROW's mission is to nurture mental health, personal growth, prevention and full recovery from all kinds of mental illness.

**Call: 1890 474 474 Website: [www.grow.ie](http://www.grow.ie)**

## **Shine – Wicklow:**

Shine supports people with mental ill health and their families and friends in a number of different ways. Many people are frightened of the idea of mental ill health and the various diagnostic titles such as Psychosis, Schizophrenia, Bi Polar Disorder, Depression are seen as lifelong labels which mark the person as different from the rest of society. Mental health recovery can be described as a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in the community, while striving to achieve his or her full potential

**Call: 01-8601620 Website: [shine.ie](http://shine.ie)**

## **Turn2Me.ie:**

This is an online counselling platform, providing free counselling to people in Ireland. to adults over 18. Anyone can access their counselling services, and they are there to help you about any problem you may have.

**Text : 50808 Website: [turn2me.ie](http://turn2me.ie)**

**Men's Aid:**

Men's Aid offers support to men experiencing domestic violence and abuse, now or in the past. They provide specialist counselling, practical information and legal options. They will respect you and support you no matter what decision you make, whether you want to leave the relationship you're in, or if you want to stay.

**Call: 01 554 3811 Website: [mensaid.ie](http://mensaid.ie)**

**Body Whys:**

Bodywhys is The Eating Disorder Association of Ireland.

**Call: 01 2107906 Website: [bodywhys.ie](http://bodywhys.ie)**

**Youth Suicide Prevention Ireland Online Resource Centre:**

This is an information resource website for all aspects of suicide prevention. Their aim is to provide a specialist Online Counselling service for all the young people of Ireland who may be at risk of suicide or self-harm. Youth Suicide Prevention Ireland commissions and distributes resource guides, information leaflets and multimedia presentations covering a wide range of youth suicide related topics.

**Freetext HELP to 50015: Website: [yspi.ie](http://yspi.ie)**

**Traveller Counselling service:**

In response to the current Covid19 crisis the Traveller counselling service are now offering online counselling to members of the Traveller community who feel they would like to talk to a counsellor, this can be for one session or a number of sessions. At present we only provide counselling to people who are over 18 years. Anyone who wishes to have a counselling session can click on the link <https://travellercounselling.ie/online-counselling> and follow the steps.

If you have a problem linking in, you can call our counselling support line 0863081476. **Please note** - The Traveller online counselling service is not an emergency service and cannot respond to a person in crisis.

## **eSuicideTalk:**

esuicideTALK is a 2hour online exploration in suicide awareness. The programme is organised around the question “should we talk about suicide?” and offers a space to safely explore some of the more challenging issues relating to suicide. The programme encourages everyone to find a part they can play in preventing suicide. Its goal is to help make direct, open and honest talk about suicide easier.

- Irish residents, aged 18 and over, can access esuicideTALK for free by registering at [eSuicideTALK.net](http://eSuicideTALK.net)
- When asked for user information, enter “NOSP” in the Full Company Name field. This is necessary for access to the online programme.

# Health & Wellbeing Programmes

## **Minding Your Wellbeing:**

This is a free, online mental health and wellbeing programme launched by the HSE.

### **What does the programme consist of?**

There are 5 video sessions (20 min each) which can be accessed by visiting [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) and following the links. The content focuses on:

#### **1. Practicing Self-Care**

Explores the importance of individual 's 'self-care' and encourages participants to build their own 'self-care toolkit' which includes healthy habits for their mental health and wellbeing

#### **2. Understanding Our Thoughts**

Invites participants to reflect on their own thinking and consider how thinking patterns can impact their wellbeing

#### **3. Exploring Emotions**

Encourages participants to notice their emotions and increase their positive emotions to improve their wellbeing

#### **4. Building Positive Relationships**

Discusses ways in which participants can nurture, value and foster positive relationships which are so important for mental wellbeing

#### **5. Improving Our Resilience**

Invites participants to improve their resilience, learn about the building blocks of resilience including the importance of focussing on strengths.

## **Social Prescribing and Wellbeing Programme:**

This programme supports people with their health and wellbeing by connecting them with a range of services and activities in their local community, based on availability, individual needs and preferences. If you are interested in learning more about the programme please contact:

Paul on 087 332 4637 or email [pbrown@wicklowpartnership.ie](mailto:pbrown@wicklowpartnership.ie) for those people living in Wicklow or Arklow towns and rural areas of Wicklow.

Caragh on 083 395 8340 or email [caraghmun@brayareapartnership.ie](mailto:caraghmun@brayareapartnership.ie) or Alexandra on 083 357 0939 or email [alex@brayareapartnership.ie](mailto:alex@brayareapartnership.ie) for those people living in Bray or Greystones areas.

### **Keep Well Campaign:**

This HSE programme looks at the following 5 areas of health and wellbeing and can be accessed by going to [www.hse.ie-keepwell](http://www.hse.ie-keepwell) and following the links

1. Keeping Active
2. Staying Connected
3. Switching off and being creative
4. Eating Well
5. Minding your mood

### **HSE - Stress Control:**

The HSE are running their Stress Control classes in the community just now, Dr Jim White will live-stream the classes until March, free-of-charge. [www.hse.ie-stress control](http://www.hse.ie-stress-control)

All you need to successfully complete this class is to watch each of the six sessions, read the booklets and use the relaxation and mindfulness. You can find the sessions on YouTube.