PATHWAYS TO BEING WELL

MENTAL HEALTH GUIDE FOR ETHNIC MINORITIES IN IRELAND

ENGLISH VERSION FREE
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Hello,

Cairde's Be Aware. Be Well. initiative is aimed at improving the mental health of ethnic minorities in Ireland.

We developed this guide to support you on your journey to good mental health.

Life can throw different challenges at us. For example, when you move to a new country, you may feel isolated due to language and cultural barriers or discrimination. This can cause specific stresses which may negatively affect your mental health and quality of life.

This guide provides information on how to look after yourself in Ireland and highlights the services available if you need support.

Be Aware. Be Well.

Cairde
Mental health is something we all have in the same way that we all have physical health. When our mental health is good, we feel well and able to enjoy everyday life. Good mental health also helps us to deal with tough times and low points.

When we go through tough times, we may find it difficult to cope with day-to-day life. These feelings are normal and usually pass. If they don’t, however, it may help to look for support.
GOOD MENTAL HEALTH MEANS

- Feeling well & happy
- Making a contribution to the community
- Working productively & fruitfully
- Realising your potential
- Having tools and supports to deal with normal stresses in life
Steps to good mental health:

- Accept yourself
- Relax
- Keep active
- Ask for help
- Eat healthily
- Get involved in a club, group, or go on a course
- Be creative
- Talk about your worries
- Keep in touch with family, friends, and people from your community
- Sleep well
BOOST YOUR WELLBEING

- Volunteer – volunteer.ie
- Breastfeeding support groups or parent & toddler groups
- Public libraries
- Adult learning centres
- Museums & galleries
- Family resource centres
- Running & walking
- Join a cinema or bookclub – meetup.com
There are many groups you can link in with and activities you can do for little to no cost.

- Public sports & leisure centres
- Visit your county council website
- Watch comedies
- Gardening, feeling close to nature
- Cultural groups — www.cairde.ie
- Facebook groups
- Community centres
- Yoga & meditation courses
- Religious groups
Coping with Life’s Problems

Life may sometimes be stressful and may impact negatively on your mental health, particularly if you don’t have enough information or support to deal with these difficult situations and challenges.

- Cultural barrier
- Loneliness
- Language barrier
- Racism & discrimination
- Health problems
- Addiction
- Immigration issues
- Relationships
- Work problems
- Losing a loved one
- Bullying
- Domestic violence
- Integration
- Feeling homesick
- Having children
- Coming out as LGBT
- Money problems
Prolonged symptoms to be aware of in yourself and others

Thinking about suicide or self-harm
Pre-occupation with and obsession about particular things
Lack of care for personal appearance or personal responsibilities
Hearing voices or seeing things that others can’t see
Decrease in productivity and loss of interest
Eating less or more than usual
Worrying a lot feeling lost panic attacks
Feeling overly stressed out
Sleeping poorly or too much anxiety
Doing things that don’t make sense
Unexplained pain feeling overwhelmed
Major mood changes withdrawal from others
Feeling down or low for some time
Experiencing mental health difficulties is fairly common but these difficulties are sometimes misunderstood.

**STRESS**
A state of mental or emotional strain or tension resulting from difficult circumstances.

**ANXIETY AND PANIC**
Feelings of panic, poor sleep, worrying a lot. This is common after a major life event such as bereavement or unemployment.
Post-traumatic Stress Disorder (PTSD)
Flashbacks, bad dreams after experiencing traumatic events.

Self-harm or thinking about suicide
Injuring yourself as a way of dealing with emotional distress. Thinking about taking your own life.

Consult a doctor to seek out an accurate diagnosis of these disorders. Other conditions that need a doctor’s attention include: depression, schizophrenia, bipolar disorder, and eating disorders.
THIS IS HOW YOU ACCESS SUPPORT IN IRELAND

Do you need help now?

- Go to your local hospital A & E or call 999 / 112
- Call the Samaritans — freephone 116 123
A GP can give you advice, medication, do tests and refer you to specialised services.

You can be referred if you have a medical card and want help with mild to moderate psychological difficulties.

They offer health or social services (e.g. psychologist) in the community – outside of the hospital setting.

You can be referred to a multidisciplinary team, including a psychiatrist, psychologist, social worker, and occupational therapist.

You can talk with a professional about your feelings and concerns and work through these concerns.

You can be referred to a multidisciplinary team, including a psychiatrist, psychologist, social worker, and occupational therapist.

You can meet people with common experiences or concerns, and get encouragement, comfort and advice.

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You can ask for an interpreter.
Your local HSE office can provide you with a more detailed guide of services in your area. Call 1850 241 850 or go to www.hse.ie. Mental health services nationwide can be found at www.yourmentalhealth.ie.

GPs & Primary Care Centres
Visit www.hse.ie for a list of GPs and Centres in your area.

Crosscare Cathedral Clinic
Free medical services to migrant adults and children who have difficulty accessing medical care.
1 Cathedral Street, Dublin 1
01 873 2844

Online counselling
Turn2Me.ie
MyMind.ie

Addictions
alcoholicsanonymous.ie
01 8420700 – information on meetings in various languages
Drugs.ie – information in various languages
Support groups

Grow – 01 840 8236
Shine – 1890 621 631
Aware – 1800 804 848
Hearing voices – www.voicesireland.com

Useful resources about mental health in Ireland

Mental Health Ireland
01 284 1166
info@mentalhealthireland.ie
mentalhealthireland.ie

yourmentalhealth.ie

mentalhelp.ie

#LittleThingsCampaign
ORGANISATIONS

Samaritans

Listening service for anyone struggling to cope. 24 hours a day, 7 days a week.
116 123 (Freephone)
jo@samaritans.org
Find your nearest branch: www.samaritans.ie
Volunteers speaking various languages may be available.

Inside Matters

Migrant & Refugee Mental Health
Dublin 1
01 891 0703
085 203 1487

Women’s Aid

Domestic violence service for women and children
1800 341 900
National Freephone Helpline
24 hours a day, 7 days a week
Interpreters available
<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amen</td>
<td>Service for male victims of domestic abuse</td>
</tr>
<tr>
<td></td>
<td>046 902 3718</td>
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<tr>
<td>Rape Crisis Centre</td>
<td>For persons who have experienced rape and sexual abuse</td>
</tr>
<tr>
<td></td>
<td>1800 77 88 88</td>
</tr>
<tr>
<td>Pieta House</td>
<td>Suicide/self-harm</td>
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<tr>
<td></td>
<td>01 601 0000</td>
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<tr>
<td></td>
<td><a href="http://www.pieta.ie">www.pieta.ie</a></td>
</tr>
<tr>
<td></td>
<td><a href="mailto:mary@pieta.ie">mary@pieta.ie</a></td>
</tr>
<tr>
<td>Bodywise</td>
<td>Eating disorders</td>
</tr>
<tr>
<td></td>
<td>1890 200 444</td>
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<tr>
<td>Jigsaw</td>
<td>National Centre for Youth Mental Health</td>
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<tr>
<td></td>
<td><a href="http://www.jigsaw.ie">www.jigsaw.ie</a></td>
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<td></td>
<td>01 9603020</td>
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<tr>
<td>LGBT helpline</td>
<td></td>
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<td></td>
<td>1890 929 539</td>
</tr>
</tbody>
</table>
DIRECTORY OF SUPPORTS

LANGUAGE AND CULTURALLY SPECIFIC SUPPORTS

African

ThruTalk
Dublin Sth
1861 983 697
ejirovoen@yahoo.com

Fettercairn Community Swan FSO
086 310 1120
folusey@gmail.com

Chinese

Cairde
19 Belvedere Place, Dublin 1
0879906111
Junyu@cairde.ie

Lithuanian

PS Clinic – Psychological Services
400 North Circular Road, Dublin 7
086 898 2161
psclinicdublin@gmail.com
www.sveikatos-informacija.com
AA, Al-Anon
aaairijoje.weebly.com/aa-grup279s-airijoje.html

Mental Health Information in Lithuanian
www.sveikatos-informacija.com; Facebook
sveikatos-informacija Airija

Muslim

Islamic Cultural Centre of Ireland Community Welfare Office
Clonskeagh, Dublin 14
01 2080000/01 2080006

Polish

AA
087 330 1230
irlandia@aa.org.pl
http://www.aairlandia.com

CKU Centre for Counselling & Therapy
Coolmine House, 19 Lord Edward Street, Dublin 2
086 0861 018
pomoc@ckudublin.org

EMC Dublin
51 Parnell Sq. West, Dublin 1
01 443 4540

PARASOL Counselling & Psychotherapy Centre
Dublin
086 669 3094
cpp.parasol@gmail.com
Pogotowie Duchowe
083 128 3502
pogotowieduchowe@live.com
www.pogotowieduchowe.pl

Romanian

Mind Shift Counselling
Lucan, Dublin
087 758 5589
mindshiftcounselling@gmail.com

Constantin Tui
Kiltalown House, Jobstown, Dublin
086 834 3309
constantintui@yahoo.com

Russian

Expat Therapy
Wexford
087 327 5484
counselling@live.ie / expattherapy.weebly.com

Swords House (information)
Swords, Dublin
087 9792 770
swordshouse.com

PS Clinic – Psychological Services
(See p. 20)
Various languages

**MyMind**
Dublin Sth, Dublin Nth, Cork, Limerick
076 680 1060
mymind.org

**Barka**
Addiction counselling
0 838 420 548 (PL, EN)
0 868 396 276 (PL, RU)
WORRIED ABOUT SEEKING SUPPORT?

It’s worth knowing the following:

By law, you cannot be discriminated against because of mental illness.

Consider the best interests of your family.

There is legislation that protects you while you are receiving mental health care.
WHO CAN HELP PROTECT YOUR RIGHTS?

MENTAL HEALTH CARE
Irish Advocacy Network
01 872 8684

Mental Health Commission
(involuntary admissions) info@mhcirl.ie

CHILDREN
Child and Family Agency
Contact a duty social worker in your area – tusla.ie
01 771 8500

NCP Migrant Family Support Service
01 872 784

DISCRIMINATION
Irish Human Rights & Equality Commission
1890 245545
publicinfo@ihrec.ie

The National Advocacy Service for People with Disabilities
0761073000
info@advocacy.ie

Workplace Relations Commission
1890 808090

CAIRDE
19 Belvedere Place, Dublin 1
01 855 2111
info@cairde.ie
DO YOU FEEL THAT IT’S THE PRACTICAL DIFFICULTIES THAT AFFECT YOUR MENTAL HEALTH?

There are organisations that can give you information and support you to solve these problems.
WHO IS THERE TO HELP?

SUPPORTS FOR ETHNIC MINORITIES

Barka
Service for EU citizens: Social welfare, addictions, repatriation
0 838 420 548 (PL, EN) 0 868 396 276 (PL, RU)

Cairde
P.30

Crosscare
Immigration, social welfare, homelessness; Roma, Polish, Chinese clinics.
Cathedral Street, Dublin 1
01 873 2844
Drop-in: 2 Sackville Place

ENAR Ireland
Reporting racist incidents (www.iReport.ie); advice on dealing with racism
01 889 7110,
info@enarireland.org

EPIC
Employment programme
01 874 3840
epic@bitc.ie, bitc.ie/business-action-programmes/business-action-on-employment/are-you-a-jobseeker
**Immigrant Council of Ireland**
Immigration, family reunification, domestic violence, human trafficking
Infoline: 01 674 0200

**Irish Refugee Council**
Asylum seekers
37 Dame Street, Dublin 2
01 764 5854
info@irishrefugeecouncil.ie

**New Communities Partnership**
Citizenship, family support
53 Upper Dorset St, Dublin 1
01 872 7842

**Migrant Rights Centre Ireland**
Employment, immigration
37 Dame Street, Dublin 2
01 889 7570
info@mrci.ie

**SIPTU Migrant and International Workers Support**
1890 747 881

**SPIRASI**
Support for survivors of torture
213 North Circular Road, Phibsborough, Dublin 7
01 838 9664
GENERAL

Local social welfare and Intreo centres
Social welfare, training and employment
welfare.ie

Local Citizens’ Information Centres
Information on public services & entitlements
citizensinformation.ie

MABS
Financial advice
076 1 07 2000
Local MABS offices
www.mabs.ie/contact-mabs/on.ie

THRESHOLD
Housing
21 Stoneybatter, Dublin 7
1890 334 334
advice@threshold.ie
Tenant protection
1800 454 454
HEALTH INFORMATION AND ADVOCACY CENTRES PROVIDE:

- Information about health services in Ireland
- Guidance on rights and entitlements
- Advocacy and support to deal with problems
- Assistance in one’s own language as we speak Arabic, French, Chinese, Italian, Polish, Russian
- Application forms and other helpful materials are available to take
- All services are free and confidential
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advice@threshold.ie
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1800 454 454
This initiative aims to improve the mental health of ethnic minorities in Ireland with emphasis on access to and the use of mental health services, community-based mental health promotion, and mental health policy.

mentalhealth@cairde.ie