



PATHWAYS TO BEING WELL

FREE



MENTAL HEALTH GUIDE FOR ETHNIC MINORITIES IN IRELAND

Cairde
Challenging ethnic minority health inequalities

 *be aware, be well*
MIGRANT MENTAL HEALTH INITIATIVE

PATHWAYS TO BEING WELL

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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

WHAT IS MENTAL HEALTH?

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.

Having tools and
supports to deal
with normal
stresses in life

Making a
contribution to
the community

Feeling well
& happy

Realising
your
potential

Working
productively
& fruitfully

GOOD MENTAL HEALTH MEANS

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 **FEELING SAD AND CRYING A LOT**

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

COMMON MENTAL HEALTH PROBLEMS

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.



LOW MOOD / FEELING DOWN

Feeling sad and hopeless. Having difficulty coping with daily activities.



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

FAMILY DOCTOR (GP)

A GP can give you advice, medication, do tests and refer you to specialised services.

COUNSELLING IN PRIMARY CARE

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

HSE PRIMARY CARE CENTRES

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

MENTAL HEALTH SERVICES

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

COUNSELLING & THERAPY

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

SUPPORT GROUPS

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

SUPPORTS IN YOUR ETHNIC COMMUNITY

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

**YOU CAN
ASK FOR AN
INTERPRETER**

DIRECTORY OF SUPPORTS



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

DIRECTORY OF SUPPORTS



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

Amen

Service for male victims of domestic abuse
046 902 3718

Rape Crisis Centre

For persons who have experienced rape and sexual abuse
1800 77 88 88

Pieta House

Suicide/self-harm
01 601 0000
www.pieta.ie
mary@pieta.ie

Bodywhys

Eating disorders
1890200444
alex@bodywhys.ie

Jigsaw

National Centre for Youth Mental Health
www.jigsaw.ie
01 9603020

LGBT helpline

1890 929 539

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.aairelandia.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

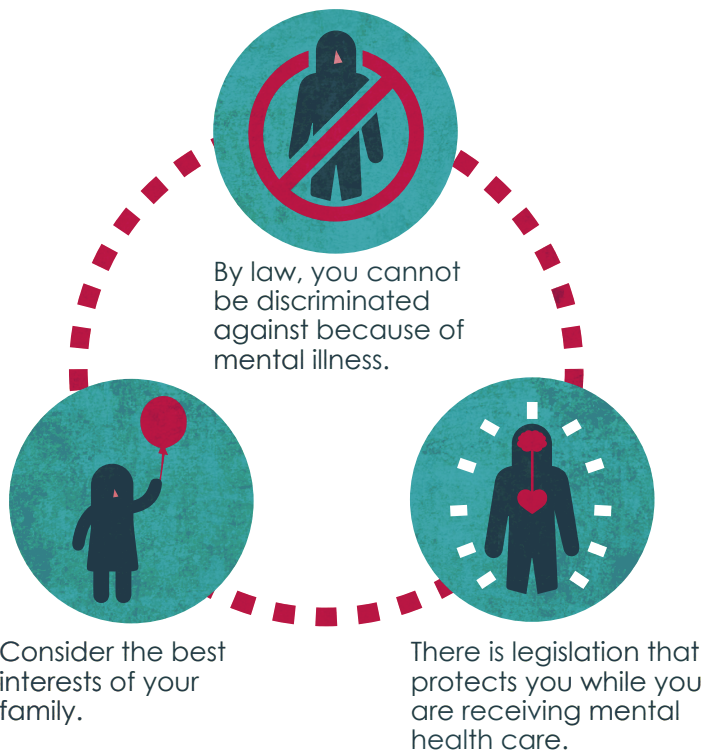
0 838 420 548 (PL, EN)

0 868 396 276 (PL, RU)



WORRIED ABOUT SEEKING SUPPORT?

It's worth knowing the following:



WHO CAN HELP PROTECT YOUR RIGHTS?



MENTAL HEALTH CARE

Irish Advocacy Network

01 872 8684

Mental Health Commission

(involuntary admissions) info@mhclrl.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



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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)

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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
0761 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

19 Belvedere
Place, Dublin 1,
Ireland.
Ph.: 01 855 2111
Fax: 01 855 2089
Email:
info@cairde.ie
www.cairde.ie

CITY CENTRE OFFICE

Old St Georges
School, Hampton
St, Balbriggan
Ph.: 01 8020785
Email:
balbriggan@cairde.ie

BALBRIGGAN OFFICE





be aware, be well
MIGRANT MENTAL HEALTH INITIATIVE

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



WWW.CAIRDE.IE