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I AM **WORTH** IT

WEXFORD OFFERS RELIABLE TEENAGE HELP



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**STUDENT COUNCIL
COLÁISTE BRÍDE,
ENNISCORTHY, CO.WEXFORD**



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I am WORTH it – Wexford Offers Reliable Teenage Help, is an initiative being implemented by the Coláiste Bríde Student Council to support young people and their families in promoting a positive understanding of teenage mental health and wellbeing.

Our message is a simple one: that everyone needs to look after their mental health and at times it may be fragile and need support. I am WORTH it provides information on the different factors and life events that can impact on mental health on a daily basis. It provides an understanding of the issues and highlights the services that are available when help is needed. We hope that we have also included some practical suggestions that might be useful to teenagers, helping them to cope a little better in difficult times.

We would like to sincerely thank the members of Kinsale Youth Support Services (KYSS) for generously giving us their permission to use and adapt their original publication. We are very grateful for all their hard work and research. We would also like to acknowledge the financial support we received from Enniscorthy Credit Union, whose sponsorship enabled us to print this booklet.

When our mental health is well we can enjoy day to day life and we can get the best out of things.

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

- Ralph Waldo Emerson



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★ Log on to: www.iamworthit.ie

What Is Mental Health?

What is mental health?

Mental health is all about looking after your head. Good mental health is having the skills and support networks to deal with the "ups and downs" in the tough times.

Good mental health is:

- ★ Being comfortable in your own skin
- ★ Trusting your feelings
- ★ Having a sense of belonging
- ★ Mixing with people who are good for you
- ★ Having friends and people who will help you
- ★ Knowing you matter

Minding your mental health

Here are some things that help you to maintain good mental health and which can help when you start to feel down:

- ★ Get involved and try out new things
- ★ Keep active and eat healthily
- ★ Appreciate what you have
- ★ Accept yourself for who you are
- ★ Develop your creative side
- ★ Stay in touch with friends and family
- ★ Talk to someone you trust
- ★ Find some time each day to relax
- ★ Set little goals and work towards them
- ★ Ask for and accept help

Stress

Many things can trigger stress: school, exams, relationships, money, your expectations of yourself etc., the list is endless. Some forms of stress can be positive or even helpful. What you find stressful may be a motivation for someone else.

Too much stress over a long period can cause changes in:

- ★ **Feelings - irritable, anxious, low mood**
- ★ **Thoughts – thoughts racing, imagining the worst, worrying all the time**
- ★ **Behaviour – unsociable, unreasonable, temper outbursts, clumsy, can't concentrate**
- ★ **Body – headaches, muscle tension, sweating, dizzy, pains in stomach**

If you notice these changes in yourself or others don't worry – talk to someone and ask them to help you to find help. **Talk to or contact:**

- ★ Samaritans www.samaritans.ie Freephone: 116123 - Email: jo@samaritans.org - Text: 087 2609 090
- ★ Samaritans drop in: 16 Beau Street, Waterford. 9.00am to 9.00pm every day
- ★ Mental Health Ireland www.mentalhealthireland.ie - www.wexfordmentalhealthassociation.ie
Local contact linda@mentalhealthireland.ie - 087 8353 925
- ★ Headstrong www.headstrong.ie
- ★ Your Mental Health www.yourmentalhealth.ie
- ★ SpunOut www.spunout.ie
- ★ Reach Out www.reachout.com
- ★ Headspace www.headspace.com
- ★ Slaney House, Wexford - 053 914 5402 (free counselling service)

Depression

When someone is feeling depressed they may experience changes in behaviour such as:



You are not alone

What Is Depression?

Everyone occasionally feels blue or sad, but these feelings usually pass within a couple of days. We often use the expression 'I'm feeling depressed' when we're feeling sad or miserable about life. Usually, these feelings pass with time. But if these feelings are interfering with your life and don't go away after a couple of weeks, or if they come back over and over again, it could be a sign that you are depressed in the medical sense of the term.

Symptoms of Depression Include:

- ★ Persistent sad, anxious or 'empty' feelings
- ★ Feelings of hopelessness and/or pessimism
- ★ Feelings of guilt, worthlessness and/or helplessness
- ★ Irritability, restlessness
- ★ Loss of interest in activities, hobbies or friendships
- ★ Fatigue and decreased energy
- ★ Difficulty concentrating, remembering details and making decisions
- ★ Insomnia, early-morning wakefulness, or excessive sleeping
- ★ Overeating or appetite loss
- ★ Thoughts of suicide, suicide attempts
- ★ Persistent aches or pains, headaches

Bipolar disorder is the name used to describe a set of 'mood swing' conditions, the most severe form of which used to be called 'manic depression'. With bipolar disorder moods can swing between low, high and mixed. It is important to note that everyone has mood swings from time to time. It is only when these moods become extreme and interfere with life that bipolar disorder may be present and medical assessment may be required.

Many people with a depressive illness never seek treatment, but the vast majority, even those with the most severe depression, can get better and recover with treatment. If you are concerned that you or someone you know might be showing signs of depression it is important to get support.

For Further Information

- ★ Speak to your Guidance Counsellor
- ★ Talk to a GP or Caredoc - 1850 334 999
- ★ Aware www.aware.ie - 1800 804 848
- ★ GROW www.grow.ie - 1890 474 474
- ★ Lean on Me www.leanonme.net
- ★ ReachOut www.reachout.com
- ★ SpunOut www.spunout.ie

Anxiety & Obsessive Compulsive Disorder (OCD)

Some common effects of anxiety and Obsessive Compulsive Disorder (OCD) include:



Help is at hand

Anxiety & Obsessive Compulsive Disorder (OCD)

Anxiety: Everybody gets anxious at some point in their life. Anxiety is a feeling of worry, nervousness, uneasiness, feeling faint, sweating, having jelly legs and feeling your heart racing. When these symptoms get really bad it may lead to a panic attack. Panic attacks can be extremely frightening, but they are harmless and very treatable.

Anxiety can affect both your physical health and your mental health (your behaviour, feelings and emotions). The symptoms can depend on a number of factors. They may pass quickly or may stay for a long period of time. It may be worth talking to your doctor or a counsellor about ways to reduce anxiety.

OCD is a form of anxiety where a person feels they have to do things repeatedly to prevent bad things happening to themselves or others. Examples include washing your hands over and over again or switching lights on and off repeatedly. It is only when this behaviour gets in the way of your daily life that you may need to seek help.

If you or a friend have some or any of the symptoms, please see or consider contacting:

- ★ Social Anxiety Ireland www.socialanxietyireland.com - 085 2168 981
- ★ OCD Ireland www.ocdireland.org
- ★ Out and About Association www.oandaireland.ie - 1800 252 524
- ★ Childline www.childline.ie - 1800 66 66 66 (24 hrs a day)
- ★ Teen-Line Ireland - 1800 833 634 or text TEEN to 50015 (8pm to 11pm - 7 nights)
- ★ FDYS (Wexford) www.fdys.ie - 053 91 23262 (Monday to Friday 9am to 5pm)
- ★ Irish Association for Counselling and Psychotherapy (IACP) www.iacp.ie - 01 2303536

Eating Disorders

How you may recognise it:



Talk to Someone

Eating Disorders

Eating disorders are not primarily about food, but can be seen as a way of coping with emotional distress or as a symptom of underlying issues. For the person with the eating disorder, controlling the food and the body is their way of relieving distress and achieving some degree of control over their life.

Eating disorders can affect anyone, male or female. With appropriate help and support, people can and do recover.

Eating disorders are characterised by a variety of disordered eating behaviours such as:

- ★ **Self-starvation - by fasting and/or food restriction**
- ★ **Purging - by self-induced vomiting, over-exercising or laxative abuse**
- ★ **Bingeing - by consuming quantities of food beyond what the body needs to satisfy hunger**

An eating disorder can be very destructive, both physically and emotionally, and people can get trapped in the destructive cycle of the eating disorder without knowing how to cope with it.

Further Information

- ★ **Bodywhys The Eating Disorder Association of Ireland www.bodywhys.ie - Helpline: 1890200444**
Email support alex@bodywhys.ie www.bodywhys.ie/supportservices/online-support-group
- ★ **Overeaters Anonymous www.overeatersanonymous.ie - Helpline: 01 2788106**
- ★ **www.stjohnofgodhospital.ie/treatment-programmes/eating-disorders**
- ★ **SpunOut www.spunout.ie**

Relationships & Sexuality

There are people in every country, culture and society thinking about their sexuality:



Relationships & Sexuality

RELATIONSHIPS: Relating to and dealing with others is a very important and normal part of being a person. In the teen years, friends are increasingly important and how you relate to family, friends and the wider community will change. One aspect of this is developing sexual feelings and forming new boy/girl friendships and relationships. Exploring your sexuality and developing relationships can be a positive and a challenging experience during teenage years.

SEXUALITY: This is simply part of being human! It covers all aspects of being male or female such as gender, sexual identity, sexual orientation and relationships. Society can place a lot of labels on people - especially in relation to sexuality and relationships. At a stage where you are exploring this for yourself it is important that you take time to understand your own feelings.

If you **feel you need support**, or someone to listen to you in a non-judgmental way, be sure to have a look at some of the contact details below where you can avail of support and information free of charge.

- ★ Before You Decide www.b4udecide.ie
- ★ Positive Options www.positiveoptions.ie (Free Text LIST to 50444)
- ★ Your Sexual Health www.yoursexualhealth.ie
- ★ LGBT – Lesbian Gay Bisexual Transgender www.lgbt.ie Helpline 1890 929 539
- ★ Gay Switch Board www.gayswitchboard.ie Phone 01 872 1055
- ★ Belong To www.belongto.org
- ★ Wexford LGBT Youth Support david.clark@fdys.ie
- ★ HIV & Sexual Health Helpline 1800 459 459
- ★ Wexford Rape & Sexual Abuse Centre www.wexfordrapecrisis.com 1 800 330 033
- ★ South East Region Sexual Assault Treatment Unit (SATU) 051 842 157

Bullying & Abuse

Bullying and Domestic Abuse can take many forms. Here are some of the ways it can happen:



If you suspect someone is being bullied - Speak out, don't be a bystander.

Bullying & Abuse

When somebody does something to control, bully or hurt someone else it is called abuse. Abuse can take many forms such as physical, sexual, emotional and verbal abuse.

Physical Abuse

Is control by violence or threat of violence including hitting, biting, burning or shaking.

Social/Emotional Abuse

Deliberately ignoring or leaving someone out, putting someone down, blackmailing or forcing someone to do something against their will.

Sexual Abuse

When someone forces another to do any sexual acts that they do not want to do or watch something sexual that they do not want to watch.

Emotional Abuse

Controlling another person through withdrawal of love, isolating them, becoming extremely jealous, constantly criticising another or threatening them.

Cyber Bullying

Using mobile phones or the internet to post offensive images, spread rumours or send abusive messages. It also includes internet stalking or 'hating' on social media sites.

Bullying is the ongoing abuse of another person through physical, emotional or verbal means, often in the presence of others. Nobody has the right to hurt you physically or emotionally even if they are in a position of authority or they say they love you. Abuse is wrong. Always refuse to accept abuse and remember that secrecy is an abuser's best weapon, so NEVER KEEP IT A SECRET and remember HELP IS ALWAYS AVAILABLE. The most important thing is to tell somebody you trust.

- ★ Childline www.childline.ie - Helpline 1800 66 66 66 - Text TALK to 50101
- ★ Parentline www.parentline.ie - 1890 927 277
- ★ CARI Children at Risk in Ireland - Support email helpline@cari.ie - Helpline 1890 92 4567
- ★ ReachOut Youth Mental Health. Bullying and personal safety - www.reachout.com
- ★ Connect Professional Telephone Counselling & Support www.connectcounselling.ie - 1800 477 477
- ★ Internet Safety www.internetsafety.ie - www.watchyour.space.ie - www.webwise.ie
- ★ Amen support for male victims of violence www.amen.ie
- ★ Rape Crisis Help www.rapecrisis.ie - 24 hour Helpline 1800 778 888
- ★ The National Office for the Prevention of Domestic, Sexual and Gender-based Violence www.cosc.ie
- ★ Wexford Rape & Sexual Abuse Centre www.wexfordrapecrisis.com 1 800 330 033
- ★ South East Region Sexual Assault Treatment Unit (SATU) 051 842 157

Alcohol

Drinking alcohol as a young person seriously damages your development. You may have a problem with your alcohol use if you are:



Alcohol

It is against the law for a young person under 18 to:

Buy alcohol / Drink alcohol in a public place / Pretend to be over 18 in order to buy alcohol.

Alcohol is one of the oldest and most widely used drugs in the world. Most people use it for enjoyment, but sometimes drinking alcohol can be a problem. Fights, arguments, money troubles, family upsets, etc. are often a result of having had too much to drink. Alcohol can be the cause of hospital admissions for physical illness and accidents. It is also important to remember that alcohol has the potential to be addictive. Alcohol often lowers inhibitions which can result in embarrassing or dangerous behaviour.

Taking control and staying within low-risk drinking limits:

For drinking to be considered 'low risk' the Department of Health currently advises: Adult women should drink less than 11 standard drinks per week and 2 alcohol free days. Adult men should drink less than 17 standard drinks per week and 2 alcohol free days.

A standard alcoholic drink in Ireland is



A single measure of spirits
= a half pint of beer

= a small glass of wine
= an alcopop

Further Information

- ★ Alcohol Action Ireland www.alcoholireland.ie - 01-8780610 (Mon.-Fri. 10.00am to 4.00pm)
- ★ Drink Help.ie www.drinkhelp.ie - 01-8780610 (Mon.-Fri. 10.00am to 4.00pm)
- ★ Drink Aware www.drinkaware.ie - 01 517 5900
- ★ HSE National Drugs Helpline helpline@hse.ie - 1800 459 459
- ★ DRUGS.IE online drug test www.drugs.ie - Phone: 1800 459 459 (Mon.- Fri. 9.30am to 5.30pm)
- ★ www.yourdrinking.ie
- ★ National Family Support Network www.fsn.ie - (01) 8980148
- ★ AA www.alcoholicsanonymous.ie - Leinster Phone Area: 01-8527000
Waterford Area: 087-4487638 (Seven days a week)
- ★ Aiseiri www.aiseiri.ie Wexford 053-9141818
- ★ Aislinn Adolescent Addiction Treatment Centre, Ballyragget, Kilkenny 056- 8833777

Drugs

Using drugs can have both immediate and longer-term effects. These effects may vary from person to person. Some immediate and long-term effects of drugs include:



Drugs

While there is a lot of concern about illegal drugs, the greatest risk to young people comes from using legal drugs such as alcohol, cigarettes, and the inappropriate use of medicines (over-the-counter and/or prescription). People use many kinds of drugs. These drugs may be legal or illegal, helpful or harmful. Every drug has side-effects and risks, but some have more risks than others, especially illegal drugs.

Using drugs can become a problem, depending on a number of factors:

- ★ What drug is used
- ★ Who is using the drug (especially their mood and personality)
- ★ Why they are using the drug
- ★ Where and How they are using the drug

General signs of drug use

If you are concerned about someone, there are some general signs to watch out for which may be linked to drug use.

- ★ Secrecy about activities, slyness, caginess
- ★ Staying out unusually late
- ★ Lack of interest in old hobbies and activities
- ★ Mood swings – quite suddenly, may have fits of temper
- ★ Not taking care of their appearance
- ★ Using deodorant or incense to hide the smell of drugs
- ★ Always being broke and trying to borrow money
- ★ Stealing from home or friends – money and items they can sell
- ★ Poor work or school performance, including poor attendance
- ★ Becoming withdrawn and not wanting to talk

However, remember that all of the signs listed above could be caused by many reasons other than drug use.

Further Information

- ★ DRUGS.IE online drug test www.drugs.ie - Phone 1800 459 459 (Mon.- Fri. 9.30am to 5.30pm)
- ★ Drugs HIV Helpline Phone: 1800 459 459
- ★ Narcotics Anonymous www.na-ireland.org - Phone: 01-6728000
- ★ Aiseiri www.aiseiri.ie - Wexford 053-9141818
- ★ Aislinn Adolescent Addiction Treatment Centre, Ballyragget, Kilkenny - 056- 8833777

Psychosis

If someone becomes very confused and appears out of touch with everyone else's perception of the world they may be experiencing a psychotic episode. They may:



Psychosis is treatable. Don't be afraid to ask for help.

Psychosis

Some drugs such as hallucinogens, marijuana and amphetamines may trigger a psychotic episode. Treatment of psychosis usually involves medication, and if someone is experiencing a psychotic episode it is important that they seek help from a doctor, psychiatrist or a clinical psychologist.

Schizophrenia

Schizophrenia is a serious mental illness characterised by disturbances in a person's thoughts, perceptions, emotions and behaviour. It affects approximately one in every hundred people worldwide. There are a number of signs and symptoms. These are divided into two groups: 'active symptoms', that reflect new or unusual forms of thought and behaviour such as delusions; and; 'passive symptoms', which reflect a loss of previous feelings and abilities.

If you are concerned that you or someone you know may be experiencing some of the following symptoms, contact your GP:

- ★ **Hallucinations**
- ★ **Strange and disorganised thinking or behaviour**
- ★ **Hearing voices that may not be heard by anyone else**
- ★ **Having difficulty in knowing what is real and what is not real**
- ★ **Experiencing paranoia**
- ★ **Feeling down, losing energy and interest in life**
- ★ **Having difficulty speaking**

- ★ Your Mental Health www.yourmentalhealth.ie
- ★ Shine www.shine.ie
- ★ Reach Out www.reachout.com
- ★ Lean On Me www.leanonme.net
- ★ Hearing Voices Ireland www.voicesireland.com

Self Harm & Suicide

Coping Strategies. Some suggestions to try and some signs to watch for include:



Life's worth talking about

Self-Harm & Suicide

What is self-harm?

Self-harm is when someone deliberately hurts, cuts or injures him/herself. Self-harm is a communication of deep distress. Any form of self-harm is a call for help and should be taken seriously.

If you self-harm it is very important that you seek help and support. It might seem that nobody understands what you're going through, or that you are alone, but remember there is help available.

Suicide

Suicide is not chosen; it happens when pain exceeds resources for coping with pain. If you are feeling suicidal, or want to end your life, it is important that you keep yourself safe. Try to remember that thoughts about taking your life are just thoughts. They do not mean that you have to act on them, no matter how overwhelming they are. The most important thing to do if you are having thoughts of suicide is to talk to someone.

★ **Reach out to someone who can help**

★ **It is okay to ask for help**

★ **Suicide is not an option**

★ **Speak openly about suicide**

Show you care; listen, encourage and support the person to seek help.

★ Emergency Services 112 or 999

★ The Samaritans www.samaritans.org - 116123 TEXT 087 260 9090

★ Pieta House www.pieta.ie - Phone: 01 601 0000 - Email: mary@pieta.ie

★ Childline www.childline.ie - Freephone: 1800 666666 (available 24/7) - Teentext "talk" to 50101

★ Suicide Links www.suicidelinks.ie

★ SHIP short term counselling (to aged 16 and over) 223 Lismore Park, Waterford - 087 2586028

Grief

Some of the things you may feel or experience after losing someone:



Grief

To grieve is normal - and it takes time.

It is normal to feel a sense of shock when someone close to you has died. Experiencing shock can mean you have a physical and an emotional reaction. You may feel dizzy, nauseous, dazed, numb or empty.

Everybody grieves differently and lots of things can affect the way that people experience grief. There is help available. As the shock and numbness lessens you are likely to start grieving. There are different factors that may affect the way people grieve. Knowing these may help to understand yours and other people's reactions to the loss. If someone's reaction is different to yours it does not necessarily mean they care less. Some reasons why people grieve:

- ★ The type of **relationship** they had with the person
- ★ **Gender** - males and females may have different ways of managing their grief. Males are more likely to feel restrained while females are more likely to share their feelings
- ★ **Cultural background** - cultural groups express grief in different ways
- ★ **Other Losses** - the new loss may bring up previous loss, which can trigger more grief. There is help available

Help and support is available to you or someone you know who is grieving from the following:

- ★ Barnardos www.Barnardos.ie Bereavement counselling
- ★ Hope Centre, Enniscorthy. Bereavement counselling (death through cancer) - 053 923 8555
- ★ Console - Freephone: 1800 247247 - Wexford: 053 912 2787 - Text HELP to 51444
- ★ Family Life Services Wexford info@familylifeservice.ie - 053 912 3086
- ★ Anamcara www.anamcara.ie Parental and sibling bereavement - 01 404 5378
- ★ Irish Childhood Bereavement Network www.icbn.ie - Directory of services.
- ★ Irish Hospice Foundation www.bereaved.ie Advice and assistance website

Protect your Mental Health

Ways to improve your daily wellbeing include:



Five steps to positive mental health

Protect your Mental Health

Five steps to improving your mental health

Connect – Feeling close to, and valued by, other people is a fundamental human need and one that contributes to wellbeing. Talk to someone instead of sending a message on Facebook or Snap Chat. Put five minutes aside to find out how someone is really feeling.

Be active – Taking regular exercise and physical activity reduces depression and anxiety. Take the stairs not the lift or escalator. Go for a walk, jog or run.

Take notice – Enjoying and savouring the moment enhances your wellbeing. Have a "clear the clutter" day. Be sensitive and aware of the people around you.

Keep learning – Learning enhances your self-esteem, encourages social interaction, and promotes higher levels of wellbeing. Consider setting yourself a new challenge. Discover a new interest or hobby.

Give – Acts of kindness increase happiness and wellbeing. Give an hour of your time to a voluntary organisation. Do a good deed for someone.

Further Information

- ★ Childline www.childline.ie - 1800666666 - Text SUPPORT 53305
- ★ Samaritans www.samaritans.ie - 116123
- ★ Mental Health Ireland www.mentalhealthireland.ie - 01 284116
- ★ Grow www.grow.ie - 1890 474474
- ★ Reach Out www.reachout.com - 01 764666

Study and Exam Tips

Important points to cope with student life:



Take care of yourself

Study and Exam Tips

Good study skills and exam preparation are essential to succeed in school. Stressing out reduces your mental capabilities and is counter-productive. Be confident in your abilities and learn to take care of yourself.

Nutrition: Eating a balanced diet will help you to maximise brain function, concentrate better during the day and help manage your stress levels. It is also important to stay hydrated.

Exercise: Give your body a workout as well as your mind.

Relaxation: Practice deep breathing, meditation and yoga as forms of relaxation.

Sleep: Maintain a regular sleep pattern.

Time-Management: Develop a study plan and get your notes in order. Make a revision timetable – It is never too late to get started! Practice writing answers under exam conditions.

The Power of Positive Thinking: Replace negative thoughts such as “everyone else seems better organised while I’m struggling”, with “I will succeed”. Be kind to and reward yourself.

Further Information

- ★ CareersPortal www.careersportal.ie/studyskills/ (Study Skills)
- ★ ReachOut www.reachout.com (Exams)
- ★ SpunOut www.spunout.ie (Exam & Study Tips)
- ★ State Examinations Commission www.examinations.ie (Examination Material Archive)
- ★ Help Me to Parent www.helpme2parent.ie (Exam Stress, Advice for Junior and Leaving Certificate Exams)

Other Useful Guidance Websites

- ★ Qualifax www.qualifax.ie
- ★ Central Applications Office (CAO) www.cao.ie - 091 509 800
- ★ Access College www.accesscollege.ie - Higher Education Access Route (HEAR) and Disability Access Route to Education (DARE)
- ★ Student Universal Support Ireland (SUSI) www.susi.ie - 0761 087 874
- ★ Student Finance www.studentfinance.ie

Spirituality & Mental Wellbeing

Having a spiritual dimension to our lives can make us happier. It can positively impact on our mental health.

Having a spiritual dimension means finding a sense of inner peace. It is something everyone can experience.

- ★ **It helps us to find meaning and purpose in the things we value**
- ★ **It brings hope and healing in times of suffering and loss**

Spirituality is personal and individual. Try to discover what works best for you such as creating a regular quiet time.

- ★ **For personal prayer**
- ★ **Reflection or meditation.**

Daily Reflection

I am thankful for the gift of being alive this morning.

I am thankful for the sleep that has refreshed me.

I am thankful for the chance to make a new beginning.

This day is full of promise and opportunity,
Help me to waste none of it.

This day is full of mystery and of the unknown,
Help me to face it without fear or anxiety.

I can do all things because the people who love me, believe in me,
And I believe in myself.

Contacts

Local Contacts

- ★ Caredoc - 1850 334 999
- ★ Wexford General Hospital - (053) 91 53000
- ★ Emergency Services - 112 or 999
- ★ HSE info line www.hse.ie - 1850 24 1850
- ★ Barnardos Wexford www.barnardos.ie - 053 9236342
- ★ Ferns Diocesan Youth Service - 053 91 23262
- ★ Hope Centre, Enniscorthy. Bereavement counselling (death through cancer) - 053 923 8555
- ★ Console Wexford - 053 912 2787 - Text HELP to 51444
- ★ Family Life Services Wexford info@familylifeservice.ie - 053 912 3086
- ★ Mental Health Ireland Wexford www.wexfordmentalhealthassociation.ie linda@mentalhealthireland.ie - 087 8353 925
- ★ Solas Centre - Cancer support services - www.solascentre.ie Email: info@solascentre.ie - 051 304 604

National Contacts

- ★ Samaritans www.samaritans.ie - 116123 TEXT - 087 260 9090
- ★ Samaritans drop in: 16 Beau Street, Waterford. 9.00am to 9.00pm every day
- ★ Parentline www.parentline.ie - 1890 927 277
- ★ Childline www.childline.ie - 1800666666 - Teentext "talk" to 50101
- ★ Mental Health Ireland www.mentalhealthireland.ie - 01 284116
- ★ Aware www.aware.ie - 1800 804 848
- ★ GROW www.grow.ie - 1890 474 474
- ★ ISPCC www.ispcc.ie - Parent helpline: 01 6767960
- ★ Reach Out www.reachout.com - 01 764666
- ★ Console - Freephone 1800 247247 - Text HELP to 51444
- ★ Pieta House www.pieta.ie 01 601 0000
- ★ Alcohol Action Ireland www.alcoholireland.ie - 018780610
- ★ Drink Help.ie www.drinkhelp.ie - 01 8780610
- ★ CARI Children at Risk in Ireland Support Email: helpline@cari.ie - Helpline 1890 92 4567
- ★ ReachOut Youth Mental Health www.reachout.com
- ★ Headstrong www.headstrong.ie
- ★ Your Mental Health www.yourmentalhealth.ie
- ★ Spunout www.spunout.ie

I AM WORTH IT

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Coláiste Bríde Student Council, Enniscorthy.

FOR ALL INFORMATION ON ISSUES
DISCUSSED IN THIS BOOKLET,
PLEASE LOG ON TO OUR WEBSITE

WWW.IAMWORTHIT.IE

