

## 50 Dublin volunteers urgently needed to join the Aware Support Line

- 1 in 10 experience depression in Ireland
- Aware relies on volunteers to provide free support services nationwide

### Could You Support Someone Who is Experiencing Depression?

**Dublin, Monday, 13<sup>th</sup> November 2017** - Aware, Ireland's leading organisation providing support, education and information services about depression and bipolar disorder, is urgently **seeking 50 volunteers** in the Greater Dublin area, to join the **Aware Support Line** team and be a voice of hope for people seeking mental health support. Aware relies on the passion and dedication of its volunteers to ensure that the organisation can continue to provide free support services nationwide, essential services that have a profound impact on individuals and families throughout Ireland.

The **Aware Support Line** is a crucial, free service providing callers with telephone support and information about issues relating to their own mood or the mood of a friend or family member who may be experiencing depression, bipolar disorder or other mood related conditions. According to the latest estimates from WHO, depression is the leading cause of ill health and disability, affecting more than 300 million people worldwide and 450,000 (1 in 10) people in Ireland alone. A further 45,000 (1 in 100) people have a diagnosis of bipolar disorder. As a result, Aware has seen a 20% increase in the volume of calls to their dedicated support line, in the past twelve months alone. In order to manage this increase and ensure no calls go unanswered, Aware must add a new phone line to their current service to meet this demand.

"The Aware Support Line is a crucial lifeline to the one in ten people in Ireland experiencing depression," said **Brid O'Meara, Director of Services, Aware**. "We know that it takes a huge amount of courage for callers to make that initial first contact with us, and without more volunteers and an additional phone line we are running the risk of those calls going unanswered."

**Continued O'Meara**, "To be met with silence, having made that first call to us is the worst possible scenario for someone experiencing depression. For many, when they call our support line, it is the first time that they realise they are not alone. We know we can make a real difference to our callers and it is why we are asking the people in the Greater Dublin area to join our team and be a voice of hope for someone experiencing depression."

As part of the recruitment process, potential volunteers will be guided through a series of training sessions that will empower them with the tools they need to respond to callers in a helpful way. Volunteers will be trained to point callers in the right direction to get the help they need and most importantly to be there to listen.

To get involved simply visit: [www.aware.ie/volunteer](http://www.aware.ie/volunteer) or phone Aware on 01 6617211

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## **About Aware**

Aware is the national organisation providing support, education and information services for those impacted by depression, bipolar disorder and other mood related conditions. Founded in 1985 the organisation developed in response to the clear need for information, understanding and support, both for individuals with a diagnosis of depression or bipolar as well as family members supporting a loved one. For more information, please visit [www.aware.ie](http://www.aware.ie)

## **Support**

**Support Groups** | 37 locations nationwide

**Support Line** | Freephone 1800 80 48 48 | 365 days a year | 10am-10pm

**Support Mail** | [supportmail@aware.ie](mailto:supportmail@aware.ie) | Answered within 24hrs

## **Education Programmes**

**Life Skills** | Group 6 week programme | Online 8 week programme

**Relatives & Friends** | Group 4 week programme

**Beat the Blues** | Schools talk | Senior cycle students

**Life Skills for Schools** | 4 week programme | Senior cycle students

**Wellness@Work** | Mental health education and training programmes | Employees and managers

## **Information**

**Aware Website** | [Aware.ie](http://Aware.ie)

**Aware Lectures Series** | Watch back at [aware.ie](http://aware.ie)