

Aware Services

Information for healthcare professionals



**Mental health
supports for
your clients**



***All public
services
are free
of charge**

Aware Support Services

Aware Support Services offer support, understanding and information to individuals experiencing depression, bipolar disorder and other mood related conditions, along with their loved ones. All public services are free of charge.

Aware Support & Self Care Groups offer a space for adults with depression, bipolar disorder, anxiety and other mood related conditions to engage with others similarly affected for peer support, to exchange information and to share coping skills in a recovery focused environment.

The **Aware Support Line and Support Mail** offer confidential support to individuals and concerned loved ones, information about depression and bipolar disorder, support to identify the most appropriate and helpful options, strategies for self-care and pathways to additional support services within Aware and externally.

***Confidentiality is guaranteed within normal limits**



Support & Self Care Groups | Online/virtual and in person options | Visit www.aware.ie for details



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



Support Mail | Supportmail@aware.ie | Answered within 24hrs

All Support Services are delivered by Aware volunteers, who undergo extensive initial training by Aware, and also take part in ongoing training and evaluation.



I know that people say, 'Oh you're a lifesaver', when something happens. It's a throwaway comment. But I've said it at a support group meeting for real. Aware is my lifesaver – going to my support group every week has kept me going at times I thought I'd never survive.



Aware Adult Education Programmes

Aware delivers a range of free education programmes designed to empower people to look after their mental health and equip them with the skills to cope with life's challenges.

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It increased my awareness of negative thinking patterns and how to overcome them.

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

Relatives & Friends Programme | Group 4 week programme

Living Well With Bipolar Disorder Programme | Group 8 week programme

The **Aware Life Skills Programme** is delivered in group format in 90 minute sessions over the course of 7 weeks or can be completed online over an 8 week period. Life Skills is based on the principles of cognitive behavioural therapy (CBT). CBT focuses on thinking and behaviour and has been shown to be an effective treatment for people with mood difficulties, primarily mild to moderate depression and generalised anxiety.

The **Aware Relatives & Friends Programme** is designed for those supporting a loved one experiencing depression or bipolar disorder. Delivered in 90 minute sessions over the course of 4 weeks by a mental health professional, the programme aims to provide a deeper understanding of the impact of depression or bipolar disorder and crucially, to help relatives identify helpful options and actions that are available to them and to focus on self-care.

Aware Living Well With Bipolar Disorder Programme

Educational in nature, this free information and support programme aims to provide participants with opportunities to understand and manage bipolar disorder effectively. The programme consists of eight workshop style sessions over an eight-week period and is delivered by an experienced mental health professional. On completion of the programme, participants are encouraged to attend a dedicated six-week Support and Self Care Group to reflect on the programme and support one another as learnings are explored and implemented. To find out more and register your free place, visit www.aware.ie

Clients can register for the free Aware education programmes at www.aware.ie

Support	 Support Line – 1800 80 48 48 [Freephone]  Support Mail – supportmail@aware.ie  Support & Self Care Groups – see www.aware.ie
Education	Life Skills Programme (adult and school based) Relatives & Friends Programme Living Well With Bipolar Disorder Programme Wellness@Work Programme
Information	Webinars & Lectures – expert talks on topics related to mental health Extensive information available at www.aware.ie

“Aware to me is like an island waiting for others to safely come ashore. It offers a vast amount of assistance and care for so many. The variety on offer almost assures that in one way or another, a person can find the help that suits their needs and personality.”

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Follow Us



Contact Us

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