

Signposting Within Aware

When engaging with a Service User, and as appropriate, please signpost other helpful services within Aware.

All services are outlined below. The graphic can support you in determining which services are most appropriate for the Service User.

Please review this document in advance of a shift and keep nearby for reference during your shift.

AWARE SERVICES

General Support, Information, Signposting

- Support Line
- Support Mail

Peer Support

- General Support & Self Care Groups
- Bipolar Support & Self Care Groups
- Relatives Support & Self Care Groups

CBT Education Groups

- Resilience Programme
- Life Skills Online – CBT individual self-directed programme
- Family Support Programme
- Living Well With Bipolar Disorder Programme

Mindfulness

- Mindfulness Based Stress Reduction Programme

Crisis Support (out of hours)

- Solace Café (South Dublin)

Self Help

- Website
- Webinars

GENERAL SUPPORT, INFORMATION, SIGNPOSTING

- Support Line
- Support Mail

Support Line

A phone service offering compassionate and non-judgmental listening support. Also provides information and signposts relevant Aware services and/or external services as appropriate.

Available 7 days a week, 10am-10pm.

1800 80 48 48

Who is it for?

- Adults concerned about their mood, experiencing anxiety, depression or bipolar disorder
- Adults concerned about or supporting a loved one experiencing low mood, anxiety, depression or bipolar disorder

Support Mail

An email service providing information and signposting other Aware services and/or external services as appropriate.

supportmail@aware.ie

Who is it for?

- Adults concerned about their mood, experiencing anxiety, depression or bipolar disorder
- Adults concerned about or supporting a loved one experiencing low mood, anxiety, depression or bipolar disorder

PEER SUPPORT

Support & Self Care Groups

- General Groups
- Bipolar Groups
- Relatives Groups

Support & Self Care Groups

A peer support service, facilitated by Aware Volunteers and offering a supportive and proactive environment where people can talk openly about depression, bipolar disorder, other related mood conditions and their impact. Peers share their experiences, understanding and thoughts and techniques around self-care and resilience.

3 x Options: In-Person, Zoom, Phone-In

Who is it for?

- General Group – adults experiencing low mood, depression, bipolar disorder, anxiety
- Bipolar Group – adults with diagnosed bipolar disorder
- Relatives Group – adults supporting a loved on with depression or bipolar disorder

General Groups

In-Person Groups

- Take place weekly or more frequently in Dublin/Cork
- Book online at www.aware.ie or drop in

| | | |
|-----------|---|--------------------------|
| Dublin | Carmelite Centre, 56 Aungier Street, D02 T258 | Tuesday & Wednesday @7pm |
| | St Brigid's Pastoral Centre, Johnston Road, Cabinteely, D18 YP96 | Wednesday @7pm |
| | Axis Theatre, Main Street, Ballymun, D09 Y9W0 | Tuesday @7pm |
| | Aware, 9 Leeson Street Upper, Ranelagh, D04 KD80 | Saturday @11.30am |
| Cork | 22 Sullivan's Quay, Cork City, T12 PH6N | Tuesday & Wednesday @7pm |
| Kerry | Rock Business Centre, Upper Rock Road, Tralee, V92 WR9P | Tuesday @7pm |
| Limerick | Foundation Building, Mary Immaculate College, South Circular Road, V94 VN26 | Tuesday @7pm |
| Galway | Croi na Gaillimhe, 1 Mill Street, H91 X37V (SVP Center) | Wednesday @7pm |
| Waterford | St Patrick's Gateway Centre, Patrick's Street, X91 YX61 | Tuesday @7pm |

Zoom Groups

- Groups take place daily, range of time options
- Book online at www.aware.ie to receive Zoom link

Phone-In Group

- Weekly - Sunday @ 11am
- Book online at www.aware.ie to receive phone in details

Dedicated Bipolar Group

In Person Groups

- Dublin (Aware, 9 Leeson Street Upper) on Thursday @7pm
- Book online at www.aware.ie or drop in

Zoom Group

- Mondays and Wednesdays @7pm
- Book online at www.aware.ie to receive Zoom link

Dedicated Relatives Group

Zoom Group

- Wednesdays @7pm
- Book online at www.aware.ie to receive Zoom link

CBT BASED EDUCATION PROGRAMMES

- Resilience Programme
- Life Skills Online Programme
- Family Support Programme
- Living Well With Bipolar Disorder Programme

General Overview

- A range of programmes broadly informed by cognitive behavioural therapy (CBT) principles to empower participants with the knowledge, skills and tools to look after their mental health and overcome depression and anxiety
- These programmes may be helpful for people who are waiting for therapy, and/or interested in understanding their own negative cycles in depression and anxiety and how to break out of these cycles
- These programmes may not be so helpful for people who have already done CBT, as they will be familiar with these ideas already
- Programmes take place regularly throughout the year (with the exception of the summer months)
- Book in advance at www.aware.ie (there is a €30 booking deposit that is refundable on request, following completion of the programme)

**Please note that in 2025, people can sign up for an upcoming group programme at any time via our website. They no longer have to wait for the next phase to 'open for registration'. We are also offering programmes much more regularly with the aim of providing access to programmes at the time that someone wants/needs it.*

Aware Resilience Programme

This is a group programme, based on the principles of CBT (cognitive behavioural therapy) and aims to teach attendees how to better cope with the stresses of everyday life, recognise and manage unhelpful thoughts, learn new ways of responding to stressors and ultimately begin the journey to a healthier and more confident life. It may be a helpful first step before someone has further CBT or counselling as it can support the person's self-reflection on their personal triggers and responses.

The programme takes nine hours over the course of six weeks (one session per week). It is available in-person (see www.aware.ie) or online via Zoom.

Who is it for?

- Adults experiencing anxiety, low mood, mild-moderate depression
- Adults interested in learning more about their mental health and how to look after it

2025 dates:

| Resilience Programme | Starts From |
|----------------------|----------------|
| Phase 1 | January 27th |
| Phase 2 | February 17th |
| Phase 3 | March 10th |
| Phase 4 | March 31st |
| Phase 5 | April 22nd |
| Break for summer | - |
| Phase 6 | September 15th |
| Phase 7 | September 29th |
| Phase 8 | October 20th |
| Phase 9 | November 10th |

Aware Life Skills Online Programme

This is an individual self-help programme based on the principles of CBT (cognitive behavioural therapy) and aims to teach attendees how to better cope with the stresses of everyday life, recognise and manage unhelpful thoughts, learn new ways of coping and ultimately begin the journey to a healthier and more confident life.

The programme is comprised of eight modules which participants can work through online in their own time. Each participant benefits from the support of an Aware trained 'supporter' who will check in online on a weekly basis (for eight weeks).

Who is it for?

- Adults experiencing anxiety, low mood, mild-moderate depression
- Adults interesting in learning more about their mental health and how to look after it
- Adults who may prefer to work in their own time/not feel comfortable in a group, to understand the depression or anxiety cycles they may get caught up and how to break out of these

Note: There is still a registration period for Life Skills Online which opens on the dates outlined below. You cannot register in advance of this date, but you can fill out an express interest form on the website to receive an email alert once registration opens. Once they register, they can begin the programme immediately if they wish, with the first engagement from an Aware Supporter commencing one week later.

2025 dates:

| Life Skills Online | Registration/Starts From |
|--------------------|--------------------------|
| Phase 1 | January 2nd |
| Phase 2 | March 10th |
| Phase 3 | May 12th |
| Phase 4 | July 28th |
| Break for summer | - |
| Phase 5 | October 6th |

Aware Family Support Programme

This is a group programme that is designed to equip people with the tools to understand and support a loved one experiencing depression or bipolar disorder, while also focusing on the self-care of the supporter. The content addresses the signs and symptoms of depression and bipolar disorder, offers practical advice on self-care, teaches coping tools, communication skills, and addresses issues that may arise for people who are supporting a loved one.

The programme takes six hours over the course of four weeks (one session per week). It is available in-person (see www.aware.ie) or online via Zoom.

Who is it for?

- Adults supporting a loved one experiencing depression or bipolar disorder and interested in building skills in self-care

2025 dates:

| Family Support Programme | Starts From |
|--------------------------|----------------|
| Phase 1 | January 27th |
| Phase 2 | February 24th |
| Phase 3 | March 31st |
| Phase 4 | May 6th |
| Break for summer | |
| Phase 5 | September 22nd |
| Phase 6 | October 28th |

Aware Living Well With Bipolar Disorder Programme

This is a group programme designed for people with a diagnosis of bipolar disorder and aims to equip participants with opportunities to understand and effectively manage the condition.

The programme takes 12.5 hours over the course of eight weeks (one session per week). It is available in-person (see www.aware.ie) or online via Zoom

Who is it for?

- Adults with a diagnosis of bipolar disorder who are interested in learning more about the condition and how to cope as well as a refresher/booster for those living with bipolar for many years

2025 dates:

| Living Well With Bipolar Disorder | Starts From |
|-----------------------------------|----------------|
| Phase 1 | February 3rd |
| Phase 2 | March 3rd |
| Phase 3 | March 31st |
| Break for summer | - |
| Phase 4 | September 22nd |
| Phase 5 | October 20th |

MINDFULNESS

Mindfulness Based Stress Reduction Programme

This group programme is a proven intervention to support people to develop skills in attention and awareness to overcome habitual unhelpful coping patterns in stress and anxiety. It is also a proven intervention to support people who have experienced previous episodes of depression to reduce the likelihood of relapse or becoming unwell in the future.

This programme consists of 2.5-hour sessions over the course of eight weeks (one evening per week) and is delivered in conjunction with The Mindfulness Centre.

Who is it for?

- Adults currently experiencing stress, anxiety, mild to moderate depression
- Adults who have experience episodes of depression in the past or have lived with depression for several years
- Adults who can make time for up to 45 minutes of home practice per day for the duration of the 8 week programme

2025 dates:

| Mindfulness Programme | Starts From |
|-----------------------|----------------|
| Phase 1 | February 17th |
| Phase 2 | March 18th |
| Break for summer | - |
| Phase 3 | September 22nd |
| Phase 4 | October 20th |

CRISIS SUPPORT (South Dublin)

Solace Café

A friendly and supportive community space offering free out-of-hours mental health support in Dublin.

Aware Head Office, 9 Leeson Street Upper, Dublin 4

Thursday-Sunday 5-10pm

Book online www.solacecafe.ie

Who is it for?

- Adults experiencing mental health difficulties, feeling overwhelmed, in crisis
- Adults supporting someone in crisis

If a person is at immediate risk of harm, they should attend their local A&E or call 999 for assistance.

SELF HELP / OTHER AWARE RESOURCES

Website

- Information on mental health topics
- To learn more about or to book a service

www.aware.ie

Aware Webinar Series

- Monthly webinar on a wide range of mental health topics
- 2nd Wednesday of each month at 12 noon via Zoom (approx. 45 mins-1hr)
- Register in advance at www.aware.ie to receive Zoom link / watch back link
- All past webinars available to view on Aware's YouTube channel

2025 webinar topics:

| Month | Topic |
|-----------|---|
| January | The role of lifestyle in improving wellbeing |
| February | Understanding the connection between ADHD & depression |
| March | Bipolar disorder: Understanding & navigating difficult behaviours |
| April | Untangling grief, loss & depression |
| May | Why do we get depressed? |
| June | Personality & mental health: Exploring narcissism & EUPD |
| July | Understanding overthinking in depression & anxiety |
| August | Sexual health & depression |
| September | Loneliness & mental health |
| October | Aware Mental Health Week – topic TBC |
| November | Mindfulness strategies for managing depression & anxiety |
| December | Women's mental health |

Aware Campaigns/Key Dates

- 2025 – Aware's 40th Anniversary: Will be marked in various ways throughout the year
- March: Aware Harbour2Harbour Walk on St Patrick's Day. A 26km walk from Howth to Dun Laoghaire or reverse, with a 'Halfway Hooley at Dublin Port Company. People can register at www.aware.ie
- March: World Bipolar Day (24-30 March)
- October: Aware Mental Health Week (6-12 October)