



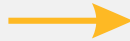
Signposting to other Aware services

Experiencing depression or anxiety



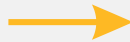
Resilience Programme
Life Skills Online Programme
Support & Self Care Groups
Mindfulness-Based Stress Reduction Programme
Solace Café

Diagnosed with bipolar disorder



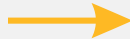
Living Well With Bipolar Disorder Programme
Support & Self Care Group (dedicated group for bipolar disorder)
Solace Café

Supporting a loved one



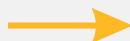
Family Support Programme
Support & Self Care Group (dedicated group for relatives & friends)
Solace Café

Looking for information on specific topics



Monthly webinars (second Wednesday of each month)
Aware.ie

Everyone



Aware.ie