







Organisation officially renamed Aware 1987



- Mood Disorder Fellowship founded at St. Patrick's Hospital.
- Support groups for individuals with bipolar disorder and depression established in Dublin, Donegal, Cork,
- A Relatives' Support Group was also set up through St. Patrick's Hospital.



Monthly public lectures launched at St. Patrick's



1994

Aware formally incorporated as a charitable organisation.

First office manager

Hospital 1986



Purchased premises at 72 Lower Leeson Street, **Dublin** 1998



First Aware Christmas Run takes place 2006



First Aware Harbour2Harbour Walk takes place 2008



Life Skills Group programme launched 2012





Wellness at Work programme launched 2013



2014

- Life Skills Online programme launched.
- Helpline restructured and
- 30th Anniversary over 700 attendees.
- First annual fundraising





- Aware received its first Investing in Volunteers Award.



Relatives & Friends Programme launched 2017





2021

Living Well With Bipolar Disorder Programme launched 2022



In response to COVID-19, Aware significantly increased its reach and moved all services online 2020



Aware Mental Health

Week launched.

IFFEY

First Aware Liffey Loop takes place 2023

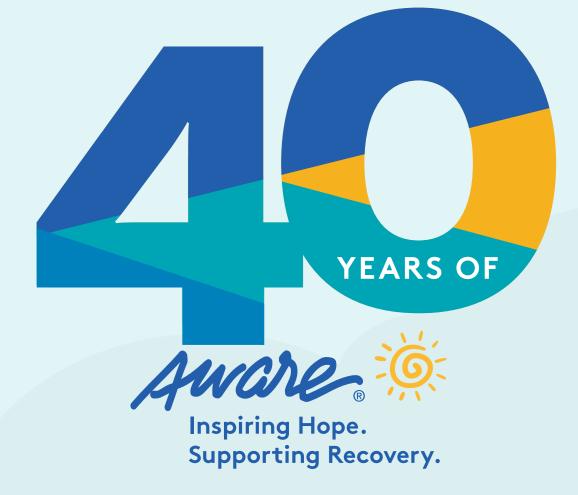


- Participated in the Ireland's next suicide reduction strategy.
- Solace Café launched.



Counselling service launched 2025

and supporting recovery.



www.aware.ie