

Aware

2026 National Survey

August 2026



S26-038/MB



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Methodology

Online survey

Questionnaire designed in collaboration with **Aware**.

This is the third wave of research carried out by Amárach.

Trended data has been included where possible.



Sample

A nationally representative sample of 1,000 adults 18+ in the Republic of Ireland, (during fieldwork quotas were set on gender, age, social class and region to align with the population and weighting is applied on the final data)



Field work dates

27th August – 3rd September 2026

Wave 2 (2024): 11th – 17th April 2024



Margin of Error

$\pm 3.1\%$ at 95% confidence interval based on $n = 1,000$

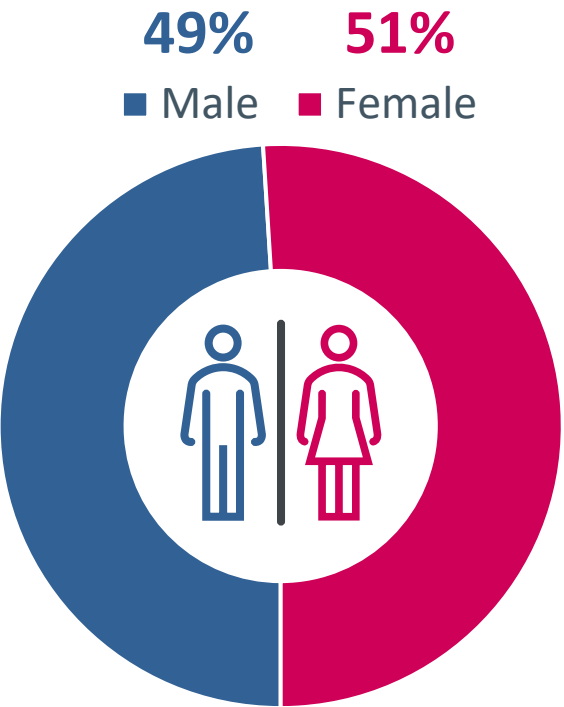
The margin of error indicates the percentage points the results may differ from the overall population.

Margin of error varies according to the sample size, population size and the observed percentage in question.

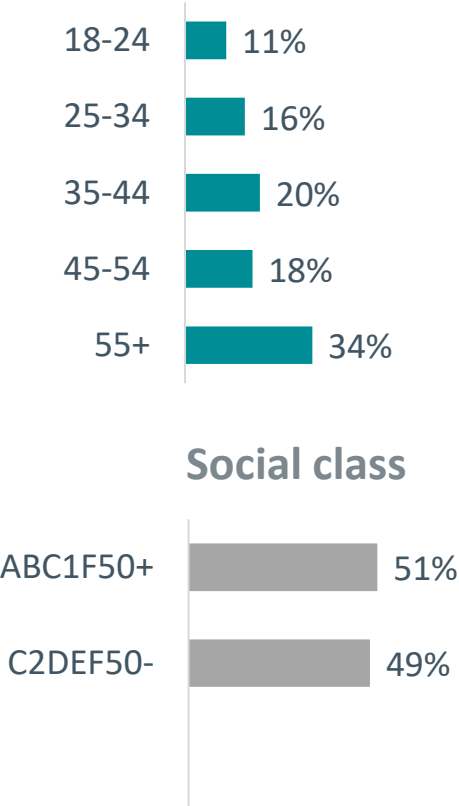
Survey Participant Profile – Republic of Ireland 18+



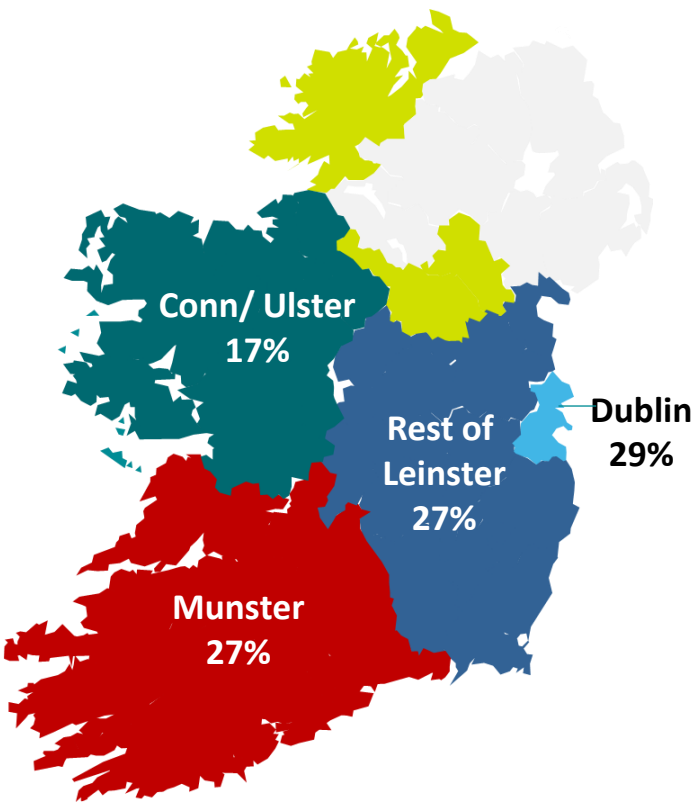
Gender



Age



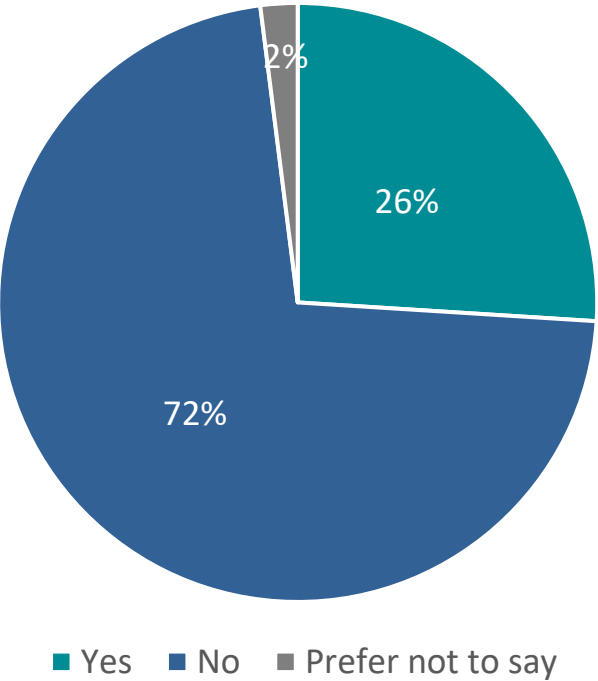
Region



A little over 1 in 4 (26%) adults are living with a chronic illness. This number increases in the older age brackets.



(Base: all respondents – 1,000)



■ Yes ■ No ■ Prefer not to say

	2023	2024
Yes	27%	25%
No	70%	73%
Prefer not to say	3%	2%

	GENDER		AGE					CLASS		REGION			
	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1 F50+	C2DE F50-	Dublin	Leinster (excl Dublin)	Munster	Conn/ Ulster
N=	494	506	112	160	202	181	345	508	492	289	268	268	175
Yes	24%	28%	16%	21%	17%	29%	35%	26%	26%	26%	26%	26%	26%
No	73%	70%	82%	76%	81%	70%	62%	72%	71%	73%	70%	73%	71%
Don't know	3%	2%	2%	2%	3%	1%	2%	2%	2%	1%	4%	2%	2%

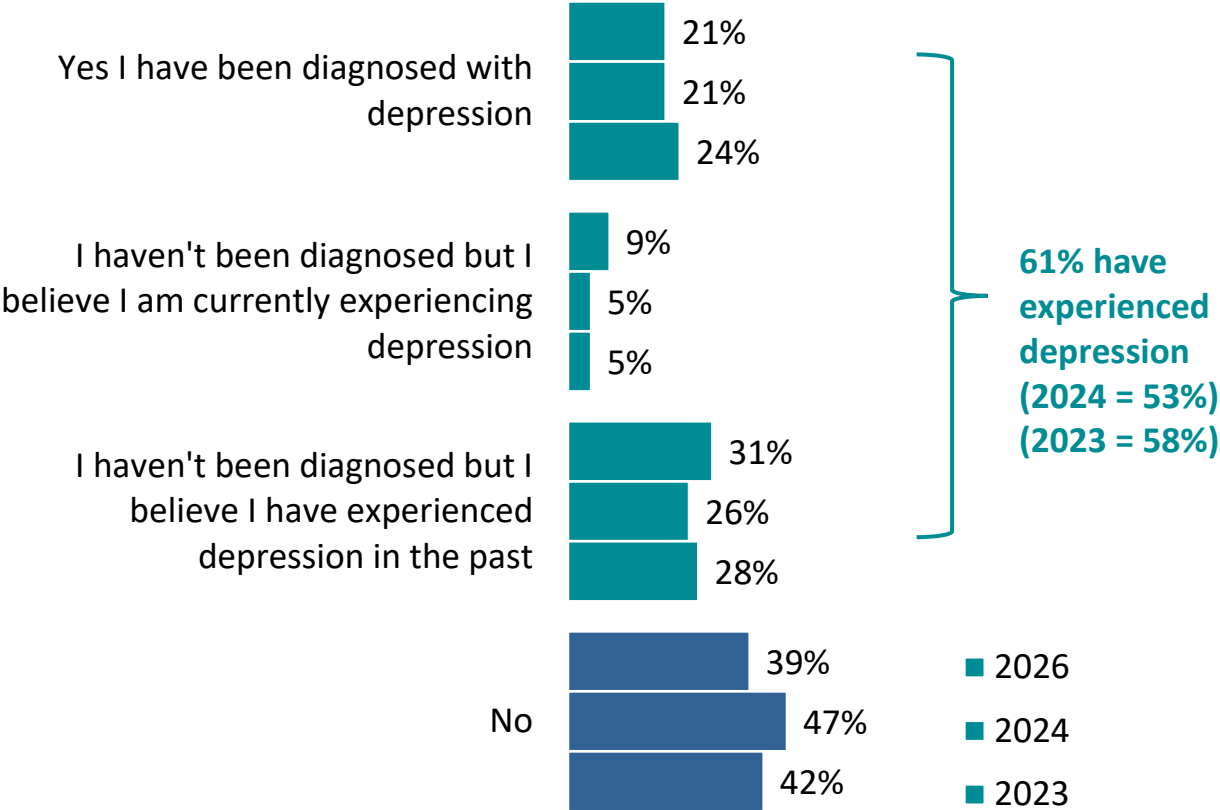
Prevalence of Depression,
anxiety, low mood:



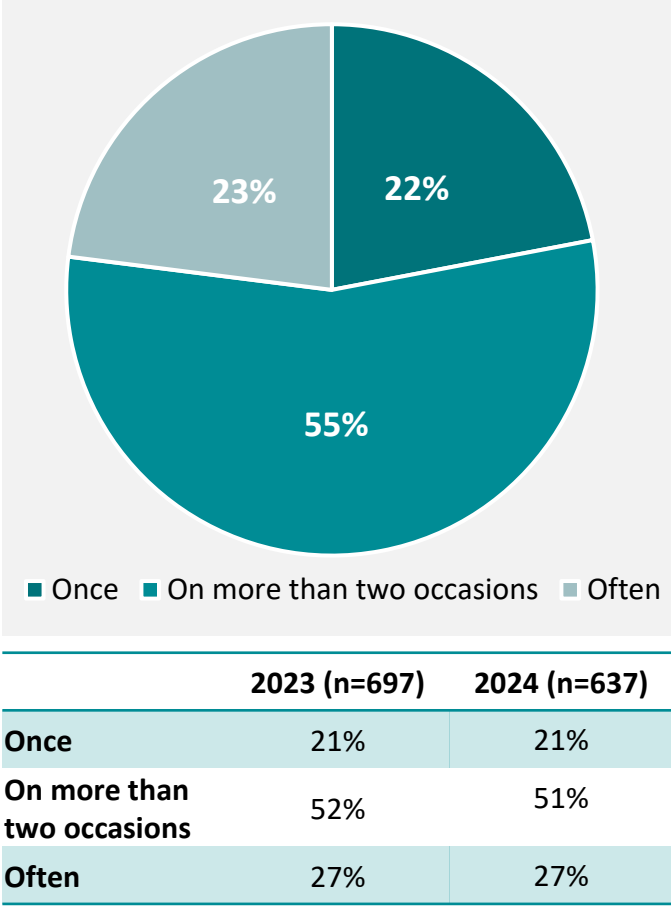
61% of people believe they have experienced depression but only 21% have had a confirmed diagnosis.



(Base: all respondents – 1,000)



How many times have you experienced a depression?
(Those who have experienced depression 2026 n=613)



Q3. Have you ever been diagnosed with depression?

Q5. How many times have you experienced a depression (feeling low in mood or hopeless with little interest/pleasure in doing things - lasting for two weeks or more)?

Those in the 55+ age bracket were far less likely to have experienced depression, with under half (47%) stating that they had gone through it in the past.



(Base: all respondents – 1,000)

	GENDER			AGE					CLASS		REGION			
	TOTAL	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE	Dublin	Leinster (excl Dublin)	Munster	Conn/ Ulster
N=	1000	494	506	112	160	202	181	345	508	492	289	268	268	175
Yes, I have been diagnosed with depression	21%	18%	25%	15%	20%	25%	23%	21%	22%	21%	22%	20%	23%	20%
I haven't been diagnosed but I believe I am currently experiencing depression	9%	10%	8%	11%	12%	12%	14%	3%	10%	8%	9%	9%	5%	15%
I haven't been diagnosed but I believe I have experienced depression in the past	31%	30%	31%	45%	40%	34%	25%	23%	32%	30%	28%	36%	33%	22%
No	39%	42%	36%	28%	27%	30%	38%	53%	36%	41%	41%	35%	38%	43%
SUMMARY														
Experienced depression	61%	58%	64%	72%	73%	70%	62%	47%	64%	59%	59%	65%	62%	57%
Not diagnosed	79%	82%	75%	85%	80%	75%	77%	79%	78%	79%	78%	80%	77%	80%

Once again, there was a stark contrast between 55+ and any other age bracket when it came to experiencing anxiety- they were half as likely as those aged 25-34 (33% vs 66%)



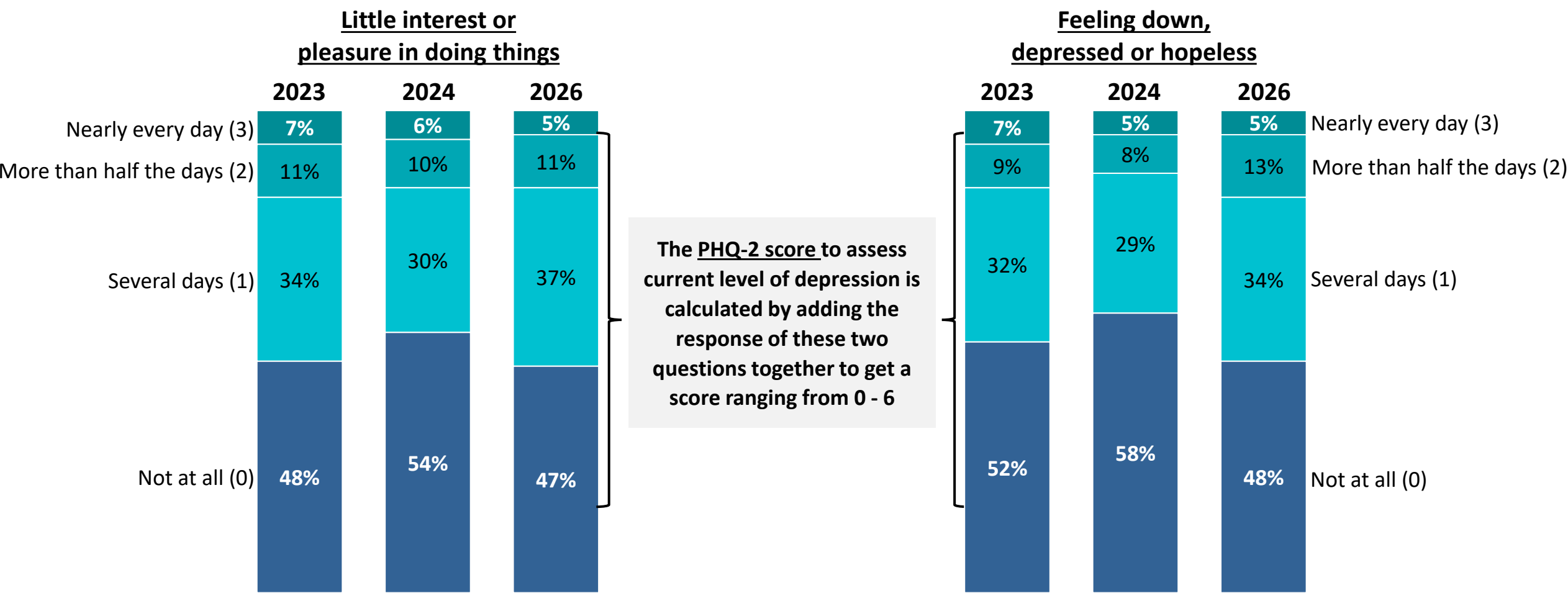
(Base: all respondents – 1,000)

	GENDER			AGE					CLASS		REGION			
	TOTAL	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE	Dublin	Leinster (excl Dublin)	Munster	Conn/ Ulster
N=	1000	494	506	112	160	202	181	345	508	492	289	268	268	175
Yes, I have been diagnosed with an anxiety disorder	19%	15%	23%	20%	22%	25%	17%	15%	19%	19%	18%	17%	21%	21%
I haven't been diagnosed but I believe I have an anxiety disorder	11%	11%	11%	17%	17%	12%	10%	6%	11%	10%	12%	10%	11%	11%
I don't think I have an anxiety disorder, but I experience anxiety frequently	21%	18%	25%	27%	26%	26%	23%	13%	22%	20%	23%	21%	19%	20%
No	49%	57%	42%	36%	34%	37%	50%	67%	47%	51%	47%	52%	49%	48%
SUMMARY														
Experienced anxiety	51%	43%	58%	64%	66%	63%	50%	33%	53%	49%	53%	48%	51%	52%
Not diagnosed	81%	85%	77%	80%	78%	75%	83%	85%	81%	81%	82%	83%	79%	79%

In 2026 the number of respondents who haven't felt depressed, down or hopeless has decreased significantly from 2024, with a drop of 10% from 58% to 48%.



(Base: all respondents – 1,000)



2 in 10 adults indicate they may be experiencing depression (score of 3 – 6). This is a similar level over the last few years



(Base: all respondents – 1,000)

PHQ-2 score		TOTAL 2023	TOTAL 2024	TOTAL 2026
N=		1200	1200	1000
0		42%	49%	41%
1		14%	13%	12%
2		23%	20%	26%
3		8%	6%	10%
4		5%	5%	6%
5		2%	2%	3%
6		5%	4%	3%
Summary				
0 – 2		79%	82%	78%
3 - 6		20%	17%	22%

PHQ-2 score assesses the current level of depression by demographics



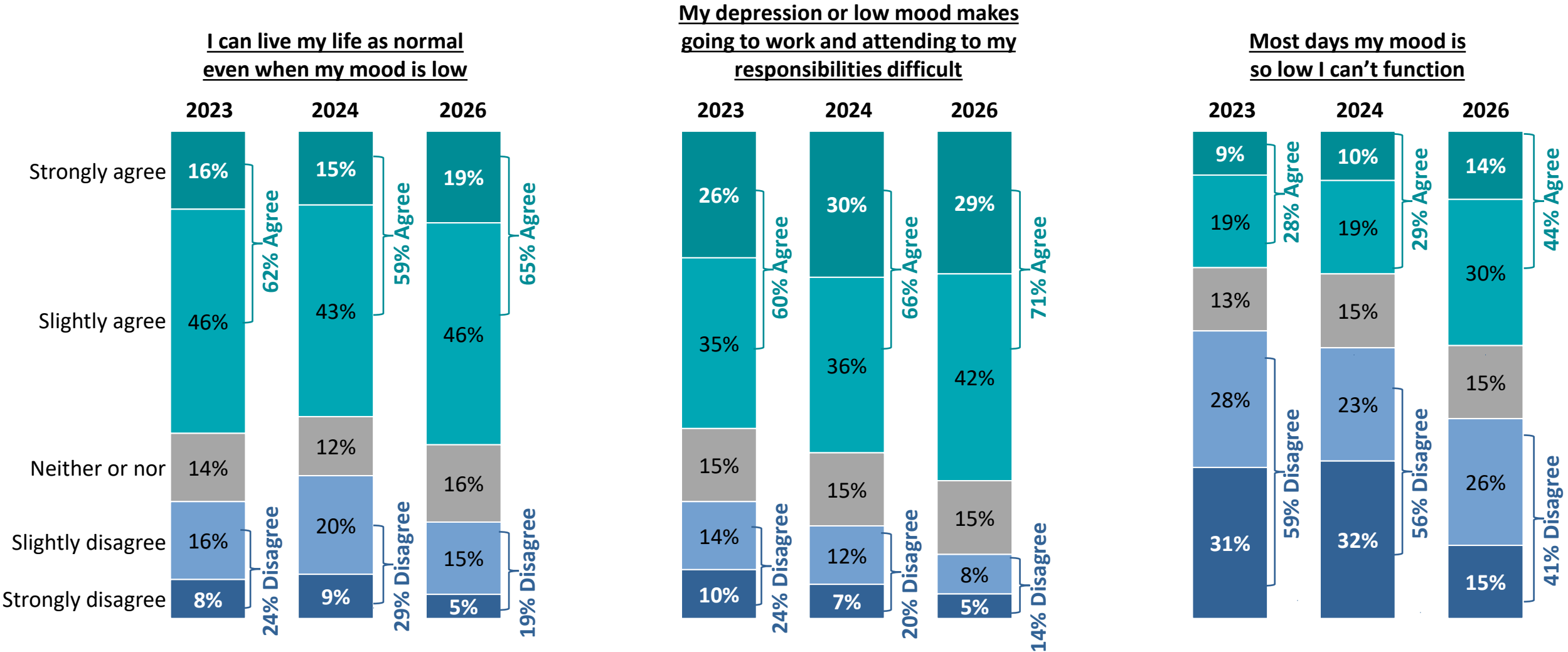
PHQ-2 score to assess current level of depression

PHQ-2 score	GENDER			AGE					CLASS		REGION				CHRONIC ILLNESS	
	TOTAL	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE	Dublin	Leinster (excl Dublin)	Munster	Conn/ Ulster	Yes	No
N=	1000	494	506	112	160	202	181	345	508	492	289	268	268	175	261	718
0	41%	43%	38%	17%	23%	30%	39%	64%	37%	44%	37%	38%	45%	43%	30%	44%
1	12%	11%	12%	22%	12%	13%	11%	8%	13%	11%	11%	14%	8%	15%	14%	11%
2	26%	24%	27%	27%	38%	30%	29%	16%	27%	24%	29%	27%	23%	22%	25%	26%
3	10%	9%	10%	17%	14%	12%	8%	5%	11%	9%	10%	12%	8%	9%	12%	9%
4	6%	6%	7%	10%	7%	9%	6%	4%	7%	6%	7%	5%	8%	7%	11%	5%
5	3%	2%	3%	3%	5%	2%	3%	1%	3%	2%	3%	1%	3%	3%	4%	2%
6	3%	4%	2%	3%	2%	3%	5%	2%	2%	3%	2%	3%	4%	2%	4%	2%
Summary																
Score of 0 – 2	78%	79%	78%	66%	72%	73%	79%	88%	77%	80%	78%	79%	77%	80%	69%	82%
Score of 3 – 6	22%	21%	22%	34%	28%	27%	21%	12%	23%	20%	22%	21%	23%	20%	31%	18%

Two-thirds say that they can live their life as normal even when their mood is low.



(Base: all who have experienced depression – 613 (2024 = 637)) (2023 = 697))



Q6. Rate the statements below from agree to disagree

Most people continue to function, but depression still affects daily responsibilities for seven in ten



% Agree (strongly/slightly)	GENDER			AGE					CLASS		REGION			
	TOTAL	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1 F50+	C2DE F50-	Dublin	Leinster (excl. Dublin)	Munster	Conn/ Ulster
All who have experienced depression N =	613	289	325	80	116	142	112	163	323	290	172	175	166	100
I can live my life as normal even when my mood is low	65%	68%	62%	52%	65%	66%	62%	73%	67%	63%	65%	67%	64%	63%
My depression or low mood makes going to work and attending to my responsibilities difficult	71%	74%	69%	76%	81%	75%	71%	59%	72%	70%	74%	70%	72%	68%
Most days my mood is so low I can't function	44%	43%	45%	47%	52%	52%	37%	34%	42%	46%	46%	40%	45%	47%

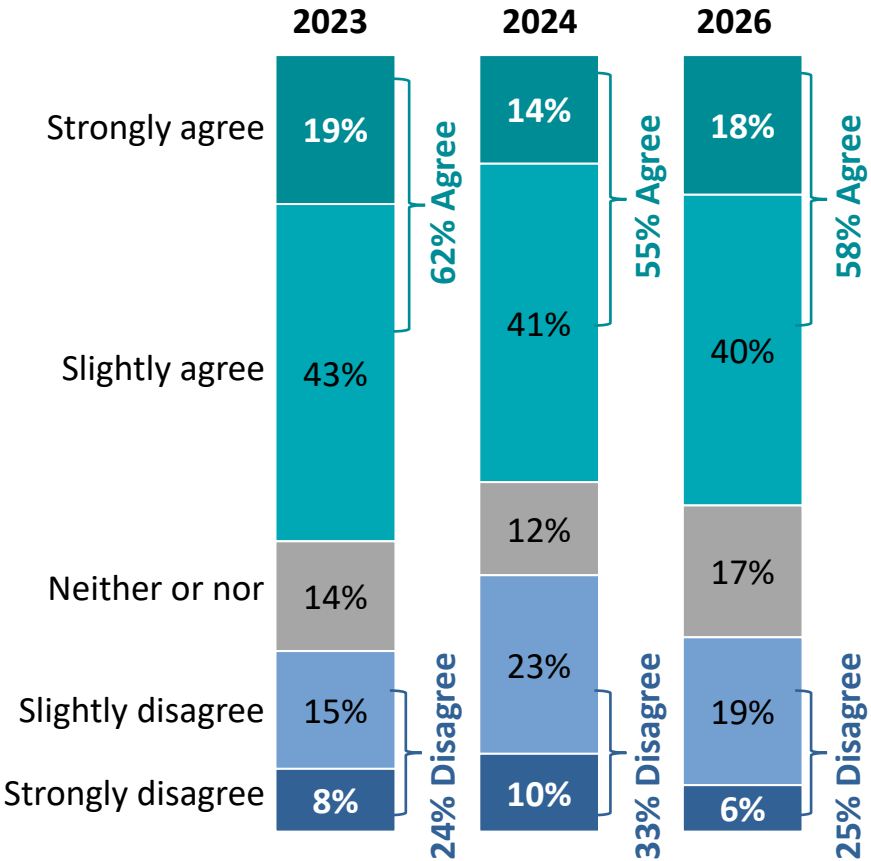
% Agree (strongly/slightly)	CHRONIC ILLNESS DEPRESSION LEVEL				
	TOTAL	Yes	No	Score of 0 - 2	Score of 3 - 6
All who have experienced depression N =	613	192	407	422	192
I can live my life as normal even when my mood is low	65%	64%	66%	69%	57%
My depression or low mood makes going to work and attending to my responsibilities difficult	71%	75%	70%	66%	82%
Most days my mood is so low I can't function	44%	52%	40%	34%	65%

4 in 10 said they are unable to function most days because their anxiety is so bad.

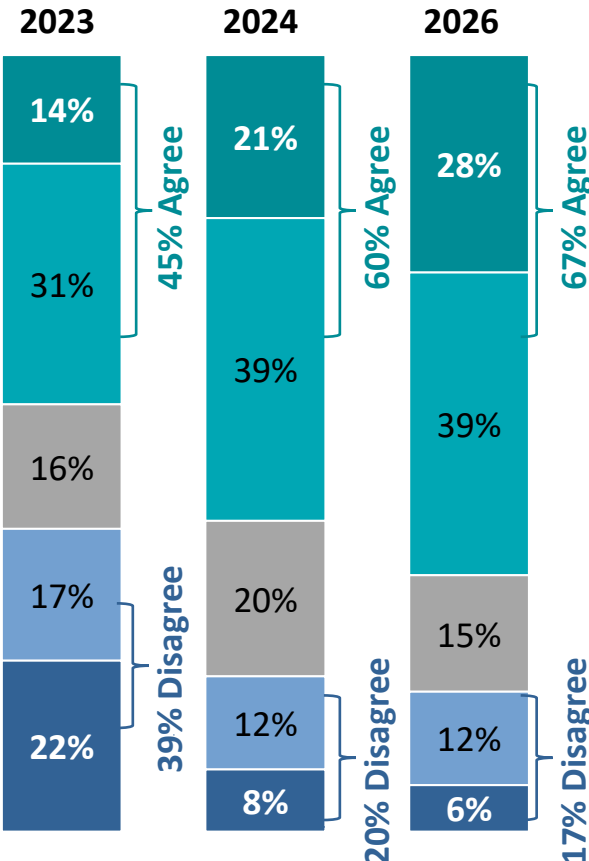


(Base: all who have experienced anxiety – 509 (2023 = 897))

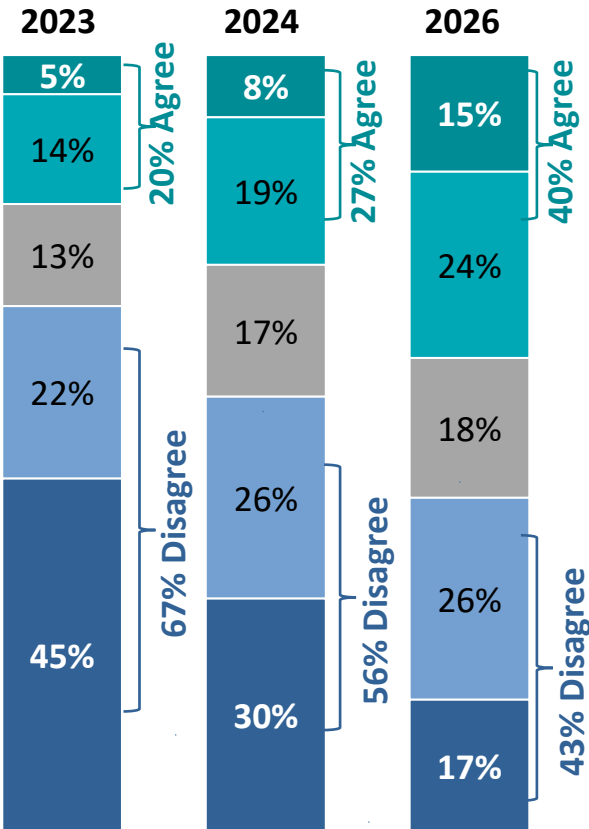
I can live my life as normal even when I feel anxious



My anxiety makes going to work and attending to my responsibilities difficult



Most days my anxiety is so bad I can't function



More male respondents expressed that their anxiety prevents them from functioning on most days by a significant margin (50% vs 32% of female respondents.)



% Agree (strongly/slightly)	GENDER			AGE					CLASS		REGION			
	TOTAL	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1 F50+	C2DE F50-	Dublin	Leinster (excl. Dublin)	Munster	Conn/ Ulster
All who have experienced anxiety N=	509	215	295	72	106	127	90	114	269	240	152	130	136	92
I can live my life as normal even when I feel anxious	58%	62%	56%	55%	63%	59%	48%	63%	60%	56%	59%	60%	50%	66%
My anxiety makes going to work and attending to my responsibilities difficult	67%	76%	61%	65%	73%	67%	69%	63%	69%	65%	69%	69%	66%	64%
Most days my anxiety is so bad I can't function	40%	50%	32%	45%	54%	42%	35%	24%	40%	39%	43%	37%	40%	37%

% Agree (strongly/slightly)	CHRONIC ILLNESS			DEPRESSION LEVEL	
	TOTAL	Yes	No	Score of 0 - 2	Score of 3 - 6
All who have experienced anxiety N =	509	158	338	332	178
I can live my life as normal even when I feel anxious	58%	58%	59%	62%	50%
My anxiety makes going to work and attending to my responsibilities difficult	67%	73%	65%	62%	77%
Most days my anxiety is so bad I can't function	40%	45%	37%	31%	56%



- 61% of people believe they have experienced depression but only 21% have had a confirmed diagnosis.
- Those in the 55+ age bracket were far less likely to have experienced depression, with under half (47%) stating that they had gone through it in the past.
- Once again, there was a stark contrast between 55+ and any other age bracket when it came to experiencing anxiety- they were half as likely as those aged 25-34 (33% vs 66%)
- In 2026 the number of respondents who haven't felt depressed, down or hopeless has decreased significantly from 2024, with a drop of 10% from 58% to 48%.
- Two-thirds say that they can live their life as normal even when their mood is low.
- 88% of those with moderate depression expressed that going to work and attending to responsibilities is difficult.
- 4 in 10 said they are unable to function most days because their anxiety is so bad.
- More male respondents expressed that their anxiety prevents them from functioning on most days by a significant margin (50% vs 32% of female respondents.)

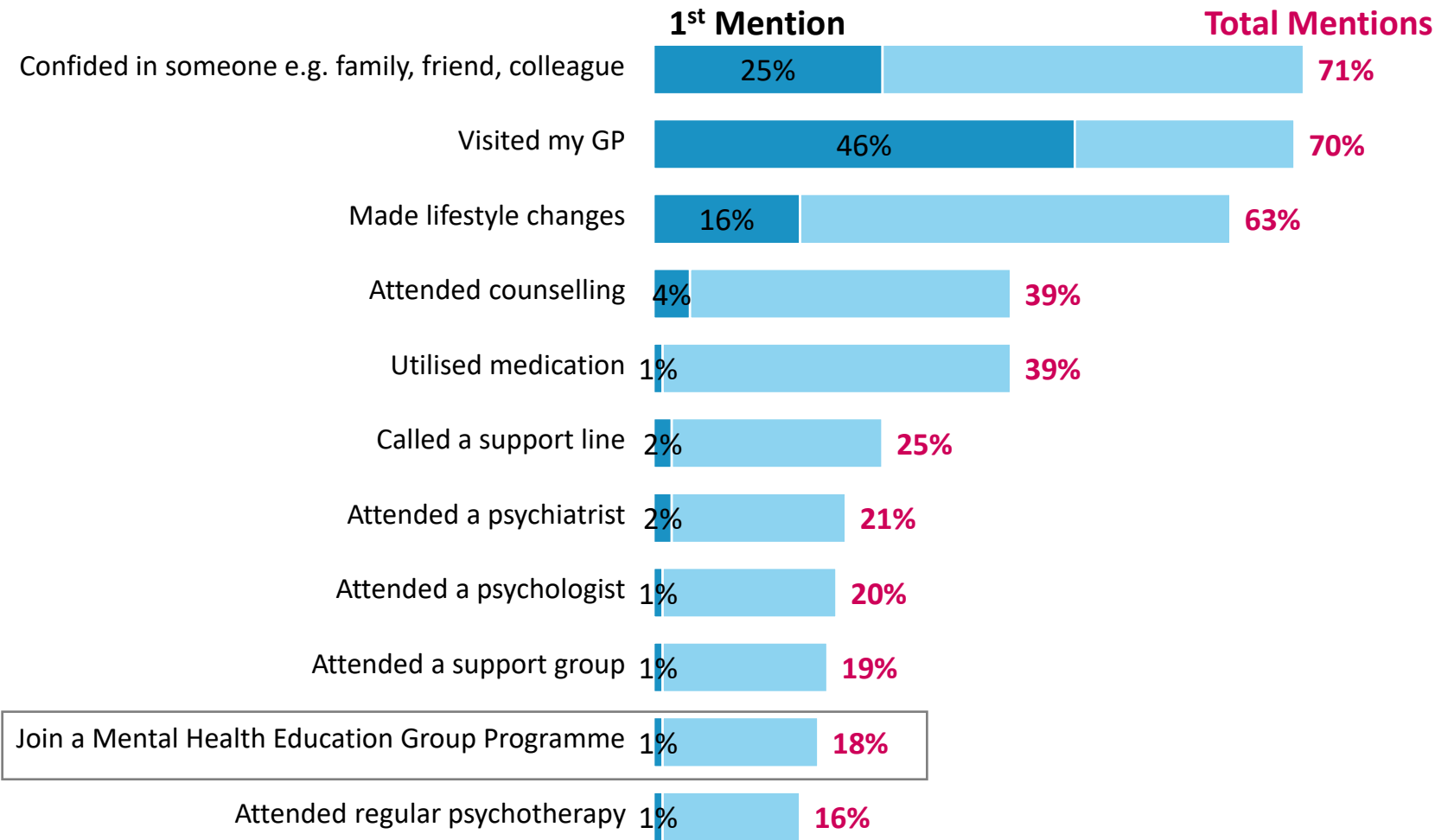
Explore actions taken and
barriers to support
mental health:



Confiding in someone close, visiting a GP and making lifestyle changes were the three most popular courses of action to support personal mental health.



(Base: all who experience depression or anxiety – 1st Mention 568, total mentions 577)



Question asked differently in 2026.

Q9. Did you do anything to address or support your mental health? rank in order of importance

Female respondents were more likely than male respondents (28% vs 21%) to confide in family or friends about their mental health.



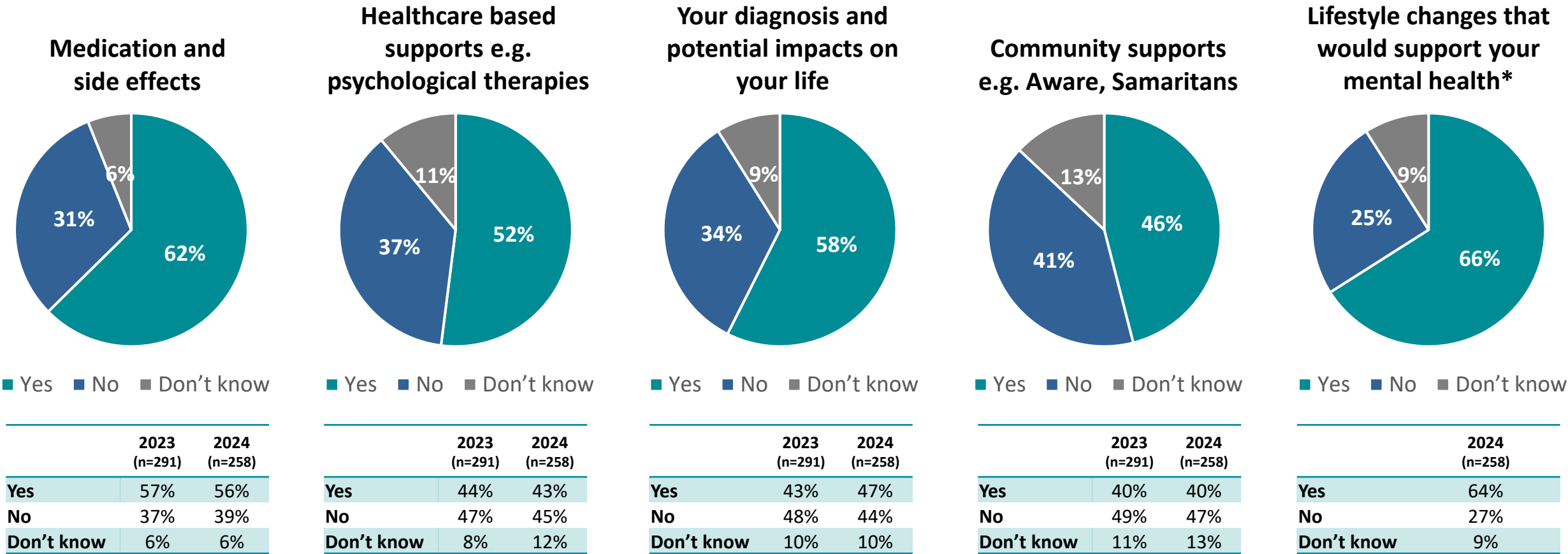
(Base: all who experience depression or anxiety - 568)

1 st Mention	GENDER			AGE					CLASS		REGION			
	TOTAL	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1 F50+	C2DE F50-	Dublin	Leinster (excl. Dublin)	Munster	Conn/ Ulster
N=	568	258	310	73	114	129	104	148	294	274	165	151	154	99
Visited my GP	46%	45%	47%	38%	35%	43%	43%	64%	40%	53%	45%	42%	52%	45%
Confided in someone e.g. family, friend, colleague	25%	21%	28%	27%	39%	22%	28%	13%	28%	21%	21%	31%	22%	27%
Made lifestyle changes	16%	18%	14%	19%	12%	18%	20%	13%	17%	15%	19%	13%	14%	18%
Attended counselling	4%	5%	3%	5%	3%	7%	2%	3%	6%	2%	5%	4%	3%	4%
Called a support line	2%	3%	2%	1%	3%	5%	2%	1%	2%	3%	3%	1%	3%	2%
Attended a psychiatrist	2%	2%	1%	0	3%	2%	0	2%	1%	2%	2%	1%	1%	1%
Utilised medication	1%	1%	2%	0	2%	1%	3%	1%	1%	1%	2%	1%	3%	0
Attended a psychologist	1%	1%	1%	4%	1%	1%	0	1%	1%	2%	1%	2%	1%	1%
Join a Mental Health Education Group Programme	1%	2%	*	4%	1%	1%	1%	0	1%	1%	1%	3%	0	0
Attended a support group	1%	1%	1%	2%	1%	0	1%	1%	1%	1%	1%	1%	0	1%
Attended regular psychotherapy	1%	*	1%	0	1%	0	1%	1%	1%	0	1%	0	1%	0

Less than 1 in 2 (46%) felt they received enough information on community supports such as Aware.



(Base: Those diagnosed with depression – 291)



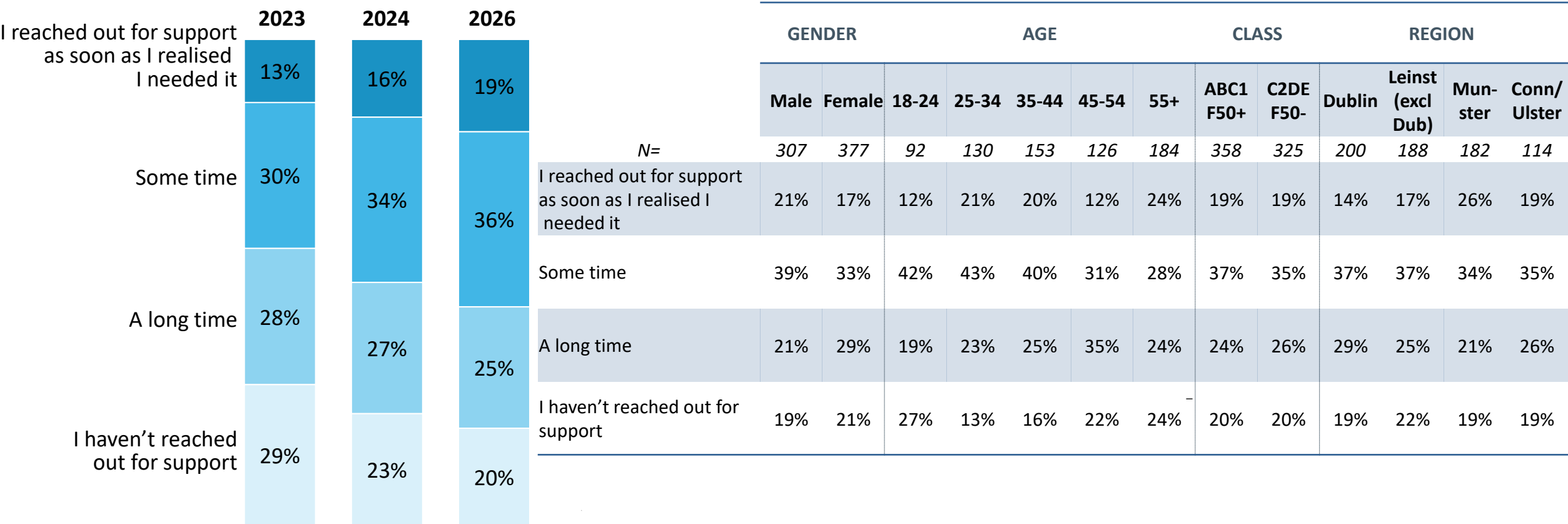
* New question for 2024

Q15. During the process of your diagnosis, do you feel you received enough information on the following?

18-24 year-old respondents were the age group with the highest percentage of people who have yet to reach out for support regarding their mental health.



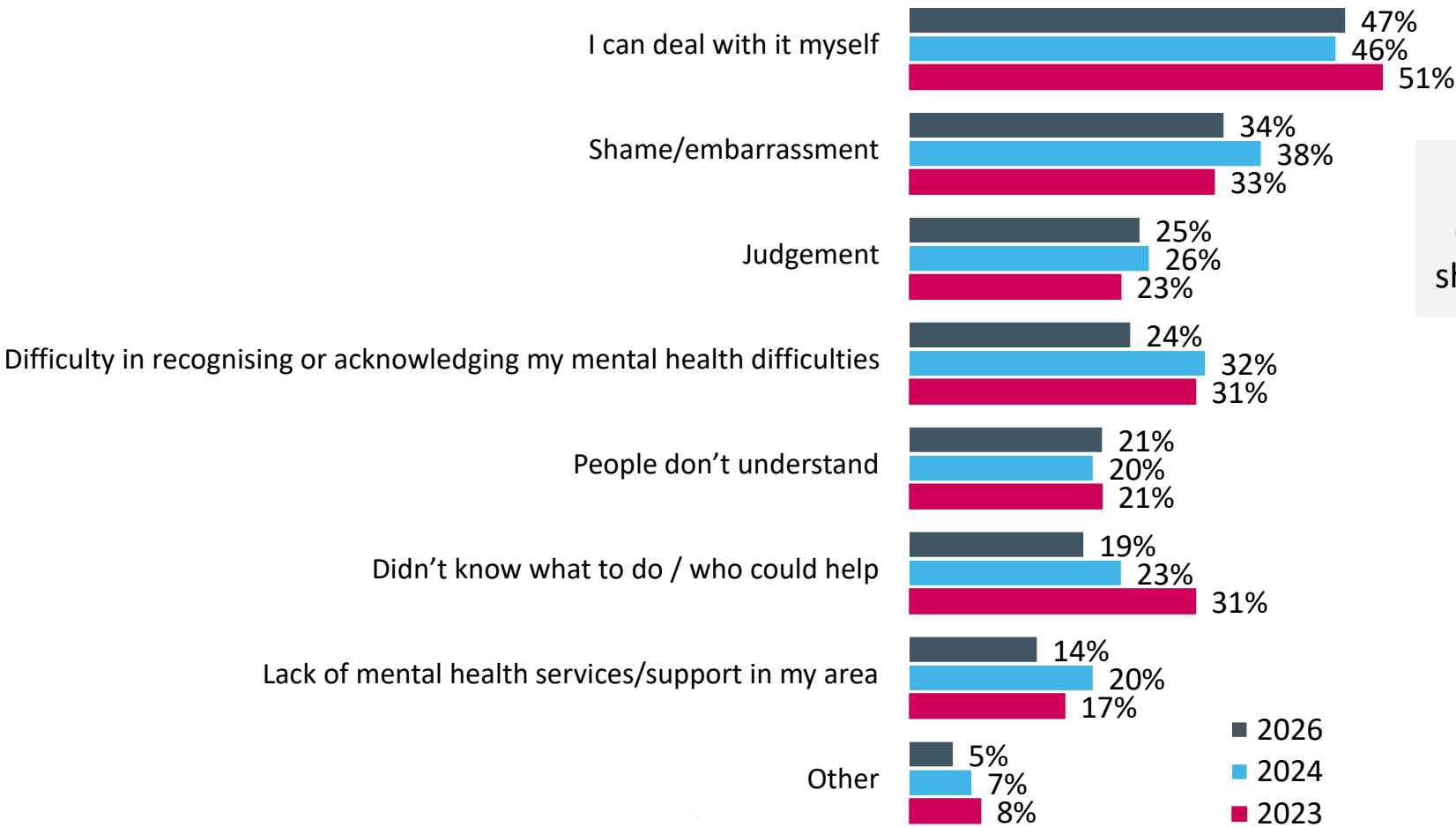
(Base: all who experience depression or anxiety – 684 (2024=727) (2023 = 958))



The number of those who didn't reach out because they had difficulty recognising their mental health problems declined 8% from 2024 and 7% from 2023.



(Base: all who haven't reached out or waited a long time for support – 309 (2024 = 362) (2023 = 544))

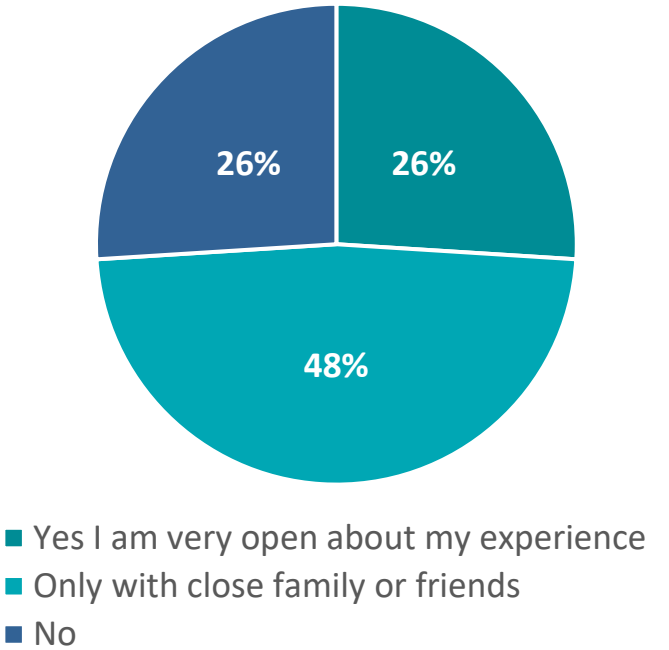


43% (45% in 2024, 39% in 2023)
didn't reach out for support due to shame/embarrassment or judgement

While there are still over a quarter of respondents who are unwilling to discuss their experience of depression (higher in male respondents) 74% expressed a willingness to open up, either to friends/family or further afield.



(Base: all who experience depression or anxiety – 684)



	2023 (n=958)	2024 (n=727)
Yes	28%	30%
Only with close family/friends	42%	43%
No	30%	27%

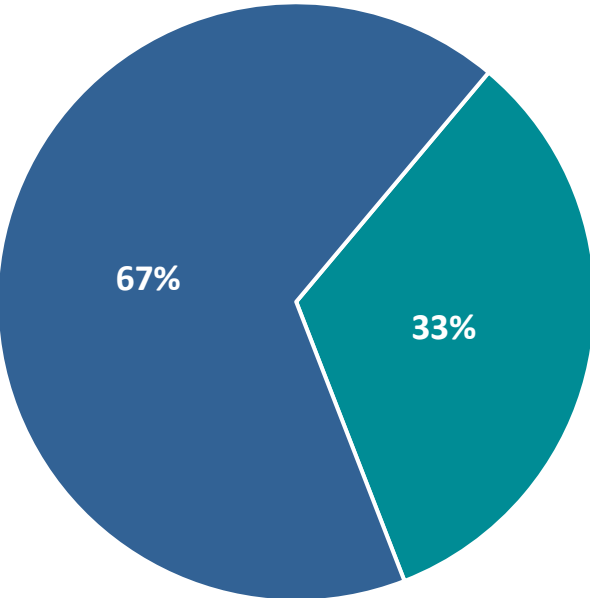
	GENDER		AGE					CLASS		REGION			
	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1 F50+	C2DE F50-	Dublin	Leinst (excl Dub)	Mun-ster	Conn/ Ulster
N=	307	377	92	130	153	126	184	358	325	200	188	182	114
Yes, I am very open about my experience	26%	26%	29%	21%	27%	28%	26%	27%	26%	24%	25%	28%	29%
Only with close family or friends	47%	49%	53%	51%	48%	47%	45%	47%	49%	50%	47%	47%	49%
No	28%	24%	18%	28%	25%	25%	29%	26%	25%	26%	28%	25%	22%

While the majority said they had not been treated unfairly, those who reported unfair treatment cited family, friendships and employment (dropped from 51% in 2024 to 38%) as the main three areas they experienced it.



(Base: all who experience depression or anxiety – 684)

Ever felt treated unfairly because of mental health difficulties

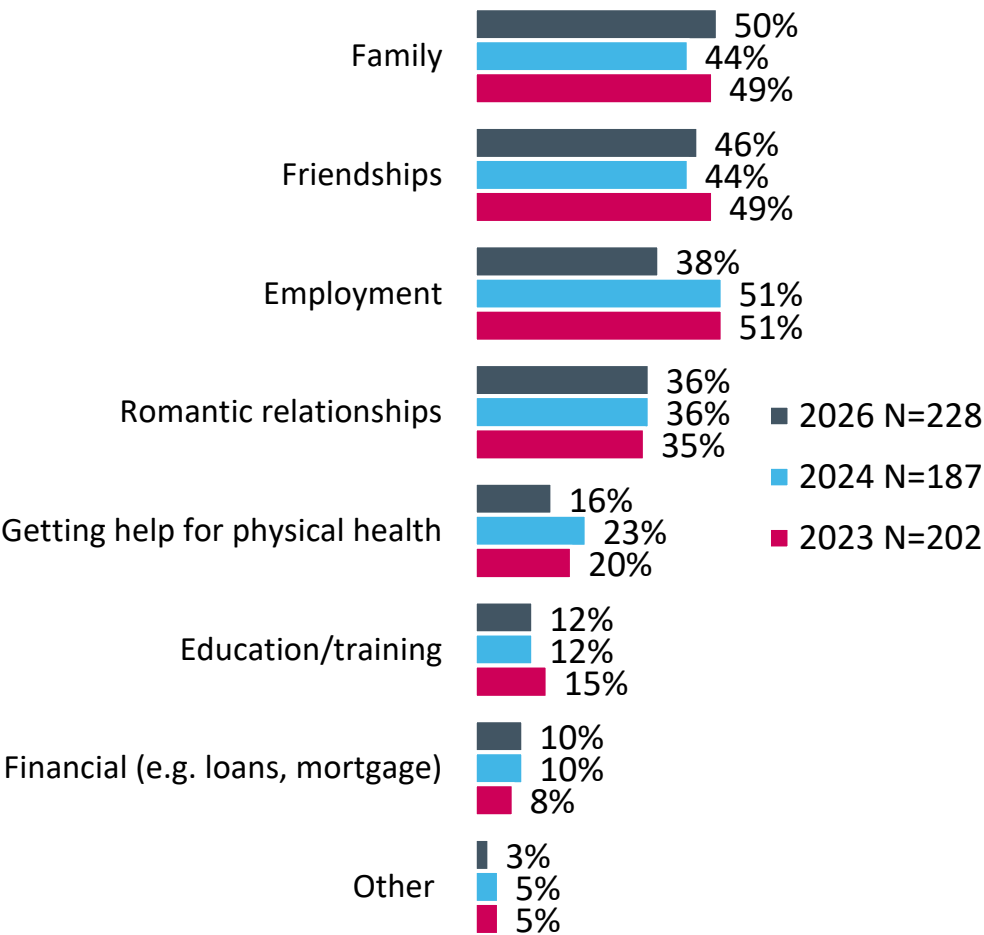


	2023 (n=958)	2024 (n=727)
Yes	21%	26%
No	79%	74%



Where?

(N=228) (2024=187) (2023=202)



Q13. Have you ever felt you were treated unfairly because of your mental health difficulties?

Q14. Where?



- Confiding in someone close, visiting a GP and making lifestyle changes were the three most popular courses of action to support personal mental health.
- Female respondents were more likely than male respondents (28% vs 21%) to confide in family or friends about their mental health.
- Less than 1 in 2 (46%) felt they received enough information on community supports such as Aware.
- 18-24 year-old respondents were the age group with the highest percentage of people who have yet to reach out for support regarding their mental health.
- The number of those who didn't reach out because they had difficulty recognising their mental health problems declined 8% from 2024 and 7% from 2023.
- While there are still over a quarter of respondents who are unwilling to discuss their experience of depression (higher in male respondents) 74% expressed a willingness to open up, either to friends/family or further afield.
- While the majority said they had not been treated unfairly, those who reported unfair treatment cited family, friendships and employment (dropped from 51% in 2024 to 38%) as the main three areas they experienced it.

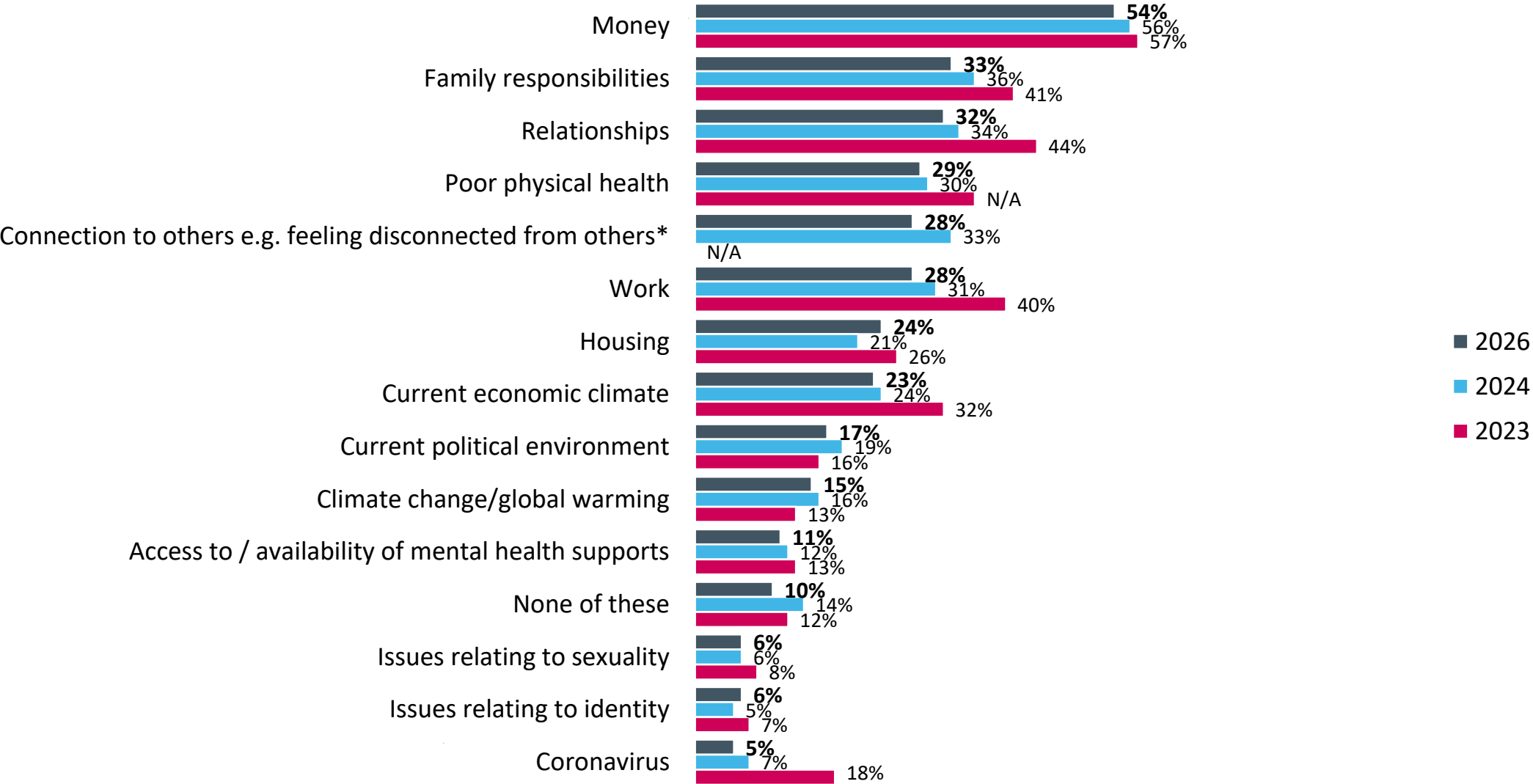
Explore factors impacting
on mood:



A slight majority of 54% said money negatively impacted their mood/ caused stress or anxiety.



(Base: all respondents – 1,000)



* Note: the addition of 'connection to others' may have impacted the results at this question.



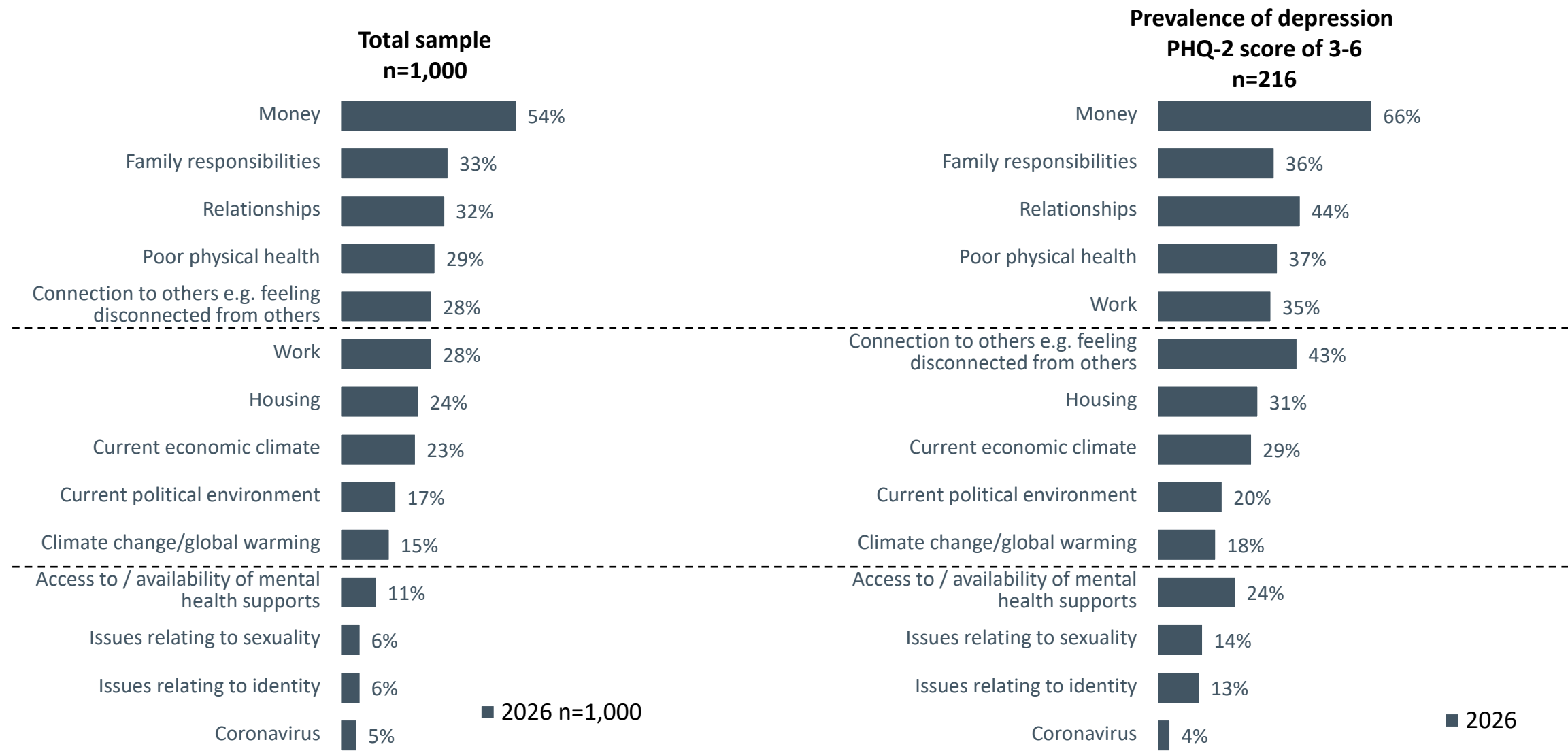
Money was an especially prevalent negative factor for those aged 44 and under.

(Base: all respondents – 1,000)

	GENDER			AGE					CLASS		REGION				CHRONIC ILLNESS	
	TOTAL	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1 F50+	C2DE F50-	Dublin	Leinster (excl. Dublin)	Munster	Conn/ Ulster	Yes	No
N=	1000	494	506	112	160	202	181	345	508	492	289	268	268	175	261	718
Money	54%	50%	59%	57%	62%	65%	56%	42%	54%	55%	51%	51%	57%	60%	57%	53%
Family responsibilities	33%	26%	39%	29%	34%	39%	43%	25%	34%	32%	33%	33%	34%	31%	34%	33%
Relationships	32%	33%	32%	39%	45%	33%	29%	26%	35%	30%	31%	33%	30%	37%	33%	33%
Poor physical health	29%	26%	32%	25%	32%	28%	27%	31%	29%	29%	30%	29%	29%	28%	51%	22%
Work	28%	28%	28%	33%	41%	36%	34%	12%	33%	23%	31%	23%	29%	30%	25%	29%
Connection to others e.g. feeling disconnected from others	28%	24%	32%	45%	30%	27%	32%	20%	28%	28%	28%	28%	25%	32%	31%	27%
Housing	24%	23%	24%	19%	41%	37%	18%	12%	23%	25%	24%	22%	23%	27%	21%	24%
Current economic climate	23%	24%	22%	11%	18%	28%	28%	24%	24%	22%	21%	23%	25%	24%	29%	21%
Current political environment	17%	19%	14%	15%	17%	15%	19%	17%	18%	15%	17%	16%	15%	19%	20%	15%
Climate change/global warming	15%	16%	14%	15%	17%	12%	11%	18%	16%	13%	13%	15%	18%	14%	17%	14%
Access to / availability of mental health supports	11%	10%	12%	16%	18%	14%	10%	6%	11%	11%	10%	10%	12%	13%	15%	9%
Issues relating to sexuality	6%	9%	4%	7%	5%	10%	6%	6%	7%	6%	6%	6%	8%	4%	9%	6%
Issues relating to identity	6%	7%	6%	9%	11%	10%	6%	1%	8%	4%	5%	6%	7%	8%	9%	6%
Coronavirus	5%	5%	4%	5%	5%	5%	2%	5%	4%	5%	4%	5%	5%	5%	4%	5%
None of these	10%	11%	10%	3%	4%	6%	8%	20%	9%	12%	10%	14%	9%	10%	5%	12%

Q8. Do the below factors impact negatively on your mood, cause stress or anxiety? Tick all that apply

Relationships were cited as a key factor negatively impacting their mood by just under half (44%) of those who score of 3-6 on the PHQ-2 scale.





- Money remains the leading factor negatively affecting mental wellbeing across Ireland.
- Younger adults are disproportionately impacted by financial pressures.
- Among those experiencing depression, relationship challenges and social disconnection are particularly significant stressors.
- The factors affecting mood are often interconnected, with financial, social and relationship pressures most evident among those with poorer mental health.

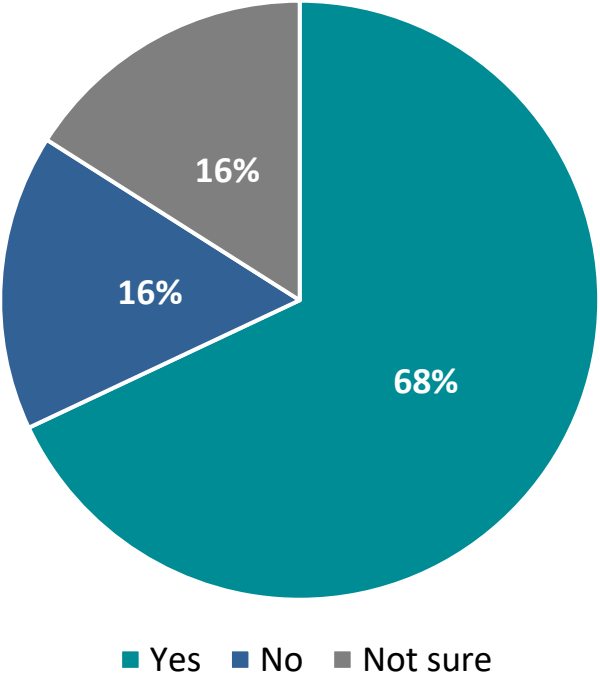
Awareness of Depression:



While respondents across Ireland were generally confident that they would recognise if someone close to them had depression, those in Dublin were a little bit more confident at 72%.



(Base: all respondents – 1,000)



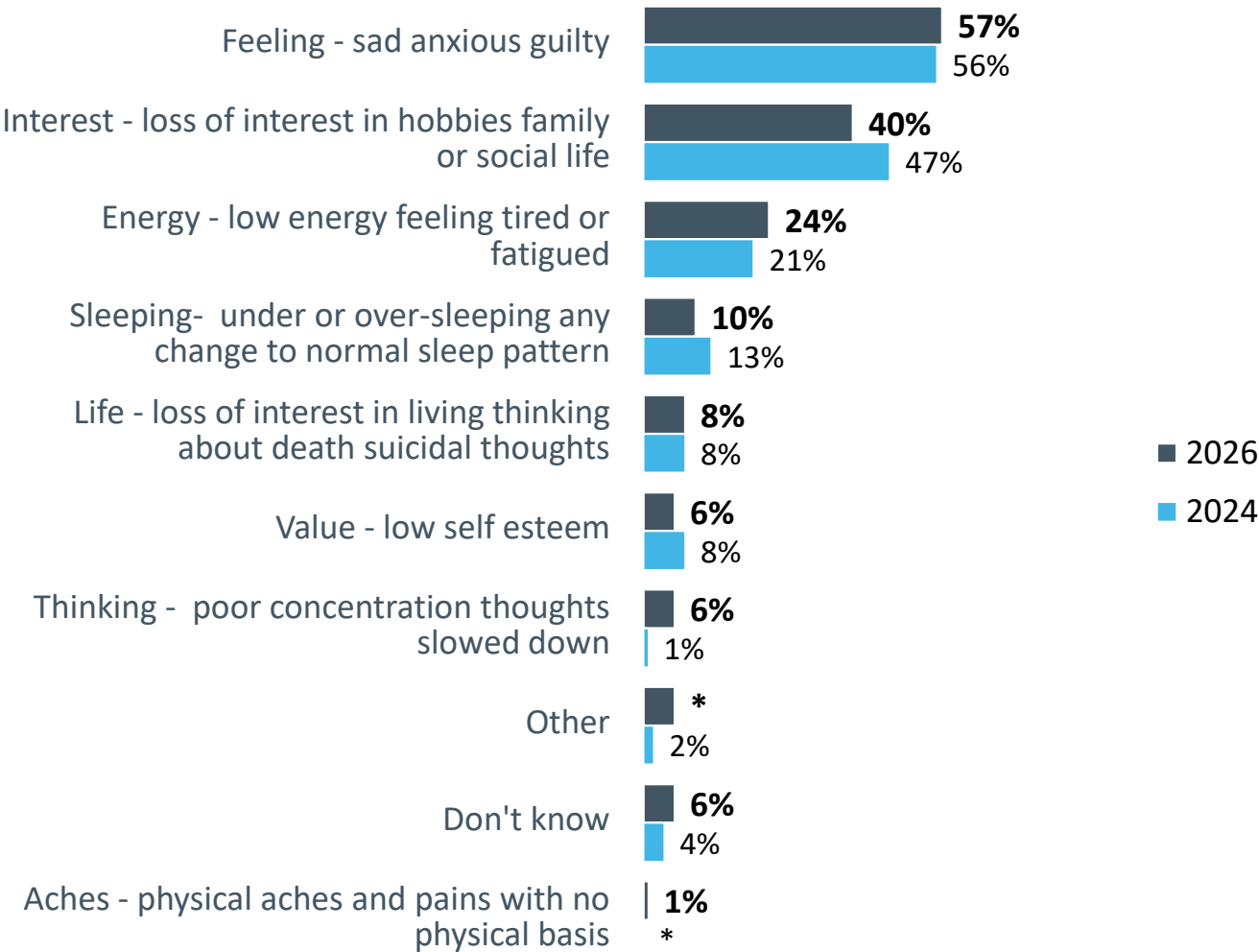
	2023	2024 (n=1200)
Yes	66%	65%
No	15%	15%
Not sure	19%	19%

	GENDER		AGE					CLASS		REGION			
	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1 F50+	C2DE F50-	Dublin	Leinst (excl Dub)	Mun- ster	Conn/ Ulster
N=	494	506	112	160	202	181	345	508	492	289	268	268	175
Yes	66%	71%	75%	77%	72%	65%	62%	71%	66%	72%	68%	66%	67%
No	18%	14%	12%	12%	17%	21%	16%	15%	17%	12%	18%	17%	18%
Not sure	16%	15%	12%	11%	11%	14%	22%	14%	17%	15%	14%	17%	16%

A feeling of sadness/anxiety/guilt was widely recognised as the main symptom of depression, followed by loss of interest in hobbies and general fatigue.



(Base: all respondents – 1,000)



The feeling of low energy was most frequently selected by those in the 18-24 bracket as the main symptom of depression.



(Base: all respondents – 1,000)

	GENDER			AGE					CLASS		REGION			
	TOTAL	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1 F50+	C2DE F50-	Dublin	Leinster (excl. Dublin)	Munster	Conn/ Ulster
N=	1000	494	506	112	160	202	181	345	508	492	289	268	268	175
Feeling - sad anxious guilty	57%	53%	61%	53%	61%	58%	62%	54%	59%	55%	56%	59%	53%	63%
Interest - loss of interest in hobbies family or social life	40%	38%	43%	49%	36%	40%	42%	39%	45%	36%	41%	42%	42%	33%
Energy - low energy feeling tired or fatigued	24%	20%	28%	30%	25%	28%	22%	21%	27%	22%	22%	23%	29%	22%
Sleeping- under or over-sleeping any change to normal sleep pattern	10%	10%	10%	7%	10%	10%	10%	10%	10%	9%	10%	9%	9%	11%
Life - loss of interest in living thinking about death suicidal thoughts	8%	8%	9%	10%	6%	7%	10%	8%	8%	8%	10%	8%	7%	7%
Thinking - poor concentration thoughts slowed down	6%	7%	6%	4%	8%	7%	7%	5%	9%	4%	7%	5%	7%	5%
Value - low self esteem	6%	7%	5%	5%	4%	6%	6%	8%	5%	7%	5%	6%	6%	8%
Aches - physical aches and pains with no physical basis	1%	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	2%	1%	1%
Other	6%	7%	6%	5%	6%	7%	5%	7%	5%	8%	8%	3%	5%	10%
Do not know, unsure or N/a	6%	8%	4%	7%	7%	5%	5%	7%	5%	8%	7%	8%	5%	3%

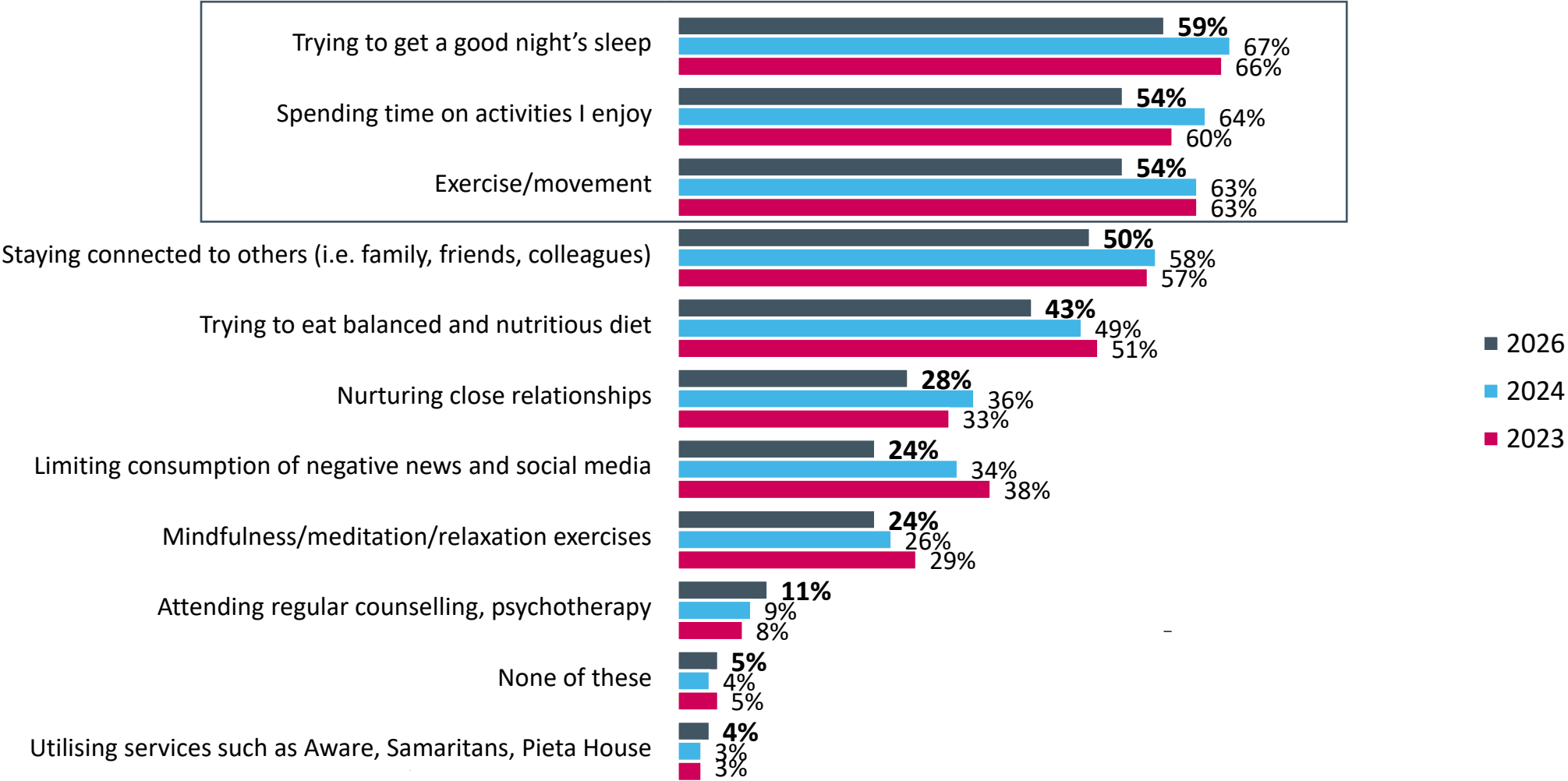
Explore proactive
management of mental
health:



Trying to sleep, spending time on hobbies and exercise were cited as the three most important activities for supporting mental health.



(Base: all respondents – 1,000)



Only 11% attend counselling to support their mental health. For those aged 55+, this number is only 4%.



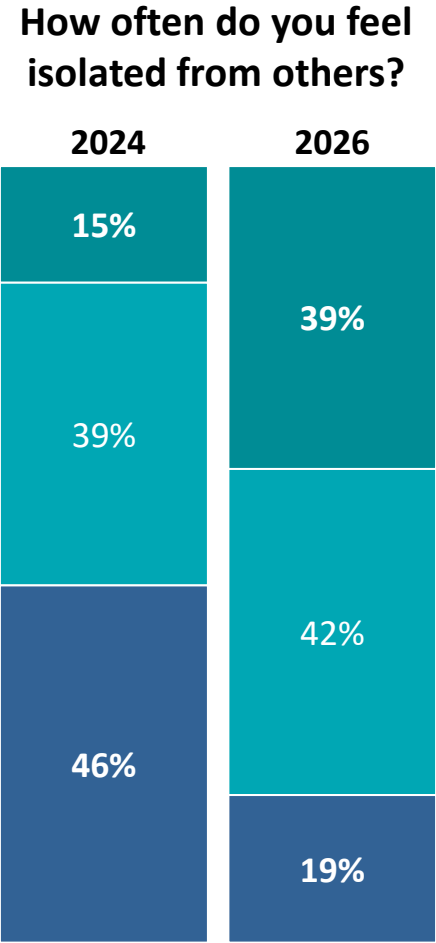
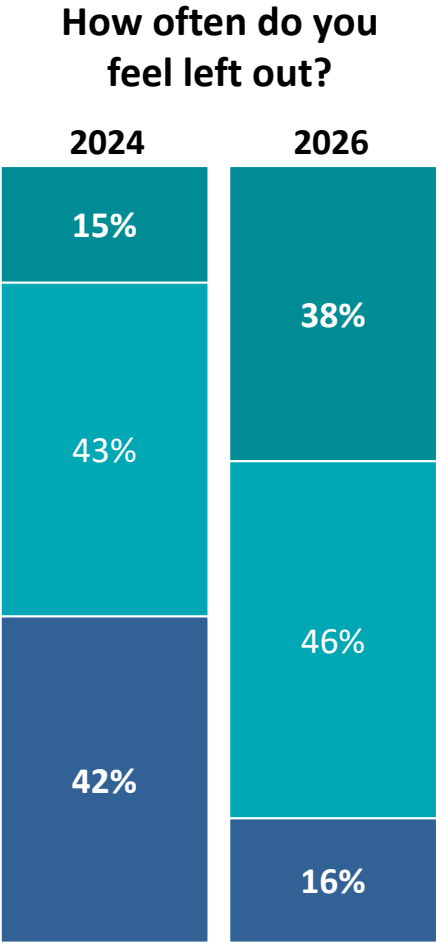
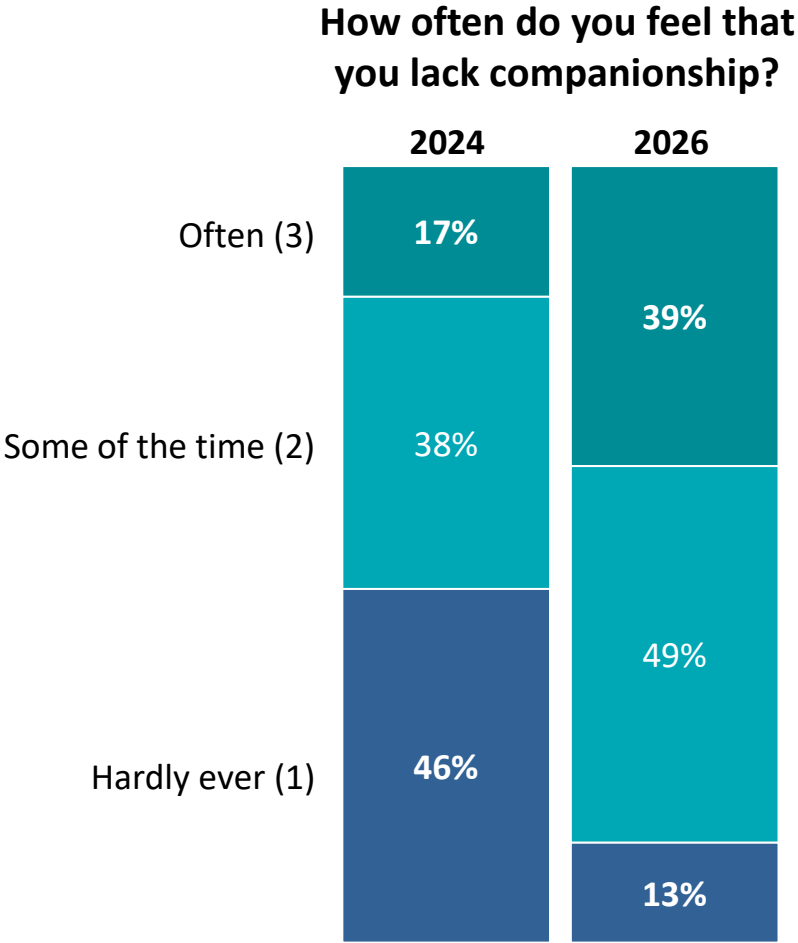
(Base: all respondents – 1,000)

	GENDER			AGE					CLASS		REGION				DEPRESSION LEVEL	
	TOTAL	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1 F50+	C2DE F50-	Dublin	Leinster (excl. Dublin)	Munster	Conn/ Ulster	Score of 0 - 2	Score of 3 - 6
N=	1000	494	506	112	160	202	181	345	508	492	289	268	268	175	784	216
Trying to get a good night’s sleep	59%	54%	64%	46%	50%	60%	62%	65%	61%	57%	59%	55%	60%	65%	61%	53%
Spending time on activities I enjoy	54%	56%	53%	50%	54%	50%	50%	61%	58%	50%	57%	51%	55%	54%	58%	40%
Exercise/movement	54%	56%	52%	41%	45%	53%	55%	62%	55%	53%	54%	49%	55%	60%	57%	43%
Staying connected to others (i.e. family, friends, colleagues)	50%	46%	54%	40%	48%	50%	41%	59%	50%	49%	51%	48%	53%	47%	53%	39%
Trying to eat balanced and nutritious diet	43%	40%	45%	31%	38%	42%	42%	49%	45%	40%	41%	39%	44%	48%	45%	33%
Nurturing close relationships	28%	27%	29%	25%	28%	33%	20%	31%	31%	26%	25%	27%	32%	28%	31%	19%
Mindfulness/meditation/relaxation exercises	24%	23%	26%	24%	24%	30%	30%	18%	27%	22%	26%	22%	25%	27%	24%	26%
Limiting consumption of negative news and social media	24%	23%	26%	16%	22%	28%	31%	23%	26%	22%	22%	24%	28%	23%	22%	32%
Attending regular counselling, psychotherapy	11%	10%	11%	13%	17%	14%	12%	4%	13%	8%	12%	10%	11%	8%	8%	20%
Utilising services such as Aware, Samaritans, Pieta House	4%	5%	3%	4%	4%	6%	3%	3%	3%	4%	5%	2%	4%	5%	3%	8%
Other	2%	2%	3%	2%	1%	3%	2%	3%	3%	2%	1%	2%	3%	3%	2%	2%
None of these	5%	5%	4%	3%	3%	4%	7%	6%	3%	6%	4%	8%	3%	4%	5%	4%

88% felt that they lacked companionship at least some of the time.



(Base: all respondents – 1,000)



As depression deepens, feelings of social disconnection become more common



(Base: all respondents – 1,000)

DEPRESSION LEVEL				
	TOTAL	Minimal	Mild	Moderate
N=	1000	407	475	119
3	26%	52%	9%	5%
4	12%	15%	11%	4%
5	11%	9%	13%	8%
6	29%	18%	38%	27%
7	8%	1%	13%	12%
8	6%	1%	7%	20%
9	8%	3%	8%	25%
Summary codes:				
Minimal (3 to 4)	38%	67%	20%	9%
Mild (5 to 6)	40%	27%	51%	35%
Moderate (7 to 9)	22%	6%	28%	57%

UCLA Loneliness Scale (clinical tool to assess perception of social connectedness). The score is calculated by combining scores at Q18 to get a score ranging from 3-9

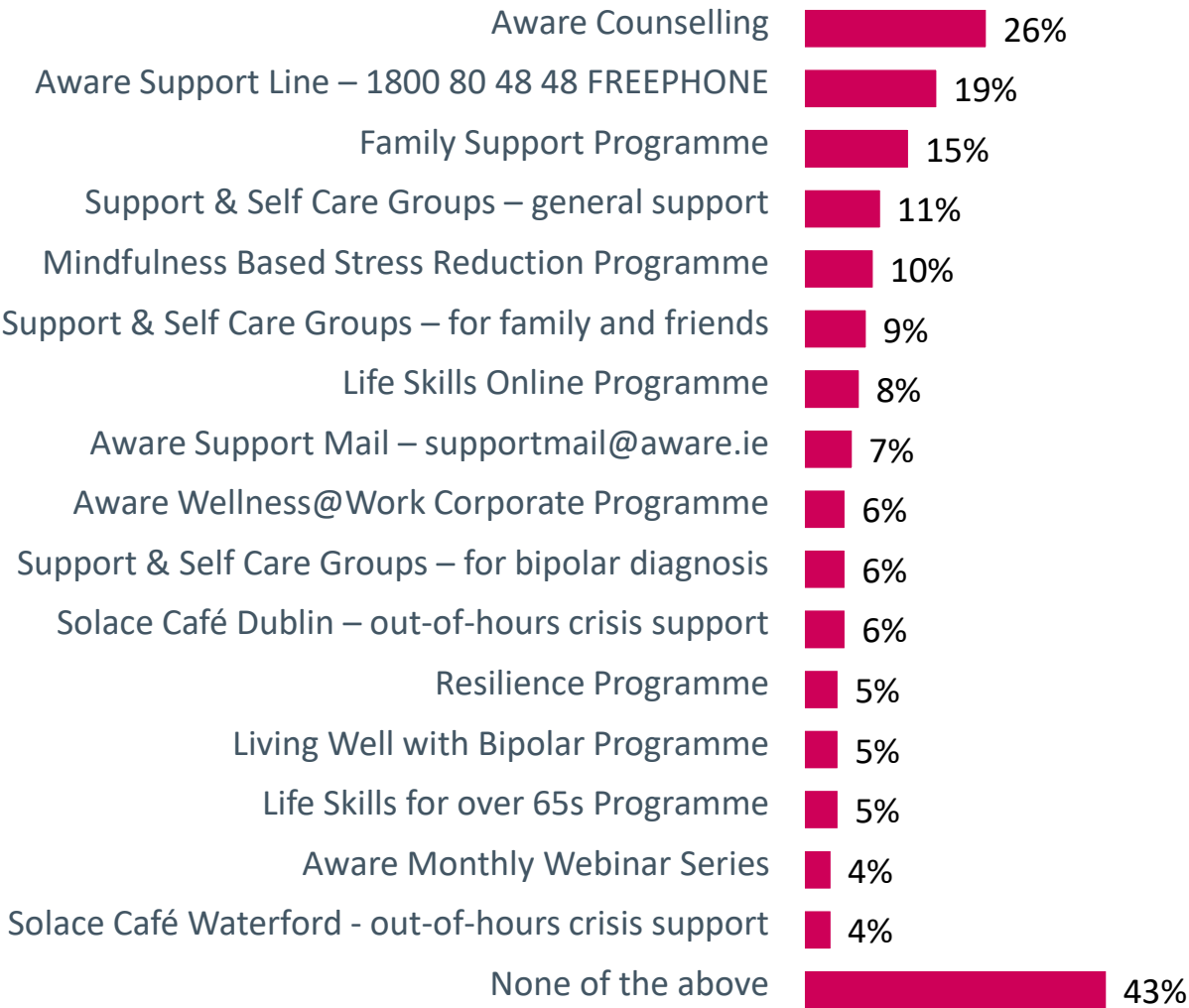
Suggest the following bands:

- Minimal (3-4)
- Mild (5-6)
- Moderate (7-9)

Over half (57%) were familiar with some form of Aware, with the counselling and support line being the most well known services provided.



(Base: all respondents – 1,000)



Aware of any = 57%

New question in 2026.

Q17. Are you familiar with the full range of Aware Services and Educational Programmes?

Awareness for the Support line was low among 18-24s, at just 8% compared to 19+% in any other age bracket.



	GENDER			AGE					CLASS		REGION			
	TOTAL	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1 F50+	C2DE F50-	Dublin	Leinster (excl. Dublin)	Munster	Conn/ Ulster
N=	1000	494	506	112	160	202	181	345	508	492	289	268	268	175
Aware Counselling	26%	22%	31%	14%	22%	27%	30%	30%	29%	24%	27%	27%	23%	29%
Aware Support Line – 1800 80 48 48 FREEPHONE	19%	16%	22%	8%	19%	21%	21%	20%	22%	16%	18%	21%	15%	23%
Family Support Programme	15%	15%	14%	11%	12%	23%	14%	13%	15%	14%	14%	13%	12%	21%
Support & Self Care Groups – general support	11%	11%	10%	9%	12%	13%	7%	11%	13%	9%	12%	12%	7%	12%
Mindfulness Based Stress Reduction Programme	10%	9%	10%	6%	15%	11%	10%	7%	12%	7%	11%	9%	8%	10%
Support & Self Care Groups – for family and friends	9%	8%	9%	10%	14%	8%	8%	6%	9%	8%	9%	8%	10%	7%
Life Skills Online Programme	8%	8%	9%	6%	14%	11%	10%	5%	11%	6%	8%	10%	7%	9%
Aware Support Mail – supportmail@aware.ie	7%	8%	5%	3%	11%	5%	10%	5%	7%	6%	8%	5%	3%	11%
Aware Wellness@Work Corporate Programme	6%	6%	7%	8%	5%	10%	6%	4%	7%	6%	7%	5%	5%	9%
Support & Self Care Groups – for bipolar diagnosis	6%	7%	5%	8%	10%	7%	4%	3%	7%	5%	5%	6%	5%	9%
Solace Café Dublin – out-of-hours crisis support	6%	6%	5%	7%	6%	4%	7%	5%	7%	4%	7%	3%	5%	8%
Resilience Programme	5%	6%	5%	5%	7%	8%	5%	3%	6%	5%	5%	4%	5%	7%
Living Well with Bipolar Programme	5%	5%	5%	5%	9%	7%	4%	3%	6%	5%	5%	4%	5%	9%
Life Skills for over 65s Programme	5%	6%	4%	7%	5%	4%	3%	5%	4%	5%	3%	5%	5%	6%
Aware Monthly Webinar Series	4%	5%	4%	3%	7%	4%	7%	3%	5%	4%	4%	3%	6%	4%
Solace Café Waterford - out-of-hours crisis support	4%	4%	4%	5%	8%	4%	3%	2%	6%	2%	4%	5%	3%	4%
None of the above	43%	44%	42%	46%	32%	33%	46%	51%	37%	49%	39%	43%	47%	43%
Summary:														
Aware of any	57%	56%	58%	54%	68%	67%	54%	49%	63%	51%	61%	57%	53%	57%

New question in 2026.
 Q17. Are you familiar with the full range of Aware Services and Educational Programmes?



- » While respondents across Ireland were generally confident, they would recognise if someone close to them had depression, those in Dublin were a little bit more confident at 72%.
- » A feeling of sadness/anxiety/guilt was widely recognised as the main symptom of depression, followed by loss of interest in hobbies and low energy/general fatigue.
- » The feeling of low energy was most frequently selected by those in the 18-24 bracket as the main symptom of depression.
- » Trying to sleep, spending time on hobbies and exercise were cited as the three most important activities for supporting mental health.
- » Only 11% attend counselling to support their mental health. For those aged 55+, this number is only 4%.
- » 88% felt that they lacked companionship at least some of the time.
- » Over half (57%) were familiar with some form of Aware, with the counselling and support line being the most well known services provided.
- » Awareness for the Support line was low among 18-24s, at just 8% compared to 19+% in any other age bracket.

Overall summary and recommendations





- **Mental wellbeing remains a significant challenge for many adults**, with a sizeable proportion experiencing symptoms of depression and poorer quality of life.
- **Depression is closely linked with other aspects of wellbeing**, particularly loneliness, social connectedness, everyday functioning and outlook on life.
- **Financial pressures emerge as the most widespread source of stress and negative impact on mental wellbeing**, affecting more than half of adults and particularly younger age groups.
- **Relationship issues and social disconnection become increasingly important among those experiencing depression**, highlighting the interconnected nature of emotional, social and practical challenges.
- While many people continue to manage day-to-day responsibilities, **depression often comes at a personal cost**, affecting work, relationships, motivation and overall quality of life.
- The findings reinforce that **mental health is influenced by a combination of economic, social and personal factors**, rather than any single issue in isolation.



Recommendations

- **Continue to position depression as a common and manageable condition**, helping reduce stigma and encouraging earlier help-seeking.
- **Increase focus on social connection and loneliness** as key components of mental wellbeing and recovery.
- **Acknowledge the impact of financial stress on mental health**, particularly among younger adults, within awareness and support programmes.
- **Promote practical coping strategies and peer support**, given the strong relationship between depression, loneliness and daily functioning.
- **Target communications and interventions towards higher-risk groups**, including those experiencing moderate depression, greater loneliness and financial strain.
- **Advocate for a holistic approach to mental health support**, recognising the links between emotional wellbeing, relationships, social connection and financial pressures.



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