

Self-harm and suicide

Sometimes, more distressing problems can appear permanent and it can seem that things will never get better. Self-harm is used by some people as a way to try to escape from or deal with pain or stress that they cannot tolerate in their lives.

Some people also have thoughts of suicide. If you are having these thoughts, you need help and support to deal with whatever is causing you to feel this way. Most problems have a solution, but sometimes, because you are feeling so low, you can't see it.

You are not alone and there are people who can help you to work through your problems, no matter how difficult they appear to you.

4 Where to get help

If you need urgent help you should go to or contact the Emergency department of your nearest hospital. You can also call the emergency services on 112 or 999

Samaritans

Contact the Samaritans 24/7 on free phone 116123
Email jo@samaritans.ie
www.samaritans.org

Pieta

24/7 Free phone 1800 247247
24/7 Free Text help to 5144
www.pieta.ie

Text50808

A free 24/7 crisis text service,. Text HELLO to 50808

Pavee 50808

Young Travellers can access support from PAVEE 50808 Crisis Volunteers anytime and anywhere. A Crisis Volunteer will listen and support young Travellers to stay safe

Mind Your Nuck

A website that aims to support the mental health of young Travellers.
www.youngpavees.ie

Traveller Counselling Service

Provides a culturally inclusive counselling service to members of the Traveller community.
To make an appointment call: 086 308 1476.
Email: info@travellercounselling.ie
www.travellercounselling.ie

The National Traveller Mental Health Service Exchange House

Provides a range of Traveller-specific mental health and suicide prevention services to the community. They also provide direct mental health support including psychotherapy and Cognitive behavioural therapy (CBT) to Travellers who are experiencing mental health issues.
Phone 01 872 1094
Email info@exchangehouse.ie
www.exchangehouse.ie

Yourmentalhealth.ie

Visit www.yourmentalhealth.ie for information and support services for your mental health and wellbeing.

HSE Mental Health Service Coordinators for/with Travellers Contact details

CHO1- Donegal, Sligo, Leitrim, Cavan and Monaghan:

Ita Madden Email ita.madden@hse.ie

CHO 2 - Galway, Roscommon and Mayo

Colette Tuohy, Email: colette.tuohy@hse.ie

CHO 3 - Limerick, Clare and North Tipperary

Mo Foley, Email: Mo.Foley@hse.ie

CHO 4 – Kerry and Cork

Phone 021 4923575 / 087 9573384 Email: mhscorkkerry@hse.ie

CHO5 – South Tipperary, Carlow, Kilkenny, Waterford and Wexford

Mary Byrne, Email: marygeraldine.byrne@hse.ie

CHO 6 Wicklow and Dublin South East

Peter O' Reilly, Email: peter.oreilly2@hse.ie

CHO 7 Kildare, West Wicklow, Dublin West, Dublin South City, and Dublin South West

Cian O' Lonargain, Email: cian.olonargain1@hse.ie

CHO area 8 – Laois, Offaly, Longford, Westmeath, Louth and Meath

CHO 9, Dublin North City & County

Doreen Carpenter, 01-7784162 / 087-1769541 Email: doreen.carpenter@hse.ie

Other Supports

For free, confidential and independent advice and support for dealing with problem debt, contact the Money Advice and Budgeting Service (MABS). Call 0818 072000 Monday – Friday 9am –n 8pm or visit www.mabs.ie

Contact Citizens Information for information and advice on a wide range of public and social services, and on the network of Citizens Information Centers nationwide. www.citizensinformation.ie

Citizens Information Phone Service (CIPS) is a nationwide service that can be reached on 0818 07 4000, Monday to Friday, 9am to 8pm.

This leaflet has been adapted from the Looking after your mental health when you have financial difficulties which was produced by The HSE National Office for Suicide Prevention

funded & supported by
Citizens Information Board
information · advice · advocacy



Looking after your mental health when you have financial difficulties



About this leaflet

This leaflet explains how financial difficulties can affect your mental health.

It has 4 parts:

1. Mental health and financial stress
2. Mental health – how to look after it
3. Mental health – what to watch out for
4. Where to get help

1 Mental health and financial stress

Mental health is about how you think and feel and your ability to deal with ups and downs.

Good mental health means you can:

- cope with the normal stresses of life
- get the most out of everyday life
- enjoy positive relationships with family and friends

Your mental health does not always stay the same. Challenges can arise at any time in your life, but detecting and addressing a problem early can help. Maintaining good mental health will also help you deal with problems as and when they arise, or during tough times in your life.

Financial difficulties can challenge your mental health. Some of the challenges you may face include paying a mortgage or rent, or buying groceries. However, if you can recognise stress early, there is less chance of developing a more serious mental health issue later on.

If you have financial difficulties, it's important to:

Understand your behaviour

Your mental health can affect how you manage money in lots of different ways. Recognising those patterns can help you find solutions that work for you. Consider when and why you spend money and what aspects of money make your mental health worse.

Face up to the situation

Get advice on how to prioritise your debts. When people feel anxious, they sometimes avoid talking to others. Some people can lose their confidence about driving or travelling. If this starts to happen, facing up to these situations will generally make them easier.

Get organised

Choose a regular time to look at your money and bills each week so that things don't pile up. Put all important records and documents, such as pay slips, bank statements, bills and receipts in one place, so that you can find them easily. Get in touch with the Money Advice and Budgeting Service (MABS) for information and advice on money and budgeting.

Look after yourself

Money worries can have a big impact on your general wellbeing, which can sometimes make it even harder to take positive steps.

It can help to try and notice when your mood and behaviour start to change, and think about what you can do to help yourself. This can help you feel more in control and prevent money problems getting worse.

Talk things through with someone you trust

It isn't always easy, but sharing your worries and talking things through with someone you trust, like a friend or family member or health professional, can be a relief. If this seems too hard and you can't see a way forward, you can talk to the Samaritans for free on 116 123 or email jo@samaritans.ie.

2 Mental health – how to look after it

We all need to look after our mental health, and just like our physical health, it needs to be maintained.

Here are some ways you can look after your mental health.

Keep active

Regular exercise can really give your mental health a boost. For example, a walk every day can make a big difference.

Accept yourself

Everyone is different and is entitled to respect. Many different things, including your background, race, religion and sexual identity, make you who you are.

Eat and sleep well

Having a balanced diet and a good sleep pattern will not only help the way you feel, but it will also help the way you think. Good food and regular sleep are essential for your mind and body to work properly.

Drink less alcohol

Avoiding too much alcohol is important, especially if you're feeling down or worried. Drinking alcohol will not help you deal with problems in the long term. Alcohol is a depressant and overdoing it can increase anxiety and lead to depression.

Do something you enjoy

Setting aside some time to do something you enjoy, especially if you are not feeling great, will help you feel better. For example, doing creative activities can help when you are anxious or low.

Stay in touch

Trusted friends and family are important, especially at difficult times. You do not have to face things on your own. It is good to keep in contact or reconnect with someone close.

Talk about it

Problems feel smaller when they are shared with others. Talking about feelings is a good way to deal with a problem. It can help you feel less isolated or overwhelmed.

Ask for help

Asking for help is not a weakness but a sign of personal strength. Everyone needs help from time to time and there's nothing wrong with asking for it.

And remember it's ok not to be Ok, and there is always someone ready to support you through the not so good times.

Scan the QR code for mental health services and supports contact details.



3 Mental health – what to watch out for

The stress sometimes associated with finances or debt, as well as everyday stress, can make you feel alone, angry, tired or withdrawn. These feelings are normal and usually pass. However, if they become overwhelming or don't go away, they could be signs of a mental health problem.

Other signs of a mental health problem are:

- Feelings of sadness or hopelessness
- Excessive and undue worry
- Significant mood changes
- Low self-esteem
- Changes in appetite or eating habits
- Changes in sleeping patterns
- Feeling tired all the time
- Withdrawal from friends and family
- Not caring about other things that are normally important
- Problems functioning, paying attention or staying focused

If you are experiencing some of these signs, it is important to get support. Support can range from informal support from friends or family to advice from your GP.