

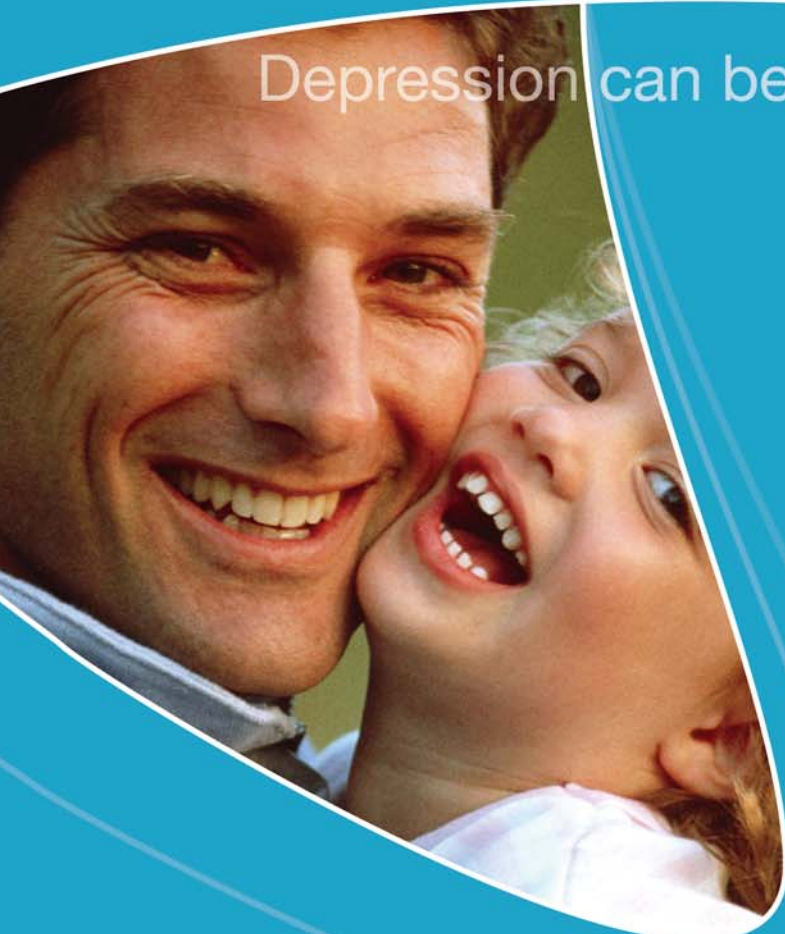
# Depression & Suicidal Behaviour

Depression can affect everybody

Depression has many faces



Depression can be treated



Depression is one of the most common and severe disorders in Ireland.

Depression affects the quality of life and can be life-threatening.

### But depression can be treated!

There are many services you can contact. For example, professionals such as your local GP, counsellors and psycho-therapists or services such as the following:

#### Cork

National Suicide Bereavement Support Network - 085 720 819  
Irish Friends of the Suicide Bereaved - 021 431 6722  
Aware - 021 455 0027  
Samaritans - 1850 60 9090  
Suicide Helpline (6-10pm) - 1800 742 745  
Farm & Rural Stress Helpline (6-10pm) - 1800 742 645  
Group - 021 427 7520

#### Kerry

Suicide Bereavement Support Group - 087 7986 944  
Aware - Killarney - 066 712 8010  
- Tralee - 066 713 6362  
Samaritans - 1850 60 9090  
Suicide Helpline (6-10pm) - 1800 742 745  
Farm & Rural Stress Helpline (6-10pm) - 1800 742 645

Cork & Kerry's Alliance for Awareness of Depression & Suicidal Behaviour

