

Young People & Depression

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 - 081 722 4819
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
Grow - 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

