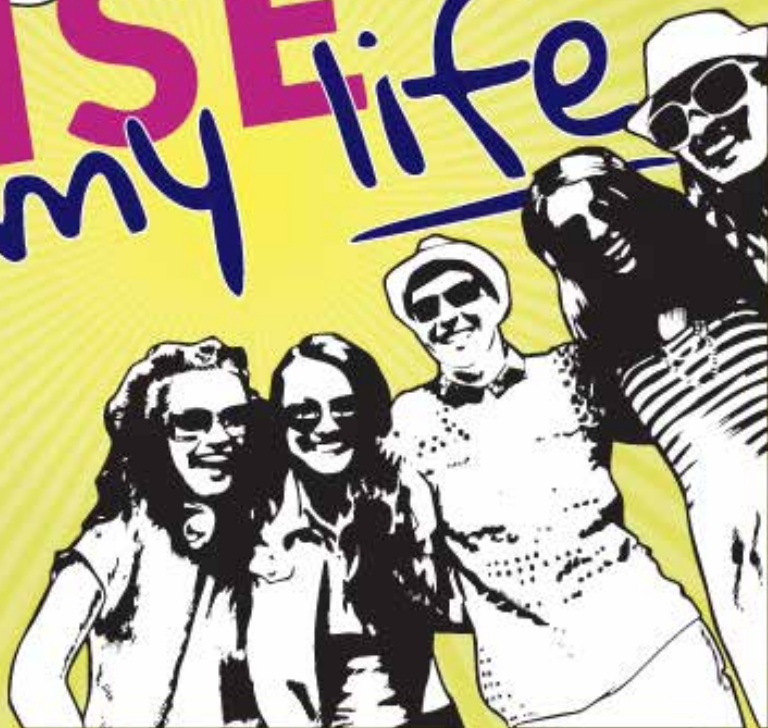




MISE my life





About KYSS

Kinsale Youth Support Services, (KYSS) aims to help and support young people by providing information and promoting understanding of the challenges facing young people within our community. KYSS operates as a beacon for young people and their families in Kinsale and the surrounding areas by promoting general well being, including positive physical and mental health.

This booklet provides information on mental health and highlights the services that are available when help is needed. You can also log on to our website www.kyss.ie for more information on any of the issues or services discussed in this booklet.

When our mental health is well we can enjoy day to day life and we can get the best out of things.

If it is not so good, Help is Available.



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WHAT IS MENTAL HEALTH?

What is mental health?

Mental health is something we all have. Some people have described it as a feeling of contentment, well-being, being able to make decisions, being comfortable with ourselves and with others, being able to laugh, have fun and enjoy life. It is important to look after our mental health.

Minding your mental health

Here are some things that help you to maintain good mental health, and which can help us when we start to feel down:

Get involved and try out new things

Keep active & eat healthily

Appreciate what you have

Accept yourself for who you are

Develop your creative side

Stay in touch with friends and family

Talk to someone you trust

Find some time each day to relax

Set little goals and work towards them

Drink alcohol in moderation

Ask for and accept help



How To Spot Symptoms Of Poor Mental Health

Everyday stresses with work, school, family and friends can make you irritable, unmotivated, or withdrawn. This is normal and these feelings usually pass. However, if they don't go away, or if you notice changes in your behaviour or the behaviour of someone you know, talk to someone about your concerns or call a confidential helpline such as the **Samaritans on Free Phone 116123**.

If you notice such changes in yourself or others, it might feel a bit scary, don't worry - help is available. Talk to someone and ask them to help you to find help.

Some things to look out for might include:

Withdrawing from friends, family, school or work

Change in mood or unusual responses to situations

Changes in sleep patterns too much or too little

Changes in eating patterns too much or too little

Doing things that don't make sense to others

Seeing or hearing things that others don't

For further information about mental health, please contact or browse the following:

Samaritans

FREE PHONE 116123

www.corksamaritans.ie

021 427 1323

www.mentalhealthireland.ie

www.headstrong.ie

www.yourmentalhealth.ie

www.headsup.ie



WHAT IS DEPRESSION?

When someone is depressed, they may experience changes in behaviour such as:

HEADACHES
Being ratty
stomach aches
HIGH USE OF ALCOHOL OR DRUGS
Losing interest in activities
A lot of crying
Getting into Hassles
at School, Work, or Home
Changes In Eating And Sleeping Patterns
Feeling Hopeless Or Helpless



Everyone occasionally feels blue or sad, but these feelings usually pass within a couple of days. We often use the expression 'I'm feeling depressed' when we're feeling sad or miserable about life. Usually, these feelings pass with time. But if these feelings are interfering with your life and don't go away after a couple of weeks, or if they come back, over and over again, it could be a sign that you are depressed in the medical sense of the term.

Symptoms of Depression include:

Persistent sad, anxious or 'empty' feelings

Feelings of hopelessness and/or pessimism

*Feelings of guilt, worthlessness and/or helplessness
Irritability, restlessness*

DEPRESSION

Loss of interest in activities or hobbies once pleasurable, including sex

Fatigue and decreased energy

Difficulty concentrating, remembering details and making decisions

Insomnia, early-morning wakefulness, or excessive sleeping

Overeating, or appetite loss

Thoughts of suicide, suicide attempts

Persistent aches or pains, headaches

Bipolar disorder is the name used to describe a set of 'mood swing' conditions, the most severe form of which used to be called 'manic depression'. With bipolar disorder, moods can swing between low, high and mixed. It is important to note that everyone has mood swings from time to time. It is only when these moods become extreme and interfere with life that bipolar disorder may be present and medical assessment may be needed.

Many people with a depressive illness never seek treatment. But the vast majority, even those with the most severe depression, ***can get better with treatment.***

If you are concerned that you or someone you know might be showing signs of depression ***it is important to get support.***

Talk to a GP

www.aware.ie
1890 303 302

GROW

Meetings Daily
www.grow.ie
1890 474 474

www.reachout.com

www.spunout.ie



ANXIETY AND OCD

Some common effects of anxiety and OCD include:

Dry mouth

Difficulty getting to sleep

Feeling short of breath

Muscle tension
and headaches

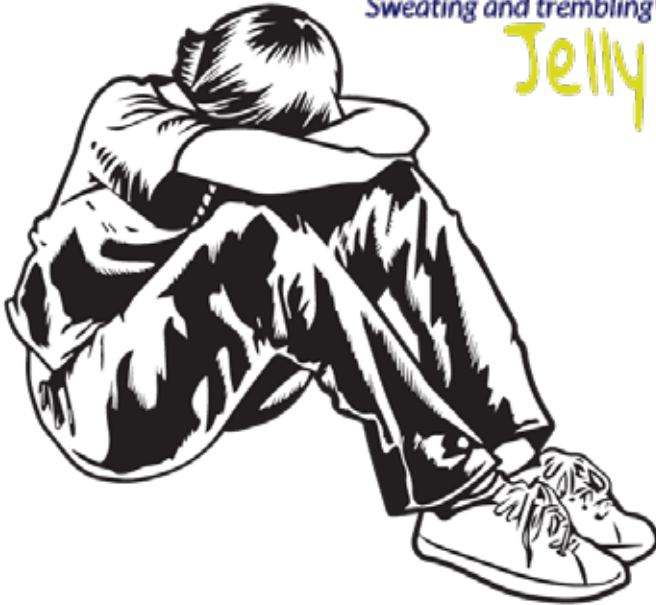
Repeated actions

difficulty swallowing

Sweating and trembling

Pounding heart

Jelly Legs



ANXIETY AND OCD

Anxiety

Everybody gets anxious at some point in their life. Anxiety is a feeling of worry, nervousness, uneasiness, feeling faint, sweating, having jelly legs and feeling your heart racing. When these symptoms get really bad it may lead to a panic attack. Panic attacks can be extremely frightening however they are harmless and very treatable.

Anxiety can affect both your physical health and your mental health (your behaviour, feelings and emotions). The symptoms can depend on a number of factors. They may pass quickly or may stay for a long period of time.

It may be worth talking to your doctor or a counsellor about ways to reduce anxiety.

OCD

OCD is a form of anxiety where a person feels they have to do things repeatedly to prevent bad things happening to themselves or others. (For example), washing your hands repeatedly, switching lights on and off repeatedly. It is only when this behaviour gets in the way of your daily life that you may need to **seek help**.

If you or a friend have some, or any of the symptoms, please see:

www.teenline.ie
1800 833 634
(7pm to 10pm) - 7 nights

www.leanonme.net

www.letsomeoneknow.ie

SHINE 1890 621 631
www.shine.ie

www.ocdireland.org

www.recover.ie

Out and About Ireland
www.oandaireland.com
021 434 8728
087 792 8579



EATING DISORDERS

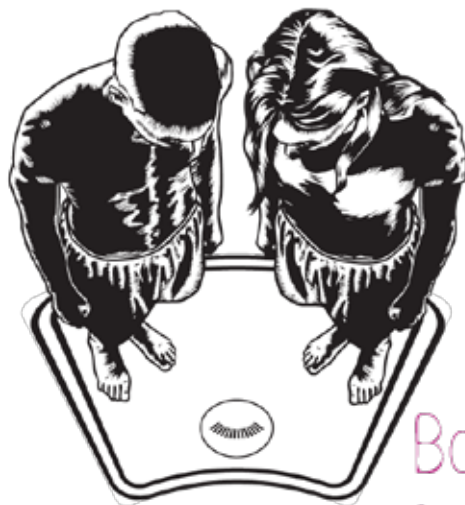
How you may recognise them:

Eating disorders are not primarily about food, but can be seen as a way of coping with emotional distress or other underlying issues. For the person with an eating disorder, controlling food and the body is their way of relieving distress and achieving some degree of control over their life.

Eating disorders can effect anybody, male or female. With appropriate help and support, people can, and do, recover from eating disorders.

Eating disorders can be complex. There are variations in the typical signs and not all symptoms will apply to all people.

Body and mind are starved.



Body and mind are starved.
Being underweight
Making yourself
Feeling worthless
Refusal to eat enough
Trying to be perfect
Weight going up and down
Excessive thinking
Let someone know

SYMPTOMS OF EATING DISORDERS

Refusal to eat enough

Excessive thinking and talking about food

Feeling worthless

Being underweight

Binge eating

Weight going up & down

Trying to be 'perfect'

Fear of being overweight

Even if you don't have these symptoms, if you are worried and upset by something, it is important you find someone to talk to. Don't bottle it all up.

Eating disorders do not include food allergies or illnesses of the digestive system. If you are concerned about changes in your eating behaviour or of those of a friend, contact your GP to check it out.

Remember there is help available! With appropriate help and support, people can and do recover from eating disorders.

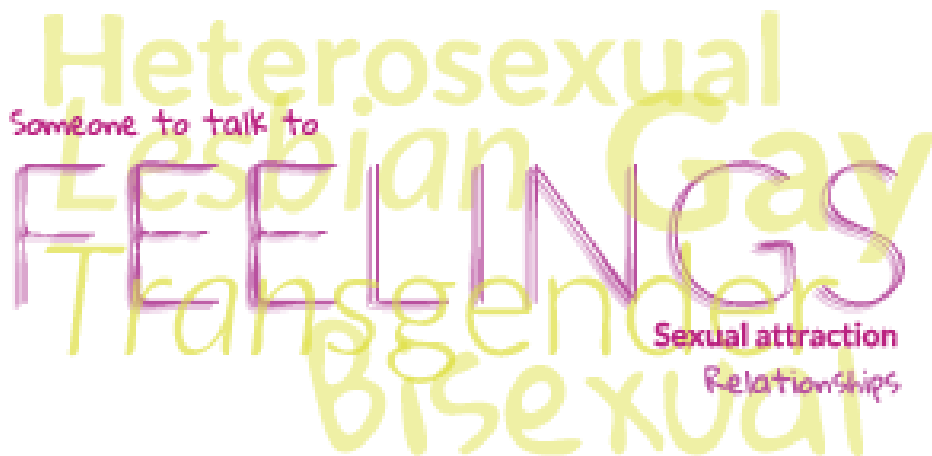
Bodywhys
The Eating Disorder
Association Of Ireland
www.bodywhys.ie
1890 200 444
Email: alex@bodywhys.ie

OA
(Overeaters Anonymous)
www.corkoa.ie
021 486 7907
086 352 6467



RELATIONSHIPS AND SEXUALITY

There are people in every country, culture and society who are thinking about their sexuality



Exploring your sexuality and developing relationships can be a positive and challenging experience during teenage years. Society can place a lot of labels on people - especially in relation to sexuality and relationships. At a stage where you are exploring this for yourself it is important that you take time to understand your own feelings.

There are a broad range of sexual orientations including: heterosexual, bisexual, gay, lesbian and transgender. As part of exploring their sexuality, it is common for people to go through a range of feelings and experiences before their sexual identity emerges.

RELATIONSHIPS AND SEXUALITY

If you feel you need support, or someone to listen to you in a non-judgmental way, be sure to have a look at some of the contact details below where you can avail of support and information free of charge.

Youth Health Service

021 422 0490/1

www.hse.ie

Email: yhs@mailp.hse.ie

Sexual Health Centre

021 427 6676

021 427 5837

www.sexualhealthcentre.com

Email: info@sexualhealthcentre.com

Cork Family Planning

021 427 7906

www.corkfamilyplanning.com

www.B4udecide.ie

STI Clinic

Victoria Hospital

021 496 6844

Cura

1850 622 626

021 427 7544

www.cura.ie

www.positiveoptions.ie

Free Text 50444 for list /cork

Treoir (for unmarried parents)

www.treoir.ie

01 670 0120

1890 252 084

Teen Parent Support

www.teenparents.ie

Linc

www.linc.ie

021 480 8600

1850 929 539

Belong To

www.belongto.org

01 670 6223

Sexual Violence

www.sexualviolence.ie

1800 496 496

Kinsale Youth Support Service

www.kyss.ie

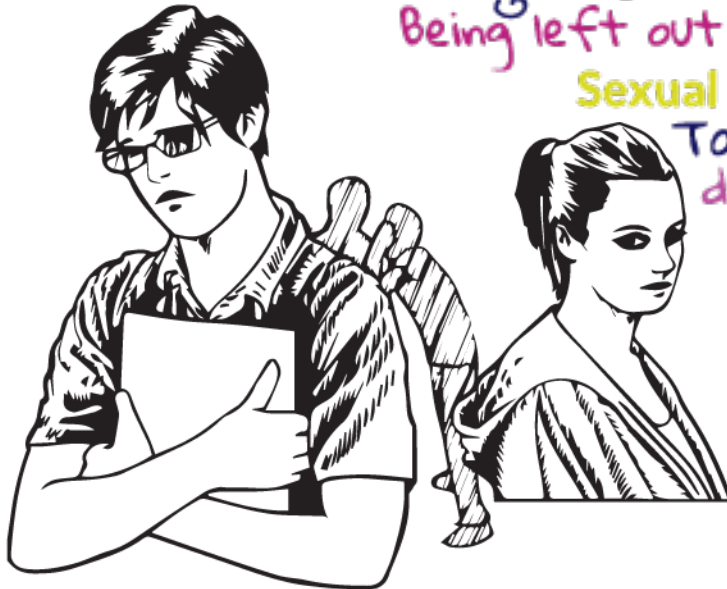


BULLYING AND ABUSE

Bullying and domestic abuse can take many forms. Here are some of the ways it can happen:

Put downs and name calling
Damaging your property
Having your belongings stolen or damaged
People making threats
NOT ALLOWING YOU AN OPINION
Being kicked and punched
Being left out or ignored
Sexual harrassment
Talk out
don't act out

Getting stalked



BULLYING AND ABUSE

When somebody does something to control, bully or hurt someone else: it is called abuse. Abuse can take many forms such as physical, sexual, emotional and verbal abuse.

Physical Abuse

Is control by violence or threat of violence including hitting, biting, burning or shaking.

Sexual Abuse

When someone forces another to do any sexual acts that they do not want to do or watch something sexual that they do not want to watch.

Emotional Abuse

Controlling another person through withdrawal of love, isolating them, becoming extremely jealous, constantly criticising another or threatening them.

Verbal Abuse

Is putting a person down and undermining their confidence by using threats, insults, name calling or shouting.

Bullying

Bullying is the ongoing abuse of another person through physical, emotional or verbal means, often in the presence of others. Nobody has the right to hurt you physically or emotionally even if they are in a position of authority or they say they love you.

Abuse is wrong.

Always refuse to accept abuse and remember that secrecy is an abusers best weapon, so **NEVER KEEP IT A SECRET** and remember **HELP IS ALWAYS AVAILABLE**. The most important thing is to tell somebody you trust.

You are not alone

www.antibullying.net

www.kidscape.org.uk

Parentline

01 873 3500

1890 927 277

West Cork Women Against Violence

1800 203 136

www.westcorkwomensproject.ie

Sexual Violence Centre, Cork

021 450 5577

1800 496 496

www.sexualviolence.ie

OSS Cork

www.oss cork.ie

1800 497 497

Email: advice@oss cork.ie

www.amen.ie

046 902 3718

ALCOHOL

It is not uncommon to drink occasionally; however, you may have a problem with your alcohol use if you are:

Getting into hassle
at school work or home
FEELING HUNGOVER MOST MORNINGS

Drinking to escape problems
Feeling edgy for no apparent reason
Drinking to numb how you feel

Drinking more to
Drinking alone
get the same effect

Thinking about drinking most days
that you used to get
Drinking to get drunk

ALCOHOL: Don't bottle it, tackle it

Alcohol is our favourite drug. Most of us use it for enjoyment, but sometimes drinking can be a problem. Fights, arguments, money troubles, family upsets, casual sex and crisis pregnancies are often a result of having had too much to drink. Alcohol can be the cause of hospital admissions for physical illnesses and accidents. It is also important to remember that alcohol has the potential to be addictive. Alcohol can make you do things you would not normally do.

Taking control and staying within low-risk drinking limits. For drinking to be considered 'low risk', **the Department of Health and Children currently advises:**

Try to cut down to low risk drinking levels by using the Standard Drinking Guide. In Ireland, a standard drink is 10 grams of pure alcohol, normally contained in

Adult women should drink less than 14 standard drinks per week; Adult men should drink less than 21 standard drinks per week. These are low risk weekly limits, which should be spread over the week and not saved for a single drinking occasion i.e. binge drinking.

Caution:

These guidelines do not apply to people who are ill, run down, on medication or to children.

It is not advisable for women to consume alcohol if pregnant or trying to conceive.



A Single Measure of Spirits
= a small glass of wine
= a half pint of beer
= an alcopop



Drink Aware
www.drinkaware.ie

Al-Anon and Alateen
01 873 2699
www.al-anon-ireland.org

Alcoholics Anonymous
www.alcoholicsanonymous.ie
01 842 0700
Arbour House
021 496 8933

Tabor Lodge
www.taborlodge.ie
021 488 7110

Matt Talbot
Adolescent Services
www.mtas.ie
021 489 6400

Talk to Frank
www.talktofrank.com

DRUGS

Using drugs can have both immediate and long-term effects. These effects may vary from person to person. Some immediate and long-term effects of drugs include:

A word cloud featuring various mental health symptoms and conditions. The words are arranged in a dense, overlapping manner. The most prominent words include 'Depression' in large blue letters, 'Anxiety' in large dark blue letters, 'Problems with Your Mental Health' in pink, 'Legal Problems' in yellow, 'Panic Attacks' in pink, 'Getting the Munchies' in yellow, 'Not Being Able to Cope' in blue, 'Having to Use More to Get The Same Effect' in pink, 'Feelings of Paranoia' in yellow, 'Losing Interest' in blue, 'Difficulties with Memory and Attention' in blue, and 'Paranoia' in yellow. The background is white with faint, large, light blue letters spelling out 'LIFE' and 'ST'.

DRUGS

While there is a lot of concern about illegal drugs, the most harm and the greatest risk to young people comes from using legal drugs such as alcohol, cigarettes and the inappropriate use of medicines, over-the-counter and/or prescription.

People use many different kinds of drugs. These drugs may be legal or illegal, helpful or harmful.

Every drug has side-effects and risks, but some drugs have more risks than others, especially illegal drugs.



Using drugs can become a problem depending on a number of factors:

What drug is used

Who is using the drug (especially their mood and personality)

Why they are using the drug

Where and How they are using the drug

If you are concerned about someone and their use of drugs, please contact:

www.drugs.ie

www.talktofrank.com

Drugs Helpline
1800 459 459

Narcotics Anonymous
www.nasouth.ie
087 138 6120

Bandon Community Drugs Initiative, Community Worker
086 825 1215

Arbour House Treatment Services
021 496 8933
(Free counselling service)

Matt Talbot Adolescent Services
021 489 6400
(Free counselling service)
www.nar-anon.org

Kinsale Garda Station
021 477 2302

PSYCHOSIS

If someone becomes very confused and appears out of touch with everyone else's perception of the world, they may be experiencing a psychotic episode. They may:

Have hallucinations

Have strange and disorganised thinking

Experience paranoia

May appear quite flat

Hearing voices that may

not be heard by anybody else

Strange and
disorganised
behaviour

Have
false beliefs
known as
delusions

Have difficulty
speaking



PSYCHOSIS

Some drugs such as hallucinogens, marijuana and amphetamines may trigger a psychotic episode. Treatment of psychosis usually involves medication, and if someone is experiencing a psychotic episode, it is important that they seek help from a doctor, a psychiatrist or from a clinical psychologist.

Schizophrenia

Schizophrenia is a serious mental illness characterised by disturbances in a person's thoughts, perceptions, emotions and behaviour. It affects approximately one in every hundred people worldwide. There are a number of signs and symptoms. They are divided into two groups: 'active symptoms' that reflect new or unusual forms of thought and behaviour such as delusions, and 'passive symptoms' which reflect a person's loss of previous feelings and abilities.

If you are concerned that you or someone you know may be experiencing some of the following symptoms, contact your GP:

Having hallucinations

Strange & disorganised thinking

Hearing voices that may not be heard by anyone

Having false beliefs known as delusions

Experiencing paranoia

May appear quite flat

Strange & disorganised behaviour

Having difficulty speaking

Help is at hand

www.recover.ie

www.shineonline.ie
1890 621 631

www.reachout.com

www.leanonme.net



SELF-HARM AND SUICIDE

Coping Strategies. Some suggestions to try and signs to watch for include:

GIVING away
POSSESSIONS
Feeling Depressed
Avoid Drugs & ALCOHOL
Put off
any decision
Ring a Crisis Helpline to
write down your
Life feelings



Self-harm

Self-harm is when someone deliberately hurts, cuts or injures him/herself. Self-harm is a communication of deep distress. Any form of self-harm is a call for help and should be taken seriously.

If you self-harm it is very important that you seek help and support.

It might seem that nobody understands what you're going through, or that you are alone, but remember there is always help available.

Suicide

Suicide is not chosen; it happens when pain exceeds resources for coping with pain. You are not weak, crazy or a bad person because you feel suicidal. It doesn't even mean that you really want to die - it only means that you have more pain than you can cope with right now.

Life is worth talking about

SELF-HARM AND SUICIDE

It's OK to ask for help

If you are feeling suicidal or want to end your life, it is important that you keep yourself safe. Try to remember that thoughts about taking your life are just thoughts. They do not mean you have to act on them, no matter how overwhelming they are. The most important thing to do if you are having thoughts of suicide is to talk to someone. Reach out to someone who can help.

What to do to help if you are concerned that someone you know has thoughts of suicide

Speak openly about suicide

Show you care

Listen

Contact a GP, the Samaritans or the Emergency Services

*Contact Console IIfe
Open 24/7
1800 247 247*



Encourage
a person to
get HELP

You are not alone

Samaritans

www.corksamaritans.ie

Free Phone 116123

jo@samaritans.org

Emergency Services 999/112

www.suicideaware.ie

www.yspi.eu

yourmentalhealth.ie

www.metanoia.org/suicide

suicideaware@gmail.com

**Pieta House Cork
021 434 1400**



GRIEF

Some of the things you may feel or experience after losing someone:

Changes in appetite
Loneliness
Hopelessness
Challenges to beliefs
Lack of concentration
Not wanting to be around people
feeling hollow
Sadness
Despair
ANGER



GRIEF

To grieve is normal and it takes time

It is normal to feel a sense of shock when someone close to you has died. Experiencing shock can mean you have a physical and an emotional reaction. You may feel dizzy, nauseous, dazed, numb or perhaps empty.

Everybody grieves differently and lots of things can affect the way people experience grief. There is help available. As the shock and numbness lessens, you are likely to start grieving. There are different factors that may affect the way people grieve. Knowing these may help to understand yours and other people's reactions to the loss.

If someone's reaction is different to yours, it does not necessarily mean that they care less.

Some reasons why people grieve

The type of relationship they had with the person

Gender - males and females may have different ways of managing their grief. Males are more likely to feel restrained while females are more likely to share their feelings

Cultural background - cultural groups express grief in different ways

Other Losses - the new loss may bring up previous loss - which can trigger more grief. There is help available

Help and support is available for you, or someone you know who is grieving from the following agencies:

Barnardos
www.barnardos.ie
bereavement@cork.barnardos.ie
021 431 0591

Console 1 Life
www.console.ie
1800 247 247

HSE Info line
www.hse.ie
1850 241 850

Low cost counselling
087 799 8602

Bereavement
023 884 9379 / 087 798 6844
from 9-5



Useful Contacts

General

KYSS
Youth Support Worker
085 872 5789

Barnardos
www.barnardos.ie
bereavement@cork.barnardos.ie
021 431 0591

Parentline
www.parentline.ie
1890 927 277

HSE info line
www.hse.ie
1850 24 1850

Childline
www.childline.ie
1800 66 66 66

ISPCC
www.ispcc.ie
021 450 9588

*Childline and ISPCC offer a
24hr service for under18s*

MABS
(Money Advice and Budgeting
Service)
www.mabs.ie
1890 283 438
Open Mon-Fri 9am-8pm)

Youth Counselling Service
YMCA
www.notalone.ie
021 427 0187

Cork Youth Information Centre
www.youthinformation.ie
021 427 0187

West Cork Youth Info. Centre
www.notalone.ie
023 884 4009

www.spunout.ie



Useful Contacts

Out of Home

Cork Foyer
www.corkfoyer.ie
021 428 8524

Liberty Street House
021 492 1728

ABUSE
HSE National Counselling Service
1800 235 234
021 486 1360

Harbour Counselling Service
1800 234 116

National 24 hour Helpline
for victims of rape and
sexual abuse
1800 778 888

Connect 1800 477 477
Connect is a free adult
phone counselling service

One in Four
01 662 4070

GAMBLING
www.gamblersanonymous.ie
087 285 9552

Local GPs

Market Place Surgery
Kinsale
021 477 2717

Kinsale Medi Centre
New Road Kinsale
021 477 2253

Innishannon Medical Centre
021 477 5100

The Village Medical Centre,
Ballinhassig
021 488 5706

Evening / Weekend GP Services
Southdoc
1850 335 999

*For more information on
any of these services please
log on to our website:*



Kinsale Youth Support Services

Informing and Understanding

WWW.KYSS.IE

Email: info@kyss.ie

Call: 085-8725789

Kinsale Youth Support Services Limited is a limited company
Registered in Ireland with Company number : 528075
Registered Offices at the Red Cross Centre,
Church Square, Kinsale, Co Cork.
Registered Charity CHY Reg No 2054



Féilthneannacht na Seirbhíse Sláinte
Health Service Executive