

Going Forward

The following recommendations have the potential to increase the impact of current mental health services and promote the highest level of mental well being in Ireland.

- Increase the outreach of current services in rural areas
- Increase collaboration amongst current organizations to streamline access to resources for those in mental distress
- Increase programming related to promoting overall mental wellness
- Increase programming that targets intervention in the earlier stages of mental illness rather than waiting until people are on the verge of self-harm

More Information

For a more detailed analysis please refer to “*Attitudes and Services for Mental Health in Ireland: The Current State and What to do About It*”

Green Ribbon

<http://www.greenribbon.ie/>

Limerick Mental Health Association

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<http://limerickmentalhealth.ie/>

Cura

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GROW

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<http://grow.ie/contact/mid-western/>

Samaritans

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<http://www.samaritans.org/branches/samaritans-limerick-tipperary>

Pieta House

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Limerick Suicide Watch

<http://www.limericksuicidewatch.ie/>

Suicide Prevention Office

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Mental Health Resources and Attitudes



LIMERICK, IRELAND

Gabriella Haire and Jaxon Sommers

Quick Facts

- National suicide rates in Ireland are constant at 10-12 per 100,000 people
- middle-aged men are most likely to die by suicide
- suicide rates in Irish cities have decreased while those in rural areas have increased
- Irish mental health resources are concentrated in urban areas
- Irish mental health resources are focused on late stage intervention with attention to suicide prevention

Current Issues

- Mental health resources in Ireland are not readily accessible to people in rural areas
- There is still a large stigma in Ireland surrounding mental health
- Ireland's mental health resources are concentrated on late intervention, but people could benefit from help sooner

Local Mental Health Resources

