

Mental Health in Ireland and What to do About It

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Facts & Figures

- 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

Mental Wellness

- Green Ribbon
- Limerick Mental Health Association

“Last Resort” Resources

- “Yellow Pack People”
 - Samaritans
 - Pieta House
- Limerick Suicide Watch
- Suicide Prevention Office
- Connecting For Life

Mental Illness Support

- MyMind
- Cura
- GROW
- Youth Work Ireland

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