

TAKING CARE OF YOURSELF

It can be very easy to forget about your own needs when you're concerned about someone else and doing all you can to support them. However, your emotional and mental health are equally important so it's really important that you look after yourself when someone you know has psychosis.

GET INFORMATION

When dealing with an illness like psychosis, it really helps to get as much information as you can. There are other Factsheets in this series with more information about psychosis that you might find useful. There are also some very good Irish and international organisations and websites that provide high quality information about psychosis. When using the internet, be sure to get your information from reputable websites that are affiliated to mental health organisations, academic or research institutions. Avoid unregulated sites like Facebook pages, personal blogs and on-line forums because there's no way of knowing if the information on such sites is accurate or reliable.

GET SUPPORT

When someone you care about has psychosis, take some time to think about the kind of support you need for yourself and about how you can look after yourself as well as supporting the person with psychosis.

When you're worried or concerned about someone you care about, you're likely to feel a whole range of emotions, from worry and anger to guilt and confusion. For that reason, it's especially important that you get support for yourself. Talking to someone you trust about how you feel will help you deal with the fact that someone you know has

psychosis. Sometimes, people also find it useful to talk to a professional counsellor or therapist for support.

A number of mental health organisations in Ireland also have helplines that give advice and support to the family and friends of people with mental health difficulties. Some organisations also provide group information and support meetings where you can meet other people who are going through something similar. At these groups you can get support and advice about how to manage and deal with your own experiences.

If the person with psychosis is attending a mental health team, you may be able to meet with a member of the team, like a social worker, for support. Anyone over the age of 18 years has to give their consent for family members or others to meet with the team. The only times you can speak to someone without their consent is if their mental health is so badly affected that they aren't able to give consent or if there are concerns that they or someone else is at risk of harm. Most mental health teams welcome and encourage family involvement so it's important to let them know you want to be involved and request to meet with a member of the team.

SOME USEFUL IRISH WEBSITES

Youth Mental Health Websites

REACHOUT

www.reachout.com

This website is about supporting young people to help themselves through tough times and find ways to improve their own mental health and well-being. This website has over 300 factsheets on issues related to mental health as well as videos and access to an on-line community.

SPUNOUT

www.spunout.ie

SpunOut is a website with information about a range of issues relevant to people aged 16-25. It includes information about health and mental health issues as well as details of local support services around Ireland.

HEADSUP

www.headsup.ie

This is a youth mental health website promoting mental health among young people and includes details of a freetext number for young people seeking help.

LET SOMEONE KNOW

www.letsomeoneknow.ie

This is a Health Service Executive website aimed at promoting mental health and help-seeking in young people. It includes tips for on how to look your mental health.

TURN2ME.IE

www.turn2me.ie

This website aims to raise awareness on a range of personal issues and use technology to connect people together to better deal with their issues. The website is part of a support community which includes forums, blogs, useful assistance, information and weekly podcasts that discuss a range of issues and useful numbers and further assistance

Irish Mental Health Support Organisations

AWARE

www.aware.ie

Aware is a national voluntary organisation that aims to support people who are experiencing depression. The site contains information and tips on coping with depression. It also contains details of support groups and services for people with depression.

FURTHER INFORMATION

For more information about the signs of psychosis and how to get help, you can check out the rest of the Factsheets in this series at www.rcsi.ie/perl. PERL: The Psychiatric Epidemiology Research across the Lifespan Group, Royal College of Surgeons in Ireland

**PIETA HOUSE: Centre for the
Prevention of suicide or self-harm
www.pieta.ie**

Pieta House is a service that supports people who self-harm or feel suicidal. They have a helpline and provide counselling for people who self-harm or who are having suicidal thoughts.

**SAMARITANS
www.samaritans.org**

Samaritans is an organisation that provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. They provide telephone, text and individual support to people in distress.

**SHINE
www.shineonline.org**

Shine is an Irish mental health organisation that supports people with mental ill-health and their families with a particular emphasis

on psychotic illnesses. It offers a telephone helpline, support groups, counselling and educational courses on mental ill-health to people affected by mental ill-health and their families.

On-line Directories

**THE HEALTH SERVICE EXECUTIVE (Mental
Health Services)**

www.hse.ie/eng/services/list/4/mental-health/

This link brings you to information on all of the public mental health services provided by the HSE in Ireland. You can search services by location and by the type of service offered.

**THE IRISH ASSOCIATION FOR COUNSEL-
LING AND PSYCHOTHERAPY (IACP)**

www.irish-counselling.ie

On this website, you can search for an IACP accredited counsellor in any county in Ireland

**THE IRISH COUNCIL FOR GENERAL
PRACTITIONERS
www.icgp.ie**

On this website, you can search for the details of GPs across Ireland.

**THE IRISH COUNCIL FOR
PSYCHOTHERAPY (ICP)
www.psychotherapy-ireland.com**

On this website, you can search for an ICP accredited counsellor in any county in Ireland.

**THE PSYCHOLOGICAL SOCIETY OF
IRELAND (PSI)**

www.psihq.ie

This website offers a service that allows you to search for a registered psychologist across Ireland.