



Reduced energy,
Difficulty concentrating,
Sleepless, Low mood.

DEPRESSION

can affect anyone

Information Line for Your Mental Health: 1800 111 888

For support services visit: www2.hse.ie/wellbeing/mental-health/get-urgent-help.html OR www.yourmentalhealth.ie

In crisis : 50808 (crisis textline) OR visit <https://text50808.ie/>

If you or someone you know is about to harm themselves or someone else,
Call 999 or 112



National Suicide Research Foundation
WHO Collaborating Centre for Surveillance and Research in
Suicide Prevention
4.28 Western Gateway Building
University College Cork
Cork, Ireland.



This project has received funding from the European Union's 3rd Health Programme – Annual Work Programme 2020 (HP-PJ-2020) under grant agreement No. 101018325. The material presented and views expressed here are the responsibility of the author(s) only. The EU Commission takes no responsibility for any use made of the information set out.

Negative outlook, No energy,
Back pain, Low mood,
Sleepless.

DEPRESSION

can affect anyone

Information Line for Your Mental Health: 1800 111 888

For support services visit: www2.hse.ie/wellbeing/mental-health/get-urgent-help.html OR www.yourmentalhealth.ie

In crisis : 50808 (crisis textline) OR visit <https://text50808.ie/>

If you or someone you know is about to harm themselves or someone else,
Call 999 or 112



National Suicide Research Foundation
WHO Collaborating Centre for Surveillance and Research in Suicide
Prevention
4.28 Western Gateway Building
University College Cork



This project has received funding from the European Union's 3rd Health Programme – Annual Work Programme 2020 (HP-PJ-2020) under grant agreement No. 101018325. The material presented and views expressed here are the responsibility of the author(s) only. The EU Commission takes no responsibility for any use made of the information set out.

Depression can
be treated.

DEPRESSION

has many faces

Information Line for Your Mental Health: 1800 111 888

For support services visit: www2.hse.ie/wellbeing/mental-health/get-urgent-help.html OR www.yourmentalhealth.ie

In crisis : 50808 (crisis textline) OR visit <https://text50808.ie/>

If you or someone you know is about to harm themselves or someone else,
Call 999 or 112



National Suicide Research Foundation
WHO Collaborating Centre for Surveillance and Research in Suicide
Prevention
4.28 Western Gateway Building
University College Cork



This project has received funding from the European Union's 3rd Health Programme – Annual Work Programme 2020 (HP-PJ-2020) under grant agreement No. 101018325. The material presented and views expressed here are the responsibility of the author(s) only. The EU Commission takes no responsibility for any use made of the information set out.



People can
recover from
depression.

DEPRESSION

can affect anyone

Information Line for Your Mental Health: 1800 111 888

For support services visit: www2.hse.ie/wellbeing/mental-health/get-urgent-help.html OR www.yourmentalhealth.ie

In crisis : 50808 (crisis textline) OR visit <https://text50808.ie/>

If you or someone you know is about to harm themselves or someone else,
Call 999 or 112



National Suicide Research Foundation
WHO Collaborating Centre for Surveillance and Research in Suicide
Prevention
4.28 Western Gateway Building
University College Cork



This project has received funding from the European Union's 3rd Health Programme – Annual Work Programme 2020 (HP-PJ-2020) under grant agreement No. 101018325. The material presented and views expressed here are the responsibility of the author(s) only. The EU Commission takes no responsibility for any use made of the information set out.

Depression can be masked.



DEPRESSION can affect anyone

Information Line for Your Mental Health: 1800 111 888

For support services visit: www2.hse.ie/wellbeing/mental-health/get-urgent-help.html OR www.yourmentalhealth.ie

In crisis : 50808 (crisis textline) OR visit <https://text50808.ie/>

If you or someone you know is about to harm themselves or someone else,
Call 999 or 112



National Suicide Research Foundation
WHO Collaborating Centre for Surveillance and Research in Suicide Prevention
4.28 Western Gateway Building
University College Cork



This project has received funding from the European Union's 3rd Health Programme – Annual Work Programme 2020 (HP-PJ-2020) under grant agreement No. 101018325. The material presented and views expressed here are the responsibility of the author(s) only. The EU Commission takes no responsibility for any use made of the information set out.

She has
energy again.

DEPRESSION can be treated

Information Line for Your Mental Health: 1800 111 888

For support services visit: www2.hse.ie/wellbeing/mental-health/get-urgent-help.html OR www.yourmentalhealth.ie

In crisis : 50808 (crisis textline) OR visit <https://text50808.ie/>

If you or someone you know is about to harm themselves or someone else,
Call 999 or 112



National Suicide Research Foundation
WHO Collaborating Centre for Surveillance and Research in Suicide
Prevention
4.28 Western Gateway Building
University College Cork



This project has received funding from the European Union's 3rd Health Programme – Annual Work Programme 2020 (HP-PJ-2020) under grant agreement No. 101018325. The material presented and views expressed here are the responsibility of the author(s) only. The EU Commission takes no responsibility for any use made of the information set out.