

Support & Self Care Groups



For people who experience depression, bipolar disorder and mood related conditions



Any one of us,
irrespective of age,
gender or background
can be affected



Recovery is possible

Early recognition and
ongoing support are key
to a positive outcome

Why attend?

Aware Support & Self Care Groups offer an opportunity to talk openly about depression, bipolar disorder, other mood conditions and their impact.

Peers share their experience and understanding and offer an exchange of thoughts and techniques around self-care and resilience in a supportive, confidential and proactive environment.



What happens?

When you arrive at a Support & Self Care Group, you are greeted by two Aware volunteer facilitators and provided with literature about Aware services.

The facilitators open the meeting, providing an overview of what you can expect. Facilitators introduce themselves by their first name only and invite all attending to do likewise. The meeting is declared open to anyone who would like to share.

A person in the group shares their thoughts and feelings. To gain understanding for the group, a facilitator may ask some questions to clarify what has been shared.

The facilitator asks the person sharing if they want feedback from the group and if so, opens to the group for their thoughts and support. A facilitator briefly summarises any options offered by the group before inviting others to share.

A proactive approach is used throughout the meeting in which participants can express emotion, acknowledge feelings, question thoughts and beliefs and focus on helpful actions they can take.

“

I feel a sense of hope for the first time in ages which has made a big difference to everything in my life.

”

Who can attend?

Any adult who is experiencing depression, bipolar disorder or mood related condition is welcome. No referral is needed although if attending a doctor or therapist, Aware recommends that you keep them informed.

“

I'm very grateful that a service like this is so easily available.



”

Confidentiality

All Support & Self Care Group attendees agree to keep everything that is said and takes place at the meeting completely confidential.

This is essential in allowing each person the safety to express whatever he or she would like to say.

There are limits to confidentiality for the group facilitators:

-  Where a person has immediate plans to self-harm with the intention to take life or plans to harm others.
-  Where there is information that a child is at risk of harm, abuse or neglect or if anyone at the meeting tells us that they were abused in the past.

In these exceptional cases, the facilitators adhere to the Aware Confidentiality Policy and follow a process which involves reporting this information to the Designated Liaison Officer in Aware and/or the appropriate authorities.

Creating a respectful, supportive environment

To ensure a positive experience for all, we ask the below:

-  Participants and facilitators have respect for each other's time by being punctual, arriving and finishing the meeting on time, as well as allowing all group members time to share, if they wish. Most meetings last 90 minutes.
-  To be tolerant and respectful of one another and acknowledge differing opinions.
-  To avoid mentioning doctors, hospitals and medications by name, as what suits one person may not suit another.
-  To be mindful that everyone attending has the opportunity to contribute but no-one will ever be forced to do so.

* Please note that anyone who has consumed alcohol or used other recreational drugs will be asked to leave. Aware reserves the right to refuse admission.

Aware offers in person, phone and Zoom Support & Self Care Groups. Please visit www.aware.ie for further details.



Support	 Support Line – 1800 80 48 48 [Freephone]  Support Mail – supportmail@aware.ie  Support & Self Care Groups – see www.aware.ie
Education	Life Skills Programme (adult and school based) Relatives & Friends Programme Living Well With Bipolar Disorder Programme Wellness@Work Programme
Information	Webinars & Lectures – expert talks on topics related to mental health Extensive information available at www.aware.ie

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Contact Us

 9 Upper Leeson Street, Dublin 4
 www.aware.ie
 01 661 7211
 info@aware.ie

***All public services are free of charge**

Useful numbers

Aware Freephone
Support Line **1800 80 48 48**
Samaritans (24/7) **116 123**
Rape Crisis Centre **1800 77 88 88**
One in Four (office hours) **01 662 40 70**

