



**SOSAD Ireland**





*Provides support and services free of charge to people who are struggling with: suicidal ideation, self harming, bereavement, depression, stress and anxiety or if you simply need to talk.*

*If you want to talk, we are here to listen.*

## 24H Helpline

24h helpline that runs 365 days a year.



## One-to-one Counselling

Free professional counselling to anyone over the age of 16 who seeks support.



## Bereavement Groups

The support groups are available to anyone who has experienced a loss of a loved one.



## DBT Skills Group

A treatment programme aimed at helping people with ongoing difficulties managing intense emotions. It enables people to develop coping strategies.



## Messaging Service

Web chat support service available aimed at 16 - 24 year olds. Available daily from 8pm - 12am.



## Drop in Centre (Cavan)

An informal space for anyone to drop in for a chat and a cuppa. Especially valuable for people who are living alone and feeling isolated. Open 10am-3pm daily.



## Walk & Talk Therapy

A counsellor will meet the client for face-to-face counselling, at a location chosen by the client. Clients find that in this type of therapy it is easier to open up in an outdoor environment.



## Young People Matter

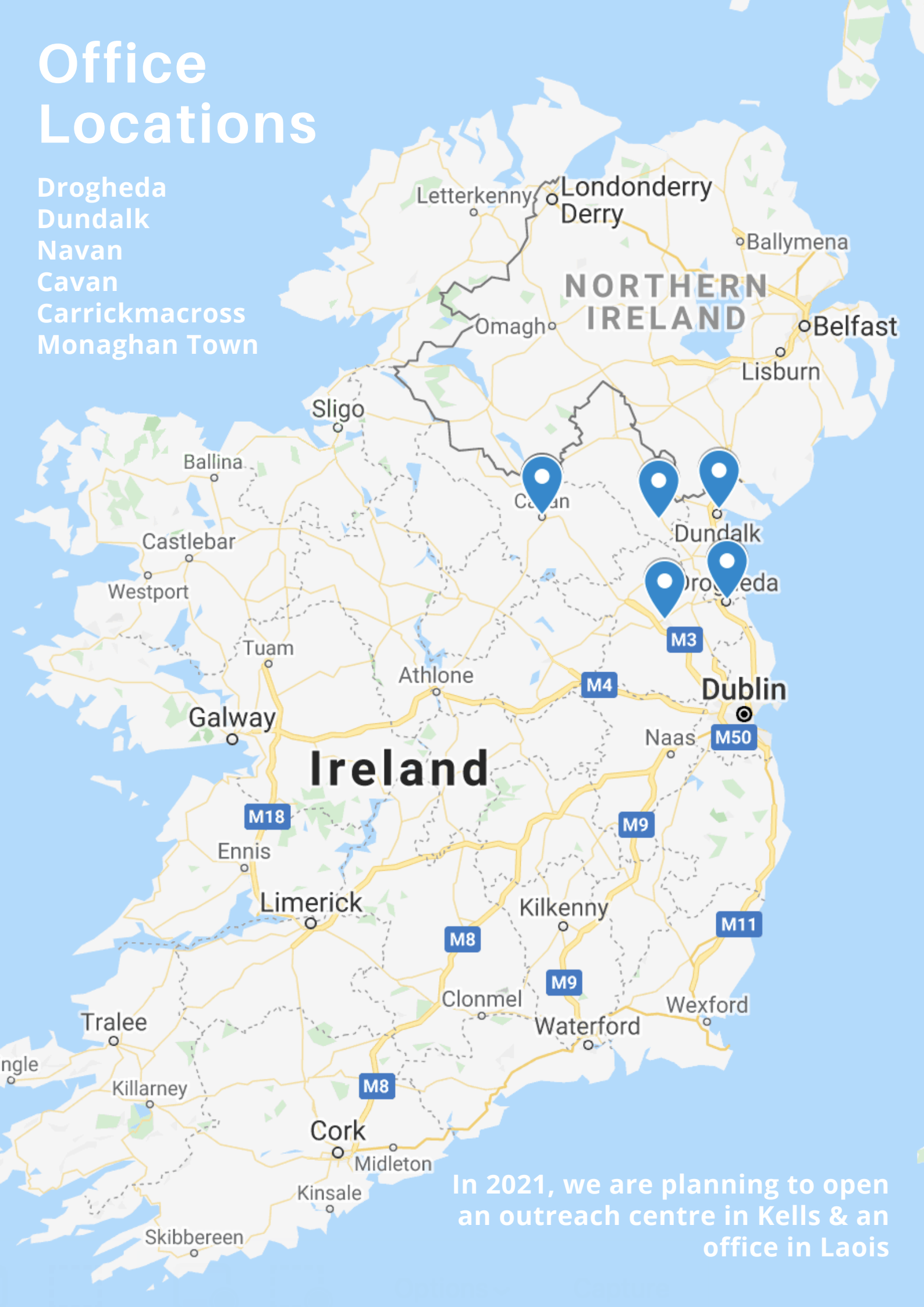
Peer mentoring group for young people from 16 to 24.



**If you need to talk, we are here to listen**  
**041 984 8754**

# Office Locations

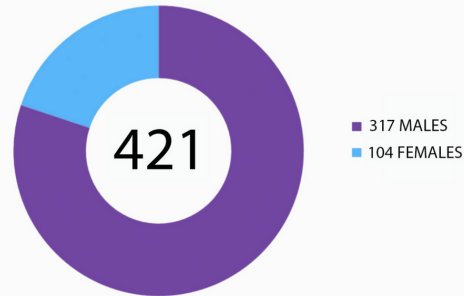
Drogheda  
Dundalk  
Navan  
Cavan  
Carrickmacross  
Monaghan Town



In 2021, we are planning to open an outreach centre in Kells & an office in Laois

# Why We Need Your Help

There were 421 suicides in Ireland in 2019

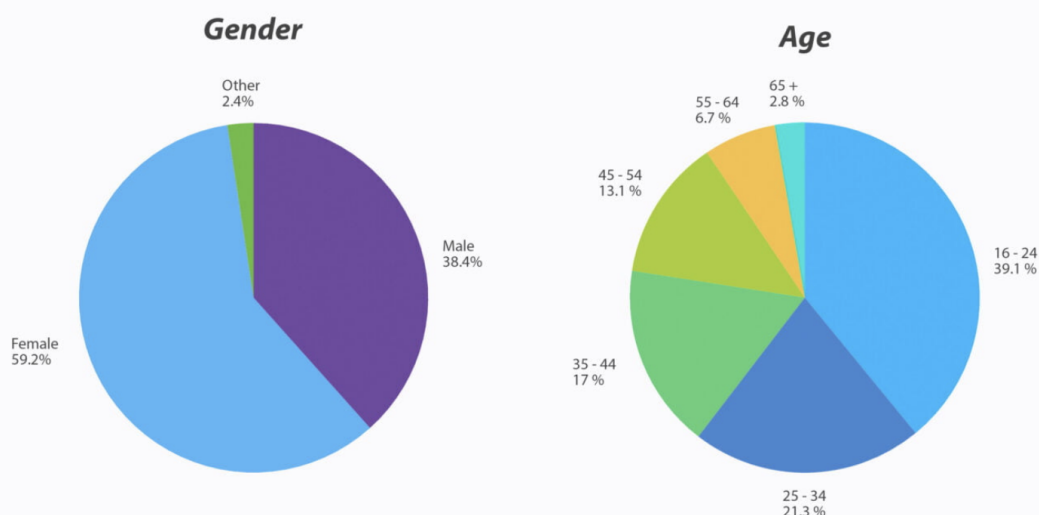


Cavan and Monaghan have the highest suicide rates in the country per capita between 2016 - 2018. 17.1 per 100,000, was in County Monaghan, followed by County Cavan with a rate of 16.7 per 100,000

*We work towards breaking the stigma of suicide and creating a community safe from suicide. Supporting those who are suicidal, those who are going through life's challenges, and those who have been bereaved by suicide.*

## In 2020 across our services:

- We increased our intake by 80% on 2019 figures
- From which 43% were suicidal, self harming or had suicidal ideation
- 32% were suffering with depression/low mood
- 31% of clients presented with Anxiety as their main issue
- 10% of clients were receiving support for bereavement by suicide



# The Future We Are Working Towards



Where no one feels alone  
on their journey



Mental health is as  
important as  
physical health is



We can freely speak about  
our mental health. People  
feel listened to, supported  
and empowered



Mental health  
services should  
not be 9am - 5pm

## How You Can Help?



You can help by:

- **Selecting us as your charity partner for the year**
- **Donating goods or services to help us**
- **Sponsoring our events**
- **Fundraising in aid of us**
- **Volunteering to help with our services or at our events**
- **Financial donations towards our offices**
- **Holding awareness events or training staff**

If you would like to get involved, please contact [info@sosadireland.ie](mailto:info@sosadireland.ie)