

[Aware \(https://www.activelink.ie/node/509\)](https://www.activelink.ie/node/509)

Aware is the national organisation providing free support, education and information services to people impacted by depression, bipolar disorder and related mood conditions. Founded in 1985, the organisation developed in response to the clear need for information, understanding and support, both for individuals with a diagnosis of depression or bipolar disorder as well as family members supporting a loved one.

Aware Services include:

- Support Line: 1800 80 48 48 (10am-10pm, 365 days a year)
- Support Mail: supportmail@aware.ie (<mailto:support@aware.ie>)
- Support & Self Care Groups: Daily, with in-person and virtual options
- Education Programmes: Life Skills Programme, Relatives & Friends Programme, Living Well With Bipolar Disorder Programme, Mindfulness-Based Stress Reduction Programme, Life Skills for Schools Programme, Wellness@Work Programme

Contact Info

Aware

9 Leeson Street Uppper, Dublin 4

Phone: [01 6617211](tel:016617211) (Tel:016617211)

Email

info@aware.ie

Website

<https://www.aware.ie> (<https://www.aware.ie>)

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