

HEAR *(Health Evidence Awareness Report)*

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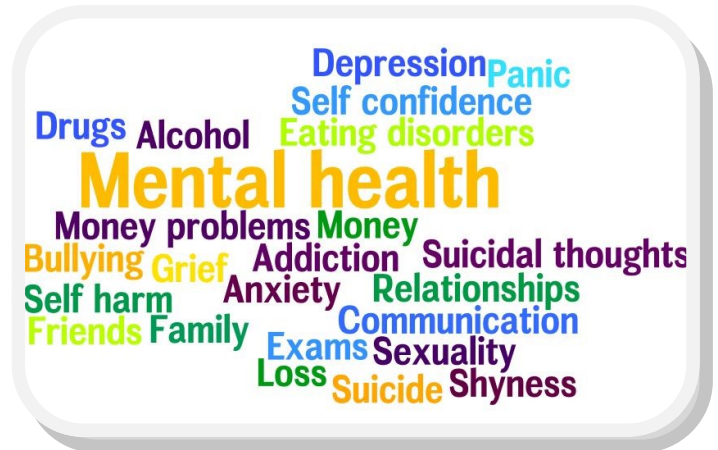
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Welcome! Focus on Mental Health

HEAR is the result of a collaboration between librarians in the Health Service Executive, the Irish Blood Transfusion Service, Milford Care Centre, St. Luke's Hospital, St. Michael's Hospital, St. Vincent's (Navan Road), St. Vincent's University Hospital, the Temple Street Hospital and the University Hospital Limerick.

This issue focuses on Mental Health, an issue which impacts everyone.

This issue we have included a number of YouTube videos—lectures for the healthcare professional and Mental Health Awareness for the public.



For the healthcare professional there is evidence-based information in the form of systematic reviews and clinical guidelines.

We also have "Health Bytes" nutritional information, patient

leaflets and a list of useful mental health websites for reference and for personal use.

We welcome your feedback and suggestions so please email us at HEAR@hslg.ie

Did you know? Fast facts on Mental Health

1 in 4 people in the world will be affected by mental or neurological disorders at some point in their lives. (*World Health Organisation, [Mental Health: New Understanding, New Hope](#)*)

Every year in Ireland, about 20,000 people are admitted to psychiatric hospitals and about 500 people commit suicide. (*Health Service Executive*)

Depression affects 1 in 5 older people. (*Mental Health Foundation UK*)

HEALTH AWARENESS

HSE: Mental Health patient information

<http://www.hse.ie/portal/eng/health/az/M/Mental-health/>

NHS Choices website: covers a variety of mental health topics.

<http://www.nhs.uk/Livewell/mentalhealth/Pages/Mentalhealthhome.aspx>

Canadian Mental Health Association: Resources to help stay mentally fit and healthy. <https://www.cmha.ca/mental-health/>

Stories from the press...

[One in five trainee doctors 'may need mental health support'](#),
by Paul Cullen, *Irish Times*, 30 April 2015

[Crazy good: How mental illnesses help entrepreneurs thrive](#),
by Matt McFarland, *Washington Post*, 29 April 2015

[Workers suffer in silence as chronic conditions not revealed to employer](#)
by Michelle McDonagh, *Irish Times*, Tuesday 24 March 2015

[Mental health: Where to find free or cheap counselling in Ireland](#)
by Kay Cairns, *Irish Examiner*, Thursday 19 March 2015

Helpful Websites:

[Bodywhys.ie](#) - supporting people affected by eating disorders.

[My1000hours](#) - explores ways to improve both emotional and physical fitness.

[Parentline.ie](#) – support, guidance and information on all aspects of being a parent.

[Reachout.com](#) – youth information website.

[Recover.ie](#) – database of information for persons with self-experience of mental ill health.

[Seechange.ie](#) – working for positive change to attitudes to mental health.

[Spunout.ie](#) – youth information website.

[Yourmentalhealth.ie](#) – a HSE-run website providing help and advice on all aspects of mental health.

Technology, Mental Health and Suicide Prevention in Ireland: A Good Practice Guide, has been launched by ReachOut Ireland. It is Ireland's first ever good practice guide for online mental health supports. It includes information on Data Protection and privacy policies, as well as guidance for the public on reviewing online resources.

Download a copy of the guide at <http://ie.reachout.com/guidelines>

HEALTH BYTES

Feeding minds: The impact of food on mental health.
<http://www.mentalhealth.org.nz/assets/ResourceFinder/Feeding-Minds.pdf>

Promoting Mental Health through Healthy Eating and Nutritional Care.
<http://www.dietitians.ca/Downloads/Public/Nutrition-and-Mental-Health-complete-2012.aspx>

Healthy eating and depression: How diet helps protect your mental health.
http://www.mentalhealth.org.uk/content/assets/PDF/publications/healthy_eating_depression.pdf

Healthy diet: Eating with mental health in mind.
<http://www.mentalhealthamerica.net/conditions/healthy-diet-eating-mental-health-mind>

BOOKS AND BIBLIOTHERAPY



[Flagging the problem: a new approach to mental health](#)
 by Harry Barry

[Coming through Depression](#)
 by Tony Bates

[Overcoming anxiety, stress and panic a five areas approach](#)
 by Dr. Chris Williams

[Tackling depression at work: a practical guide for employees and managers](#)
 by Kerrie Evers, Gordon Parker

[Mental illness in the workplace – psychological disability management](#) by H. Harder, S. Wagner and J. Rash,

[Overcoming anxiety: a self help guide using cognitive behavioural techniques](#)
 by Helen Kennerley

[Occupational therapy and mental health](#)
 by Jennifer Creek, Lesley Lougher

“We know that mental illness has no prejudice. It affects people of every race, age, gender, religion and economic status. We also know that every family in Ireland is dealing with mental health issues today. It is vital that we educate ourselves and our families on understanding mental health and on the importance of managing our mental health.”

Tom Maher, Director of Services, St. Patrick's Mental Health Services
<http://www.stpatricks.ie/stigma-associated-mental-health-issues-still-prevalent-society>

SUPPORT GROUPS

[Samaritans](#) - Find your local branch <http://www.samaritans.org/branches>

[Aware](#) – Find support group location <http://www.aware.ie/help/support/support-groups-locations/>

[Grow](#) – Find your local meeting at <http://grow.ie/blog/grow-meeting-map/>

RAPID ROUNDS

Journal articles

Perry et al. [The mental health of nurses in acute teaching hospital settings: a cross-sectional survey](#), BMC Nursing (2015) 14:15 DOI 10.1186/s12912-015-0068-8

Reeves, A. et al, [Economic shocks, resilience, and male suicides in the Great Recession: cross-national analysis of 20 EU countries](#), European Journal of Public Health (2015) 25 (3): 404-409 DOI: <http://dx.doi.org/10.1093/eurpub/cku168>

Systematic Reviews

Harrod, Curtis S, Cynthia W Goss, Lauran Stallones, and Carolyn DiGuseppi. [Interventions for Primary Prevention of Suicide in University and Other Post-Secondary Educational Settings](#). Cochrane Database of Systematic Reviews, No. 10 (2014). doi:10.1002/14651858.CD009439.pub2

Sin J, Jordan CD, Barley EA, Henderson C, Norman I, [Psychoeducation for brothers and/or sisters of people with severe mental illness \(SMI\)](#) Cochrane Database of Systematic Reviews, No. 5 (2015) , <http://dx.doi.org/10.1002/14651858.CD010540.pub2>

Ruotsalainen JH, Verbeek JH, Mariné A, Serra C, [Preventing occupational stress in healthcare workers \(Review\)](#), Cochrane Database of Systematic Reviews, No. 4 (2015) DOI: 10.1002/14651858.CD002892.pub5

Afia, A., Hall, I., Blickwidel, J. & Hassiotis, A., [Behavioural and cognitive-behavioural interventions for outwardly-directed aggressive behaviour in people with intellectual disabilities](#), Cochrane Database of Systematic Reviews, No. 4 (2015), DOI: 10.1002/14651858.CD003406.pub4

Mayo-Wilson, E. & Montgomery, P. [Media-delivered cognitive behavioural therapy and behavioural therapy \(self-help\) for anxiety disorders in adults \(Review\)](#). Cochrane Database of Systematic Reviews, No. 9 (2013), DOI: 10.1002/14651858.CD005330.pub4

Cox, GR, P Callahan, R Churchill, V Hunot, SN Merry, AG Parker, and Sarah E. Hetrick. [Psychological Therapies versus Antidepressant Medication, Alone and in Combination for Depression in Children and Adolescents \(Review\)](#). Cochrane Database of Systematic Reviews, No. 11 (2014). doi:10.1002/14651858.CD008324.pub3

Around 20% of the world's children and adolescents have mental disorders or problems. About half of mental disorders begin before the age of 14. Similar types of disorders are being reported across cultures.

Neuropsychiatric disorders are among the leading causes of worldwide disability in young people.

World Health Organisation

http://www.who.int/features/factfiles/mental_health/mental_health_facts/en/

Globally, more than 350 million people of all ages suffer from depression.

World Health Organisation, [Depression, Factsheet No. 369, October 2012](#)

GUIDELINES

NICE (2011). [Common mental health disorders: Identification and pathways to care. NICE clinical guideline 123.](#)

Available at <http://www.nice.org.uk/guidance/cg123>

Scottish Intercollegiate Guidelines Network (SIGN) (2012). [Management of perinatal mood disorders. SIGN clinical guidelines 127.](#) Available at <http://www.sign.ac.uk/pdf/sign127.pdf>

Department of Health (2010). [Working with the suicidal person: Clinical practice guidelines for emergency departments and mental health services](#), Mental Health, Drugs & Regions branch, Victorian Government, Department of Health, Melbourne, Victoria. Available at <http://www.health.vic.gov.au/mentalhealth/suicide/suicidal-person-book2010.pdf>

Lectures and talks



[‘Mental Health Matters: a guide to nurturing your mental health and to recognising and responding to signs of mental health problems’](#)

Helen Coughlan, Clinical Research Fellow, RCSI Department of Psychiatry

[“Towards a new understanding of mental illness”](#),

Thomas Insel, Director of the US National Institute of Mental Health

[The surprisingly dramatic role of nutrition in mental health](#),

Julia Rucklidge, Clinical psychologist, TEDxChristchurch

[“Cultural Psychiatry: Lecture #11 Models of Mental Health Services in Multicultural Societies pt 1”](#),

Dr. Laurence J. Kirmayer, Division of Social and Transcultural Psychiatry, McGill University.

[BSSR Lecture Series: PTSD Treatment and Prevention](#)

Barbara O. Rothbaum, Ph.D., ABPP, Emory University School of Medicine

Over 20% of adults aged 60 and over suffer from a mental or neurological disorder (excluding headache disorders) and 6.6% of all disability (disability adjusted life years-DALYs) among over 60s is attributed to neurological and mental disorders.

World Health Organisation, [Mental health and older adults, Factsheet No. 381, September 2013](#)

Continuing Professional Development

[Complicated Grief: Clinical Assessment and Evidence-Based Treatment, Two-Day Masterclass with Dr Kathy Shear, Professor of Psychiatry, Columbia University, NY, 18-19 June 2015, Irish Hospice Foundation](#)

[Mental Health in the Community, 1 year certificate course](#), commencing September 2015. Run by University College Cork. Available in Athlone, Cork, Dublin, Galway and Limerick.

HSELand Mental Health Hub: specifically for mental health professionals available at <https://www.hseland.ie/tohm/>

The NHS has a list of clinician-reviewed mental health apps available on http://apps.nhs.uk/apps/mental_health/?paged=all

Patient Education & Information



What is Mental Health?

<https://www.youtube.com/watch?v=aNQBdIMM3mQ>

Mental Health Awareness

<https://www.youtube.com/watch?v=wwn52-d6Sc0>

I had a black dog. His name was Depression,

<https://www.youtube.com/watch?v=XiCrniLQGYc>

TED talk: Ruby Wax: What's so funny about mental illness?

<https://www.youtube.com/watch?v=mbbMLOZjUYI>

Ditch The Monkey –Positive Health Campaign

<https://www.youtube.com/watch?v=OJDTkvlpFok>

Patient leaflets

Look after your mental health in tough economic times

http://www.nosp.ie/suicide_brochure.pdf

Look after yourself, look after your mental health: Information for Lesbian, Gay and Transgender People

<https://www.healthpromotion.ie/hp-files/docs/HSP00631.pdf>

Your mental health: Information booklet

<https://www.pna.ie/~pnaie/images/information-suicide.pdf>

Helping you understand anxiety, stress and depression

http://www.aware.ie/wp-content/uploads/2012/10/HYUASD_Bro_14_WEB_Singles-updated-brochure-Oct-2014.pdf

This month's issue was compiled by a collaborative group of health librarians. We are: **Joanne Callinan**, Milford Care Centre; **Marie Carrigan**, St. Luke's Radiation Oncology Network; **Bernadette Colley**, Temple Street University Hospital; **Isabelle Delaunois**, University Hospital Limerick, **Catherine Dillon**, HSE; **Grace Hillis**, Daughters of Charity Disability Support Services; **Aoife Lawton**, Dr. Steeven's Hospital; **Anne Madden**, St. Vincent's University Hospital; **Margaret Morgan**, Midland Regional Hospital Mullingar, **Niamh O'Sullivan**, Irish Blood Transfusion Service, **Caroline Rowan**, St. Michael's Hospital.