



INFORMATION OUTREACH

AWARE is the only mental health charity in Northern Ireland working exclusively to help those affected by depression and bipolar disorder.

Information Events

- AWARE raise awareness of depression and their services at various information events across Northern Ireland.
- AWARE promote a wide range of services at public and community events, conferences, libraries and health fairs.
- AWARE organise and deliver Public Talks on depression across Northern Ireland.
- AWARE deliver talks on depression and mental health and well-being to private, statutory, community and voluntary sector organisations.

Information Literature

Factsheets:

AWARE has a number of useful factsheets available that are downloadable from our website or can be sent by post.

Our 'Understand More' booklets include:

Depression, Depression for Carers, Bipolar Disorder, Depression in Later Years, Postnatal Depression, depression, self-harm and suicide, Young Peoples Mental health, looking after your mental health.

If you would like an AWARE stand at an event you are organising – please contact our support services team on info@aware-ni.org or visit www.aware-ni.org