



# When Irish Eyes Aren't Smiling

Living under a dark cloud  
isn't easy, as people of Irish  
origin know only too well.

If you, or someone you know,  
is feeling low there is  
help available.

**020 7272 7906**

LEEDS IRISH | care  
HEALTH & HOMES | culture  
community



Funded by



National Older People's  
Mental Health Programme

## When Irish Eyes Aren't Smiling

Living under a dark cloud isn't easy, as people of Irish origin know only too well.

Unchecked 'feeling a bit down' often develops into more serious depression. That's why it's important to seek help and support for yourself or your loved one.

Whether you're a carer or a family member you can learn to recognise the signs of depression and how to combat it.

If you, or someone you know, is feeling low or sad for no apparent reason there is help available.

Many Irish people feel vulnerable, lonely or isolated, especially in later life. Some of us feel there's no joy left in our lives, or lose interest in things we used to enjoy.

Children move away, a family bereavement or simply the worries of modern living piling up. The smile fades...

There are many reasons why depression can effect us. People try to cope with it alone. Seeking help is not a sign of weakness, please consult your GP.

**Constant sadness doesn't have to be your everyday experience.**

# Living with Depression

**icap is a charity that could help. It provides professional counselling and psychotherapy for the Irish community. Contact:**

**020 7272 7906**