

# HEADSUP

supporting U and  
your mental health

January - December 2022

Shortlisted for an Aontas STAR Award



795 Phone Conversations



96 hrs spent offering phone support

- 236 1:1 Counselling Sessions Provided
- 104 Online Peer Support Sessions facilitated
- 159 Hours of Group Work facilitated
- 1 Online 12 week programme completed
- 3 Pilot Women's mini programmes completed
- 2 Face to face 12 week men's programmes
- 1 Student Placement offered to Past Participant

SUPPORTS  
OFFERED



164 MEN & 25 WOMEN SUPPORTED

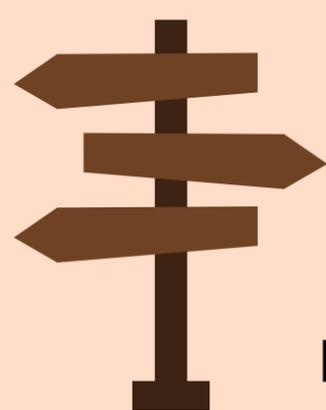
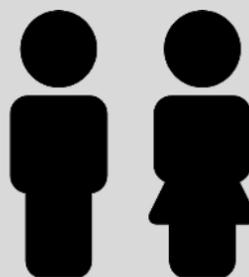
CURRENT, PAST PARTICIPANTS & NEW REFERRALS

*"I am more confident & self-aware. The sessions have really benefitted me."  
Female Participant*

Supporting Men & Women from:

- Athy
- Blessington, Ballymore Eustace
- Castledermot, Celbridge, Clane
- Hollywood
- Inch
- Kilcock, Kilcullen, Kildangan, Kildare Town, Kill
- Maynooth, Moone
- Naas
- Newbridge
- Sallins

*"HEADSUP helped me to realise that I was not alone and that issues with mental health can affect people in many ways".  
Male Participant*

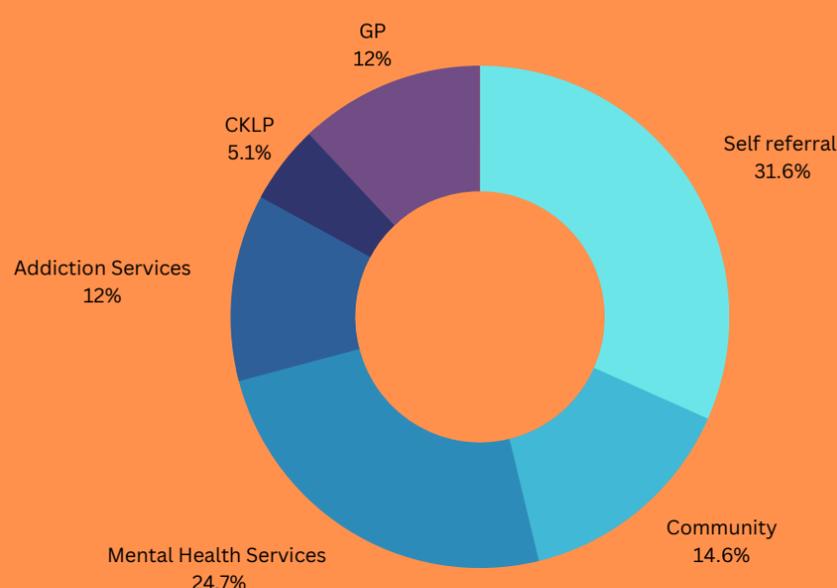


731 job  
opportunities in  
Kildare  
signposted to  
past participants



Over 154,000  
people reached  
and 2,100  
engagements

Referrals from



MANAGED BY:

- 1 Fulltime Programme Coordinator
- 1 Fulltime Facilitator
- 1 Part time Administrator
- 1 Contracted Co-facilitator
- 2 Volunteer Peer Supporters
- 1 Student Peer Supporter

