



Pieta provide professional one-to-one therapeutic services to people who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide. All services are provided free of charge and no referral is needed.

- Call free **1800 247 247**
- Text **HELP to 51444**

GP and Emergency Supports

The supports offered by various agencies listed above and overleaf are for individuals who are feeling worried or anxious about their mental health. For people who have complex mental health needs, access to help continues to be through your GP or health centre or hospital emergency services as detailed below.

GP and health centres

- A GP can offer support and advice around a range of mental health issues including feelings of sadness, anxiety, self-harm and psychosis. A GP can tell you about supports in your community and also refer you to counselling or to a mental health service
- Find a service near you on the HSE website: www2.hse.ie/services/find-a-gp/
- Or contact the Out of Hours service by searching here: www2.hse.ie/Apps/Services/GpOutOfHours.aspx

Hospital emergency services

Go to or call the emergency department of your local general hospital.

Telephone emergency services

You can contact emergency services on **999** or **112**.



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YourMentalHealth.ie

provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners.

You can also call the **freephone YourMentalHealth Information Line** to find supports and services

1800 111 888

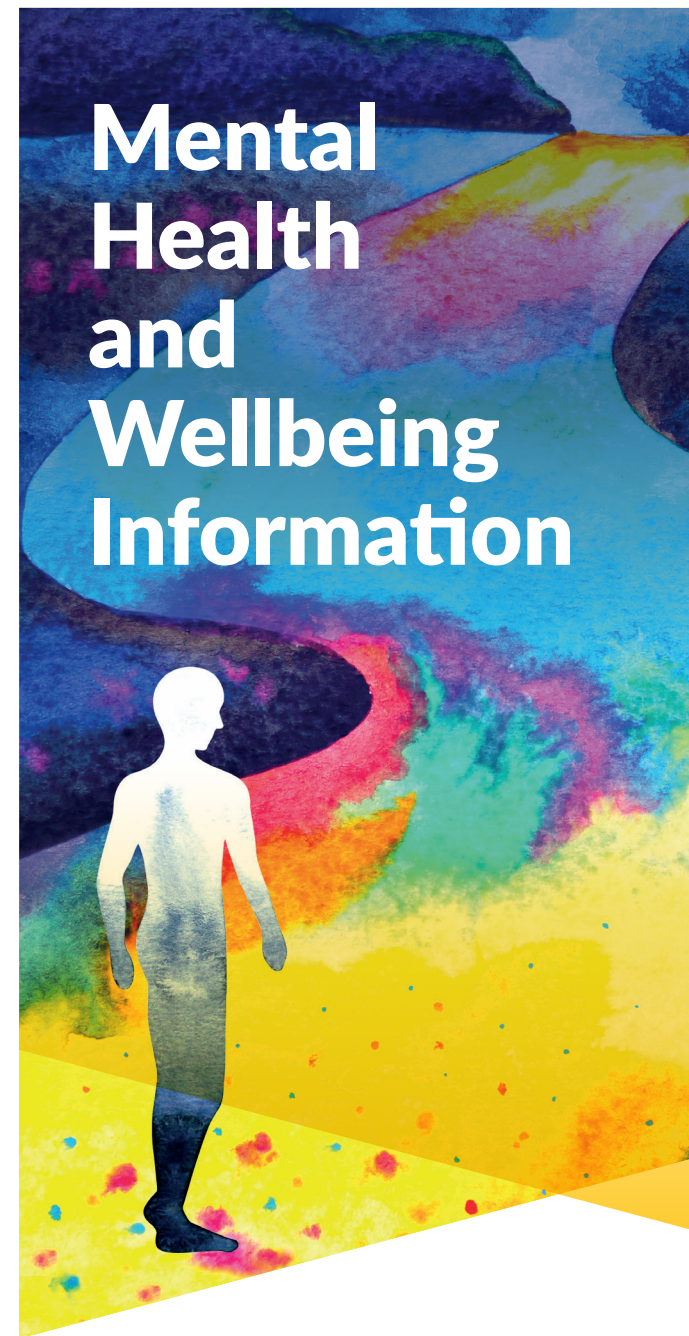
(any time, day or night)

"It's okay not to be okay, and it's also okay to ask for help."



Mary Butler T.D.

Minister of State for Mental Health and Older People



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Government of Ireland

Mental Health and Wellbeing Information

A small number of projects to support mental health are listed here. There are many additional mental health supports listed on the HSE website or supports can be found by calling the freephone number (details on back of leaflet).

Childline

Childline (ISPCC)

- Ireland's 24-hour national listening service for young people up to the age of 18
- Freephone **1800 666 666** (any time, day or night)
- Text **50101** (from 10am to 4pm every day)
- Chat online at www.childline.ie (from 10am to 4pm every day)



BeLonG To Youth Services

- BeLonG To provide support for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland between the ages of 14 – 23 years
- Text LGBTI+ to **086 1800 280** to chat in confidence with a trained crisis volunteer (anytime day or night, standard SMS rates may apply)
- Visit www.belongto.org for more information

JIGSAW Young people's health in mind

Jigsaw is a mental health charity focused on providing expert advice and support, online and in person, to young people across Ireland aged 12 - 25 years-old.

- Find a Jigsaw near you by visiting jigsaw.ie/services
- Talk to one of our team through 1:1 Live Chat by visiting jigsaw.ie/livechat
- Contact our support line on freefone **1800 JIGSAW (544729)** (1pm to 5pm Mon to Fri)
- Text **CALL ME to 086 180 3880** and one of our team can call you back when it suits you
- Visit jigsaw.ie for more information or email help@jigsaw.ie



- Barnardos provide a national telephone support service for parents, in response to the challenges they are facing during the Covid-19 pandemic. Freephone **1800 910 123** (from 10am to 2pm, Monday to Friday)
- Barnardos also provides a children's bereavement helpline service, for all members of the public telephone **01 473 2110** (from 10am to 12pm, Monday to Thursday). Referrals will be accepted for children up to the age of 18 who have parental/carer's consent



- SpunOut.ie provides a wide range of articles and information for young people aged 16 – 25 years, on many different topics, including mental health
- Free-text **SPUNOUT to 50808** to chat anonymously to a trained volunteer 24/7
- Visit www.spunout.ie for more information



- Aware undertakes to create a society where people affected by stress, depression, bipolar disorder and mood-related conditions are understood, supported, free from stigma, and are encouraged to access appropriate therapies
- Free phone **1800 804848** or email supportmail@aware.ie

SAMARITANS

- Freephone **116 123**
- The Samaritans telephone service is available 24 hours a day. For confidential, non-judgmental support email jo@samaritans.ie
- Visit www.samaritans.ie for details of the nearest branch



MyMind provides free online and phone supports, psychotherapy services for children, adolescents and adults under the **COVID-19 project**. Clients of age 16 and above can use free-of-charge online counselling.

If you would like to book an appointment you can do so by contacting MyMind through email at hq@mymind.org or calling the office at **0766 80 10 60** (9am - 5pm). For more information, please visit www.mymind.org

text about it

50808

50808 is a first of its kind for Ireland: a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small. From breakups or bullying, to anxiety, depression and suicidal feelings, crisis volunteers are available 24/7 for anonymous text conversations. Start a conversation by free-texting the word **HELLO to 50808** any time, day or night



Shine provides information and support through regional offices and offers counselling and support to individuals living with mental illness and their families and carers. If you are in distress or seeking information you can contact Shine at any time for confidential support at phil@shineonline.ie



Turn2Me are a community of fully qualified and accredited mental health professionals working online to provide a high quality, safe, anonymous and confidential space for you to gain support - wherever you are, whenever you need it, for whatever you are going through. Counselling options for individuals, couples and young people aged 12-17 offered. Log on to www.turn2me.ie