



Support helplines

Supports	Website	Contact
CAMHS	CAMHS.ie	Freephone: 1800 700 700
Childline	Childline.ie parentline.ie	Free phone 01 522 4300
Jigsaw	Jigsaw.ie	
Samaritans	Samaritans.ie	Free Phone: 116 123
Family Resource Centre	Familyresource.ie	
Pieta House	Pieta.ie	Free phone: 1800 247 247
HSE	Yourmentalhealth.ie	Free phone: 1800 700 700
ISPCC	ISPCC.ie	Free phone :01 234 2000
Spunout	Spunout.ie	
Body Why - Eating Disorders	Bodywhys.ie	

UK Supports	Website	Contact
NSPCC UK	nspcc.uk	Help for adults concerned about a child Call us on 0808 800 5000
Childline UK	Childline.uk	Free phone 0800 1111
National Children Bureau	ncb.uk	
NHS	NHS.uk	
Shout	Shout.co.uk	Text Shout to 85258