

National Organisations and Helplines

Relationships

Accord

Phone: 01 505 3112

Website: www.accord.ie

Services: Marriage and relationship counselling.

Relate

Phone: 01 678 5256 **Website:** www.relate.ie

Services: Relationship counselling and mediation services.

Women's Aid

Phone: 1800 341 900 (24-hour national helpline)

Website: www.womensaid.ie

Services: Support for women experiencing domestic violence.

Dublin Rape Crisis Centre

Phone: 1800 77 88 88 (24-hour helpline)

Website: www.drcc.ie

Services: Support for women (and men) affected by sexual violence.

Men

Men's Aid Ireland

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Phone: 01 554 3811

Website: www.mensaid.ie

Services: Support for men experiencing domestic violence.

Men's Health Forum in Ireland (MHFI)

Website: www.mhfi.org

Services: Promoting men's health and well-being.

LGBTQIA+ Communities

LGBT Ireland

Phone: 1800 929 539

Website: www.lgbt.ie

services: Support for LGBTQIA+ individuals, including a helpline and online chat.

Belong To

Phone: 01 670 6223

Website: www.belongto.org

Services: Support for LGBTQIA+ youth.

TENI (Transgender Equality Network Ireland)

Phone: 01 873 3575

Website: www.teni.ie

Services: Support for transgender individuals

Mental Health

Aware.ie

Free support, education and information services to people impacted by anxiety, depression, bipolar disorder and related mood conditions. Support is also available for friends and family members. Freephone: 1800 80 48 48, 10am to 10pm every day

GROW.ie

Infoline: 1890 474 474

Peer support groups for people experiencing mental health difficulties.

Helplink

Support Services is a non-profit organisation providing counselling and conflict resolution services online nationally and internationally and face-to-face (Galway). Qualified, insured and Garda-vetted counsellors are available 7 days a week with a set fee structure based on employment status. helplinksupport@helplink.ie or Ph: 0818 99 88 80

Mental Health Ireland.ie

Mental Health Ireland. There are 103 Local Mental Health Associations affiliated to Mental Health Ireland. Mental Health Ireland supports local associations by providing information and training. The website contains general information about mental health, support and services and training events

MyMind

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MyMind provides multilingual counselling and psychotherapy services, both online and face-to-face. Clients can self-refer and appointments are within 72

hours. Fees are based on employment status, offering the unemployed or students affordable services. Tel: 0818 500 800

Positive Options

Positive Options is a state-funded programme that promotes crisis pregnancy counselling services and provides information. Freetext 'list' to 50444 for a list of crisis pregnancy counsellors.

ReachOut

ReachOut.com provides user-friendly mental health information for young people; encourages help-seeking, signposts and explains services and promotes positive mental health. The service is delivered by a dedicated team of online communicators and moderators.

See Change

See Change the National Mental Health Stigma Reduction Partnership is working to bring positive change in public attitudes and behaviour towards people with mental health problems.

Shine.ie

Shine supports people with mental ill health and their families and friends. The information helpline provides general information, a listening ear and specific information about Shine services. Emails received are viewed and responded to by trained psychotherapists, within a 24 hour period between Monday and Friday. The service is confidential. Information helpline: 1890 621 631 (Monday- Friday, 9am to 4pm). Email support: phil@shine.ie

SpunOut.ie

SpunOut.ie - health information for young people, including mental health, sexual health, exam stress and general lifestyle information with an extensive online directory of available supports and services.

Wellness and Recovery Action Planning

WRAP® is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. A number of organisations facilitate WRAP programmes including Saint John of God Hospital, Saint Patrick's Mental Health Services and Suicide or Survive.

Wellness Workshop

An online resource to help your journey to wellness

Irish Hospice Foundation

Grief support

Samaritans Ireland

Helpline: 116 123 (24/7)

Confidential emotional support for people experiencing distress or despair.

Pieta House

pieta.ie

Helpline: 1800 247 247 (24/7) or text HELP to 51444

Free therapy for those engaging in self-harm, with suicidal ideation, or bereaved by suicide.

Jigsaw.ie

Services: Mental health support for young people aged 12-25, including face-to-face services, online chat, and resources for parents.

Childline.ie (ISPCC)

Helpline: 1800 66 66 66 (24/7)

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Free, confidential support service for children and young people up to the age of 18.

HSE.ie/mentalhealth (Health Service Executive)

Public mental health services including community mental health teams, crisis intervention, and inpatient care.

YourMentalHealth.ie

Information on mental health supports, services, and how to look after your mental health.

Mental Health Reform

Website: mentalhealthreform.ie

Advocacy and policy development for improved mental health services.

Crisis Support and Emergency Services

Emergency Services

Contact: 112 or 999

Immediate assistance in case of a mental health crisis.

Alcoholics Anonymous Ireland

Website: alcoholicsanonymous.ie

Helpline: 01 842 0700

Services: Support and resources for individuals struggling with alcohol addiction, including meetings and literature.

Problem Gambling Ireland

Website: problemgambling.ie

Helpline: 089 241 5401

Services: Confidential support and counselling for individuals and families affected by problem gambling.

Gamblers Anonymous Ireland

Website: gamblersanonymous.ie

Helpline: 01 872 1133

Services: Peer support groups and meetings for those struggling with gambling addiction.

Sex and Love Addicts Anonymous (SLAA) Ireland

Website: slaa.ie

Helpline: 086 893 3796

Services: Support groups and resources for individuals struggling with pornography and other sexual addictions.

Sex Addicts Anonymous (SAA) Ireland

Website: saa-recovery.org

Services: Fellowship of men and women who share their experience, strength, and hope to help each other recover from sex addiction, including pornography addiction.

HSE Drugs and Alcohol Helpline

Website: drugs.ie

Helpline: 1800 459 459

Services: Information and support on drug and alcohol-related issues, including referral to local services.

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Turn2Me

Website: turn2me.org

Services: Online support groups and one-to-one counselling for various mental health issues, including addiction.

Bodywhys – The Eating Disorders Association of Ireland

Website: bodywhys.ie **Helpline:** 01 210 7906

Email Support: alex@bodywhys.ie

Text Support: 087 959 9873 (standard SMS rates apply)

Helpline: Provides confidential support and information.

Support Groups: Offers face-to-face and online support groups for people with eating disorders and their families.

Email Support: Confidential email support service.

Online Support Groups: Online support meetings through Bodywhys Connect and Bodywhys YouthConnect.

Resources: Information and resources on eating disorders, including booklets and guides for individuals, families, and professionals.

Education and Training: Workshops and training sessions for schools, healthcare professionals, and community organisations.