

## **Aware**

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**

Helps people who are experiencing mental health problems. Infoline: 1890 474 474

## **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](mailto:helplinksupport@helplink.ie) or Ph: 0818 99 88 80

## **HSE**

Information on mental health services.

## **Mental Health Ireland**

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, supports and services and training events.

## **MyMind**

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 upon employment status, offering the unemployed or students affordable services. Tel: 0818 500 800

### **Positive Options**

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

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 by 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 support 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**

Wellness Workshop: online resource to help your personal journey to wellness