

Accessible National Supports for Mental Health

24th Mar 2020. Please send updates to Local.engagement@HSE.ie

For Everybody

HSE Telephone Helpline

- Information on all public and partner services
- Your Mental Health Information Line Freephone: **1800 111 888** at any time

Samaritans

- Emotional support to anyone in distress or struggling to cope
- Freephone **116 123** (any time, day or night)
- Email jo@samaritans.ie

Pieta House

- Pieta House provides telephone and text-based support counselling for people who are suicidal or engaging in self-harm
- Freephone **1800 247 247** (any time, day or night)
- Text **HELP** to **51444** (standard message rates apply)
- Telephone appointments will be provided to replace face to face appointments - [contact your local Pieta House](#) for details

Bodywhys Online Support

- Support for people who are affected by eating disorders including for friends and families. Online support groups are continuing as normal.
- Visit www.bodywhys.ie or email alex@bodywhys.ie

Turn2me

- Self Help, support groups and professional support
- <https://www.turn2me.ie/page/getting-started>

APP: Headspace

[Headspace](#) is a well-known mobile app that teaches meditation and mindfulness skills. Map your journey, track your progress, and reap rewards in your overall health and wellbeing. You can even 'buddy up' with friends and motivate each other. Get it in the [App Store](#) or on [Google Play](#)

For Adults

GROW Mental Health Recovery

- Information line **1890 474 474**
- Visit www.grow.ie or email info@grow.ie while peer support groups are postponed

Aware Support Line

- Information and support to anyone over 18 about issues relating to their own mood or the mood of a friend or family member, or who experiences depression or bipolar.
- Freephone Support Line **1800 80 48 48** (from 10am to 10pm every day)
- [Life Skills Online Programme](#) continuing as normal
- Email supportmail@aware.ie for services information and support

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For Adults, Continued

Suicide or Survive (SOS)

- A series of free online wellness workshops and programmes are available from SOS
- Visit [Suicide or Survive](#) for more information

Shine

- Shine are currently providing a remote support and outreach service to people who use Shine services by phone and email.
- Visit www.shine.ie or email phil@shine.ie

Mental Health Ireland

- Information and support for people who experience mental health difficulties
- Information line **(01) 284 1166** (from 9am to 5pm Monday to Friday)
- Visit www.mentalhealthireland.ie or email info@mentalhealthireland.ie

Family Carers Ireland

- Confidential, friendly and supportive Careline. Freephone 1800 24 07 24

Exchange House Ireland National Traveller Mental Health Service

- Telephone and online services and supports are available while face to face and group services have stopped
- Call **01 8721094** (& press 1) for support, help or advice (from 9am to 5pm Mon to Fri)
- Visit www.exchangehouse.ie

LGBT Ireland

- LGBT+ Helpline **1890 929 539** (every day)
- Gender Identity Family Support Line **01 907 3707**
- Email info@lgbt.ie for support or information while face to face services are closed
- A 7/7 instant messaging service from 6:30pm to 10pm Mon – Thu, from 4pm to 10pm Fri, and from 4pm to 6pm on Sat & Sun

Turn2Me

- Free online counselling and online support groups for people over 18
- Visit www.turn2me.org

Helplink

- Free and low cost online counselling and online support
- Visit www.helplink.ie

MyMind

- Online counselling service. 15 Languages. Reasonably priced.
- Visit www.mymind.org or email hq@mymind.org

Wider reading and resources

Overcoming

- UK Website with great resources and links to books to buy
- Visit www.overcoming.co.uk/

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For Young People

Jigsaw

- Mental health information and a Q&A service for young people, their parents and guardians, and those who work with young people. Jigsaw also offer an online group chat service.
- Visit www.jigsawonline.ie

Spunout

- SpunOut.ie is Ireland's youth information website created by young people, for young people. Text SPUNOUT to 086 1800 280 to get started. Standard SMS rates apply.
- Visit www.Spunout.ie

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 Text Support

- BeLonG To provide support for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland
- Text **LGBTI+** to **086 1800 280** to can chat in confidence with a trained crisis volunteer (anytime day or night, standard SMS rates may apply)
- While face to face services are closed, information, referral and advice will be provided digitally, by email, SMS, phone call or video conference
- Visit www.belongto.org

APP: Clear Fear

[Clear Fear](#) is an app developed for teenage mental health charity Stem4 which uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change.

- Get it in the [App Store](#) or on [Google Play](#)

APP: Mindshift (by Anxiety Canada)

A user-friendly self-help tool based on proven scientific strategies, [MindShift CBT](#) teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check in each day to track their anxiety and work with tools in the app. Get it in the [App Store](#) or on [Google Play](#)

For Older People

Alone

- Alone provide a COVID-19 support line for older people
- Telephone **0818 222 024** (from 8am to 8pm Monday to Friday)
- Visit www.alone.ie