



# We are extending our services to **young people and families**

**Free, professional, confidential support online, by self-referral for parents, couples and young people aged 12-17**



## Services Include

Professional Counselling Online  
24/7 Moderated Peer Support  
Mood Diary  
Live Chat Support Groups

**For more information please visit [turn2me.ie](https://turn2me.ie) or email [info@turn2me.org](mailto:info@turn2me.org)**

SUPPORTED BY:



An Roinn Sláinte  
Department of Health

**SláinteCare.**  
Right Care. Right Place. Right Time



**HE** Building a Better Health Service

Seirbhís Sláinte  
Níós Fearr  
á Forbairt

 National Office for  
Suicide Prevention