



Log-on for information sexual health and unplanned pregnancies

REACH OUT.COM

An online youth mental health service providing support, information and real life stories

Blanchardstown Travellers
01 8027812

HE 24/7 Free text service '50808'

Cairde
Challenging ethnic minority health inequalities

Cairde is an organisation working to tackle health inequalities among ethnic minority communities. Provides information and advice provision on health services, rights, entitlements and general information.
Email: balbriggan@cairde.ie
01 8020785

Samaritans
24-hour helpline
116 123

Childline 24 hour
Helpline 1800666666

BODYWHYS

The Eating Disorders Association of Ireland

Support for 13-18 year olds and their families affected by eating disorders. Offers services such as support groups, email and online support
Helpline: 1890 200 444
E-Mail Support
Service alex@bodywhys.ie
www.bodywhys.ie



North Dublin Regional Drug and Alcohol Task Force
01-2233493

SPUNOUT.ie

SpunOut.ie is Ireland's youth information website created by young people, for young people. You can find out ways to get involved plus information on a range of different topics broken down into sections; education, employment, health,

LGBT Helpline 1890 929 539

Pieta
Provides 1-to-1 therapeutic service for young people at risk of self-harm or suicide. mary@pieta.ie www.pieta.ie
(01) 883-1000 / (01) 8840532
(24/7 helpline) 1800-247-247
Text help to 51444

Daughters of Charity
Child & Family Service
Balbriggan Family Centre
Unit 7, Level 1, Millfield
Shopping Centre, Balbriggan
Phone: (01) 841 4122

Drugs, Alcohol and HIV
Helpline
000 459 081

Garda Confidential Line
1800 666 111

myoptions.ie
Free unplanned pregnancy support service
Call 1800 828 010



Call: 01-8249590
info@bldatf.ie

Skerries Youth Support
A Beacon of Light
There is Support in Sight
A signposting service for young people and their families 086 7815072

JIGSAW
Young people's health in mind
Free 1-1 support service for 12-25 year olds who wish to speak to someone about concerns or mental health issues
northfingal@jigsaw.ie
01-9603020
dublin15@jigsaw.ie
01-890 5810



LITTLE THINGS CAN MAKE A BIG DIFFERENCE

Gay Switchboard Ireland
01 872 1055
ask@gayswitchboard.ie

TUISLA
An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency
Helping children, 0-18yrs, and their families. Phone 01-8708000

Swords Baldoyle Youth Service
17 Main Street Rear, Swords
(01) 840 5100

Crosscare Teen Counselling
Free, private and confidential support for teens and their parents
01-5574705
Monday to Friday 9am - 5pm

Foróige youth service has a range of clubs, groups & cafes for all young people from 10 to 18yrs + All young people from Fingal You are always welcome to attend:
Blanchardstown 01 8212012 / 01 8212077
Balbriggan 086-7710790

1800 833 634
TeenLine IRELAND
Teenagers and young adults to connect, talk and get help.
Free Text Service
Text 'TALK' or 'TEEN' to 50101
Open from 10am-4pm daily

BeLONg To Youth
Support for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 & 23
Email: info@belongto.org
01 670 6223. www.belongto.org/



Let's get talking

Changing minds about mental health
One conversation at a time