

Pavee Mental Health Supports

It's normal to feel worried, stressed and scared about what's happening with COVID 19 (Coronavirus) at the moment- but there are supports out there to help.



If you are worried or finding it difficult to cope
this free helpline is open day or night
Samaritans 116 123

Free 24/7 professional helpline for people at risk of suicide
and self-harm and those bereaved by suicide
Pieta House 1800 247 247

If you are feeling depressed or anxious
Aware 1800 80 48 48

Teen-Line Ireland
1800 833 634

Traveller Counselling Service
0863081476 or email info@travellercounselling.ie

Exchange House Ireland National Traveller
Mental Health Service (9am - 5pm, Monday to Friday)
Call 01 8721094 (then press 1) for support, help or advice

Turn2MeFree online counselling and online support groups
for people over 18
Visit www.turn2me.org

MyMindOnline counselling service
Visit www.mymind.org or email hq@mymind.org

