

# Aged between 12-25 Need to talk? Support is available

## If you are in crisis

• Please contact your local GP •

### Out Of Hours

Contact Doc-on-Call Service  
1800 777 911

OR YOUR NEAREST  
EMERGENCY DEPARTMENT



**SAMARITANS**

Free-phone 24/7 on **116 123**

Text **087 2609090**

Email: [jo@samaritans.ie](mailto:jo@samaritans.ie)



**Childline**

Chat online 24/7 @[childline.ie](http://childline.ie)

Freephone 24/7 1800 666 666  
up to age 18 years



**pieta**

Call **1800 247 247**

Email: [info@pieta.ie](mailto:info@pieta.ie)



**BODYWHYS**  
The Eating Disorders Association of Ireland

Helpline service:

01-2107906

E-mail Support Service:

[alex@bodywhys.ie](mailto:alex@bodywhys.ie)

(13 yrs and over)



**LGBT IRELAND**  
For Inclusion  
For Equality  
For Everyone

Tel: 1800 929 539

Email: [info@lgbt.ie](mailto:info@lgbt.ie)

Aged 18 and over



**DRUGS.ie**  
Drug and Alcohol Information and Support

Drug & Alcohol

Helpline: 1800 459 459

Email: [helpline@hse.ie](mailto:helpline@hse.ie)

Text: 50101



**JIGSAW MEATH**  
Young people's  
health in mind

JIGSAW Meath provides advice  
and support to young people  
aged 12–25 years old.

Phone 046-9071702 or email  
[meath@jigsaw.ie](mailto:meath@jigsaw.ie) or [www.jigsaw.ie](http://www.jigsaw.ie)



**RAPE CRISIS  
NORTH EAST**

**FREEPHONE HELPLINE**

1800 778888

OFFICE 042 933 9491

Aged 14 and over



**spunout**  
**text about it**

Text About It is a free 24 hour  
anonymous messaging service  
providing immediate support for  
people's mental health and  
emotional wellbeing.

Tex: Hello to 50808

Website: [www.textaboutit.ie](http://www.textaboutit.ie) or  
<https://spunout.ie>



**EXCHANGE HOUSE IRELAND**  
National Travellers Service

National Traveller Support Service

Web [www.exchangehouse.ie](http://www.exchangehouse.ie)

Phone +353 1 872 1094



**Outcomers**  
LGBT+ SUPPORT SERVICE

[outcomers.org](http://outcomers.org)

Phone +353 42 9329816

For further information on supports and counselling  
[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie), [mymind.org](http://mymind.org) or [turn2me.ie](http://turn2me.ie)

