



24/7 CRISIS INTERVENTION

Pieta provides free individual counselling, therapy and support for people who have been bereaved by suicide and for people who are thinking about suicide.

24 Hour Free Phone Helpline:

1800 247 247

Text: HELP to 51444

Website: www.pieta.ie

Samaritans provide emotional support to anyone who is struggling to cope and needs someone to listen.

Local branches can be visited during the day.

24 Hour Free Phone Helpline:

116 123

Email: jo@samaritans.ie

Website: www.samaritans.ie

Text 50808 is Ireland's free 24 hour anonymous messaging service for people in crisis.

Text: YMH to 50808

Website: www.text50808.ie

YOUTH

Childline is Ireland's 24 hour national listening service for young people aged up to 18 years.

24 Hour Free Phone Helpline:

1800 666 666

Text: TALK to 50101

Website: www.childline.ie

Jigsaw offer expert mental health advice and support, online and in person, to young people across Ireland, aged 12 - 25 years-old.

Website: www.jigsaw.ie

Teenline is a national active listening service for children and young people up to 18 years.

Call Free: 1800 833 634

Website: www.teenline.ie

Spunout is a youth information website created by young people for young people aged 16 -25 years.

Website: www.spunout.ie

BEREAVEMENT

Barnardos Helpline offers information and support relating to bereavement from 10 am to 12 pm Monday to Thursday.

Helpline: 01 473 2110

Website: www.barnardos.ie

Irish Hospice Foundation Bereavement Support Line

is a national bereavement support service available Monday to

Friday, 10am to 1pm.

Helpline: 1800 807 077

Website: www.hospicefoundation.ie/oursupports-services/bereavement-losshub/

Pieta Suicide Bereavement Liaison Service

Anyone affected by suicide may contact the Suicide Bereavement Liaison Officer, who can arrange to meet, provide an opportunity to talk, give information and guidance to access supports.

Tel: 085 870 6591

Email: maria.mcbrien@pieta.ie

Website: www.pieta.ie

ONLINE SUPPORT

Yourmentalhealth.ie provides a comprehensive guide to mental health supports and services available in Ireland.

24 Hour Free Phone Information

Line: 1800 111 888

Website: www.yourmentalhealth.ie

SilverCloud Health online CBT

Internet-based Cognitive Behaviour Therapy (iCBT) can be effective for people with anxiety or depression. The service is for people over the age of 18 and requires a GP referral

Website: www.silvercloudhealth.com/ie/hse?hs_preview=KNHOXhdN-51870591266

Turn2Me

Free online counselling and online support groups for young people (aged 12 to 17) and adults. Peer support groups for frontline workers and professionals.

Visit: turn2me.ie

MyMind

Online counselling service including free appointments for people directly affected by COVID-19.

Contact: hq@mymind.org

Visit: mymind.org