

- All services are provided free of charge and no engage in self-harm, and those bereaved by suicide. services to children and young people, as well Pieta provides professional one-to-one therapeutic as adults, who are in suicidal distress, those who referral is needed
- Call freephone 1800 247 247 any time day or night
- Text HELP to 51444 (standard message rates apply)
- Visit www.pieta.ie for more information

GP and Emergency Supports

also continues to be available through your GP or health and overleaf are for children and young people who are centres, or hospital emergency services, where needed, as feeling worried or anxious about their mental health. Help The supports offered by various agencies listed above detailed below:

GP and health centres

- A GP can offer support and advice around a range to counselling or to a mental health service anxiety, self-harm and psychosis, A GP can tell you of mental health issues including feelings of sadness about supports in your community and also refer you
- Find a service near you on the HSE website:
- www2.hse.ie/services/find-a-gp/
- Or contact the Out of Hours service by

www2.hse.ie/Apps/Services/GpOutOfHours.aspx

Hospital emergency services

general hospital. Go to or call the emergency department of your local

Telephone emergency services

You can contact emergency services on 112 or 999

YourMentalHealth.ie

all mental health supports and services that are provides information and signposting or available nationally & locally provided

YourMentalHealth Information Line You can also call the freephone to find supports and services

1800 111 888

(any time, day or night

"It's okay not to be okay, and it's also okay to ask for help."



Mary Butler T.D.

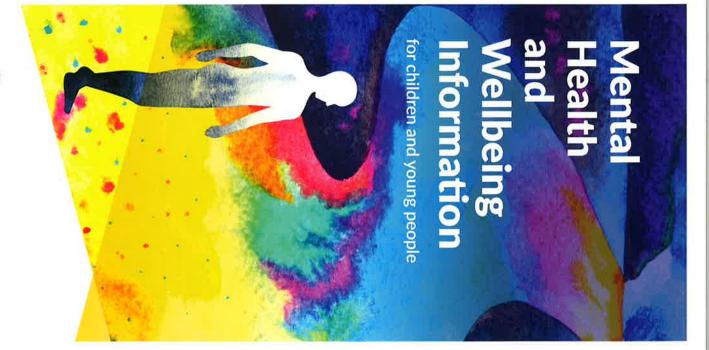
Minister of State for Mental Health

and Older People





Rialtas na hÉireann Government of Ireland







Government of Ireland Rialtas na hEireann

Mental Health and Wellbeing Information

A small number of services to support child and youth mental health are listed here. There are many additional mental health supports listed on www.yourmentalhealth.ie or supports can be found by calling the freephone number 1800 111 888.

Childline

- Childline can be contacted by any child or young person, any time day or night
- Freephone 1800 66 66 66
- Text **50101**
- Chat online at www.childline.ie



- BeLonG To provides support for lesbian, gay, bisexua transgender, and intersex (LGBTI+) young people in Ireland between the ages of 14 23 years
- Text LGBTI+ to 086 1800 280 to chat in confidence with a trained crisis volunteer (anytime day or night, standard SMS rates may apply)
- Visit www.belongto.org for more information

JIGSAW Young people's health in mind

- Jigsaw is a mental health charity focused on providing expert advice and support, online and in person, to young people across Ireland aged 12 25 years-old Find a Jigsaw near you by visiting
- Find a Jigsaw near you by visiting
- www.jigsaw.ie/services
- Talk to one of the team through 1:1 Live Chat by visiting www.jigsaw.ie/livechat
- Visit www.jigsaw.ie for more information



- Barnardos provides a children's bereavement helpline service for all members of the public
- Telephone **01 473 2110** (from 10am to 12pm, Monday to Thursday). Children must be referred to the Children's Bereavement Service. Referrals will be accepted from anybody who has the consent of parents/carers



SilverCloud

- The HSE has partnered with SilverCloud Health to provide online cognitive behaviour therapy (CBT) which can help people experiencing depression and anxiety in Ireland
- Delivered by clinical staff, online CBT is available through referral from Primary Care Psychology, the National Counselling Service, Jigsaw and GPs across Ireland
- Referrals can be made for young people 18+
- Once referred to the programme you can start accessing support within 24 hours

SAMARITANS

- Samaritans is available any time day or night for support
- Freephone 116 123
- Email jo@samaritans.ie
- Visit www.samaritans.ie for more information or for details of your nearest branch

HODY WHY YS

- Bodywhys provides a range of services (helpline, support groups, online groups, email and family programmes) for adults and young people with eating disorders, and their families
- Helpline 01 2107906 Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm
- Contact alex@bodywhys.ie for support
- Visit www.bodywhys.ie

Mind Science for Principles

- MyMind provides a range of counselling and psychotherapy services online, and face-to-face across the country.
 Services are available for children, adolescents, adults, couples and families in 18 different languages
- Free online counselling is available for anyone (18+) impacted by the COVID-19 pandemic
- Call 076 680 1060
- Email hq@mymind.org
- Visit www.mymind.org for more information

text about it

- 50808 is a first of its kind for Ireland: a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis big or small. From breakups or bullying, to anxiety, depression and suicidal feelings, crisis volunteers are available 24/7 for anonymous text conversations
- Text HELLO to 50808 anytime day or night
- Visit www.text50808.ie for more information

spunout

- SpunOut.ie provides a wide range of articles and information for young people aged 16 25 years, on many different topics, including mental health
- Free-text **SPUNOUT to 50808** to chat anonymously to a trained volunteer 24/7
- Visit www.spunout.ie for more information



- Turn2Me provides a wide range of innovative mental health peer support, group support and counselling services, all easily accessible online
- Visit www.turn2me.org for more information