

# SUPPORT OPTIONS

2020



## **HSE**

Callsave: 1850 24 1850

Phone: 041 6850300

Monday to Friday: 8am - 8pm

Saturday and Sunday: 10am - 5pm

HSE 24/7 Mental Health Information Line: 1800 111 888

Web-page :HSE Mental Health Supports and Services  
During COVID-19

## **EMERGENCY SERVICES**

CALL: 999 or 112

## **FAMILY RESOURCE CENTRES**

Providing local support to over 120 communities. For more information, contact your local Family Resource Centre.

[www.familyresource.ie](http://www.familyresource.ie)

## **AWARE**

A free support line available to anyone(18 years +), who is seeking support and information about issues relating to their own mood or the mood of a friend or family member, or who experiences depression or bipolar disorder. 7 days a week - 10am - 10pm

Helpline: 1800 80 48 48

[www.aware.ie](http://www.aware.ie)

## **ANYMAN, FORMERLY KNOWN AS AMEN**

A service for men who are experiencing domestic violence. Monday to Friday, 9am to 5pm.

Helpline: 01 554 3811

Website is in maintenance at the moment.

## **CHILDLINE**

Provides free listening services to children and young people up to the age of 18.

HelpLine: 1800 666 666

[www.childline.ie](http://www.childline.ie)

## **SAMARITANS HELPLINE**

Provides confidential non-judgemental support 24 hrs a day for people experiencing feelings of distress or despair, including those who could lead to suicide.

Helpline: 116 123

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

[www.samaritans.org](http://www.samaritans.org)

## **PIETA HOUSE**

Provides free therapy to those engaging in self harm, with suicidal ideation, or bereaved by suicide.

Helpline: 1800 247 247

text HELP to 51444

[www.pieta.ie](http://www.pieta.ie)

## **TURN2ME YOUTH + REACHOUT.COM**

Helps young people get through tough times. They provide mental health information for young people and parents.

[www.turn2me.ie/youth](http://www.turn2me.ie/youth)

## **YOUR MENTAL HEALTH**

Provides information about mental health supports and services available to you and/or how to access different services provided by HSE/ funded partners YourMentalHealth information line is not a counselling service.

<https://www2.hse.ie/wellbeing/mental-health/yourmentalhealth-information-line.html>

## **WOMEN'S AID**

Can help you if you are experiencing domestic violence. They give advice on how you can help yourself and others. 24hrs

Helpline:1800 341 900

[www.womensaid.ie](http://www.womensaid.ie)