



- Pieta provides professional one-to-one therapeutic services to children and young people, as well as adults, who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide. All services are provided free of charge and no 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

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

GP and health centres

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

Hospital emergency services

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

Telephone emergency services

You can contact emergency services on **112** or **999**.

YourMentalHealth.ie

provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners.

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

1800 111 888

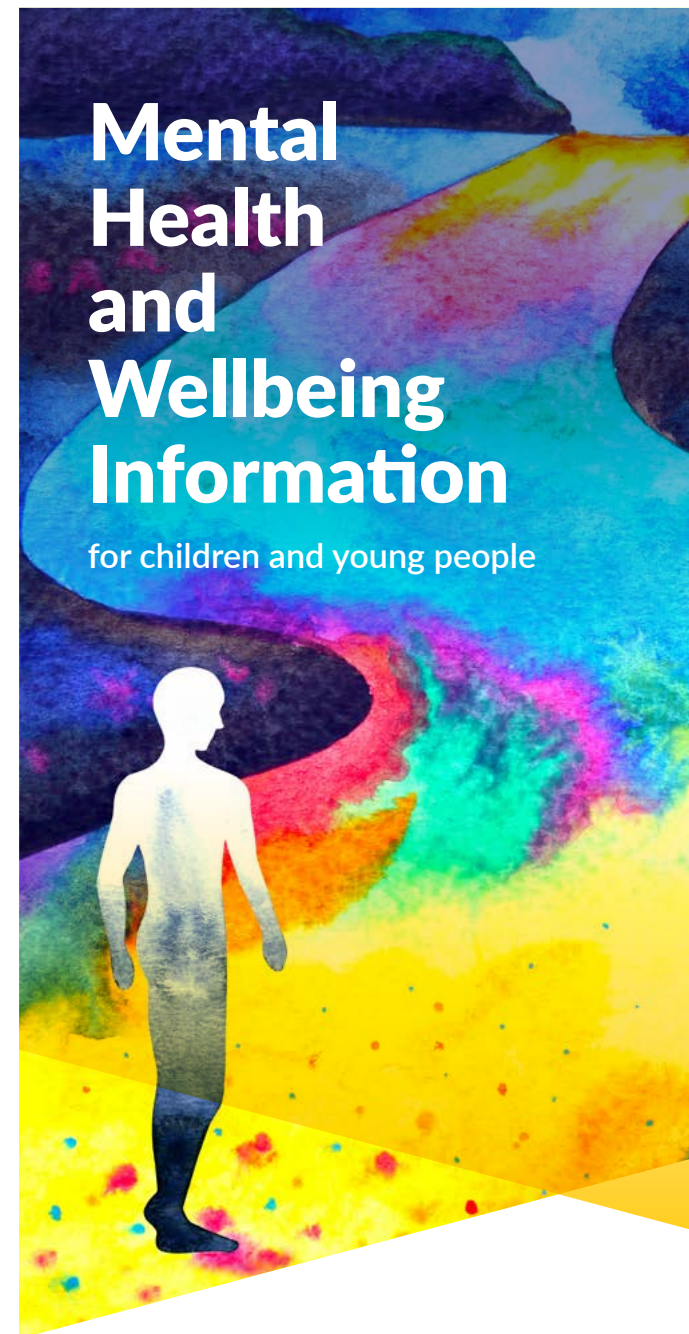
(any time, day or night)

"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



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, bisexual, 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 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

BODYWHYS The Eating Disorders Association of Ireland

- 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



- 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

- **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