

# Mental Health Resources Ireland

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## Crisis & Emotional Support:

HSE Direct 1850 24 1850

Emergency Services 112 or 999

### Mental Health Ireland

Freephone: 1800 111 888

Tel: (01)284 1166

[info@mentalhealthireland.ie](mailto:info@mentalhealthireland.ie)

Pieta House Freephone: 1800 247 247

Samaritans Tel: (01) 671 0071

24/7: 116 123

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

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

Childline Freephone: 1800 66 66 66

Free text: Talk to 50101

### Teen-Line Ireland

Freephone: 1800 833 634

[www.ispcc.ie/services/teenline](http://www.ispcc.ie/services/teenline)

### Parent-Line Ireland

Tel:1890 927 277 (Mon–Thurs 10am–9.30 pm & Fri 10am–4.30pm)

[info@parentline.ie](mailto:info@parentline.ie)

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

### Mental Health Support Ireland

Free text: HELLO to 50808

## Addiction & Substance Overuse

### ALCOHOLICS ANONYMOUS (AA)

Providing support for those overcoming alcohol addictions through AA Open & Closed meetings countrywide.

Helpline : 01 4538998

[gso@alcoholicsanonymous.ie](mailto:gso@alcoholicsanonymous.ie)

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

### ASKABOUTALCOHOL.IE

HSE Helpline and website providing information on alcohol & health for anyone with concerns about alcohol.

Helpline: 1800 459 459 (Monday to Friday 9.30am to 5.30pm)

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

### AL ANON IRELAND

For family and friends of alcoholics, providing help to recover from the effects of living with those with drinking problems.

Helpline: (01) 8732699 (Daily 10 am – 10 pm)

[www.al-anon-ireland.org](http://www.al-anon-ireland.org)

### ALATEEN

Groups for young people, aged 12 – 17, who are affected by a problem drinker.

Helpline: (01) 8732699 (Daily 10 am – 10 pm)

[www.al-anon-ireland.org/alateen](http://www.al-anon-ireland.org/alateen)

### NARCOTICS ANONYMOUS (NA)

For those overcoming all types of drug & narcotic addictions.

Phone: 01 6728000

[info@na-ireland.org](mailto:info@na-ireland.org)

[www.na-ireland.org](http://www.na-ireland.org)

### YOUTH DRUG & ALCOHOL SERVICE (YODA)

For under 18's with drug or alcohol problems, providing psychiatric & medical assessment, family therapy, 1 to 1 counselling, and family support

Phone: 01 466 5040

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

## Alzheimer Society of Ireland

### Alzheimer Society of Ireland

Services that aims to provide people with all forms of dementia, their families and carers with the necessary support to maximise their quality of life

Tel: (01) 207 3800

Fax: (01) 210 3772

National Helpline: 1 800 341 341

[helpline@alzheimer.ie](mailto:helpline@alzheimer.ie)

## Bereavement by Suicide

### PIETA

Centre for Prevention of Suicide & Self-Injury providing professional one to one counselling for those self harming, feeling suicidal or suffering effects of a suicide event, including support for those bereaved by suicide.

Freephone 24 hour Helpline: 1800 247 247

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

### H.U.G.G. (Healing Untold Grief Groups)

Peer Support Groups for anyone bereaved by suicide.

Tel: +353 1 513 4048

[info@hugg.ie](mailto:info@hugg.ie)

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

### LIVING LINKS

In the immediate aftermath of a Suicide, Living Links provides practical help, information and outreach support for bereaved families.

Tipperary Branch Phone: 087 9693021

[tipperarylivinglinks@gmail.com](mailto:tipperarylivinglinks@gmail.com)

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

Midlands Facebook: [facebook.com/Midlands-Living-Links](https://facebook.com/Midlands-Living-Links)

Midlands Branch Phone: 086 1600641

## Carers

### Family Carers Ireland

National charity supporting the family carers who care for loved ones such as children or adults with physical or intellectual disabilities, frail older people, the terminally ill or those suffering from chronic illnesses or addiction.

Freephone: 1800 24 07 24

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

## Child Abuse

### CARI: Children at Risk Ireland

Providing a helpline for parents & children affected by child sexual abuse.

Tel: 1890 924 567 (Mon-Fri 9.30-5.30pm)

[helpline@cari.ie](mailto:helpline@cari.ie)

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

### HSE NATIONAL COUNSELLING SERVICE

Provides free counselling & psychotherapy to those who have suffered sexual abuse or neglect in childhood.

Tel: 1800 670 670

### ONE IN FOUR

Support and counselling to those who have suffered sexual abuse in childhood.

Tel: 01 662 4070 (Mon–Fri 9.30 to 5.30pm)

[info@oneinfour.ie](mailto:info@oneinfour.ie)

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

#### TOWARDS HEALING

Providing professional support for people who have experienced institutional, clerical or religious abuse in Ireland.

Tel: 1800 303416

Child Protection Direct Line: +353 85 880 1643

Hard of Hearing Text Line : +353 85 8022859

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

#### Children & Teenagers

##### BARNARDOS CHILDREN'S CHARITY

Supporting children whose well-being is under threat. Support services include Bereavement Helpline & Counselling for children, Guardian AD Litem, post adoption services, vetting services, and programmes in literacy and empathy.

Tel: 01 473 2110

[info@barnardos.ie](mailto:info@barnardos.ie)

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

##### CARI: Children at Risk Ireland

Providing a helpline for parents & children affected by child sexual abuse.

Tel: 1890 924 567 (Mon-Fri 9.30-5.30pm)

[helpline@cari.ie](mailto:helpline@cari.ie)

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

##### Childline

Freephone: 1800 66 66 66

Free text: Talk to 50101

##### Teen-Line Ireland

Freephone: 1800 833 634

[www.ispcc.ie/services/teenline](http://www.ispcc.ie/services/teenline)

#### Childbirth & Pregnancy related Mental Health

##### ANEW

Counselling & support to women, their children, partners and families facing issues around pregnancy, parenthood & homelessness.

Freephone: 1800 281 281

[info@anew.ie](mailto:info@anew.ie)

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

## NURTURE

Supports and counselling for pregnancy and childbirth related mental issues.

Tel: 041 9822022

[info@nurturecharity.org](mailto:info@nurturecharity.org)

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

## Coronavirus Helpline

HSE

Tel: 1850 24 1850 or 01 240 8787

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

## Crime Victims

### Crime Victims Helpline

Confidential support to victims of crime in Ireland

Freephone 116 006

Text: 085 133 7711

[info@crimevictimshelpline.ie](mailto:info@crimevictimshelpline.ie)

### Federation for Victim Assistance

Services are free and confidential, and we provide caring, practical and emotional support.

Freephone 1800 277 477

Free Text 1800 277 477

Free Text 094 9000251 (during working hours)

[support@victimassistance.ie](mailto:support@victimassistance.ie)

### V-SAC Victim Support at Court

Telephone (Office) 01 872 6785

Mobile 087 288 5521

[info@vsac.ie](mailto:info@vsac.ie)

### Support After Crime

Victim support organization predominantly located in the south of Ireland. They provide free and confidential support for victims of crime in Cork, Waterford, Limerick, Clare and South Tipperary.

Tel: 021 432 0555

[info@supportaftercrimeservices.ie](mailto:info@supportaftercrimeservices.ie)

### AdVIC

Comprehensive support service for people bereaved by homicide.

Tel: 01 6177937

[info@advic.ie](mailto:info@advic.ie)

### Irish Tourist Assistance Service

Support service available to tourists who are victimised while visiting Ireland.

Tel: 1890 365 700

[info@itas.ie](mailto:info@itas.ie)

### PARC Road Safety Group

PARC is an advocacy group for road safety and road traffic victims.

Tel: 086 377 3784

[susan@parcgroup.ie](mailto:susan@parcgroup.ie)

### Ruhama

Services to women affected by or involved with prostitution. These services are available regardless of visa status and include face-to-face support, referrals, and court accompaniment.

Tel: 01 836 0292

[admin@ruhama.ie](mailto:admin@ruhama.ie)

### Support after Homicide

Provides free and confidential emotional support and practical information for people whose lives have been affected by homicide.

Tel: 087 983 7322

[support@supportafterhomicide.ie](mailto:support@supportafterhomicide.ie)

### Missing in Ireland Support Services

Provide emotional support to the family members and loved ones of people who are missing.

Tel: 1890 442 552

[info@missing.ie](mailto:info@missing.ie)

## Debt

### Insolvency Services of Ireland

Debt Solutions

free text ISI to 50015

[info@isi.gov.ie](mailto:info@isi.gov.ie)

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

### Bright Day Finance

Receive Free Debt Advice Ireland

Tel: 01 4434125

[enquiries@brightdayfinance.ie](mailto:enquiries@brightdayfinance.ie)

## Depression & Mental Health

### AWARE – Defeat Depression

Providing online, telephone & face to face support and assistance to all affected by depression & bipolar disorder.

Freephone: 1800 80 48 48

[supportmail@aware.ie](mailto:supportmail@aware.ie)

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

### CRISIS TEXTLINE

Crisis Textline Ireland provides anonymous crisis support by text to both adults and teenagers. Free 24/7 support is available for anyone in crisis who prefers to text rather than phone a helpline.

Text 3TS to 50808 to begin the conversation (24/7)

[www.text50808.ie](http://www.text50808.ie)

### GAELIC PLAYERS ASSOCIATION

The GPA operates an urgent confidential counselling support line for member players which is available 24/7, 365 days a year.

Tel: 1800 201 346 (open 24/7)

### GROW (Ireland)

Helping people recover from mental health problems. At weekly, group support meetings nationwide, members support each other through their own experiences.

Tel: 1890 474 474

[info@grow.ie](mailto:info@grow.ie)

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

### SHINE

Works with individuals & family members of those with mental health difficulties. They aim to raise awareness and provide information, education, counselling & support groups.

Tel: 1890 621 631

[phil@shineonline.ie](mailto:phil@shineonline.ie)

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

### ST PATRICK'S MENTAL HEALTH SERVICES: Support & Information Service

Provides a specialist Telephone & Email service staffed by experienced mental health nurses 9-5 Monday to Friday (answering & call-back facility outside hours).

Tel: 01 249 3333 (9am to 5pm Mon-Fri, answer & call back facility out of hours)

[info@stpatsmail.com](mailto:info@stpatsmail.com)

## Domestic Violence

### DUBLIN RAPE CRISIS CENTRE

National organisation offering a wide range of services to women and men affected by rape, sexual assault, sexual harassment or childhood sexual abuse.

Tel: (24 Hr): 1800 778888

[info@rcc.ie](mailto:info@rcc.ie)

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

### MEN'S AID IRELAND

Providing a 24 Hour Helpline service for anyone in crisis or with concerns for themselves or another.

Helpline: 01 5543811

[hello@mensaid.ie](mailto:hello@mensaid.ie)

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



### RAPE CRISIS NETWORK IRELAND (RCNI)

Providing a 24-Hour Helpline service for anyone in crisis or with concerns for themselves or another  
Helpline (24 Hr): 1800 778888

[info@rcni.ie](mailto:info@rcni.ie)

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

### WOMEN'S AID

National helpline for women experiencing domestic abuse, 1 to 1 support service and court accompaniment service.

Helpline: 1800 341 900 (10m-10pm)

[info@womensaid.ie](mailto:info@womensaid.ie)

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

### Eating Disorders

#### BODYWHYS

Confidential help, support & information services for people with eating disorders and for their families & friends.

Helpline (LoCall): 1890 200 444

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

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

### Farming & Rural Stress

#### IFA PIETA HOUSE HELPLINE

Joint initiative with Pieta House providing information & support for farmers & their families who are in stress, self-harming or even suicidal.

Helpline: 1890 1300 22 (Mon-Fri 9am-6pm & Sat 10am-2pm)

### Learning Disabilities

#### Enable Ireland

Services for children and adults with physical, sensory, and intellectual disabilities.

Tel: 01 8727155

Fax: 01 8665222

[hello@enableireland.ie](mailto:hello@enableireland.ie)

#### Inspire Disability Services

Support for people with learning/intellectual disabilities throughout the island of Ireland.

Tel Central Office: (0044) 28 9032 8474

[learningdisability@inspirewellbeing.org](mailto:learningdisability@inspirewellbeing.org)

## Mental Health Advocacy

### IRISH ADVOCACY NETWORK

Provides peer advocacy, support and information for those with mental health difficulties. The AON support people with mental health difficulties to speak up, stand up and to take back control of their lives.

Tel: 01 872 8684

[admin@irishadvocacynetwork.com](mailto:admin@irishadvocacynetwork.com)

[www.irishadvocacynetwork.com](http://www.irishadvocacynetwork.com)

## Parenting

### ONE FAMILY

Support & information services for all members of one-parent families.

Phone: 01 662 9212

Helpline (Local): 1890 622212

[info@onfamily.ie](mailto:info@onfamily.ie)

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

### PARENTLINE

Support, guidance & information on all aspects of being a parent.

Helpline (Local): 1890 927 277 (Mon–Thurs 10am–9.30 pm & Fri 10am–4.30pm)

[info@parentline.ie](mailto:info@parentline.ie)

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

## Rape & Sexual Violence

### DUBLIN RAPE CRISIS CENTRE

National organisation offering a wide range of services to women and men affected by rape, sexual assault, sexual harassment or childhood sexual abuse.

Helpline (24 Hr): 1800 778888

[info@rcc.ie](mailto:info@rcc.ie)

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

### RAPE CRISIS NETWORK IRELAND (RCNI)

Providing a 24-Hour Helpline service for anyone in crisis or with concerns for themselves or another.

Helpline (24 Hr): 1800 778888

[info@rcni.ie](mailto:info@rcni.ie)

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

### WOMEN'S AID

National helpline for women experiencing domestic abuse, 1 to 1 support service and court accompaniment service.

Helpline: 1800 341 900 (10m-10pm)

Text Support for Deaf or Hard of Hearing Women: Tel: 087 959 7980 (8am to 8pm, 7 days a week)

[info@womensaid.ie](mailto:info@womensaid.ie)

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

## Self-Harm

### CRISIS TEXTLINE

Crisis Text line Ireland provides anonymous crisis support by text to both adults and teenagers.

Free Text Service: Text 3TS to 50808 to begin your conversation (24/7)

[www.text50808.ie](http://www.text50808.ie)

### PIETA – Centre for Prevention of Suicide & Self-Injury

Providing professional one to one counselling for those self harming, feeling suicidal or suffering effects of a suicide event.

Helpline: 1800 247 247

[mary@pieta.ie](mailto:mary@pieta.ie)

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

## Sexuality & Gender Identity

### BeLong To

Provides support and information for LGBTI+ young people through a number of support services.

Monday Chats: Between 3-7pm: Free service for 14-23 year-olds.

Phone: 01-670 6223 (Mon-Fri, 9am-5pm)

[info@belongto.org](mailto:info@belongto.org)

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

### BeLonG To / PIETA HOUSE COUNSELLING SERVICE

This is free support for LGBTI+ young people in the Dublin area who are self-harming or thinking of suicide.

Call: 01-623 5606

[lgbt@pieta.ie](mailto:lgbt@pieta.ie)

### GAY SWITCHBOARD DUBLIN (GSD)

Providing confidential helpline, married men's group, and parents support service.

Helpline: 01-8721055 Mon-Fri 6:30-9pm/Weekends & Bank Hols: 4-6pm

Drop-in: Saturdays 2-4pm in Outhouse, 105 Capel St, Dublin 1

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

### LESBIAN, GAY, BISEXUAL & TRANSGENDER HELPLINE (LGBT)

Listening & information Helpline for lesbian, gay, bisexual & transgender (LGBT) individuals, their family & friends.

Helpline: 1890 929 539

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

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

### TENI

Transgender Equality Network Ireland (TENI) seeks to improve conditions and advance the rights and equality of trans people and their families.

Phone: (01) 873 3575

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

## Suicide

### CRISIS TEXTLINE

Provides anonymous crisis support by text to both adults and teenagers.

Free Text Service: Text 3TS to 50808 to begin your conversation (24/7)

[www.text50808.ie](http://www.text50808.ie)

### LIVING LINKS

In the immediate aftermath of a Suicide, Living Links provides practical help, information and outreach support for the suicide bereaved.

Phone: 087 4122052

[info@livinglinks.ie](mailto:info@livinglinks.ie)

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

### PIETA – Centre for Prevention of Suicide & Self-Injury

Providing professional one to one counselling for those self harming, feeling suicidal or suffering effects of a suicide event.

Helpline: 1800 247 247

[mary@pieta.ie](mailto:mary@pieta.ie)

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

### SAMARITANS

Providing befriending 24 hours a day, 365 days a year to those passing through personal crisis.

Freephone Helpline: 116 123 (callers from Rep of Ireland)

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

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

### S.O.S. (Suicide or Survive)

Group support for people who have attempted or considered suicide. Operates Wellness Workshop programme.

Phone: 0402 41487

Mobile: 1890 577 577

[info@suicideorsurvive.ie](mailto:info@suicideorsurvive.ie)

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

### SOSAD (Save Our Sons And Daughters)

24 hr suicide support.

Phone (24 hr): 041 9848754

[info@sosadireland.ie](mailto:info@sosadireland.ie)

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

### Traveller Support

EXCHANGE HOUSE IRELAND – the National Traveller Support Service

Traveller men are 7 times more likely to die by suicide than the general population.

Phone: (01) 872 1094 1094

[info@exchangehouse.ie](mailto:info@exchangehouse.ie)

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