



## 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](http://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](mailto:jo@samaritans.ie)

**Website:** [www.samaritans.ie](http://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](http://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](http://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](http://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](http://www.teenline.ie)

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

**Website:** [www.spunout.ie](http://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](http://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/](http://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](mailto:maria.mcbrien@pieta.ie)

**Website:** [www.pieta.ie](http://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](http://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](http://www.silvercloudhealth.com/ie/hse?hs_preview=KNHOXhdN-51870591266)

**Turn2Me**

Free online counselling and online support groups for young people (aged 12 to17) and adults. Peer support groups for frontline workers and professionals.

**Visit:** [turn2me.ie](http://turn2me.ie)

**MyMind**

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

**Contact:** [hq@mymind.org](mailto:hq@mymind.org)

**Visit:** [mymind.org](http://mymind.org)