

Online counselling and supports

Turn2Me

- Free online counselling and online support groups for people over 18
- Visit www.turn2me.org

MyMind

- Online counselling service
- Visit www.mymind.org or email hq@mymind.org

Jigsaw

- Mental health information and a Q&A service for young people, their parents and guardians, and those who work with young people. Jigsaw also offer an online group chat service.
- Visit www.jigsawonline.ie

Shine

- Shine are currently providing remote support and an outreach service to people experiencing mental health problems and their families and supporters by phone and email.
- Visit www.shine.ie/covid-19 or email phil@shine.ie

Suicide or Survive (SOS)

- A series of free online wellness workshops and programmes are available from SOS
- Visit www.suicideorsurvive.ie for more information

Phone, email and text supports

Samaritans

- Emotional support to anyone in distress or struggling to cope
- Freephone **116 123** (any time, day or night)
- Email jo@samaritans.ie

Pieta House

- Pieta House provides telephone and text-based support counselling for people who are suicidal or engaging in self-harm

- Freephone **1800 247 247** (any time, day or night)
- Text **HELP** to **51444** (standard message rates apply)
- Telephone appointments will be provided to replace face to face appointments - [contact your local Pieta House](#) for details

Childline (ISPCC)

- Ireland's 24-hour national listening service for young people up to the age of 18
- Freephone **1800 666 666** (any time, day or night)
- Text **50101** (from 10am to 4pm every day)
- Chat online at www.childline.ie (from 10am to 4pm every day)

BeLonG To Text Support

- BeLonG To provide support for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland
- Text **LGBTI+** to **086 1800 280** to can chat in confidence with a trained crisis volunteer (anytime day or night, standard SMS rates may apply)
- While face to face services are closed, information, referral and advice will be provided digitally, by email, SMS, phone call or video conference
- Visit www.belongto.org

Aware Support Line

- Information and support to anyone over 18 about issues relating to their own mood or the mood of a friend or family member, or who experiences depression or bipolar.
- Freephone Support Line **1800 80 48 48** (from 10am to 10pm every day)
- Support and self-care groups nationwide, are cancelled until further notice
- [Life Skills Online Programme](#) continuing as normal
- Email supportmail@aware.ie for services information and support

Crisis Text Line Ireland

- A confidential messaging support service
- Text **TALK** to **086 1800 280** (any time day or night, standard SMS rates may apply)

LGBT Ireland

- Online support and through the helpline for LGBT+ people across Ireland
- LGBT Helpline **1890 929 539** (every day)
- Gender Identity Family Support Line **01 907 3707**
- Email info@lgbt.ie for support or information while face to face services are closed
- An instant messaging service is available 7 days a week, from 6:30pm to 10pm Mon – Thur, from 4pm to 10pm Fridays, and from 4pm to 6pm on Sat & Sun

Mental Health Ireland

- Information and support for people who experience mental health difficulties
- Information line **(01) 284 1166** (from 9am to 5pm Monday to Friday)
- Visit www.mentalhealthireland.ie or email info@mentalhealthireland.ie for more information

HSE Mental Health Recovery Colleges

- Recovery education colleges and services across the country are using various platforms to provide mental health recovery education. Timetables have been developed to support people through recovery education.
- Visit [Recovery Education](#) for more information

GROW Mental Health Recovery

- Information line **1890 474 474**
- Visit www.grow.ie or email info@grow.ie for more information, or while peer support groups are postponed

Exchange House Ireland National Traveller Mental Health Service

- Telephone and online services and supports are available while face to face and group services have stopped
- Call **01 8721094** (then press 1) for support, help or advice (from 9am to 5pm every day)
- Visit www.exchangehouse.ie for more information

Bodywhys

- Helpline **1890 200 444** (Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm)

- Visit www.bodywhys.ie for email alex@bodywhys.ie for more information

Practitioner Health

- Confidential support and help for doctors, dentists and pharmacists
- Call **01 2970396** or email confidential@practitionerhealth.ie
- Visit www.practitionerhealth.ie for more information

Supports for older people

Alone

- Alone provide a COVID-19 support line for older people
- Call **0818 222 024** (from 8am to 8pm, seven days a week)
- Visit www.alone.ie

The Alzheimer Society of Ireland

- Practical information and emotional support or information on supports and services
- Freephone **1800 341 341** (Monday to Friday from 10am to 5pm and Saturday from 10am to 4pm) or email helpline@alzheimer.ie
- Visit www.alzheimer.ie or www.understandtogether.ie for more information

Seniorline

- Confidential listening service for older people provided by trained older volunteers
- Call **1800 804 591** (lines are open every day from 10am to 10pm)
- Visit www.thirdageireland.ie/seniorline for more information

Age Friendly Ireland

- Age Friendly Ireland have compiled a list of all Local Authority Community Response Forums, and their contact helpline numbers - these are available to support vulnerable members of communities affected by COVID-19 restrictions
- Visit Age Friendly Ireland for more information

Mobile apps to support your mental health

These mobile apps can help you manage anxiety. They have been reviewed and approved for listing here, by a group in the HSE (Mental

Health Apps Review Sub Group). The app developers are solely responsible for their app's advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the HSE, and the HSE is not liable for their use.

Mindshift (by Anxiety Canada)

A user-friendly self-help tool based on proven scientific strategies, [MindShift CBT](#) teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check in each day to track their anxiety and work with tools in the app.

- Get it in the [App Store](#) or on [Google Play](#)

Clear Fear

[Clear Fear](#) is an app developed for teenage mental health charity Stem4 which uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change.

- Get it in the [App Store](#) or on [Google Play](#)

Headspace

[Headspace](#) is a well-known mobile app that teaches meditation and easy to use mindfulness skills. Map your journey, track your progress, and reap rewards in your overall health and wellbeing. You can even 'buddy up' with friends and motivate each other along the way.

- Get it in the [App Store](#) or on [Google Play](#)

More online supports

The [YourMentalHealth.ie](#) website 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).