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## If you feel Suicidal.....

CALL 999 or 112: in the event of an emergency  
;A & E: visit your Accident & Emergency Department. Bring a companion, if you can;  
GP: Talk to your GP;  
CALL A HELPLINE:  
Pieta 24/7 Freephone 1800 247 247;  
the Samaritans 24/7 on Freephone 116 123,

## Addiction & Substance Overuse

### ALCOHOLICS ANONYMOUS (AA)

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

Phone : 01 4538998

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

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

### ASKABOUTALCOHOL.IE

HSE Helpline and website providing information on alcohol & health for anyone with concerns about alcohol. Sections on mental & physical health, information for family, parents & teens including sign-posts to supports plus drinks calculator etc.

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

Web: [askaboutalcohol.ie](http://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. Find a meeting near you. Helpline available 365 days a year manned by volunteers.

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

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

### ALATEEN

Groups for young people, aged 12 – 17, who are affected by a problem drinker. Members share their ideas and experience to understand problem drinking and lessen its impact on their lives.including sign-posts to supports plus drinks calculator etc.

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

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

#### NARCOTICS ANONYMOUS (NA)

For those overcoming all types of drug & narcotic addictions.

Phone: 01 6728000

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

Web : [na-ireland.org](http://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

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

## Bereavement by Suicide

See also our Listing of National & Local Bereavement Support Resources, Groups & Organisations

#### 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

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

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

Peer Support Groups for anyone bereaved by suicide. HUGG meet regularly in the Leopardstown, Tallaght and Dublin 1 areas and have plans to expand the service. H.U.G.G. groups are each led by a trained volunteer, who is also a bereaved survivor. During Coronavirus pandemic, HUGG are facilitating online meetings available countrywide. See website for details. Everyone is welcome. Registered Charity Number (RCN): 20204480.

Tel: +353 1 513 4048

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

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

#### LIVING LINKS

In the immediate aftermath of a Suicide, Living Links provides practical help, information and outreach support for bereaved families. Currently Living Links has branches in Tipperary and in the Midlands. When someone dies by suicide, what happens next? How do you tell children or talk to neighbours? What happens at the inquest? What supports are available in your area? Living Links volunteers provide a friendly & confidential helping hand. The service is free of charge. Available also to emergency personnel, gardai etc., affected by suicide.

Tipperary Branch Phone: 087 9693021

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

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

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

Midlands Branch Phone: 086 1600641

## Child Abuse

### CARI: CHILDREN AT RISK IN IRELAND

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

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

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

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

### HSE NATIONAL COUNSELLING SERVICE

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

Phone: 1800 670 700

### ONE IN FOUR

One in Four offer support and counselling to those who have suffered sexual abuse in childhood. Appointment only service.

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

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

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

### TOWARDS HEALING

An independent organisation providing professional support for people who have experienced institutional, clerical or religious abuse in Ireland. To learn more about Towards Healing services available for deaf or hard of hearing clients, [click here](#)

Phone Republic of Ireland: 1800 303416

Phone Northern Ireland & UK: 0800 0963315

Child Protection Direct Line: +353 85 880 1643

Hard of Hearing Text Line : +353 85 8022859

Web: [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.

Bereavement Helpline: 01 473 2110 (Mon-Fri 10am-12pm)

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

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

#### CARI: CHILDREN AT RISK IN IRELAND

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

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

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

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

#### CHILDLINE

FREE 24 hour counselling service for children & young people aged up to 18 years.

Free Text Service: Text TALK to 50101 (10am to 4am daily)

Helpline (24 Hr Freephone): 1800 66 66 66 up to 18 years.

Chat Online: [childline.ie](http://childline.ie) (10am to 4am daily)

Web: [childline.ie](http://childline.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.

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

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

#### PARENTLINE

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

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

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

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

#### TEENLINE

FREE 24/7 service for young people up to the age of 18 years who feel lonely, anxious, isolated, down, vulnerable, depressed or suicidal. Teenline is confidential, non-directive and non-judgemental. Available 24 hours a day, 365 days a year this service is provided by the ISPCC specifically for teens.

Helpline (Freephone): 1800 833 634 (available 24/7)

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

## Childbirth & Pregnancy related Mental Health

#### ANEW

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

Freephone: 1800 281 281 (Mon-Fri 10am-5pm, Thurs 5pm-7pm, Sat 12pm-2pm)

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

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

#### NURTURE

Offering supports and counselling for pregnancy and childbirth related mental issues.

Telephone: 041 9822022  
Email: [info@nurturecharity.org](mailto:info@nurturecharity.org)  
Web: [www.nurturecharity.org](http://www.nurturecharity.org)

## Counselling

Counselling in Primary Care by the HSE (National Counselling Service) offers up to 8 free counselling sessions for those over 18 years who hold a medical card. To make an appointment, please contact your GP.

NB For deaf or hard of hearing clients, sign language interpretation services are available to National Counselling Service clients by arrangement. Talk with your GP or see [www.slis.ie](http://www.slis.ie) for further information. If you require a counsellor who can also Sign, please contact the Deaf Society for recommended practitioners.

## Depression & Mental Health

### AWARE – Defeat Depression

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

Support Line Helpline (Freephone): 1800 80 48 48 (10am-10pm daily)

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

Web: [aware.ie](http://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.

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

Website: [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.

Helpline: 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.

Helpline: 1890 474 474

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

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

### SHINE

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

Helpline: 1890 621 631

Email: Counselling Service [phil@shineonline.ie](mailto:phil@shineonline.ie)

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

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

St Patrick's Hospital provides a specialist Telephone & Email service staffed by experienced mental health nurses 9-5 Monday to Friday (answering & call-back facility outside hours).

The service is available to the general public, existing service users and health care professionals and will provide support for service users, early intervention or general queries, whether about the callers own mental health or if they are concerned for another.

Email: [info@stpatmail.com](mailto:info@stpatmail.com)

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

## 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. Services include a National 24-Hour Helpline, one to one counselling, court accompaniment, outreach services, training, awareness raising and lobbying. Sign language interpreters are available if required and on request to [counselling@rcc.ie](mailto:counselling@rcc.ie).

Helpline (24 Hr): 1800 778888

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

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

MEN'S AID IRELAND (formerly known as Amen and AnyMan)

Confidential helpline & support service for men experiencing domestic abuse and their children. Provide counselling, legal clinic, court accompaniment, training and outreach clinics. Sign language interpreters are available on request.

Helpline: 01 5543811

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

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

RAPE CRISIS NETWORK IRELAND (RCNI)

Providing a 24 Hour Helpline service for anyone in crisis or with concerns for themselves or another. Website provides vital information & signposting to support services for survivors of sexual violence and those seeking information for others, with directions to local Rape Crisis Centres and other supporting services local to you. Easy to navigate, this is a go-to site for anyone seeking urgent help and assistance.

Helpline (24 Hr): 1800 778888

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

Web: [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)

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

Web: [womensaid.ie](http://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

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

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

Download leaflet Mind Our Farm Families

## 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

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

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

## Parenting

### ONE FAMILY

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

Phone: 01 662 9212

Helpline (LoCall): 1890 622212

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



Website: onefamily.ie

#### PARENTLINE

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

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

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

Website: [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. Services include a National 24-Hour Helpline, one to one counselling, court accompaniment, outreach services, training, awareness raising and lobbying. Sign language interpreters are available if required and on request to [counselling@rcc.ie](mailto:counselling@rcc.ie).

Helpline (24 Hr): 1800 778888

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

Web: [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. Website provides vital information & signposting to support services for survivors of sexual violence and those seeking information for others, with directions to local Rape Crisis Centres and other supporting services local to you. Easy to navigate, this is a go-to site for anyone seeking urgent help and assistance.

Helpline (24 Hr): 1800 778888

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

Web: [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. For women who are deaf or hard of hearing and are experiencing domestic violence, Women's Aid provides information in Irish Sign Language, see [www.womensaid.ie](http://www.womensaid.ie), and can also provide Sign Language Interpreters through the Deaf Society.

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)

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

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

## Relationship & Marriage

### ACCORD HELPLINE

Helpline established during COVID Pandemic, in partnership with TULSA. Accord support couples & individuals experiencing marital or relationship difficulties. Qualified counsellors provide a non-judgemental supportive listening service on issues such as communication, conflict, anxiety, stress, parenting and childcare.

Helpline: 01 9059555 (Monday to Friday, 9am to 8pm)

Email: [info@accorddublin.ie](mailto:info@accorddublin.ie)

Web: [www.accorddublin.ie](http://www.accorddublin.ie)

## Self Harm

### BATTLE SCARS

UK based survivor-led charity which provides peer to peer support and training in all areas related to self-harm. Their website is filled with useful insights and practical information, along with a number of online resources such as literature, self-help tools and tools to be used when working with people who self-harm. If you need help understanding self-harm, the Battle Scars Website is a very useful place to start. Battle Scars started as a community group and their Facebook Page @battlescarsselfharm is a moderated support group open also to those outside of the UK.

Phone: 00 44 7410 380747 (N.B. This is an Admin telephone number – this is not a support or crisis number)

Email: [info@battle-scars-self-harm.org.uk](mailto:info@battle-scars-self-harm.org.uk)

Web: [www.battle-scars-self-harm.org.uk](http://www.battle-scars-self-harm.org.uk)

### 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.

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

Website: [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

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

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

## Sexuality & Gender Identity

BeLong To

BeLong To provides support and information for LGBTI+ young people through a number of support services. If you are LGBTI+ and have questions, worries, or just need to have a chat in a safe space, BeLongTo can provide you with information, support, and a listening ear. BeLong To support youth groups around the country where you can be yourself, meet new people and seek help.

Monday Chats: Between 3-7pm: Free service for 14-23 year-olds. Book an appointment via the email or telephone number below.

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

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

Web: [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.

Email or call to book an appointment.

Call: 01-623 5606

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

#### GAY SWITCHBOARD DUBLIN (GSD)

Providing confidential helpline, married mens group and parents support service. A Drop In Service is available weekly from 7 Dec 2013 for sexual health information & support.

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

Web: [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

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

Web: [lgbt.ie](http://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

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

## Suicide

#### 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.

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

Website: [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. Living Links has two branches in the midlands.

Phone: 087 4122052

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

Web: [livinglinks.ie](http://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

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

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

Email: [jo@samaritans.org](mailto:jo@samaritans.org) (email response issues within 24 hours)

Web: [samaritans.org](http://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

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

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

## SOSAD (Save Our Sons And Daughters)

24 hr suicide support. 4 branches offer a range of suicide prevention & intervention initiatives, free 1 to 1 counselling, follow-up, suicide bereavement support, advice & care.

Phone (24 hr): 041 9848754

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

Web: [sosadireland.ie](http://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. Click here for a leaflet on traveller mental health and suicide prevention supports. For further information, contact Exchange House.

Phone: (01) 872 1094 1094

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

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