



Support Options

FAMILY RESOURCE CENTRES

Providing local support to over 120 communities. For more information, contact your local Family Resource Centre.

www.familyresource.ie

EMERGENCY SERVICES

Phone: 999 or 112

SAMARITANS HELPLINE

Provides emotional support, to anyone in distress or struggling to cope.

Helpline: 116 123. Every day, 24 hours a day.

Email: jo@samaritans.org

www.samaritans.org

TEXT 50808

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.

Text HELLO to 50808, anytime day or night.

www.text50808.ie

AWARE

A free support line available to anyone (18 years +), who is seeking support and information about issues relating to their own mood or the mood of a friend or family member, or who experiences depression or bipolar disorder.

7 days a week - 10am - 10pm

Helpline: 1800 80 48 48

www.aware.ie

ALONE

COVID-19 support line for older people.

Phone: 0818 222 024 Everyday: 8am to 8pm

www.alone.ie

CHILDLINE

Provides a 24-hour free listening services to children and young people up to the age of 18.

Helpline: 1800 666 666

Free Text: 50101

www.childline.ie

PIETA HOUSE

Provides a free therapeutic approach to people who are experiencing suicidal ideation, engaging in self-harm, or have been bereaved by suicide.

Text HELP to 51444

Helpline: 1800 247 247. Every day, 24 hours a day.

www.pieta.ie

HSE

YourMentalHealth information line is a phone service you can call any time. A member of the team can tell you about: the mental health supports and services available to you and how to access different services provided by the HSE and their funded partners.

Freephone: 1800 111 888

The YourMentalHealth information line is not a counselling service.

www2.hse.ie/mental-health

IRISH HOSPICE FOUNDATION

A freephone bereavement support line providing information, connection, comfort and support.

Phone: 1800 807 077 Monday to Friday: 10am to 1pm.

www.hospicefoundation.ie

MEN'S AID IRELAND

 formerly known as Amen

Supporting men and their families experiencing Domestic Violence in Ireland. Monday to Friday, 9am to 5pm.

Helpline: 01-554 3811

Helpline Email: Hello@mensaid.ie

www.mensaid.ie

WOMEN'S AID

Offers confidential information, support and understanding to women in the Republic of Ireland, who are being abused by current or former boyfriends, partners or husbands.

Helpline: 1800 341 900. Every day, 24 hours a day.

www.womensaid.ie