



THE MATER
WELLBEING CENTRE

MENTAL HEALTH SERVICES

National Support

CRISIS

SAMARITANS

Tel 116123
Text 087 2609090
www.samaritans.org

PIETA HOUSE

Tel 1800 247 247
Text HELP to 51444
www.pieta.ie

HSE FREE TEXT SUPPORT SERVICE

For emotional support / chat
Text 50808

DEPRESSION

AWARE

Tel 1800 80 48 48
Text supportmail@aware.ie
www.aware.ie

SCHIZOPHRENIA

SHINE

Tel 1890 621 631
www.shineonline.ie

EATING DISORDER

BODYWHYS

Tel 1890 200 444

DOMESTIC VIOLENCE AND ABUSE

WOMEN'S AID

Tel 1800 341 900

AMEN (MALE VICTIMS)

Tel 046 902 3718

DUBLIN RAPE CRISIS CENTRE

Tel 1800 77 88 88

SOCIAL SUPPORTS

MONEY AND BUDGETING SERVICES

Tel 0761 07 2000
www.mabs.ie

CITIZEN'S INFORMATION

Tel 0761 07 4000

BRAIN INJURY

HEADWAY

Tel 1800 400 478
www.Headway.ie

ACQUIRED BRAIN INJURY IRELAND

Tel 01 280 4164
www.abiireland.ie

IRISH HEART

Stroke or cardiac event
www.Irishheart.ie

MENTAL HEALTH SUPPORT

GROW MENTAL HEALTH RECOVERY

Tel 1890 474 474
www.grow.ie

HSE

www.yourmentalhealth.ie

MENTAL HEALTH IRELAND

Tel 01 284 1166
www.mentalhealthireland.ie

IRISH ADVOCACY NETWORK

Tel 047 38918
admin@irishadvocacynetwork.com

GAY SWITCHBOARD

Tel 01 872 1055

LGBT HELPLINE

Tel 1890 929 539
www.LGBTMentalHealth.ie

SUPPORTS FOR CHILDREN, TEENS AND PARENTS

CHILDLINE (ISPCC)

Tel 1800 666 666

PARENTLINE

Tel 1890 927 277 or
01 873 3500

JIGSAW

www.jigsawonline.ie

TURN2ME

www.turn2me.org

SUPPORTS FOR OLDER PEOPLE

ALONE CALL

Tel 0818 222 024
www.alone.ie

THE ALZHEIMER SOCIETY OF IRELAND

Tel 1800 341 341
www.alzheimer.ie
www.understandtogether.ie

SENIOR HELPLINE

Tel 1850 440 444

ADDICTION

ALCHOLICS ANONYMOUS

Tel 01 842 0700

NARCOTICS ANONYMOUS

Tel 01 830 0944

HSE DRUGS AND ALCOHOL HELPLINE

Tel 1800 459 459
Text helpline@hse.ie
www.drugs.ie

THE NATIONAL SMOKERS QUITLINE

Tel 1850 201 203

GAMBLERS ANONYMOUS

Tel 01 8721131

OVEREATERS ANONYMOUS

Tel 01 2788106



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CONTACT US

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