Information on Online Counselling and Supports

Supports for younger people, their parents or guardians

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 10 a.m. to 4 p.m. every day)
* Chat online at [www.childline.ie](http://www.childline.ie/) (from 10 a.m. to 4 p.m. every day)

BeLonG To Youth Services

* BeLonG To provides support for lesbian, gay, bisexual, transgender and intersex (LGBTI+) young people in Ireland
* Text LGBTI+ to 086 1800 280 to chat in confidence with a trained crisis volunteer (any time 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](http://www.belongto.org/) for more information

Jigsaw

* The Jigsaw Support Line is available for free mental health support and advice to young people aged 12 to 25 years old, and parents or concerned adults in Ireland
* Freephone 1800 544729 (from 1 p.m. to 5 p.m. Monday to Friday)
* Text CALL ME to 086 180 3880, giving your preferred day and time for a call (from 9 a.m. to 5 p.m. Monday to Friday)
* Email [help@jigsaw.ie](mailto:help@jigsaw.ie) (for responses from 9 a.m. to 5 p.m. Monday to Friday)
* Visit [www.jigsaw.ie](http://www.jigsaw.ie/) or [www.jigsawonline.ie](http://www.jigsawonline.ie/) for more information

Barnardos

* Barnardos provides a national [telephone support service for parents](https://www.barnardos.ie/how-you-can-help/fundraising/covid-19-crisis-appeal-for-children/support-for-parents-during-covid-19-crisis), in response to the challenges they are facing during the Covid-19 pandemic. Freephone 1800 910 123 (from 10 a.m. to 2 p.m. Monday to Friday)
* Barnardos also provides a [children’s bereavement helpline service](https://www.barnardos.ie/our-services/work-with-families/bereavement-services) for members of the public seeking information and support in relation to bereavement. Telephone 01 473 2110   
  (from 10 a.m. to 12 p.m. Monday to Thursday)

Mindshift (by Anxiety Canada)

* A user-friendly self-help tool based on proven scientific strategies, [MindShift CBT](https://www.anxietycanada.com/resources/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](https://apps.apple.com/ca/app/mindshift/id634684825) or on [Google Play](https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en)

SpunOut.ie

* SpunOut.ie provides a wide range of articles and information for young people on many different topics, including mental health
* Text SPUNOUT to 086 1800 280 to chat to a trained volunteer (standard message rates may apply)
* Visit [www.spunout.ie](http://www.spunout.ie/) 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.
* Eating Disorder Self-Help App (HSE)
* A self-care app that provides valuable information for those with, or people caring for someone with, an eating disorder. The app provides information and advice for anyone worried about developing an eating disorder or for those who have been diagnosed or are recovering from an eating disorder. From the HSE National Clinical Programme for Eating Disorders and Bodywhys.
* Read more and get the app [here](https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/eating-disorders/news/)

Clear Fear

* [Clear Fear](https://www.clearfear.co.uk/) is an app developed for teenage mental health charity Stem4, which uses the evidence-based treatment CBT to focus on reducing 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 wish, and you will be able to track your progress and notice change.
* Get it in the [App Store](https://apps.apple.com/gb/app/clear-fear/id1437282350) or on [Google Play](https://play.google.com/store/apps/details?id=uk.org.stem4.clearfear)

Headspace

[Headspace](https://www.headspace.com/headspace-meditation-app) 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](https://apps.apple.com/ie/app/headspace-meditation-sleep/id493145008) or on [Google Play](https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en_IE)

More online supports

The [YourMentalHealth.ie](http://www.yourmentalhealth.ie/) website provides information and signposting on all mental health supports and services that are available nationally and 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).

Shine

Shine is 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](http://www.shine.ie/covid-19/) or email [phil@shine.ie](mailto:phil@shine.ie)

Turn2Me

* Free online counselling and online support groups for people over 18
* Visit [www.turn2me.org](http://www.turn2me.org/)

MyMind

* Online counselling service
* Visit [www.mymind.org](http://www.mymind.org/) or email [hq@mymind.org](mailto:hq@mymind.org)

Suicide or Survive (SOS)

* A series of free online wellness workshops and programmes are available from SOS
* Visit [www.suicideorsurvive.ie](http://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](mailto: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 HELPto 51444 (standard message rates apply)
* Telephone appointments will be provided to replace face-to-face appointments –   
  [contact your local Pieta House](https://www.pieta.ie/contact/) for details

Aware

* Information and support to anyone over 18 about issues relating to their own mood or the mood of a friend or family member, or anyone who experiences depression or bipolar disorder
* Freephone Support Line 1800 80 48 48 (from 10 a.m. to 10 p.m. every day)
* Email [supportmail@aware.ie](mailto:supportmail@aware.ie) any time for a response within 24 hours
* A new phone-in Support & Self-Care Peer Group is now available. This is for people experiencing anxiety, mild to moderate depression, bipolar disorder and mood-related conditions, in order to give and receive support. More information at [www.aware.ie](https://www.aware.ie/support/support-groups/)

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](mailto:info@lgbt.ie) for support or information while face-to-face services are closed
* An instant messaging service is available seven days a week, from 6.30 p.m. to 10 p.m. Monday to Thursday, from 4 p.m. to 10 p.m. Fridays, and from 4 p.m. to 6 p.m. on Saturday and Sunday

Mental Health Ireland

* Information and support for people who experience mental health difficulties
* Information line 01 284 1166 (from 9 a.m. to 5 p.m. Monday to Friday)
* Visit [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie/) or email [info@mentalhealthireland.ie](mailto:info@mentalhealthireland.ie) for more information

GROW Mental Health Recovery

* Free, community-based, peer support groups for anyone who is experiencing a mental health issue
* Information line 1890 474 474

ADHD Ireland

* ADHD Ireland provide support, information and resources for young people and adults with ADHD, and their carers and families
* Telephone 01 874 8349 (from 9 a.m. to 5.30 p.m. Monday to Friday)
* Visit [www.adhdireland.ie](https://adhdireland.ie/) or email [info@adhdireland.ie](mailto:info@adhdireland.ie) for more information

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 9 a.m. to 5 p.m. every day)
* Visit [www.exchangehouse.ie](http://www.exchangehouse.ie/) for more information

Bodywhys

* [BodywhysConnect](https://www.bodywhys.ie/recovery-support-treatment/online-support-groups/) online support groups for those with eating disorders are operating as normal
* [YouthConnect](https://www.bodywhys.ie/recovery-support-treatment/youthconnect/) online support groups for young people aged 13–18 are operating as normal
* Helpline 01 2107906(Monday, Wednesday and Sunday from 7.30 p.m. to 9.30 p.m. and Saturday from 10.30 a.m. to 12.30 p.m.)
* Visit [www.bodywhys.ie](http://www.bodywhys.ie/) or email [alex@bodywhys.ie](mailto: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](mailto:confidential@practitionerhealth.ie)
* Visit [www.practitionerhealth.ie](http://www.practitionerhealth.ie/) for more information