

National Wellbeing Supports

Mental Health Champion

Pieta House (suicidality)

Phone: 1800 247 247

Samaritans Ireland (crisis)

Phone: 116 123 or text 087 260 9090

Aware (depression)

Phone: 1890 303 302

Rape Crisis Network Ireland

Phone: 1800 778888

Amen (male domestic abuse)

Phone: 046 9023 718

Mental Health First Aid

<https://www.mhfaireland.ie>

<https://niteline.ie/useful-links/>

Women's Aid (female domestic abuse)

Phone: 1800 341 900

Bodywhys (disordered eating)

Phone: 1890 622212

LGBT Helpline

Phone: 1890 929 539

Alcoholics Anonymous

Phone: 01 4538 998

Narcotics Anonymous

Phone: 01 672 8000