

Mental Health Ireland - Supports & Resources Directory

Mental Health Support Organisations

Organisation	Description	Link	Contact Information
Aware	Support for depression & bipolar including telephone support, educational resources & support groups.	https://www.aware.ie/	Freephone: 1800 80 48 48 Email: supportmail@aware.ie
Bodywhys - The Eating Disorder Association of Ireland	Support for people or their family members affected or at risk of an Eating disorder including informational resources, support line, support groups.	https://www.bodywhys.ie/	Helpline: 01 210 7906 Email: alex@bodywhys.ie
Helplink	Access to online counselling, education and information for people experiencing a mental health or addiction challenge.	https://helplink.ie/counselling/online-counselling-nationwide/	Phone: 091 759887 Email: helplinksupport@helplink.ie
Hearing Voices Network	Information, resources & support groups for people who hear voices, see visions or have other unusual perceptions.	https://www.hearing-voices.org/about-us/	Email: info@hearing-voices.org
HSE - Getting urgent help	The Emergency Services should be contacted if you or someone you know is in immediate danger of harm or suicide.	https://www2.hse.ie/wellbeing/mental-health/get-urgent-help.html	Call 999 or 112
HSE Mental Health Information Line	The HSE Mental Health Information line is dedicated to providing information on supports & services in your area and how to access these.	https://www2.hse.ie/wellbeing/mental-health/yourmentalhealth-information-line.html	Freephone: 1800 111 888
HSE' Text About It' SMS service	24/7 free text support for people experiencing any kind of mental health challenge including suicidal thoughts & self-harm.	https://text50808.ie/	Free text 'HELLO' to 50808
Grow	Mental health and recovery online support groups, education and resources.	https://grow.ie/	Phone: 1890 474 474

IACP – Therapy Hub	Free therapy for Frontline Workers	https://www.therapyhub.ie/covid	Phone: 087 335 6536 Email: support@therapyhub.ie
Jigsaw – National Charity for Youth Mental Health	Mental health support & free counselling for young people aged between 12-25	https://jigsaw.ie/	Email: info@jigsaw.ie Phone: 01 472 7010
Mental Health Ireland	Information & resources for minding your mental health.	https://www.mentalhealthireland.ie/get-support/covid19/	Phone: 01 284 11 66 Email: info@mentalhealthireland.ie
My Mind	Low cost and free online counselling options.	https://mymind.org/register?servicetype=24	Email: hq@mymind.org Phone: 076 680 1060
National Traveller Mental Health Network	Community led organisation to address Traveller mental health challenges and support members of the Traveller Community.	Facebook page: https://www.facebook.com/Travellersnetwork/photos/pb.249180339321829.-2207520000../681923069380885/?type=3&theater	Phone: 01 679 6577 Email: info@itmtrav.ie
Pieta House	Free support and therapy for those who feel alone, afraid or at risk of suicide or self-harm. You can also avail of free therapeutic supports.	https://www.pieta.ie/	Free phone: 1800 247 247 Text: 51444
Recovery Colleges (Office of Mental Health, Engagement & Recovery)	Educational programmes on mental health, recovery and wellbeing designed to support people on their journey of recovery from mental health challenges.	https://www.mentalhealthireland.ie/get-support/recovery-education/	

Samaritans	24/7 phone support for people going through a difficult time.	https://www.samaritans.org/ireland/how-we-can-help/contact-samaritan/	Free Phone: 116 123 Email: jo@samaritans.ie
Shine	Free online counselling during Covid-19 to support people with mental health challenges and mental health support groups and resources.	https://mymind.org/register?servicetype=23	Online form: https://mymind.org/contact Email: hq@mymind.org Phone: 076 680 1060
St. Patricks Information & Support Line	Information & support for people (and their families/friends) experiencing a mental health challenge provided by Qualified Mental Health Nurses.	https://www.stpatricks.ie/mental-health	Phone: 01 249 3333 Email: info@stpatsmail.com
Turn 2 Me	Turn 2 Me support people experiencing mental health challenges by offering free counselling, support groups & peer support. Support groups are also provided for frontline workers. Also includes counselling for young people aged 12-17.	https://turn2me.ie/	Register here: https://turn2me.ie/register

Other Support Organisations

Addiction Recovery Ireland	Information & counselling services for people struggling with addiction.	https://www.addictionrecoveryireland.ie/	Phone: 087 655 1565
Age Action	Information, resources and support through at home help or education for older people.	https://www.ageaction.ie/how-we-can-help	Phone: 01 475 6989 Email: info@ageaction.ie

Alone	Helpline and supports for older people (and specific Covid 19 support).	https://alone.ie/	Phone: 0818 222 024
As I am	Ireland's National Autism charity providing information to people with autism & their families.	https://asiam.ie/	Online form: https://help.asiam.ie/contact
Barnardos	Family support services for a range of issues.	https://www.barnardos.ie/our-services/work-with-families/family-support	Phone: 01 453 0355 Email: info@barnardos.ie
BelongTo	Supports services and resources for Lesbian, Gay, Bisexual & Trans young people in Ireland.	https://www.belongto.org/	Phone: 01 670 6223 Email: info@belongto.org
Crosscare	Support, advocacy services and information for Irish emigrants and people who have moved to Ireland	https://www.migrantproject.ie/	Phone: 01 873 2844 Email: migrantproject@crosscare.ie
Enable Ireland	Services and supports for people with disabilities and their families or carers.	https://www.enableireland.ie/	Phone: +353 (0) 1 8727155 Email: communications@enableireland.ie
Exchange House – Ireland's National Traveller Service	Support for members of the Traveller Community for mental health, addiction & those experiencing a crisis.	https://exchangehouse.ie/about.php	Email: info@exchangehouse.ie Phone: 01 872 1094
Family Carers Ireland	Support & advice for carers of a loved one who has a disability, is ill, has an addiction problem, is elderly or has mental health challenge.	https://familycarers.ie/	Freephone: 1800 24 07 24 Online Enquiry Form: https://familycarers.ie/make-an-enquiry-general

Family Resource Centres Ireland	Family and community-based supports.	https://www.familyresource.ie/	Email: info@familyresource.ie Online Contact Form: https://www.familyresource.ie/contact.php
Focus Ireland	Support for people who are homeless or at risk of homelessness.	https://www.focusireland.ie/i-need-help/	Tel: 01 671 25 55 Email: dublinadvice@focusireland.ie
HSE	Supports and information for people with disabilities.	https://www.hse.ie/eng/services/list/4/disability/	
HSE Covid-19 Page	Accurate and up to date Information on Covid-19	https://www2.hse.ie/coronavirus/	
Inclusion Ireland	National Association for people with intellectual disabilities – support & information.	https://inclusionireland.ie/	Phone: 01 8559891 Email: info@inclusionireland.ie
Irish Hospice Foundation	Support for people facing ending of life or bereavement.	https://hospicefoundation.ie/	T: 01 679 3188 Email: info@hospicefoundation.ie
Irish Men's Sheds Association	Support, resources & activities for men in Ireland.	https://menssheds.ie/	Phone: 01 891 6150 Email: info@menssheds.ie
Irish Refugee Council	Information, services and support for refugees in Ireland.	https://www.irishrefugeecouncil.ie/	Phone: 01 764 5854
ISPCC	24 Hour support for children and young people up to the age of 18.	https://www.ispcc.ie/teenline/	Freephone: 1800 833 634
LGBT Ireland	Phone, online and peer support groups for Lesbian, Gay, Bisexual, Transsexual people.	https://lgbt.ie/our-services/	Phone: 1890 929 539

Men's Aid	Helpline for men experiencing domestic abuse.	https://www.mensaid.ie/	Phone: 01 554 3811
Parentline	Helpline for parents who need advice for any aspect of parenting.	https://www.parentline.ie/	Phone: 1890 927 277 or 01 873 3500
Pavee Point	Local community supports and information for members of the Traveller & Roma Community.	https://www.paveepoint.ie/	Phone: 01 8780255 Email: info@pavee.ie
Peter McVerry Trust	Supports & services for people struggling with homelessness and addiction.	https://pmvtrust.ie/	Telephone: (01) 823 0776 Email: info@pmvtrust.ie
Woman's Aid	24/7 helpline for woman experiencing domestic abuse.	https://www.womensaid.ie/help/	Freephone: 1800 341 900

Mental Health Ireland's Resources to Support You and Your Mental Health

Organisation	Description
Coping with the pressures of farming	A booklet developed by Teagasc and MHI to support Farmers and their families' wellbeing.
Connect, Communicate, Reassure resource pack	A resource pack designed to support people who are supporting loved ones with mental health challenges during Covid -19.
Family Wellbeing Toolkit & Family Wellbeing Planner	A toolkit designed to support families and households to mind their mental health and wellbeing during tough times which includes practical tools, resources and information.
Five Ways to Wellbeing Posters	Posters displaying the Five Ways to Wellbeing during Tough Times These can printed as leaflets or hung up on the wall as colourful reminders of how to mind ourselves during this time.

'I Can Control' poster and worksheet	The 'I Can Control' worksheets are designed support people with their mental health in current times. The aim is to remind us that not everything is within our control right now and to focus on what we can control to help alleviate our worries and fears.
The Pocket Guide to Anxiety	Pocket guide with information and practical advice on how to manage and live with Anxiety.
The Pocket Guide to Recovery	A co-produced guide on Recovery and Mental Health.
The Pocket Guide to Stress	Pocket guide with information and practical advice on how to manage and live with Stress.
The Pocket Guide for Returning to the Workplace	A practical guide developed by MHI and Seechange to help people manage their fears and anxieties when returning to the workplace.
4As worksheet	Then 4A's was developed in response to the second lockdown and is designed to help people reflect on what is happening for them, accept it and take actions to help themselves recharge, while always showing self-compassion.