

Supports for Young People

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 10am to 4pm every day)
- chat online at www.childline.ie (from 10am to 4pm every day)

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 1pm to 5pm Monday to Friday)
- text CALL ME to 086 180 3880, giving your preferred day and time for a call (from 9am to 5pm Monday to Friday)
- email help@jigsaw.ie (for responses from 9am to 5pm Monday to Friday)
- visit www.jigsaw.ie or www.jigsawonline.ie for more information

Barnardos

Barnardos provide a national telephone support service for parents. Freephone 1800 910 123 from 10am to 2pm, Monday to Friday.

Barnardos also provide a children's bereavement helpline service, for members of the public seeking information and support in relation to bereavement. Telephone 01 473 2110 from 10am to 12pm, Monday to Thursday.

BeLonG To Youth Services

BeLonG To provide 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 (anytime day or night, standard SMS rates may apply)
- visit www.belongto.org for more information

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 for more information

Pieta House

Pieta provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide.

- visit pieta.ie for more information
- call free on 1800 247 247
- text help to 51444

More online supports

The [YourMentalHealth](http://www2.hse.ie/mental-health/) (www2.hse.ie/mental-health/) 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 any time, day or night: 1800 111 888.

Online counselling supports:

[Turn2ME](#) provides a 3-tiered approach to supporting mental well-being – self-help, support groups and professional support. Online services include counselling and support groups

www.mymind.org provides access to counselling and psychotherapy, face to face and online

The support offered by various agencies listed above are for individuals who are feeling worried or anxious about various issues.

For students who have complex mental health needs, access to help continues to be through your GP or health centre or hospital emergency services as detailed below:

GP and health centres

A GP can offer support for anyone in crisis. If possible, ask someone to come along with you.

Find a service near you:

- [GP or Health Centre](#)
- [Out of hours GP Services](#)

Hospital emergency services

Go to or call the emergency department of your [local general hospital](#).

Telephone emergency services

You can contact emergency services on 999 or 112.

Samaritans

The Samaritans telephone service is available 24 hours a day.

For confidential, non-judgmental support:

- freephone 116 123
- email jo@samaritans.ie
- visit [Samaritans Ireland](#) for details of the nearest branch

Messaging support service

A new mental health messaging support service is available 24 hours a day, 7 days a week. It provides in-the-moment anonymous support when you need it most.

This service aims to connect you with a trained volunteer in less than 5 minutes. They will listen to you and help you think more clearly, enabling you to know that you can take the next step to feeling better.

Text YMH to 086 1800 280 (Standard SMS rates may apply).