

NATIONAL SUPPORT SERVICES AVAILABLE DURING COVID 19

Samaritans

- Freephone **116 123** any time, day or night
- Email jo@samaritans.ie

Pieta House

- Freephone **1800 247 247** any time, day or night
- Text **HELP** to **51444** (standard message rates apply)
- Telephone appointments will be provided to replace face to face appointments - [contact your local Pieta House](#) for details

MyMind

- Counselling and psychotherapy available nationally, online Visit www.mymind.org or email hq@mymind.org

Turn2Me

- Visit www.turn2me.org for peer support online, online support groups and counselling online

Aware

- Freephone Support Line **1800 80 48 48** from 10am to 10pm every day
- Support and self-care groups nationwide, are cancelled until further notice
- [Life Skills Online Programme](#) continuing as normal
- Email supportmail@aware.ie for services information and support

Crisis Text Line Ireland

- Text **TALK** to **086 1800 280** any time, day or night

Shine

- Email phil@shine.ie for counselling support
- While face to face services are suspended, Shine staff will be available to offer remote support and an outreach service to people who use Shine services by phone and email.

BeLonGTo

- While face to face services are closed, information, referral and advice will be provided digitally, by email, SMS, phone call or video conference. Contact BelonGTo.org
- [Contact BeLonGTo](#) for more information.

LGBT Ireland

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- LGBT Helpline **1890 929 539**
- Gender Identity Family Support Line **01 907 3707**
- Email info@lgbt.ie for support or information while face to face services are closed

Jigsaw

- Visit [Jigsaw Online](#) while Jigsaw centres are closed - for mental health information for young people, their parents and guardians, and those who work with young people.

Bodywhys

- Email alex@bodywhys.ie for information or support, while all face to face and helpline services are currently suspended. Online support groups continue as normal.