

A PHONE  
CALL CAN  
SAVE A LIFE



## Feeling alone - Who can help me

### Other Support Services

Aware Support Line (depression & anxiety)	<b>1890 303 302</b>
Bodywhys (eating disorders)	<b>1890 200 444</b>
CURA (Counselling and practical help with unplanned pregnancies)	<b>1850 622 626</b>
Drugs/HIV Helpline, HSE	<b>1800 459 459</b>
HSE Information (Health services and entitlements)	<b>1850 241 850</b>
LGBT National Helpline (Lesbian, Gay, Bisexual, Transgender)	<b>1890 929 539</b>
Money Advice & Budgeting Service (MABS)	<b>076 107 2000</b>
National Poisons Information Centre	<b>01 809 2166</b>
Parentline (support to parents under stress)	<b>1890 927 277</b>
Senior Helpline (listening service for older people, run by older people)	<b>1850 440 444</b>
Women's Aid National Domestic Violence Helpline	<b>1800 341 900</b>

**If you, or someone you know needs help,  
you can call these services for support:  
24 Hour Services**

Emergency Services	<b>999 or 112</b>
Childline / ISPCC	<b>(Text - 50101) or call 1800 666 666</b>
Pieta House, Suicide Helpline	<b>1800 247 247</b>
Farm and Rural Stress Helpline	<b>1800 742 645</b>
Garda Confidential Line	<b>1800 666 111</b>
Rape Crisis Centre	<b>1800 778 888</b>
Samaritans (listening service for the lonely, despairing and suicidal)	<b>116 123</b>

**If you, or someone you know needs help,  
you can call these services for support:  
Monday to Friday Services (Office Hours)**

Alcoholics Anonymous	<b>01 842 0700</b>
Barnardos Bereavement Helpline (service for children and young people)	<b>01 473 2110</b>
Cancer Nurseline	<b>1800 200 700</b>
GROW Infoline (group support for mental health problems)	<b>1890 474 474</b>
Missing Persons Helpline	<b>1890 442 552</b>
Shine Helpline (supporting people affected by mental ill-health)	<b>1890 621 631</b>

[www.webwise.ie](http://www.webwise.ie) [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) [www.reachout.com](http://www.reachout.com)  
[www.spunout.ie](http://www.spunout.ie) [www.jigsaw.ie](http://www.jigsaw.ie) [www.pleasetalk.com](http://www.pleasetalk.com) (college student)