

HAY Campaign : Nationwide Services

Emergency contacts:

Garda : 999 or 112



Samaritans Ireland

Phone: 116123 open 24 hours a day 7 days a week

www.samaritans.ie

jo@samaritans.ie



Youth Work Ireland:

(01) 858 4500

www.youthworkireland.ie



Youth Work Ireland

AWARE

016617211

supportmail@aware.ie

www.aware.ie



BODYWHYS

012107906

alex@bodywhys.ie

www.bodywhys.ie



National Office for Suicide Prevention (NOSP)

(01) 778 5112



The Your Mental Health information line is a phone service you can call any time.
Freephone 1800 111 888



State of Mind Ireland

0857360994

stateofmindireland@yahoo.ie
www.stateofmindireland.ie



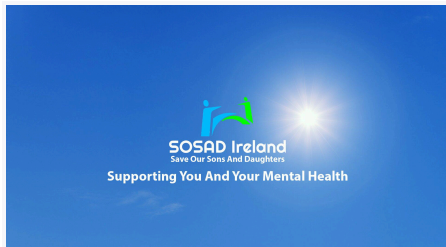
PIETA HOUSE: preventing suicide and self harm

Free 24/7 Crisis helpline: 1800 247 247 or
Text HELP to 51444
www.pieta.ie



SOSAD

www.sosadireland.ie
1800 901 909



CRISIS

Textline 50808



GROW:

1890474474

info@grow.ie

www.grow.ie



SHINE: Supporting people affected by mental ill health

01 860 1610

info@shine.ie

www.hse.ie



CAMHS: Child and Adolescent Mental Health Services

(01) 858 4500



ISPCC Childline

Free phone: 1800833634

text HELLO to 50101

www.ispcc.ie

ISPOCC Childline

SPUN OUT

016753554

hello@spunout.ie

www.spunout.ie



ICS: Irish Cancer Society

1800200700

supportline@irishcancer.ie

www.cancer.ie



Teen Counselling

01 5574705

www.teencounselling.ie



innovation and action for social justice

St. Vincent de Paul



Society of St. Vincent de Paul

Teenline

1800833634

www.teenline.ie

info@teenline.ie



TENI: Transgender Equality Network Ireland

018733575

office@teni.ie

www.teni.ie



Transgender
Equality
Network
Ireland

Stand Strong

Domestic abuse support

www.standstrong.ie

and www.volunteerslo.org

24-Hour Crisis Line: 805-781-6400

**STANDING
TOGETHER**

against domestic abuse

Amber Womens Aid

www.amberwomensrefuge.ie

0818 42 42 44



Womens Aid

Freephone : 1800341900

<https://www.womensaid.ie/services/helpline.html>

Women's  Aid

National 24-hour Rape Crisis Helpline

1800778888

www.drcc.ie



SAFE IRELAND

+353 90 6479078

info@safaireland.ie

www.safaireland.ie



Reach Out

01 764 5666

www.reachout.com



Alcoholics Anonymous

018420700

gso@alcoholicsanonymous.ie

www.alcoholicsanonymous.ie



**Alcoholics Anonymous
Ireland**

Belong To

016706233

info@belongto.org

www.belongto.org



JIGSAW: Young People's Health in Mind

0469071702

meath@jigsaw.ie

www.jigsaw.ie

JIGSAW
Young people's
health in mind

Youth Work Ireland

0469093402

info@youthworkireland.ie

www.youthworkireland.ie



Youth Work Ireland

Citizens Information

0761076150

www.citizensinformation.ie



NEDOC

1850777911

www.nedoc.ie

