**Alcoholics Anonymous Ireland**

<https://www.alcoholicsanonymous.ie>

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Phone - 01 8420700

**Anti-Bullying Research and Resource Centre**

DCU Institute of Education

St. Patrick’s Campus

Drumcondra

Dublin 9

Phone - 01-8962573

<https://antibullyingcentre.ie/contact/>

**Aware**

Aware was founded in 1985 by Dr. Patrick McKeon and a small but dedicated team of volunteers, many of whom had their own personal experience with depression, or bipolar disorder. The organisation developed in response to the clear need for information, understanding and support, both for individuals who had a diagnosis of depression or bipolar as well as family members supporting a loved one.

<http://www.aware.ie>

Phone: 01 6617211

**Barnardos**

Barnardos is a children’s charity that works with vulnerable children and their families in Ireland and campaigns for the rights of all children.

[www.barnardos.ie](http://www.barnardos.ie)

Phone: 01 4530355

**BODYWHYS**

Founded in 1995, Bodywhys is the national voluntary organisation supporting people affected by eating disorders.

<https://www.bodywhys.ie>

Helpline: 01 2107906

**CARI**

CARI is the leading voluntary organisation with a proven track record in providing child centred specialised therapy and support to children, families and groups affected by child sexual abuse, regardless of means.

[www.cari.ie](http://www.cari.ie)

Phone: 01 830 8529

**Childline**

Childline is a part of the ISPCC (The Irish Society for the Prevention of Cruelty to Children).

Childline is open every day and is for all children and young people up to the age of 18 in Ireland.

You can talk with Childline in confidence, about anything that might be on your mind, and we won't judge you, give out to you or tell you what to do. We're here to listen and we'll help you to figure out the best solution for you.

<https://www.childline.ie/>

Freephone - 1800 66 66 66

Text Free – 50101

**NI**

Childline is here to help anyone under 19 in the UK with any issue they’re going through.

You can talk about anything. Whether it’s something big or small, our trained counsellors are here to support you.

[www.childline.org.uk](http://www.childline.org.uk)

Phone - 08001111

**Citizens Information**

The Citizens Information Board is the statutory body which supports the provision of information, advice and advocacy on a broad range of public and social services.

<https://www.citizensinformation.ie/en/>

Free & Confidential line - 0890777121

**Connect**

Connect is a free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood. You can talk in confidence with a trained counsellor who can listen or help with questions you have.

[www.connectcounselling.ie](http://www.connectcounselling.ie)

Phone - 1800 477 477

**Childline**

All conversations with Childline are private, which means that you can talk to Childline about anything and they won’t tell anyone unless you tell them who you are or where you are. Childline is for young people up to the age of 18. Contact services are available from 10am to 4am every day.

<http://www.childline.ie>

Phone:

ROI - 1800 66 66 66

NI - 00800 477 477 77

**Drugs & alcohol abuse**

drugs.ie is managed by the HSE National Social Inclusion Office.

They are responsible for providing services connected to a range of issues and vulnerable groups.

<http://www.drugs.ie/>

Phone - 1800 459 459

**Gamblers Anonymous**

Gamblers Anonymous (GA) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

**​**<https://www.gamblersanonymous.ie/>

Phone – 01 8721133

**HSE National Counselling Service**

The HSE National Counselling Service (NCS) is a professional, confidential counselling and psychotherapy service available free of charge in all regions of the country.

Website: <http://www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/>

The HSE National Counselling Service welcomes calls from adults who have experienced abuse in childhood. Click on the following link for a list of National Counselling Service Branches;

<https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/nationalcounsellingservicebranches.pdf>

**Garda Confidential Line**

The Garda Confidential line allows the public to call with confidential information relating to matters of crime or other activities.

Phone - 1800 666 666

**ISPCC**

The Irish Society for the Prevention of Cruelty to Children (ISPCC) is Ireland’s national child protection charity.

Their purpose is to listen to them, empower them, strengthen their resilience and enable them to live their best possible lives.

[www.ispcc.ie](http://www.ispcc.ie)

Phone - 01 6767960

**Jigsaw & Headstrong**

The National Centre for Youth Mental Health. There to ensure that no young person feels alone, isolated and disconnected from others around them. We provide vital supports to young people with their mental health by working closely with communities across Ireland.

<https://www.jigsaw.ie/>

Contact your local jigsaw - <https://www.jigsaw.ie/need-help/find-a-jigsaw/>

**MABS**

MABS is the State’s money advice service, guiding people through dealing with problem debt for more than twenty years. MABS is free, confidential and independent.

<https://www.mabs.ie/en/>

Helpline 1890 283 438

**Mental Health Ireland**

Mental Health Ireland is a national voluntary organisation which aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights.

[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

Phone - 01 2841166

**Minding Your Head**

[www.mindingyourhead.info](http://www.mindingyourhead.info)

**One in Four**

One in Four is a national charity which provides psychotherapy and advocacy services for people who have experienced sexual violence.

[www.oneinfour.ie](http://www.oneinfour.ie)

Phone - 01 6624070

Email: info@oneinfour.ie

**Pieta House**

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

[www.pieta.ie](http://www.pieta.ie)

Talk to a Therapist Now:

CALL FREE on 1800 247 247

TEXT HELP to 51444

**NSPCC**

If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.

Call us or email

https://www.nspcc.org.uk/

Phone - 0808 500 5000

**Rape Crisis Centres**

The Dublin Rape Crisis Centre was established in 1979 and is a national organisation offering a wide range of services to women and men who are affected by rape, sexual assault, sexual harassment or childhood sexual abuse. The services include a National 24-Hour Helpline, one to one counselling, court accompaniment, outreach services, training, awareness raising and lobbying.

For a directory of Rape Crisis Centres around the country.

<http://www.drcc.ie/get-help-and-information/centres-around-ireland/>

Phone - 1800 77 88 88

**Reachout**

In 2019 Turn2me.org and ReachOut Ireland joined forces to create Turn2me Youth. A space for young people to find information and explore different ways of getting through tough times.

The aim of Turn2me Youth is to make getting professional mental health support online as easy as possible for everybody in Ireland.

<https://www.turn2me.ie/youth>

**Samaritans**

Samaritans provide 24-hour emotional support to anyone experiencing distress, despair or suicidal thought. Whatever you're going through, you can call any time, from any phone for FREE 116 123

ROI

[www.samaritans.org](http://www.samaritans.org)

Email: jo@samaritans.org

NI

[www.samaritans.org](http://www.samaritans.org)

Tel - 08457909090

**Spunout.ie**

SpunOut.ie is Ireland’s youth information website created by young people, for young people.

SpunOut.ie provides young people with a space to have their questions answered, receive advice from other readers with lived experiences and to share their views with the SpunOut.ie community.

<https://spunout.ie>

Phone: text HELLO to 50808

Email: info@spunout.ie

Text Spunout - 086 1800280

**Teen Between**

The ISPCC operates Teenline, a national active listening service for children and young people up to the age of 18 in Ireland.

Teenline can be contacted 24 hours a day, 365 days a year, by calling 1800 833 634.

**Tusla**

Tusla, the Child and Family Agency is now the dedicated State agency responsible for improving wellbeing and outcomes for children. It represents the most comprehensive reform of child protection, early intervention and family support services ever undertaken in Ireland. The Child and Family Agency’s services include a range of universal and targeted services for children and families.

[www.tusla.ie](http://www.tusla.ie)

To get in touch - <https://www.tusla.ie/get-in-touch/>

**Women’s Aid**

Women's Aid is a national organisation that has been working in Ireland to stop domestic violence against women and children since 1974. The Women's Aid Helpline is the only free, national, domestic violence helpline with specialised trained staff.

[www.womensaid.ie](http://www.womensaid.ie)

Phone - 1800 341 900

Email: info@womensaid.ie