



Minding your Mental Health: Support Services

There are a number of organisations dedicated to helping members of the public at times when they need support, including the following:

- **Your local GP** is available to provide support
- **The HSE.ie** also provides a list of out of hours doctors services nationally, who are available to help in a crisis <https://www.hse.ie/eng/services/list/2/gp/out-of-hours-services/>
- **The HSE Psychosocial Response Service** is now open to the public, as well as HSE staff to provide some extra support at this unprecedented time. For telephone support from a HSE Psychologist / HSE Counsellor just email MLMpsychosocial@hse.ie.
- **Irish Hospice Foundation: Understanding bereavement** <https://hospicefoundation.ie/bereavement-2-2/understanding-bereavement/>
- **Coronavirus and Bereavement** The Irish Hospice Foundation have developed practical and easily accessible materials for the Irish context, and include resources and supports available from organisations such as

the HSE, DES and websites such as RIP.ie. There are also topic specific resources addressing issues such as *'Planning a funeral in exceptional times'*, *'Grieving in exceptional times'* and *'Helping children grieve during COVID-19 restrictions'*

- **Winston's Wish** is a British childhood bereavement charity with a very comprehensive website. Their COVID-19 page has useful resources, such as *'How to say goodbye when a funeral isn't possible'*, *'Telling a child someone has died from coronavirus'* and *'Managing grief in isolation'*
- **Rainbows** is a free, voluntary service that supports children and young people with separation and bereavement. Support programmes for children and young people at both primary and post-primary level are available for students three months (minimum) after the experience of a loss.
- **SEN and Bereavement**
Mencap have materials for explain loss and death to people with learning disabilities and includes literature for specific aspects such as *'What can I do to feel better'* and *'Going to a funeral'*
- **SPUNOUT** aim to educate and inform young people aged between 16-25 about the importance of holistic wellbeing and how good health can be maintained both physically and mentally. Text SPUNOUT to 086 1800 280 to chat anonymously with a trained volunteer spunout.ie
- **Dr Harry Barry** has a long-standing interest in Mental Health. His YouTube videos discuss how to manage panic attacks, phobias, social anxiety, general anxiety, stress and depression. Excellent for building emotional resilience. drharrybarry.com
- **In-house support: Guidance Counsellor for School Terms.**

[Patricia Harrington on Harringtonp@spcgs.ie](mailto:Harringtonp@spcgs.ie)

Other Online and Phone Mental Health Supports

While it may not be possible to get face to face appointments there are a number of service providers that offer online and phone mental health supports and services, which are listed below. These include online counselling, phone and text services as well as online supports which can be found on www.yourmentalhealth.ie

(The following list has been taken from the HSE website-January 2021)

Supports for younger people, their parents or guardians.

TEXT 50808

50808 is a first of its kind for Ireland: a free 24/7 text service providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis-big or small. From break ups to bullying, to anxiety, depression and suicidal feelings, crisis volunteers are available 24/7 for anonymous text conversations. Text HELLO to 50808 anytime day or night.

Minding your wellbeing (videos)

HSE have launched a new, free, online mental health and wellbeing programme called **Minding your Wellbeing**. This evidence-based programme which consists of 5 video sessions, each 20 minutes, can be found here: [Minding Your Wellbeing Programme - HSE.ie](https://www.hse.ie/eng/health/mental_health/minding_your_wellbeing_programme)

This programme will focus on practicing self-care, understanding our thoughts, exploring emotions, building positive relationships and improving our resilience.

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)

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)
- While face to face services are closed, information, referral and advice will be provided digitally, by email, SMS, phone call or video conference
- Visit www.belongto.org for more information

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)

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- 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](#), in response to the challenges they are facing during the Covid-19 pandemic. 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)

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

Online counselling and supports

Turn2Me

- Free online counselling and online support groups for people over 18
- Visit www.turn2me.org

MyMind

- Online counselling service
- Visit www.mymind.org or email hq@mymind.org

Shine

- Shine are currently providing remote support and an outreach service to people experiencing mental health problems and their families and supporters by phone and email.
- Visit www.shine.ie/covid-19 or email phil@shine.ie

Phone, email and text supports

Samaritans

- Emotional support to anyone in distress or struggling to cope
- Freephone **116 123** (any time, day or night)

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- Email jo@samaritans.ie

Pieta House

- Pieta House provides telephone and text-based support counselling for people who are suicidal or engaging in self-harm
- 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

Aware

- Information and support to anyone over 18 about issues relating to their own mood or the mood of a friend or family member, or who experiences depression or bipolar.
- Freephone Support Line **1800 80 48 48** (from 10am to 10pm every day)
- Email supportmail@aware.ie anytime, for a response within 24 hours
- A new Phone-in Support & Self Care Peer Group is now available. This is for people experiencing anxiety, mild to moderate depression, bipolar disorder and mood-related conditions, in order to give and receive support. More information at www.aware.ie

Crisis Text Line Ireland

- A confidential messaging support service
- Text **TALK** to **086 1800 280** (any time day or night, standard SMS rates may apply)

LGBT Ireland

- Online support and through the helpline for LGBT+ people across Ireland
- LGBT Helpline **1890 929 539** (every day)
- Gender Identity Family Support Line **01 907 3707**
- Email info@lgbt.ie for support or information while face to face services are closed
- An instant messaging service is available 7 days a week, from 6:30pm to 10pm Mon – Thur, from 4pm to 10pm Fridays, and from 4pm to 6pm on Sat & Sun

Mental Health Ireland

- Information and support for people who experience mental health difficulties
- Information line **(01) 284 1166** (from 9am to 5pm Monday to Friday)
- Visit www.mentalhealthireland.ie or email info@mentalhealthireland.ie for more information

GROW Mental Health Recovery

- Information line **1890 474 474**

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- Grow are providing a new six-week guide on coping with COVID19, consisting of podcasts, practical resources and information
- Visit www.grow.ie or email info@grow.ie for more information, or while peer support groups are postponed

ADHD Ireland

- ADHD Ireland provided support, information and resources for young people and adults with ADHD, and their carers and families
- Telephone **01 874 8349** (from 9am to 5:30pm Monday to Friday)
- Visit www.adhdireland.ie or email info@adhdireland.ie for more information

Inclusion Ireland

- The National Association for People with an Intellectual Disability has produced a wide range of easy-read guides on coronavirus. These include one on how to keep good mental health for people with intellectual disabilities.
- Visit www.inclusionireland.ie to download these guides, or for more information

Bodywhys

- [BodywhysConnect](#) online support groups for adults (19+) with eating disorders are operating as normal
- [YouthConnect](#) online support groups for young people aged 13-18 are operating as normal
- Helpline **01 2107906** (Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm)
- Visit www.bodywhys.ie or email alex@bodywhys.ie for more information

Union of Students in Ireland

- Click [here](#) for some useful tips and resources which can be used to keep your mind healthy
- Visit www.usi.ie for more information

Supports for older people

Alone

- Alone provide a COVID-19 support line for older people
- Call **0818 222 024** (from 8am to 8pm, seven days a week)
- Visit www.alone.ie

The Alzheimer Society of Ireland

- Practical information and emotional support or information on supports and services

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- Freephone **1800 341 341** (Monday to Friday from 10am to 5pm and Saturday from 10am to 4pm) or email helpline@alzheimer.ie
- The [Dementia Resource Hub](#) provides sign-posting to web-based reliable information and on-line resources for people with dementia, families and carers
- Visit www.alzheimer.ie or www.understandtogether.ie for more information

Seniorline

- Confidential listening service for older people provided by trained older volunteers
- Call **1800 804 591** (lines are open every day from 10am to 10pm)
- Visit www.thirdageireland.ie/seniorline for more information

Age Friendly Ireland

- Age Friendly Ireland have a compiled a list of all Local Authority Community Response Forums, and their contact helpline numbers – these are available to support vulnerable members of communities affected by COVID-19 restrictions
- Visit [Age Friendly Ireland](#) for more information and access their daily newsletter [here](#)

Mobile apps to support your mental health

These mobile apps can help you manage anxiety. They have been reviewed and approved for listing here, by a group in the HSE (Mental Health Apps Review Sub Group). The app developers are solely responsible for their app's advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the HSE, and the HSE is not liable for their use.

Eating Disorder Self Help App (HSE)

A self-care app which provides valuable information for those with or people caring for someone with an eating disorder. The app provides information and advice for anyone worried about developing an eating disorder or for those who have been diagnosed or are recovering from an eating disorder. From the HSE National Clinical Programme for Eating Disorders and Bodywhys. Read more and get the app, [here](#)

Mindshift (by Anxiety Canada)

A user-friendly self-help tool based on proven scientific strategies, [MindShift CBT](#) teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check in each day to track their anxiety and work with tools in the app.

- Get it in the [App Store](#) or on [Google Play](#)

Clear Fear

[Clear Fear](#) is an app developed for teenage mental health charity Stem4 which uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change.

- Get it in the [App Store](#) or on [Google Play](#)

Headspace

[Headspace](#) is a well-known mobile app that teaches meditation and easy to use mindfulness skills. Map your journey, track your progress, and reap rewards in your overall health and wellbeing. You can even 'buddy up' with friends and motivate each other along the way.

- Get it in the [App Store](#) or on [Google Play](#)

More online supports

The [YourMentalHealth.ie](#) website provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners. You can also call the Freephone YourMentalHealth Information Line to find supports and services **1800 111 888** (any time, day or night).