

Wellbeing Supports from the HSE website

Some face-to-face services are limited at the moment because of the COVID-19 (coronavirus) outbreak. But a number of organisations are still providing:

- online counselling and support
- phone support
- text support
- mobile app support

Some of the main services are listed below.

Online counselling and support

Minding Your Wellbeing

Free series of online video resources to learn and practice key elements of mental wellbeing such as mindfulness, gratitude, self-care and resilience from HSE Health and Wellbeing.

Read more about the [Minding your Wellbeing Programme](#).



Turn2Me

Free online counselling and online support groups for young people (aged 12 to 17) and adults. Peer support groups for frontline workers and professionals.

Visit turn2me.ie



MyMind

Online counselling service including free appointments for people directly affected by Covid-19.

Contact hq@mymind.org

Visit mymind.org



Shine

Remote support and an outreach service to people who use Shine services by phone and email.

Contact phil@shine.ie

Visit shine.ie/covid-19



Suicide or Survive (SOS)

Free online wellness workshops and programmes.

Visit suicideorsurvive.ie

Stress Control

Stress control classes to learn new stress management skills and tips for minding your mental health from HSE Health and Wellbeing.

The programme is for 3 weeks on Mondays and Thursdays and recommences at varying intervals.

Visit HSE Health and Wellbeing for more information.



Clanwilliam Institute

Individual, couple and family therapy sessions online and phone.

Contact reception@clanwilliam.ie

Visit clanwilliam.ie



Helplink Mental Health

Free low-cost online counselling services and educational resources.

Visit helplink.ie



Minding Your Mental Health

A series of multilingual video messages presented by doctors and other health professionals now living and working in Ireland.

The videos are available in Romanian, Polish, Arabic, English, French, Lithuanian, Russian, Irish and Portuguese.

Visit translateireland.ie



Grow Mental Health Recovery

Weekly online peer support groups. Podcasts, practical resources and information.

Contact info@grow.ie

Information line [1890 474 474](tel:1890474474)

Visit grow.ie

Phone, email and text support

SAMARITANS

Samaritans

Emotional support to anyone in distress or struggling to cope.

Contact jo@samaritans.ie

Freephone [116 123](tel:116123) every day 24 hours a day

Visit [Samaritans Ireland](http://SamaritansIreland.com).

text about it

50808

Text 50808

A free 24/7 text service, providing everything from a calming chat to immediate support for people going through mental health or emotional crisis.

Text HELLO to 50808, anytime day or night.

Visit www.text50808.ie for more information.



Pieta House

Telephone and text-based support counselling for people who are suicidal or engaging in self-harm.

Freephone [1800 247 247](tel:1800247247) every day 24 hours a day.

Text HELP to 51444 - standard message rates apply.

Visit pieta.ie



Aware

Information, support and peer groups for people experiencing anxiety, mild to moderate depression, bipolar disorder and mood-related conditions. Support also for friends and family members.

Contact supportmail@aware.ie

Freephone support line [1800 80 48 48](tel:1800804848) 10am to 10pm every day

Visit aware.ie



Irish Hospice Foundation Bereavement Support Line

A freephone bereavement support line providing information, connection, comfort and support.

Phone [1800 807 077](tel:1800807077) Monday to Friday from 10am to 1pm.

Visit hospicefoundation.ie for more information.



LGBT Ireland

Online instant messaging support. Please see website for opening hours.

Contact info@lgbt.ie for support or information.

LGBT+ helpline [1890 929 539](tel:1890929539) every day.

Gender identity family support line [01 907 3707](tel:019073707).

Visit lgbt.ie



Mental Health Ireland

Information and support for people who experience mental health difficulties.

Contact info@mentalhealthireland.ie

Information line [01 284 1166](tel:012841166) from 9am to 5pm Monday to Friday

Visit mentalhealthireland.ie

HSE Mental Health Recovery Colleges

Recovery education colleges and services provide mental health recovery education. Timetables have been developed to support people through recovery education.

Visit [Recovery Education](#)



The Irish Cancer Society Support Line

A supportive information service staffed by experienced cancer nurses where anyone concerned about cancer can get trusted information and advice about any type of cancer, including in relation to concerns about the current pandemic.

Contact SupportLine@IrishCancer.ie

Freephone [1800 200 700](tel:1800200700) (Monday to Friday, from 9am to 5pm)

Visit the [Irish Cancer Society Support Line](#).



ADHD Ireland

Support and information for young people and adults with ADHD and their carers and families.

Contact info@adhdireland.ie

Phone [01 874 8349](tel:018748349) from 9am to 5.30pm Monday to Friday.

Visit adhdireland.ie



Inclusion Ireland

The National Association for People with an Intellectual Disability. Easy-read guides on coronavirus. These include one about good mental health for people with intellectual disabilities.

Visit inclusionireland.ie



Bodywhys

A range of services (helpline, support groups, online groups, email and family programmes) for adults and young people with eating disorders, and their families.

Helpline [01 2107906](tel:012107906) Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm.

Contact alex@bodywhys.ie for support.

Visit bodywhys.ie



Union of Students in Ireland

Mental health information, resources and networks for students, from the Union of Students in Ireland.

Visit usi.ie



Minding Creative Minds

Free 24/7 wellbeing & support programme for the Irish Creative Sector, including counselling.

Phone [1800 814 244](tel:1800814244)

Visit mindingcreativeminds.ie

Supports for younger people, their parents or guardians



Childline (ISPCC)

Ireland's 24-hour national listening service for young people up to the age of 18.

Freephone [1800 666 666](tel:1800666666) any time.

Text 50101 from 10am to 4pm every day.

Chat online at childline.ie anytime

Supporting Lesbian, Gay, Bisexual &
Trans Young People in Ireland



BeLonG To Youth Services

Support, information and groups for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland, their parents and carers, and other professionals.

Text LGBTI+ to 086 1800 280 to chat confidentially with a trained crisis volunteer anytime - standard SMS rates may apply.

Visit belongto.org for more information.



Jigsaw

Mental health support and advice to young people aged 12 to 25 years old and parents or concerned adults.

Visit jigsaw.ie/livechat for 1:1 text chat 1pm to 5pm Monday to Friday.

Contact help@jigsaw.ie - replies 9am to 5pm Monday to Friday.

Freephone [1800 544729](tel:1800544729) from 1pm to 5pm Monday to Friday.

Text CALL ME to 086 180 3880 with your preferred day and time for a call.

Visit jigsaw.ie or jigsawonline.ie



Barnardos

Telephone support for parents in response to the challenges during the Covid-19 pandemic.

Freephone [1800 910 123](tel:1800910123) from 10am to 2pm Monday to Friday.
Barnardos also provide a [children's bereavement helpline service](#).
Phone [01 473 2110](tel:014732110) 10am to 12pm Monday to Thursday.

Visit www.barnardos.ie



SpunOut.ie

Articles and information for young people on many different topics including mental health.
Text SPUNOUT to 086 1800 280 to talk to a trained volunteer - standard message rates may apply.

Visit spunout.ie

Supports for older people



**Supporting older people
to age at home**

Alone

COVID-19 support line for older people.
Phone 0818 222 024 8am to 8pm everyday.
Visit alone.ie

dementia

understand together

The Alzheimer Society of Ireland

Information and emotional support and information on supports and services.
Freephone 1800 341 341 Monday to Friday 10am to 5pm and Saturday 10am to 4pm
helpline@alzheimer.ie

The Dementia Resource Hub provides sign-posting to information and on-line resources for people with dementia, families and carers.
Visit alzheimer.ie or understandtogether.ie



Grow Mental Health

Weekly online peer support groups. Podcasts, practical resources and information.

Visit grow.ie
info@grow.ie
Information line [1890 474 474](tel:1890474474)



Seniorline

Confidential listening service for older people provided by trained older volunteers.
Call 1800 804 591 from 10am to 10pm everyday
Visit thirdageireland.ie



Age Friendly Ireland

A list of all Local Authority Community Response Forums and their contact helpline numbers to support vulnerable members of communities affected by COVID-19 restrictions.
Visit agefriendlyireland.ie/

Mobile apps

These mobile apps can help you manage anxiety. They have been approved for listing here by the HSE Mental Health Group.

The app developers are solely responsible for their compliance and fitness for purpose. These apps are not supplied by the HSE and the HSE is not liable for their use.

Mindshift (by Anxiety Canada)

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 Mindshift from the App Store](#)
- [Get Mindshift from the Google Play Store](#)

Headspace

Headspace is a well-known mobile app that teaches meditation and easy to use mindfulness skills. Map your journey and track your progress and ‘buddy up’ with friends and motivate each other.

- [Get Headspace from the App Store](#)
- [Get Headspace from the Google Play Store](#)

Clear Fear

For teenage mental health charity Stem4. The app uses 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 and track your progress.

- [Get Clear Fear from the App Store](#)
- [Get Clear Fear from the Google Play Store](#)