

Support services

Samaritans

Whatever you are going through, Samaritans can help

Free phone: 116 123
24 hours a day, 365 days a year

www.samaritans.org

ALONE

If you or an older person you know needs support

0818 222 024
8am-8pm

www.alone.ie

Childline

Talking makes us stronger

Free phone: 1800 66 66 66

Free text: 50101

www.childline.ie/

Text 50808

50808 is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support.

Texting 50808 is free on all major networks (Vodafone, Eir, Three, Gomo, Tesco & Virgin). Customers of 48, An Post & Clear Mobile should use 0861800280 - standard SMS charges may apply to the 086 number.

Jigsaw

Mental health support and advice for young people aged 12 to 25

Supports include a live chat, live group chats, and a forum for asking questions.

www.jigsaw.ie

Irish Hospice Foundation

Bereavement support line

1800 80 70 77

Monday to Friday from 10am to 1pm

www.hospicefoundation.ie

Women's Aid

Listening. Believing. Supporting

Free phone: 1800 341 900

24 hours a day, 7 days a week

Instant messaging service:

Monday to Friday 10am – 1pm and 7pm to 10pm

Saturday 12pm to 3pm and 7pm to 10pm.

Sunday 11am – 1pm and 7pm to 10pm.

www.womensaid.ie

Men's Aid Ireland Rape Crisis Centre

Support for anyone affected by sexual violence, at any time

Free phone: 1800 77 88 88

24 hours a day, 7 days a week

A webchat service is open Monday to Friday, 10am-2pm

www.drcc.ie

Aware

Support for people

Supporting men experiencing domestic violence

01 554 3811

www.mensaid.ie

Dublin

affected by depression

Free phone: 1800 80 48 48

Monday to Sunday 10am-10pm

www.aware.ie

Pieta House

For people at risk of suicide and self-harm

Free phone: 1800 247 247

Text HELP to 51444

www.pieta.ie

Mental health support services

The HSE's full [list of support services](#)