

Useful Helplines

50808 is a free text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis. Crisis Volunteers are available 24/7 for anonymous, supportive text conversations. Text TALK to 50808 to begin.

Lisheens House

023 888 8888

A community centred mental health charity that offers free counselling, training & support for those in a mental health crisis

Samaritans

116 123

If you are worried and finding it hard to cope this helpline is open day and night

Pieta House

1800 247 247

Free 24/7 professional helpline for people at risk of suicide, self-harm and those bereaved by self-harm

Women's Aid

1800 341 900

24-hour support for women living with abusive partners

Men's Aid

01-554 3811

A professional and qualified support team with years of experience in supporting men and families experiencing domestic abuse.

Threshold

1800 454 454

If you are a renter and worried about the security of your tenure during the pandemic this helpline is open Monday - Friday, 9am – 9pm

Parentline

1890 927 277

Parentline is a national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues

Askonefamily

01 662 9212

Helpline for people parenting alone, sharing parenting and for those separating