



# Mental Health and Suicide Prevention Supports and Services

Provided by Non-Governmental Organisations

A short directory  
for GPs and GP Practices



Connecting for Life



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## About this directory

This short directory has been developed in response to a request to highlight mental health and suicide prevention supports and services delivered and facilitated by non-governmental organisations (NGOs). This practical short directory is for General Practitioners (GPs) in Ireland, and for others working in GP practices (group or single practices), primary care centres and health centres. It has been co-produced to assist GPs and Practice Nurses to easily and effectively recommend mental health supports and services to people in need.

For information purposes, it lists NGOs and agencies providing supports and services for people who may be experiencing mental health difficulties, suicidal ideation, engaging in deliberate self-harm, bereaved by suicide or for family members, carers or supporters.

It includes the main organisations who receive funding nationally, from the HSE National Office for Suicide Prevention (in line with Connecting for Life, Ireland's National Strategy to Reduce Suicide) and from HSE Mental Health (in line with Sharing the Vision, Ireland's National Mental Health Policy). The services and initiatives listed range from local support groups, self-help groups, voluntary and community-based counselling services to larger organisations with multiple branches.

Representatives from the NGO sector who participate in the national implementation oversight group for Connecting for Life, Ireland's National Strategy to Reduce Suicide have compiled this directory. It has been published with support from the HSE National Office for Suicide Prevention ([info@nosp.ie](mailto:info@nosp.ie)).

***\*This directory is not intended to be an exhaustive list of services available in the country.***

All information provided is correct at time of publication (Version 1, October 2023).

Version 1, October 2023

This directory is available to order on [www.healthpromotion.ie](http://www.healthpromotion.ie) (Mental Health topic)

Published by the HSE National Office for Suicide Prevention (NOSP)

Email: [info@nosp.ie](mailto:info@nosp.ie)

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ADHD Ireland provides support and education services for adults with ADHD, family members of those with ADHD and parents of children with ADHD

**Description** ADHD Ireland’s mission is to make life better for all people affected by ADHD. ADHD Ireland is dedicated to providing up-to-date information, resources and networking opportunities to individuals with ADHD, parents of children with ADHD and the professionals who serve them.

**Who is this service for?** Adults with ADHD, family members of those with ADHD and parents of children with ADHD.

**Is there a fee?** Most activities are free, charges for some services, such as parenting courses. Bursary places are available as needed.

### HOW TO ACCESS

**Phone** 01 874 8349

**Email** [info@adhdireland.ie](mailto:info@adhdireland.ie)

**Website** [www.adhdireland.ie](http://www.adhdireland.ie)

**Aware is a support organisation for depression and bipolar disorder**

**Description** Aware provides a range of support, education and information services nationwide. Support and information services are available for adults experiencing depression or bipolar disorder and for those who are concerned for someone who is impacted. Education services are also available for adults, senior-cycle classes and the workplace.

**Relatives Programme:** Support for people caring for someone with depression or bipolar disorder. **Living Well with Bipolar Disorder:** Programme providing opportunities to understand and manage bipolar disorder more effectively. Designed for people with a diagnosis of bipolar disorder.

**Mindfulness-Based Stress Reduction Programme:** Suitable for people experiencing stress, anxiety, low mood and depression.

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**Who is this service for?** All adults impacted by depression, bipolar disorder and related mood conditions.

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**Is there a fee?** No.

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**HOW TO ACCESS**

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**Phone** Freephone 1800 80 48 48 10am–10pm, 365 days

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**Email** [supportmail@aware.ie](mailto:supportmail@aware.ie), Sub-24 hour response  
**Support Groups:** In-person; Zoom; Phone, nationwide  
**Life Skills:** Adult CBT programmes (in-person & online)  
**Relatives Programme:** In-person, Zoom

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**Website** [www.aware.ie](http://www.aware.ie)

# Belong To LGBTQ+ Youth Ireland



Belong To LGBTQ+ Youth Ireland

**Belong To LGBTQ+ Youth Ireland is a Youth Service supporting lesbian, gay, bisexual, transgender and intersex (LGBTI+) young people in Ireland**

## Description

Belong To LGBTQ+ Youth Ireland is the national organisation supporting lesbian, gay, bisexual, and transgender (LGBTQ+) young people in Ireland. Since 2003, Belong To have worked with LGBTQ+ young people, between 14 and 23 years, to create a world where they are equal, safe, and valued in the diversity of their identities and experiences. Belong To also advocate and campaign on behalf of young LGBTQ+ people, and offer a specialised LGBTQ+ youth service with a focus on mental and sexual health, alongside drug and alcohol support. Belong To respond to the needs of LGBTQ+ young people in Ireland and help them thrive.

## Who is this service for?

Young LGBTQ+ people aged 14–23.

## Is there a fee?

No.

## HOW TO ACCESS

Groups are facilitated both online and in person, as well as some one-to-one sessions being available in person or online/via phone.

**Phone** 01 670 6223

**Email** [info@belongto.org](mailto:info@belongto.org)

**Website** [www.belongto.org](http://www.belongto.org)

## Bodywhys is an eating disorder support service

**Description** Bodywhys is the national voluntary organisation supporting people affected by eating disorders their families. Bodywhys provide a range of non-judgemental listening, information and support services, as well as school talks, training, literature and webinars. No diagnosis is necessary to avail of support services.

**Who is this service for?** People affected by eating disorders, their families and carers.

**Is there a fee?** No.

## HOW TO ACCESS

**Phone** Helpline: **01 210 7906**  
Office: **01 283 4963**

**Email** Support email: **alex@bodywhys.ie**  
Office email: **info@bodywhys.ie**

**Website** **www.bodywhys.ie**

# Dublin Simon Community – Sure Steps



Dublin Simon Community – Sure Steps is a suicide prevention service for people experiencing homelessness

## Description

Sure Steps Suicide Prevention Service provides emotional/ psychological support to clients experiencing suicide ideation who are currently homeless or recently resettled. The service operates 365 days a year and incorporates an out of hours service Mon–Sun 4–10pm. Counsellors provide individual support to anyone calling in crisis as well as 1:1 counselling support.

NOTE: Crisis, high risk or urgent referrals should always contact via the Freephone as referring through email entails processing and the allocation of counsellor, so the response is not as immediate as calling the Freephone.

## Who is this service for?

Currently homeless or recently resettled from homelessness.

## Is there a fee?

No.

## HOW TO ACCESS

Groups are facilitated both online and in person, as well as some one-to-one sessions being available in person or online/via phone.

### Phone

**Freephone 1800 844 600**

### Email

**counsellingreferrals@dubsimon.ie** email to request referral form

### Website

**www.dubsimon.ie**



# Exchange House Ireland National Traveller Service



EXCHANGE HOUSE IRELAND  
National Travellers Service

Exchange House Ireland National Traveller Service is a  
National Traveller Mental Health Suicide Prevention Service

## Description

There are two main aspects to this service:

**Suicide Prevention & Mental Health Promotion:** The promotion aspect of the service promotes and supports the development of initiatives which reduce the stigma associated with mental health and promotes suicide prevention in a coordinated way.

**Direct Mental Health Support:** The direct mental health support was developed to support individualised recovery plans/programmes with Travellers experiencing mental health issues. The service has developed a culturally appropriate model using a community development approach.

## Who is this service for?

Travellers.

## Is there a fee?

No.

## HOW TO ACCESS

Phone 01 872 1094

Email [support@exchangehouse.ie](mailto:support@exchangehouse.ie)

Website [www.exchangehouse.ie](http://www.exchangehouse.ie)



### First Fortnight challenges mental health prejudice through arts and cultural action

**Description** First Fortnight is a charity that challenges mental health prejudice through arts and cultural action. Through its team of IACAT accredited creative therapists, First Fortnight provides trauma informed therapeutic interventions to those experiencing or at risk of homelessness.

**Who is this service for?** Children, adolescents and adults who are homeless or at risk.

**Is there a fee?** Therapy service is provided at no cost, festival comprises a blend of free/ booked and contribution/low cost events.

### HOW TO ACCESS

**Phone** Administration: **01 598 6263**  
Adult Creative Therapy Centre: **086 777 7222**  
Child and Adolescent Creative Therapy Service (CACTUS): **086 777 7222**

**Email** Administration: **info@firstfortnight.ie**  
Adult Creative Therapy Centre: **cat@firstfortnight.ie**  
Child and Adolescent Creative Therapy Service: **cactus@firstfortnight.ie**

**Website** **www.firstfortnight.ie**

## Foróige is a national Youth Development Organisation

### Description

Foróige offer a broad range of universal and targeted programmes for young people aged between 10 and 24. The work with young people takes many forms including small and large group work, one to one support & coaching, outreach in community spaces as well as school holiday programmes, drop-in services and events for young people. Services include Youth Diversion Projects, UBU services, Túsla targeted projects, digital and technology projects and Foróige Clubs.

### Who is this service for?

Young people aged 10–24 years to enable them to deal with issues associated with social exclusion, poverty and marginalisation, including under-achievement at school, early school leaving, youth crime, substance misuse and family difficulties. Foróige staff and volunteers create safe, community based, friendly spaces where young people feel welcomed and heard and where they can be themselves.

### Is there a fee?

No.

## HOW TO ACCESS

**Phone** 01 630 1799

**Email** [hse.referrals@foroige.ie](mailto:hse.referrals@foroige.ie)

**Website** [www.foroige.ie](http://www.foroige.ie)



## Grow Mental Health is a national Community Based Mental Health Peer Support Organisation

**Description** Grow are a community of people drawn together by first-hand experiences of mental health problems. Having found practical ways of helping each other recover from mental health challenges they developed what is referred to as 'The Grow Program'. There are weekly meetings in locations all over Ireland and online, with the aims of mutual support, recovery, personal development and growth.

**Who is this service for?** Anyone in Ireland over the age of 18 with mental health challenges

**Is there a fee?** No.

### HOW TO ACCESS

**Phone** 0818 474 474

**Email** [info@grow.ie](mailto:info@grow.ie)

**Website** [www.grow.ie](http://www.grow.ie)



## HUGG facilitates Suicide Bereavement Support Groups (In-person and/or online)

**Description** HUGG is national suicide bereavement charity. Its mission is to provide hope and healing to adults bereaved by suicide. HUGG Groups are located nationwide and led by trained volunteers with lived experience of suicide bereavement. HUGG support groups meet every second Tuesday, 7:30–9:30pm, in-person and/or online.

**Who is this service for?** Any adult over 18 years old who has been impacted by a suicide.

**Is there a fee?** No.

### HOW TO ACCESS

Self-referral. You can join a HUGG Group over the phone, or by registering online. Whatever way you get in touch a member of the HUGG Team will call you back to provide more details.

**Phone** **01 513 4048** (monitored answering machine)

**Email** **support@hugg.ie**

**Website** **www.hugg.ie** Visit the website and complete a 'Join a Group' form

ISPCC Childline is an online mental health support for children, young people and parents, delivered through the Silvercloud Platform

**Description** Digital programmes aimed at reducing anxiety for children and young people, as well as digital programmes for parents and carers around managing their own anxiety while supporting their anxious child or teenager.

**Who is this service for?** **Space from Anxiety** is for 14–18 year olds and is designed to empower young people who experience low-to-moderate anxiety. **Supporting an Anxious Child** and **Supporting an Anxious Teen** are for parents or carers and will help them explore anxiety and support their child or young person.

**Is there a fee?** No.

## HOW TO ACCESS

**Phone** 1800 66 66 66 Childline

**Email** [spacefromanxiety@ispcc.ie](mailto:spacefromanxiety@ispcc.ie)

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

## Jigsaw is a youth mental health charity

**Description** Jigsaw offer primary care, early intervention and prevention mental services and supports to children, adolescents and young adults experiencing mild to moderate mental health difficulties. Through a nationwide team of trans-disciplinary mental health professionals, Jigsaw offers expert mental health advice and support to young people both online and through our network of services across the country. Jigsaw also provide resources and tools to families, educators, and those who want to support young people's mental health.

**Who is this service for?** Young people aged 12–25

**Is there a fee?** No.

## HOW TO ACCESS

**Phone** 01 472 7010

**Website** [www.jigsaw.ie](http://www.jigsaw.ie)



**LGBT Ireland is a national LGBT Helpline / Transgender Family Support Line / Online Chat Service / Telefriending Service for Older LGBTI+ / Range of Peer Support Groups**

### Description

LGBT Ireland is a national charitable organisation providing frontline support services, training and advocacy services, to enhance the visibility, rights and inclusion of LGBT+ people and their families across Ireland.

Our frontline support services provide confidential, non-judgmental emotional support and active listening to LGBTI+ people and anyone concerned about an LGBTI+ person in their care.

### Who is this service for?

LGBTI+ people in all their diversity and intersectionality; families and friends of LGBTI+ people; anyone seeking information to support LGBTQI+ people.

### Is there a fee?

No.

## HOW TO ACCESS

**Phone**      **1800 929 539** Helpline  
**01 907 3707** Transgender Family Phone  
**01 437 1209** Telefriending Service

**Website**      **[www.lgbt.ie](http://www.lgbt.ie)**





**Mental Health Ireland promotes mental health, wellbeing and recovery for all individuals and communities.**

## Description

Mental Health Ireland's aim is to promote and enhance mental health, wellbeing and recovery for all individuals and communities across the country and work with a range of partners in the statutory, community, voluntary and corporate sectors in Ireland, Europe and Internationally.

## Who is this service for?

It is population based in approach and provides:

Evidence based programmes & initiatives that create opportunities for people and communities to enhance and protect their mental health. Coproduces evidence-based mental health and recovery promoting campaigns. Through the provision of bursaries support people with lived experience of mental health difficulties, family members and supporters to 3rd level access to mental health promotion and Peer Support Programmes. Facilitates Mental health awareness training in workplaces and communities.

Partners with the HSE, Office of Mental Health Engagement and Recovery to grow the network of Recovery Education Services, Recovery Educators, Family Peer Support Workers and Community Connectors across the country.

## Is there a fee?

No.

## HOW TO ACCESS

**Phone**      **01 284 1166** (Not a helpline. Does not provide crisis services)

**Email**        **info@mentalhealthireland.ie**

**Website**     **www.mentalhealthireland.ie**

# Men's Health Forum in Ireland



Men's Health Forum in Ireland provide information, training and support for service providers/practitioners working with males

## Description

The Men's Health Forum in Ireland (MHFI) is dedicated to promoting and enhancing all aspects of the health and wellbeing of men and boys on the island of Ireland. It does this by focusing upon five key areas of work: awareness raising; action research; training; networking; and piloting practical health initiatives.

These interventions target service providers who wish to develop practical strategies to make their work more 'male-friendly' and to base it upon the most current evidence.

## Who is this service for?

Any service provider who wishes to engage more effectively with males.

## Is there a fee?

No.

## HOW TO ACCESS

**Phone** (+44) 751 9945261

**Email** [enquiries@mhfi.org](mailto:enquiries@mhfi.org)

**Website** [www.mhfi.org](http://www.mhfi.org)

**MyMind offers fast, affordable, and convenient access to 200+ qualified and accredited/pre-accredited counsellors and psychotherapists in over 20 languages**

**Description** Established in 2006, MyMind was established to tackle the barriers to professional mental healthcare such as long waiting lists, high fees, and inaccessible locations. Offering both online sessions (via phone or video) and in-person sessions across our growing network of local hubs across Ireland, clients are empowered to take control of their mental health by choosing the therapist, location (online or in-person at our hubs across Ireland) and time that best suits their needs.

**Who is this service for?** Individuals (young people and adults) who are seeking support with mild to moderate mental health difficulties including anxiety, stress, depression, relationship issues, sexuality, trauma etc.

**Is there a fee?** €60 standard fee /€30 subsidised fee for students, individuals who are in part-time employment, unemployed or retired.

## HOW TO ACCESS

Register online and book your appointments on [www.mymind.org](http://www.mymind.org) or contact our client services team for support as follows:

**Phone** 0818 500 800

**Email** [office@mymind.org](mailto:office@mymind.org)

**Website** Clients can choose to avail of online or in-person 1-1 sessions. Online sessions offered via video or phone  
Face-to-face: MyMind is expanding its in-person services via GP clinics across Ireland. Check out our updated list of locations on [www.mymind.org/location](http://www.mymind.org/location)



Pieta provide services supporting those experiencing suicidal ideation, self-harming and those bereaved by suicide. Pieta operates a 24/7 Helpline; One-to-One Counselling; Suicide Bereavement Liaison (SBL) Service; and our Education & Training Department delivers our Resilience Academy Schools Programme and Amber Flag Initiatives.

**Description** **24 Hour Crisis Helpline & Text Support:** The Pieta Crisis Helpline offers crisis intervention support to anyone experiencing suicidal thoughts, engaging in self-harm, or those bereaved through suicide, whilst also providing support and information for those supporting loved ones in crisis. The helpline team are professionally trained therapists, available 24/7. The helpline is free of charge (Call 1800 247 247), texts are charged at the standard rates (Text HELP to 51444).

**One-to-One Counselling:** Pieta provides up to 12 sessions of free counselling to those experiencing suicidal ideation and those engaging in deliberate self-harm. We also provide one to one counselling to those bereaved by suicide. This service is provided by qualified accredited psychotherapists and is available nationally by phone and video, and also in person at one of our 20+ locations nationwide ([www.pieta.ie](http://www.pieta.ie) for information on our locations). Call 0818 111 126 to speak to someone about an assessment.

**Suicide Bereavement Liaison (SBL) Service:** The SBL service provides emotional support, guidance and practical information in the immediate aftermath of a suicide. The Suicide Bereavement Liaison Officer (SBLO) can meet with anyone who has been impacted by suicide and works with individuals and families and can meet them in their own home or a neutral place of choice. Pieta offers up to 10 sessions and can provide guidance and assistance in accessing other therapeutic services where needed. Information on how to contact your local Suicide Bereavement Liaison Officer (SBLO) is available on <https://www.pieta.ie/how-we-can-help/bereavement-support/suicide-bereavement-liaison-service>

## Description

**Education & Training:** Pietas Education & Training Department provides our Resilience Academy programmes for secondary school students aimed at equipping them with emotional resilience tools. Our Amber Flag Initiative enables schools and community groups across the country to raise awareness of mental health. For more information go to **www.pieta.ie**

## Who is this service for?

**24 Hour Crisis Helpline & Text Support:** Those in crisis, or those supporting someone who is in crisis.

**One-to-One Counselling:** Adults and Young people experiencing suicidal ideation, those engaging in deliberate self-harm, and those bereaved by suicide.

**Suicide Bereavement Liaison (SBL) Service:** Individuals, groups and communities bereaved by suicide.

**Education & Training: Resilience Academy:** Secondary School students; Amber Flag Initiative: Primary, Secondary and Third level education; Youth Reach; clubs; community groups and organisations.

## Is there a fee?

No.

## HOW TO ACCESS

### Phone

**1800 247 247** 24 Hour Crisis Helpline & Text Support  
Text **HELP** to **51444** 24 Hour text support

**One-to-One Counselling: 0818 111 126.** Call to book an initial appointment for a suitability assessment, no referrals required.

**Suicide Bereavement Liaison (SBL) Service:**  
Call **0818 111 126** for a referral to a local Suicide Bereavement Liaison Officer (SBLO), or visit **<https://www.pieta.ie/how-we-can-help/bereavement-support/suicide-bereavement-liaison-service/>** to find local SBLO details.

### Website

**www.pieta.ie**

## Mental Health Promotion

**Description** The National FRC Mental Health Promotion Project, a sub-project of the National Forum for Family Resource Centres. The project supports FRCs in promoting best practice in relation to suicide prevention and the promotion of positive mental health. The project provides education, training, support and best practice guidance to staff, volunteers and voluntary boards of all 121 Family Resource Centres across 9 FRC regions, which will positively impact their own mental health and the mental health of their communities.

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**Who is this service for?** All staff & Volunteers of the Family Resource Centres

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**Is there a fee?** No.

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### HOW TO ACCESS

**Phone** 086 837 9763

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**Email** [marymulcahy@familyresource.ie](mailto:marymulcahy@familyresource.ie)

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**Website** [www.familyresourcementalhealth.ie](http://www.familyresourcementalhealth.ie)

# The Health and Wellbeing Community Referral Programme



## The Health and Wellbeing Community Referral Programme is a social prescribing service

### Description

The Health and Wellbeing Community Referral Programme is a Social Prescribing Service delivered through our Mental Health Promotion Project. Social prescribing is a free service for adults over the age of 18 years offered by the HSE. Social prescribing offers GPs and other health professionals a means of referring people to a range of non-clinical community supports which can have significant benefits for their overall health and wellbeing. Social prescribing aims to connect people with community groups, organisations and statutory services via the support of a social prescribing link worker. HSE-funded Social Prescribing services are now available in over 40 locations around the country. These services are delivered in partnership with community and voluntary organisations such as Family Resource Centres and Local Development Companies.

### Who is this service for?

Social prescribing is for adults over the aged of 18 years, including (but not exclusively) people with one or more long-term conditions, who need support with their mental health, who are lonely or isolated, who are frequent GP/ED attendees and may benefit from other social supports outside of clinical services and who have social needs that affect their health and wellbeing.

### Is there a fee?

No.

## HOW TO ACCESS

**Phone** 087 064 0820

**Email** [ritabevan@familyresource.ie](mailto:ritabevan@familyresource.ie)

**Website** [www.familyresourcementalhealth.ie](http://www.familyresourcementalhealth.ie)

# Recovery and Resilience Programme



**Family Resource Centre  
National Forum**

Supporting • Strengthening • Empowering

## Mental Health Support

**Description** The FRC National Forum in partnership with the HSE Mental Health Integrated Operations Care Group developed a **National Recovery and Resilience Programme for Children and families**. This programme is offered through 83 Family Resource Centres across the country. Some of the therapeutic services being provided include Play, Art, Music, Group Filial therapy, Equine, Cognitive Behavioural Therapy (CBT), Parental Therapy, Mindfulness, and Yoga.

**Who is this service for?** Children 0–12 years and their families.

**Is there a fee?** No.

### HOW TO ACCESS

**Phone** 083 146 9767

**Email** [gracekearney@familyresource.ie](mailto:gracekearney@familyresource.ie)

**Website** [www.familyresourcementalhealth.ie](http://www.familyresourcementalhealth.ie)



# National Problem Gambling Support Service



**Family Resource Centre  
National Forum**  
Supporting • Strengthening • Empowering

## Gambling Support Service

**Description** Family Resource Centres National Forum and gamblingcare.ie work together to provide a community-based family support model for those struggling with problem gambling and their families or friends. This service is available in over 20 Family Resource Centres nationwide and includes counselling and support to individuals, families and groups impacted by problem gambling and also raising awareness in communities around harmful gambling.

**Who is this service for?** Individuals, families and groups impacted by problem gambling.

**Is there a fee?** No.

## HOW TO ACCESS

**Phone** 086 047 0663

**Email** [shaunadiamond@familyresource.ie](mailto:shaunadiamond@familyresource.ie)

**Website** [www.familyresourcementalhealth.ie](http://www.familyresourcementalhealth.ie)

## Samaritans is an Emotional Support Charity

### Description

Samaritans is the only all-Ireland 24 hour emotional support helpline. Samaritans are here for anyone going through a difficult time. Volunteers answer over 1,000 calls a day from people who are lonely, feeling isolated, are struggling to cope with work, family, finances, and from those with mental health issues, including anyone feeling suicidal.

But we are not only for the moment of crisis. We're here, day or night, for anyone who needs someone to listen without judgement or pressure. Every life lost to suicide is a tragedy, and Samaritans' vision is that fewer people die by suicide. Samaritans believe suicide is preventable and work tirelessly to reach more people and make suicide prevention a priority.

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### Who is this service for?

Anyone going through a difficult time including those in suicidal crisis.

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### Is there a fee?

No.

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## HOW TO ACCESS

**Phone**      **116 123** free, anonymous telephone helpline

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**Email**        **jo@samaritans.ie**

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**Website**     **www.samaritans.ie**



Shine provides Community Mental Health Recovery Support for people with self-experience or their supporters

Description We are a mental health organisation that has been serving Ireland for over 40 years. Our vision is of a more compassionate Ireland where those affected by mental illness and stigma are supported and included in all aspects of society. We specialise in supporting and educating individuals, family members and communities impacted by mental illness and stigma. We are made up of four programmes:

- Community Mental Health Recovery Support
• Advocacy
• Headline: Media Monitoring
• See Change: National stigma reduction programme (green ribbon)

Our Recovery Supports offer high-quality individual and group recovery work, as well as recovery training and education led by professionals and peers (people with lived experience of mental health difficulties or people who have lived experience of supporting a family member or relative). The relative/supporter can independently attend our service even if their loved on is not.

Who is this service for? Recovery Supports: People with self-experience of mental illness and family/supporters. (Note: Family/supporters can attend our service even if their loved one is not.)

Is there a fee? No.

HOW TO ACCESS

Phone 01 860 1610 and 086 040 7701 For mental health information and support
01 541 3715 for all other queries

Email support@shine.ie / info@shine.ie

## Suicide or Survive provides Suicide Prevention and Mental Health Promotion Programmes

**Description** **Eden** is an educational programme with a therapeutic element for people who have attempted or contemplated suicide running one morning a week for 26 weeks. **The Wellness Workshop** is a one-day workshop for the general public which breaks stigma and is filled with tips and tools anyone can use to monitor and manage their mental health. **The Supporters' Programme** is for people who are supporting family members/ friends who are struggling with their mental health and for people working/ volunteering in roles where they are providing such support. **WRAP** supports participants to develop their own Wellness Action Plan. We also have a range of online Wellness Workshops and resources.

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**Who is this service for?** People over the age of 18 from all communities in Ireland

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**Is there a fee?** No.

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### HOW TO ACCESS

**Phone** 01 272 2158

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**Email** [info@suicideorsurvive.ie](mailto:info@suicideorsurvive.ie)

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**Website** [www.suicideorsurvive.ie](http://www.suicideorsurvive.ie)

**Spunout is a Youth Information Service & 24/7 Helpline for Young People**

**Description**

spunout is Ireland’s youth information and support platform, working towards an Ireland where all young people are supported and empowered to thrive. spunout has a range of free, accessible and free services that are there for you whenever you need them. If it matters to you, it matters to us. Through our platform and channels, spunout shares factual information on mental health and wellbeing. We provide immediate, free and anonymous text support to anyone who wants to talk. We share the stories and experiences of young people across Ireland to amplify our voices, and so that we all feel a little less alone. We can also connect you to trusted services and resources around the country for further support. Our aim is to support young people to be informed, feel empowered and heard, and to support our peers to access opportunities and services to help us achieve our full potential. spunout is by young people, for young people and we work collaboratively with other young people to support our mental health and wellbeing. A community of young contributors and volunteers powers our services, guides the work we do, and ensures we stay true to our values and mission.

**Who is this service for?**

16–34 year olds in Ireland

**Is there a fee?**

No.

**HOW TO ACCESS**

**Phone**

Free-text **HELLO** to **50808** – 24/7  
 Online chat service: [www.spunout.ie/question](http://www.spunout.ie/question)

**Website**

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

# TENI



Transgender  
Equality  
Network  
Ireland

## TENI provides services for trans and non-binary people and their families

### Description

TENI is a member driven organisation whose vision is a world where all people regardless of gender identity or expression, enjoy full acceptance, equality and human rights. They aim to advance the rights and equality and improve the lives of trans people and their families. As a national organisation TENI delivers work across four main areas:

**Support and signposting** for people navigating gender affirming care. This includes training and guidance for healthcare providers delivering care to trans & non-binary people.

**Support for families and young people.** Including peer support groups and advice for educational institutions.

**Resources, events and activity** that promotes the positive mental health and wellbeing of trans and non-binary people.

**Supporting employment.** This includes training and advice for organisations seeking to become more trans inclusive.

### Who is this service for?

Trans and non-binary people and their families.

### Is there a fee?

No.

## HOW TO ACCESS

**Phone** 01 873 3575

**Email** [office@teni.ie](mailto:office@teni.ie)

**Website** [www.teni.ie](http://www.teni.ie)

**‘Text About It’**

**‘Text About It’ is a free, anonymous, 24/7 messaging service – if you can’t talk about it, text about it.**

**Description** ‘Text About It’ is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support for our mental health and emotional wellbeing. If it matters to you, it matters to us.

**Who is this service for?** Anyone going through a difficult time including those in suicidal crisis.

**Is there a fee?** No.

**HOW TO ACCESS**

**Phone** Free-text **HELLO** to **50808** – anytime, night or day

**Website** [www.textaboutit.ie](http://www.textaboutit.ie)

## Turn2Me provides free one-to-one Counselling, Free Support Groups and free Psychoeducational Support Services for 12+

### Description

Turn2Me was founded by Oisín and Diarmuid Scollard who lost their brother, Cormac, to suicide. Turn2Me works online to provide a free, safe, anonymous, and confidential space to anyone aged 12 plus in Ireland seeking support with their mental health and wellbeing. Turn2Me has a deep understanding of the needs and online behaviours of those who are seeking mental health support. The Turn2Me team is committed to deliver high quality support and services at the right time for those who need understanding and help. Turn2Me's innovative stepped care psychosocial model of online mental health support means that people in Ireland can immediately access free professional one-to-one counselling, free group supports, a free 'Thought Catcher' online mood diary, and free psychoeducation materials virtually, from anywhere in Ireland.

### Who is this service for?

Adults and young people aged 12 and over.

### Is there a fee?

Not for the initial free six one-to-one counselling sessions. There is a fee of €50 per session after that, for long-term counselling.

## HOW TO ACCESS

### Website

**[www.turn2me.ie](http://www.turn2me.ie)**

One-to-one Counselling:

**[www.turn2me.ie/services/one-to-one-counselling](http://www.turn2me.ie/services/one-to-one-counselling)**

Support groups: **[www.turn2me.ie/services/support-groups](http://www.turn2me.ie/services/support-groups)**



## More info

If you, or someone you know is at immediate risk of harm, go to or call the emergency department of your local general hospital. You can also contact emergency services on 112 or 999 anytime, day or night.



## More mental health services & information

Visit [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) for information on how to mind your mental health, support others, or to find a support service in your area. You can also call the **Your Mental Health Information Line** on **1800 111 888**, anytime day or night, for information on mental health services in your area.

*Suicide Prevention in the Community (2023) – Connecting, Communicating, Caring: A Practical Guide* aims to offer practical, evidence-based guidance to help and encourage communities who want to get involved in suicide prevention by building their understanding, knowledge and skills. (Printed copies of this guide are also available to order, under the Mental Health category on [www.healthpromotion.ie](http://www.healthpromotion.ie))

## Language and Suicide

The topic of suicide should always be approached with care and compassion. It is important to use sensitive and non-stigmatising language when engaging in a conversation, talking or writing about suicide. These principles can also be applied when talking about self-harm.

### Use person-centred language

Avoid using labels when referring to people. Do not identify a person solely by their mental health difficulty and never use 'a suicide' as a noun to describe a person. This could dehumanise the person and minimise their experiences.

#### Use phrases such as:

- A person who has died by suicide...
- A person who is thinking about suicide...
- People bereaved by suicide...
- Person impacted/affected by suicide...
- People with lived experience related to suicide...

### Use non-judgmental terms

**Do not assume to know what a person has experienced or their intentions. For example:**

- Using the term 'commit suicide' can imply a sin, criminal offence or act, and therefore can be stigmatising of the person who has died, or of people who have been bereaved. The act of suicide was decriminalised in Ireland in 1993 and the term 'commit/committed suicide' should always be avoided.
- It can be sensitive and appropriate to refer to a death by 'suspected' or 'probable' suicide, especially in the early days. It can take some time for the authorities to find evidence of death by suicide (or not), and officially record a person's death as intentional (or not).

#### In general, use neutral and simple terms such as:

- Die by suicide...
- Died by suicide...
- Death by suicide...
- Ended his/her/their own life...
- Self-harm...

## Do not use terms that present suicide a desired outcome, such as:

- Successful/unsuccessful suicide...
- Completed suicide...
- Incomplete suicide...
- Deliberate self-harm...

## Avoid other harmful language

Avoid other excessive or gratuitous use of the word 'suicide'. For example, phrases like 'suicide hotspot', 'suicide epidemic' or 'suicide mission'. These are insensitive and inappropriate. They can be harmful for people who are vulnerable themselves, or for people who have been bereaved by suicide.

## Training and Education

The HSE NOSP is involved in a wide range of education and training initiatives encompassing suicide and self-harm prevention, and suicide bereavement. More info available here: [www.nosp.ie/training](http://www.nosp.ie/training)

### These programmes include:

- **Livingworks START** – is a 90 minute online interactive training programme that will give you the skills and knowledge to keep others safe from suicide.
- **safeTALK** – is an internationally recognised half-day training programme that supports participants to recognise and engage persons who might be having thoughts of suicide, and to connect them with community resources. The programme stresses safety while challenging taboos that inhibit open talk about suicide.
- **ASIST** (Applied Suicide Intervention Skills Training) – is a 2 day skills based workshop that equips participants for an effective suicide intervention role. The emphasis is on first aid – helping a person at imminent risk stay safe and seek further help.
- **STORM®** – is a 2-3 day skills based interactive workshop designed to accommodate the needs of people with differing levels of engagement and responsibility for safety planning.
- **Suicide Bereavement Professionals Workshop** – is a one day training programme which provides individuals with the skills and knowledge to support those bereaved through suicide.
- **Understanding Self-harm** – a 1 day training programme which works to reduce the stigma of self-harm, improve individual and care agencies' awareness and sensitivities to self-harm issues and promote effective care services for those who self-harm.



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