

Ireland

Suicide Prevention

[Samaritans](#) 24/7 helpline: 116 123

[Crisis Text Line](#): Text HELLO to 50808

Abuse and Domestic Violence

[Women's Aid](#) 24hr National Freephone Helpline: 1800 341 900

[Men's Aid Ireland](#): 01 554 3811

[Childline Helpline Ireland](#): 1800 66 66 66

[ISPCC Teenline](#): 1800 833 634

[Age Action](#) HSE helpline: 1850 24 1850

[Rape Crisis Help Ireland](#) 24 Hour Helpline: 1800 778888

Addiction

[HSE Drug and Alcohol Helpline](#): 1800 459 459

[Al-Anon Helpline](#) for family and friends affected by someone's drinking: 0800 008 6811

Bullying/Teens

[Childline Helpline Ireland](#): 1800 66 66 66 or text BULLY to 50101

[LGBT Ireland](#) helpline: 1890 929 539

[ISPCC Teenline](#): 1800 833 634

Eating Disorders

[Bodywhys](#) Eating Disorders Associations of Ireland: 01 2107906

Grief and Loss

[Irish Hospice Foundation](#) Bereavement Support Line: 1800 80 70 77

LGBTQ+

[LGBT Ireland](#) helpline: 1890 929 539

Mental Health

[Mental Health Ireland](#): 01 2841166

[Aware](#) Depression & Bipolar Disorder Support: Freephone 1800 80 48 48

[Grow](#) mental health support: 1890 474 474

[Shine](#) supporting people affected by mental ill health: 01 541 3715

[Pieta House](#) therapeutic support to those who engage in self-harm: 1800 247 247

Parenting

[Parentline](#) national helpline: 1890 92 72 77 or 01 873 3500

Therapy

[Veronica Walsh's CBT Blog Ireland](#) Free downloadable CBT resources