

Ireland:

Emergency: [116123](tel:116123) Suicide Hotline: [+4408457909090](tel:+4408457909090)

Ireland

Helpline 1: +44 (0) 8457 90 90 90 (UK - local rate)

Helpline 2: +44 (0) 8457 90 91 92 (UK minicom)

Helpline 3: 1850 60 90 90 (ROI local rate)

Helpline 4: 1850 60 90 91 (ROI minicom)

Website: WWW.SAMARITANS.ORG

[Childline](#)

Tell: 1800 66 66 66

Text: 50101

[Online Chat](#)

Childline provides 24/7, free and confidential support over phone, text message (SMS) and online chat. We exist to help youth, children in Ireland who may require support with abuse & domestic violence, anxiety, bullying, Dementia & Alzheimer's, depression, eating & body image, family issues, gambling, gender & sexual identity, grief & loss, loneliness, parenting, pregnancy & abortion, relationships, school or work issues, self-harm, sexual abuse, stress, substance use, suicide, supporting a friend or family member, physical illness, trauma & PTSD.

[50808](#)

Text:50808

50808 offers 24/7, free and confidential support and information over text message (SMS). We exist to help everyone in Ireland who may require support with abuse & domestic violence, anxiety, bullying, Dementia & Alzheimer's, depression, eating & body image, family issues, gambling, gender & sexual identity, grief & loss, loneliness, parenting, pregnancy & abortion, relationships, school or work issues, self-harm, sexual abuse, stress, substance use, suicide, supporting a friend or family member, physical illness, trauma & PTSD.

[Missing Childrens Hotline](#)

Call: 116 000

Missing Childrens Hotline offers 24/7, free and confidential support and information over . We exist to help people in Ireland who may be looking for support with abuse & domestic violence, anxiety, bullying, Dementia & Alzheimer's, depression, eating & body image, family

issues, gambling, gender & sexual identity, grief & loss, loneliness, parenting, pregnancy & abortion, relationships, school or work issues, self-harm, sexual abuse, stress, substance use, suicide, supporting a friend or family member, physical illness, trauma & PTSD.

[Connect Counselling](#)

Call: 1800 477 477

Connect is a free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood. You can talk in confidence with a trained counsellor who can listen or help with questions you have. An anonymous professional telephone counselling service for survivors of physical, emotional and sexual abuse.

[Donegal Women's Centre](#)

Call: 074 912 4985

Our teams are available to offer phone support to any woman regardless of whether they are a current service user or reaching out for the first time.

[Jigsaw](#): Young People's health in mind

[Pieta](#)

Text: 51444

Call: 1800 247 247

Pieta provides 24/7, free and confidential support and information for everyone in Ireland who may be looking for support with suicide, self-harm and grief & loss. You can contact us over phone and text message (SMS).

As part of our commitment to preventing suicide, we are available to help you if you are considering suicide or harming yourself, or if you are noticing warning signs in a friend or family member.

[National Freephone CareLine](#)

Call: 1800 24 07 24

National Freephone CareLine provides 24/7, free, compassionate and confidential support over . We exist to help people in Ireland who may require support with anxiety, Dementia & Alzheimer's, depression, family issues, grief & loss, loneliness, parenting, relationships, stress, supporting a friend or family member, physical illness.

[Teenline Ireland](#)

Call: 1800 833 634

About Teenline Ireland

The ISPCC operates Teenline, a national active listening service for children and young people up to and including the age of 18 in Ireland. You can contact Teenline about anything that might be on our mind no concern is too big or too small to speak with Teenline about.

Teenline can be contacted 24 hours a day, 365 days a year, by calling 1800 833 634.

[Parkinsons Association of Ireland](#)

Call: 1800 359 359

Parkinsons Association of Ireland offers free and confidential support and information by . We exist to help people in Ireland who may need emotional support with anxiety, supporting a friend or family member.

[Federation For Victim Assistance](#)

Text: 1800 277 477

Call: 1800 277 477

Federation For Victim Assistance offers free and confidential support over . We are here for everyone in Ireland who may be looking for support with abuse & domestic violence, bullying, family issues.

[Ruhama](#)

Text: 50100

Call: 01-836-0292

Ruhama offers free, compassionate and confidential support by text message (SMS). We help women, men in Ireland who may be looking for support with sexual abuse, trauma & PTSD.

[LGBT Ireland - National LGBT+ Helpline](#)

Call: 1800929539

[Online Chat](#)

At the National LGBT+ Helpline, we're here listen in confidence and without judgement, seven days a week. You can talk to us by phone or online through our online chat service or by coming along to one of our in-person or online peer support groups. Whatever is on your mind we're here to listen. Freephone the National LGBT+ Helpline on 1800-929-539, email info@lgbt.ie or visit our website at www.lgbt.ie.

[LGBT Ireland - Transgender Family Support Line](#)

Call:019073707

[Online Chat](#)

In collaboration with the Transgender Equality Network Ireland (TENI), LGBT Ireland provides a volunteer-led listening and support service for family members of trans and gender non-conforming people in Ireland. Volunteers are parents/guardians who have supported their loved one during their coming out and transition period.

The Transgender Family Support Line currently operating 2 days per week, Sundays (6pm to 9pm) and Tuesdays (10am to 12pm).

Call the Transgender Family Support Line on 01 907 3707 for confidential listening, information and support.

[The Alzheimer Society of Ireland's National Helpline](#)

Call: 1800 341 341

[Online Chat](#)

The Alzheimer Society of Ireland's National Helpline is dedicated to providing free, compassionate and confidential support by online chat. We exist to help everyone in Ireland who may be experiencing emotional distress related to Dementia & Alzheimer's.

[Men's Aid](#)

Call: 01-554-3811

Men's Aid is dedicated to providing free, compassionate and confidential support by phone. We exist to help the LGBTQ+ community, men in Ireland who may be experiencing emotional distress related to abuse & domestic violence, relationships, sexual abuse, supporting a friend or family member.

[Bodywhys](#)

Call: 01 210 7906

Bodywhys offers free and confidential support and information over . We exist to help everyone in Ireland who may be looking for support with eating & body image, supporting a friend or family member.

[The CARI Careline](#)

Call: (081) 892-4567

The CARI Care Line is the first point of contact and support for any person or professional who has concerns about or is affected by child sexual abuse or sexualized behavior. CARI

Care Line offers a confidential listening service however if we are provided with any identifying information pertaining to a child in danger or an alleged perpetrator, we are required to notify the relevant authorities.

Embrace FARM

Call: (085) 770-9966

Embrace FARM provides free, compassionate and confidential support. We are here to help everyone in Ireland who may require support with grief & loss, trauma & PTSD.

MS Ireland Helpline

Call: 1818 233 233

MS Ireland Helpline offers free, compassionate and confidential support over . We help everyone in Ireland who may need emotional support with stress, supporting a friend or family member, physical illness.

National Male Advice Line

Call: 1800 816 588

Male Advice Line provides free and confidential support and information over. We exist to help men in Ireland who may be experiencing emotional distress related to abuse & domestic violence, sexual abuse, supporting a friend or family member. This Service is also available to family and friends who may have concerns for a loved one and are seeking some guidance on how to help them.

Bereavement Support Line

Call: 1800 80 70 77

We aim to provide a confidential space for people to speak about a COVID-related death or a death from other causes. It may also relate to a previous bereavement that feels more difficult at this time. We listen to what a person says and do our best to provide comfort & emotional support. We provide information that might help the caller. We provide support for employers or professionals who want to inform the care their organisation can offer.

Dunlewey Helpline

Call: 1800 936 735

Dunlewey Helpline provides free and confidential support and information over. We exist to help everyone in Ireland who may require support with gambling.

[GENDER IDENTITY FAMILY SUPPORT LINE](#)

Call: 01-907-3707

GENDER IDENTITY FAMILY SUPPORT LINE provides free and confidential support and information over . We support the LGBTQ+ community in Ireland who may be experiencing emotional distress related to gender & sexual identity, supporting a friend or family member.

[My Options](#)

Tell: 1800 828 010

[ALONE](#)

Call: 01818 222 024

ALONE offers free, compassionate and confidential support over . We are here for seniors in Ireland who may require support with anxiety, Dementia & Alzheimer's, loneliness, supporting a friend or family member.

[Parentline](#)

Call: 018733500

Parentline is dedicated to providing free and confidential support and information by . We are here for parents in Ireland who may be struggling or looking for support with parenting. We provide support in the areas of postnatal depression, anger, aggression, anxiety, eating disorders, sexuality, child to parent violence and abuse, parental alienation, loneliness, school issues, school refusal and any and all issues with parenting.

[Barnardos Childrens Bereavement Helpline](#)

Call: 01 473 2110

Barnardos Childrens Bereavement Helpline is dedicated to providing free, compassionate and confidential support over . We are here to help adults, parents in Ireland who may need emotional support with grief & loss, trauma & PTSD.

[Barnardos Parent Supportline](#)

Tell: 1800 910 123

Barnardos Parent Supportline provides free and confidential support over . We are here for parents in Ireland who may need emotional support with family issues, grief & loss, parenting, school or work issues, stress.

[Askonefamily Helpline](#)

Call: 01 662 9212

Askonefamily Helpline provides free and confidential support. We exist to help parents in Ireland who may be experiencing emotional distress related to parenting, pregnancy & abortion.

Couples and Relationships Support Line

Call: 01 531 3331

Couples and Relationships Support Line offers free, compassionate and confidential support. We are here for adults in Ireland who may be struggling or looking for support with relationships.

Chime

Text: (087) 922-1046

Call: 1800 256 257

Chime provides free and confidential support. We are here for including the deaf and hard-of-hearing, in Ireland who may be experiencing emotional distress related to stress.

Towards Healing

Text: (085) 802-2859

Call: 1800 303 416

Towards Healing offers free and confidential support by phone. We exist to help everyone, people with a religious faith in Ireland who may be looking for support with abuse & domestic violence, anxiety, depression, sexual abuse, suicide, trauma & PTSD.

Suicide & Crisis Lines

National Emergency Numbers

[122](#)

[999](#)

Samaritans

[116/123](#)

Samaritans (<http://www.samaritans.org/>) is a registered charity aimed at providing emotional support to anyone in distress or at risk of suicide throughout Ireland.

Aids / Sexual Health

AIDS Helpline: Cork

[\(021\) 4276 676](tel:(021)4276676)

AIDS Helpline: Dublin

[1800 459 459](tel:1800459459)

AIDS Helpline: Galway

[\(091\) 566 266](tel:(091)566266)

AIDS Helpline: Limerick

[\(061\) 316 661](tel:(061)316661)

Cura

[1850 622 626](tel:1850622626)

Irish Family Planning Association

[01 8069444](tel:018069444)

Life Helpline

[1850 281 281](tel:1850281281)

Domestic & Sexual Violence

National Helpline

[1800 341 900](tel:1800341900)