

## **Aware**

**Aware is a national organisation providing support, education, and information to people impacted by depression, bipolar disorder, and related mood conditions.**

***Tel: 1800 80 48 48***

## **Childline**

**Childline is open every day and is for all children and young people up to the age of 18 in Ireland who are in distress, in crisis, or at risk of suicide.**

***Tel: 1800 66 66 66***

## **Emotional support helpline**

**The emotional support helpline, operated by The Samaritans, provides emotional support to adults who are suffering from loneliness, are in a state of psychological crisis, or thinking about committing suicide.**

***Tel: 116123***

## **Pieta House**

**Pieta House provides a professional one-to-one therapeutic service to people who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide. All of our services are provided free of charge and no referral is needed.**

***Tel: 1800 247 247***

***Text: HELP to 51444***

## **Suicide Hotline**

**Suicide Hotline provides mental health support to people who are struggling or at risk of suicide.**

***Tel: 4408457909090***

**50808**

**50808 is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support. 50808 provides a safe space where you're listened to by a trained Volunteer.**

***Text: HELLO to 50808***

**SOSAD Ireland**

**SOSAD offers support and services for people who are struggling with suicidal ideation, self harming, depression, bereavement, stress and anxiety, or if you simply need to talk.**

***Tel: 041 984 8754***