

Helpful Links and Resources:



JIGSAW
Young people's
health in mind



Transgender
Equality
Network
Ireland

- **JIGSAW:** Free service offering support and advice to young people aged 12-25, experiencing mental health difficulties.
Web: www.jigsaw.ie/help **Phone:** 046 9071702 (Meath), 01 8905810 (Dublin 15)
- **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.*
Therapy enquiries: 0818 111 126 **Freephone:** 1800 247 247 **Text:** HELP 51444
- **SAMARITANS:** Provides confidential non-judgmental support, 24 hours a day.
Web: www.samaritans.org **Call:** 116 123
- **TEENLINE:** The ISPCC operates Teenline, a national active listening service for children and young people up to the age of 18 in Ireland. Teenline can be contacted 24 hours a day, 365 days a year. The service is free to contact and is confidential, non-directive and non-judgmental.
Call: 1800 833 634 **Text:** 50015
- **BODY WHYS:** The Eating Disorders Association of Ireland.
Call: 01 2107906 **Email:** alex@bodywhys.ie
- **YOUR MENTAL HEALTH:** A place to learn about mental health and how to support yourself and others. Information, Support and Services at:
Web: www.yourmentalhealth.ie **Call:** 1800 111 888 **Text:** YMH to 50808
- **TEEN COUNSELLING:** Offer a range of non-crisis counselling.
Web: www.teencounselling.ie **Call:** 01 5574705
- **CAMHS (Child and Adolescence Mental Health Services):** Moderate to severe depression, anxiety, eating disorders, self-harm.
Web: www.hse.ie/camhs/hse **Call:** 1800 111 888

- **BeLong To:** LGBTI+ Support Services.
Web: info@belongto.org **Call:** 01 670 6223.
- **TENI - Transgender Equality Network Ireland:** seeks to improve conditions and advance the rights and equality of trans people and their families.
Web: www.teni.ie **Call:** 01 873 35 75
- **GAY SWITCHBOARD IRELAND:** provides a confidential telephone support service. Listening, support, and information are provided to all callers in a non-directive or judgmental way. The service is available to the LGBTI+ community, their parents, families and friends.
Web: www.gayswitchboard.ie **Call:** 01 872 1055
- **OUTHOUSE:** is a community and resource centre for LGBTI+ people, their families and friends. It is based in central Dublin. Its primary goal is to offer a safe space for people to inform, meet, organise and make things happen.
Web: <http://outhouse.ie> **Call:** 01 873 4999
- **WWW.SPUNOUT.IE:** is Ireland's youth information website created by young people for young people, full of up to date, non-judgmental, factual information.
- **WWW.SOAR.IE:** Community, Programmes and Supports for young people.
Email: youngpeople@soar.ie **Text:** 50808