
Appendix 2: Who to turn to for help

General

Barnardos

Barnardos works with vulnerable children and their families in Ireland and campaigns for the rights of all children.

www.barnardos.ie
1850 222300

Childline

Childline offers a phone service, a text support service (text 'Talk' to 50101) and an online chat service to help support young people. There is also a special text service for young people experiencing bullying (text 'Bully' to 50101).

www.childline.ie
1800 666666

SpunOut

SpunOut is a youth-focused website. It aims to promote general well-being and healthy living amongst young people.

www.spunout.ie

Teen-Line Ireland

Teen-Line Ireland is a free phone-support service for teenagers who need someone to talk to.

www.teenline.ie
1800 833634

Mental health and well-being

Aware

Aware offers depression and related mood-disorder support services in the forms of local support groups, a helpline and various education courses.

www.aware.ie
1890 303302

Console

Console, the national suicide charity, supports people in suicidal crisis and those bereaved by suicide through counselling, support and helpline services.

www.console.ie
1800 201890

GROW

GROW is a mental-health organisation that helps people who have suffered, or who are suffering, from mental-health problems. It provides a helpline and support groups nationally.

www.grow.ie
1890 474474

Headstrong

Headstrong is a non-profit organisation that supports young people's mental health in Ireland through advocacy, research and service development (through the Jigsaw projects).

www.headstrong.ie

01 4727010

MyMind

MyMind is a community-based provider of mental-health services.

www.mymind.org

076 6801060

Your Mental Health

This website, developed by the HSE, aims to improve awareness and understanding of mental health and well-being in Ireland.

www.yourmentalhealth.ie

The National Office for Suicide Prevention

The National Office for Suicide Prevention oversees the implementation of 'ReachOut', coordinates suicide-prevention efforts and speaks with agencies and individuals active in suicide prevention.

www.nosp.ie

01 6201672

Pieta House

Pieta House is a residential centre for the prevention of self-harm or suicide in Lucan, Co. Dublin. It has outreach centres and centres of excellence around Ireland.

www.pieta.ie

01 6010000

ReachOut

ReachOut aims to provide quality assured mental-health information and inspiring real-life stories by young people to help other young people get through tough times.

ie.reachout.com

01 7645666

Samaritans

Samaritans offers support for people struggling to cope, including those contemplating suicide, through a helpline.

www.samaritans.org

1850 609090

Eating disorders

Bodywhys

Bodywhys supports people affected by eating disorders. It offers confidential support and information services for people affected by eating disorders.

www.bodywhys.ie

1890 200444

Gender and sexuality

Gay Switchboard Dublin

Gay Switchboard Dublin offers non-directive listening support.

www.gayswitchboard.ie

01 8721055

BeLonG To Youth Project

BeLonG To supports lesbian, gay, bisexual and transgender young people in Ireland.

www.belongto.org

01 8734184

Transgender Equality Network Ireland (TENI)

TENI seeks to improve conditions and advance the rights and equality of trans people and their families.

www.teni.ie

085 1477166

LGBT Helpline

The LGBT Helpline provides a listening support and information service for lesbian, gay, bisexual and transgender people as well as their family and friends.

www.lgbt.ie

1890 929539

Internet safety

Hotline.ie

The hotline.ie service provides an anonymous facility for the public to report suspected illegal content encountered on the internet.

www.hotline.ie

1890 610710

Watch Your Space

Watch Your Space is a website that showcases and supports the work of young people who are running initiatives in their schools and youth groups to beat cyberbullying.

www.watchyourspace.ie

Webwise

Webwise is the Irish Internet Safety Awareness Centre, funded by the DES and the EU Safer Internet Programme. It raises awareness of online safety issues and good practice among students, their parents and teachers.

www.webwise.ie

Data Protection Commissioner

The Data Protection Commissioner ensures that those who keep data comply with data-protection principles. The website gives information on individuals' rights and on organisations' responsibilities.

www.dataprotection.ie

Internet safety departments

YouTube

www.youtube.com/yt/policyandsafety/en-GB/

Facebook

www.facebook.com/help/

Twitter

about.twitter.com/safety

Sexual assault

Cosc

Cosc is the National Office for the Prevention of Domestic, Sexual and Gender-based Violence.

www.cosc.ie

The Dublin Rape Crisis Centre

The Dublin Rape Crisis Centre is a national organisation offering a wide range of services to women and men who are affected by rape, sexual assault, sexual harassment or childhood sexual abuse. The services include a national 24-hour helpline.

www.drcc.ie

1800 77 88 88

The Men's Development Network

The Men's Development Network (MDN) works with men to deal with the issues facing themselves, their families, their communities and society. Stopping men's perpetration of domestic abuse and violence against women is a major part of their work.

www.mens-network.net

Rape Crisis Network Ireland

Rape Crisis Network Ireland (RCNI) is a specialist information and resource centre on rape and all forms of sexual violence.

www.rcni.ie

SAFE Ireland

SAFE Ireland is the only national organisation representing frontline domestic violence services in Ireland.

www.safeireland.ie

Sexual Health and Crisis Pregnancy Programme

The HSE Sexual Health & Crisis Pregnancy Programme is a national programme tasked with developing and implementing a national strategy to address the issue of crisis pregnancy in Ireland.

www.crisispregnancy.ie