

# Appendix 4

## Who to turn to for help

### General

#### An Garda Síochána

In the event of an emergency dial **999/112** or contact your local Garda Station and/or the Garda Child Sexual Abuse Helpline **1800 555 222**.

#### Childline

Childline offers a phone service, a text support service (text 'Talk' to 50101) and an online chat service to help support young people.

**Get in touch:** [childline.ie](http://childline.ie) — 1800 666666

#### Barnardos

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

**Get in touch:** [barnardos.ie](http://barnardos.ie) — 1850 222300

#### SpunOut

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

**Get in touch:** [spunout.ie](http://spunout.ie)

#### Teen-Line Ireland

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

**Get in touch:** [teenline.ie](http://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.

**Get in touch:** [aware.ie](http://aware.ie) — 1800 80 48 48

### 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.

**Get in touch:** [grow.ie](http://grow.ie) — 1890 474474

### Jigsaw

The National Centre for Youth Mental Health. Jigsaw provide supports to young people with their mental health by working closely with communities across Ireland.

**Get in touch:** [jigsaw.ie](http://jigsaw.ie) — 01 472 7010

### MyMind

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

**Get in touch:** [www.mymind.org](http://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.

**Get in touch:** [yourmentalhealth.ie](http://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.

**Get in touch:** [nosp.ie](http://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.

**Get in touch:** [pieta.ie](http://pieta.ie) — 1800 247 247

### 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.

**Get in touch:** [ie.reachout.com](http://ie.reachout.com)

### Samaritans

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

**Get in touch:** [samaritans.org](http://samaritans.org) — 116 123

## Eating disorders

### Bodywhys

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

**Get in touch:** [bodywhys.ie](http://bodywhys.ie) — 1890 200444

## Gender and sexuality

### Gay Switchboard Dublin

Gay Switchboard Dublin offers non-directive listening support.

**Get in touch:** [gayswitchboard.ie](http://gayswitchboard.ie) — 01 8721055

### BeLonG To Youth Project

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

**Get in touch:** [belongto.org](http://belongto.org) — 01 670 6223

### Transgender Equality Network Ireland (TENI)

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

**Get in touch:** [teni.ie](http://teni.ie) — 01 873 3575

### 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.

**Get in touch:** [lgbt.ie](http://lgbt.ie) — 1890 929539

### ShoutOut

ShoutOut deliver workshops for students, teachers and parents in secondary schools across Ireland which tackle homophobic and transphobic bullying.

**Get in touch:** [shoutout.ie/contact](http://shoutout.ie/contact) — 0851139249

## Internet Safety

### Hotline.ie

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

**Get in touch:** [hotline.ie](https://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 cyber bullying.

**Get in touch:** [watchyourspace.ie](https://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.

**Get in touch:** [webwise.ie](https://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.

**Get in touch:** [dataprotection.ie](https://www.dataprotection.ie)

### Internet safety departments

**Facebook:** [facebook.com/help/](https://www.facebook.com/help/)

**Instagram:** [help.instagram.com/667810236572057](https://www.instagram.com/help.667810236572057)

**Snapchat:** [snapchat.com/safety](https://www.snapchat.com/safety)

**Twitter:** [about.twitter.com/safety](https://www.about.twitter.com/safety)

**YouTube:** [youtube.com/yt/policyandsafety/en-GB/](https://www.youtube.com/yt/policyandsafety/en-GB/)

## Sexual assault

### Cosc

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

**Get in touch:** [cosc.ie](https://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.

**Get in touch:** [drcc.ie](https://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.

**Get in touch:** [mens-network.net](https://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.

**Get in touch:** [rcni.ie](https://www.rcni.ie)

### SAFE Ireland

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

**Get in touch:** [safeireland.ie](https://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.

**Get in touch:** [crisispregnancy.ie](https://www.crisispregnancy.ie)