



Mental Health Supports Directory

Service Provided

Contact Details

AWARE provide emotional support and information to those who experience depression, and their families

Helpline: 1890 303 302 (7 days, 10am – 10 (pm))
Web: www.aware.ie **Email:** info@aware.ie

Bodywhys is the national voluntary organisation supporting people affected by eating disorders.

Web: www.bodywhys.ie
Email: info@bodywhys.ie
Tel: 01 2834963

GROW is a mental health organisation which helps people who have suffered, or are suffering, from mental health problems.

Web: www.grow.ie
Email: info@grow.ie

Mental Health Ireland aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights.

Tel: 01 2841166
Web: www.mentalhealthireland.ie
Email: info@mentalhealthireland.ie

Samaritans Ireland provides 24-hour emotional support to anyone struggling to cope.
Available 24 hours per day all year round

Helpline: 116 123
Web: www.samaritans.org
Email: jo@samaritans.org

See Change is an alliance of organisations working together through the National Stigma Reduction Partnership to bring about positive change in public attitudes and behaviour towards people with mental health problems.

Tel: 01 8601620
Web: www.seechange.ie
Email: info@seechange.ie

Shine supports people with mental ill health and their families and friends.

Tel: 01 8601620
Web: www.shineonline.ie
Email: info@shineonline.ie

Pieta House is a national Organisation supporting people in Suicidal Crisis and Self Harm and those Bereaved by Suicide through Professional Counselling, Support and Helpline Services

Helpline 1800 247 247
Web: www.pieta.ie

Living Links Providing assertive outreach support to the suicide bereaved.
If you wish to speak to a suicide outreach support person you can find the phone number at the following link:

Email: info @ Livinglinks.ie
Mobile 087 4122052

[Outreach Support section](#)