

# Need support? You're not alone!



## Trusted mental health information and advice

[YourMentalHealth.ie](#) - easy-to-understand information about mental health and guidance on where to get support.

[SpunOut.ie](#) - created for young people, covering topics like mental health, relationships and daily life.

[Webwise](#) - information & resources on internet safety for young people.

[Aware Parents information](#) for supporting children experiencing depression and anxiety.

## Support for specific needs

[BelongTo](#) - provides LGBTQ+ support groups and 1:1 chats, both online and in-person.

[Bodywhys](#) - safe space for those dealing with eating issues. Email [alex@bodywhys.ie](mailto:alex@bodywhys.ie).

[ADHD Ireland Support for Parents](#) - free support groups for parents of ADHDers.

[AsIAm](#) helpline - information and resources relating to autism. Call 0818 234 234

[Neurodiversity Ireland Parent/Carer Support WhatsApp Group information](#)

## Chat, text and online support

[Jigsaw.ie](#) - provides live chat, group and in-person mental health support.

[Turn2me.ie](#) - run a monthly Parent/Caregiver Support Group

[Textaboutit.ie](#) - text 'Hello' to 50808 - free & anonymous 24/7 text service if you need someone to talk to.

## Parent/Family specific supports

[Parentline](#) - national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent. Call 01 873 3500.

[National Parents Council](#) - helpline for queries on any aspect of your child's education . Call 01 887 4477

[One Family](#) supports one-parent families in Ireland through times of change or for people experiencing crisis pregnancies. Call 1890 662 212 or 01 662 9212.

[Family Carers Ireland](#) offers a range of supports and services for family carers. Call 1800 24 07 24.

Other resources: [CYPSC](#); [Supporting children and parents](#); [ISPCC](#); [Barnardos](#)

## Other Free Support

[Pieta.ie](#) - provides free support help for anyone struggling with self-harm or suicidal thoughts. Call 1800 247 247 or text 'Help' to 51444

[Samaritans.org](#) - free talk service for those who are struggling to cope and/or feeling suicidal. Call 116 123 or email [jo@samaritans.ie](mailto:jo@samaritans.ie)

[Teenline](#) - 1800 833 634

[Primary Care Psychology](#) - talk to your GP about free mental health support.