

Online supports for you to use during this time

www.turn2me.org – Free online counselling for people over 18.

www.mymind.org – online counselling.

www.jigsawonline.ie – Q and A for young people, their parents/guardians and those who work with young people. Online chat service. Phone: 1800 544 729 for counselling.

www.shine.ie/covid-19 or email phil@shine.ie – Remote support for people and their families.

www.bodywhys.ie or email alex@bodywhys.ie – help for those with eating disorders

Samaritans -freephone 116123 or email jo@samaritans.ie

Pieta – Freephone 1800 247247 or text HELP to 51444 – will offer telephone appointments (contact your local office – Santry 8831000.

Childline (ISPCC) Freephone 1800 666 666 or text 50101 (10 am to 4 pm) or chat online at www.childline.ie

BelongTo – Support for LGBTI+ students – text LGBTI+ to 086 1800280 to chat.

Text TALK to 086 1800280 for confidential messaging support.

Website – YourMentalHelath.ie provides lots of information and signposts on all mental health organisations and supports. Their information line is at 1800 111888 (anytime day or night).