



Mental Health supports and services during COVID-19

The spread of coronavirus is a new and challenging event. Some people might find it more worrying than others and may need some extra support. There are many things you can do to mind your mental health during times like this. Read more about minding your mental health during the coronavirus outbreak. While it may not be possible to get face to face appointments there are a number of service providers that offer online and phone mental health supports and services. These include online counselling, phone and text services as well as online supports which can be found on www.yourmentalhealth.ie.

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Online counselling and supports

Turn2Me

Free online counselling and online support groups for people over 18 Visit www.turn2me.org

MyMind

Online counselling service Visit www.mymind.org or email hq@mymind.org

Shine

Shine are currently providing remote support and an outreach service to people experiencing mental health problems and their families and supporters by phone and email.

Visit www.shine.ie/covid-19 or email phil@shine.ie

Suicide or Survive (SOS)

A series of free online wellness workshops and programmes are available from SOS.

Visit www.suicideorsurvive.ie for more information

Stress Control Online Programme

A series of Stress Control classes, to learn new stress management skills and mind your mental health. The 6 session online programme will run over 3 weeks on Mondays and Thursdays Starting Monday 13th April, free-of-charge. From HSE Health and Wellbeing

Phone, email and text supports

Samaritans

Emotional support to anyone in distress or struggling to cope. Freephone 116 123 (any time, day or night). Email jo@samaritans.ie

Pieta House

Pieta House provides telephone and text-based support counselling for people who are suicidal or engaging in self-harm. Freephone 1800 247 247 (any time, day or night)

Text HELP to 51444 (standard message rates apply). Telephone appointments will be provided to replace face to face appointments.

Aware Support Line

Information and support to anyone over 18 about issues relating to their own mood or the mood of a friend or family member, or who experiences depression or bipolar. Freephone Support Line 1800 80 48 48 (from 10am to 10pm every day) Support and self-care groups nationwide, are cancelled until further notice. [Life Skills Online Programme](#) continuing as normal. Email supportmail@aware.ie for services information and support

Crisis Text Line Ireland

A confidential messaging support service. Text TALK to 086 1800 280 (any time day or night, standard SMS rates may apply)

LGBT Ireland

Online support and through the helpline for LGBT+ people across Ireland. LGBT Helpline 1890 929 539 (every day). Gender Identity Family Support Line 01 907 3707. Email info@lgbt.ie for support or information while face to face services are closed. An instant messaging service is available 7 days a week, from 6:30pm to 10pm Mon – Thur, from 4pm to 10pm Fridays, and from 4pm to 6pm on Sat & Sun

Mental Health Ireland

Information and support for people who experience mental health difficulties. Information line (01) 284 1166 (from 9am to 5pm Monday to Friday). Visit www.mentalhealthireland.ie or email info@mentalhealthireland.ie for more information

HSE Mental Health Recovery Colleges

Recovery education colleges and services across the country are using various platforms to provide mental health recovery education. Timetables have been developed to support people through recovery education. Visit [Recovery Education](#) for more information

GROW Mental Health Recovery

Information line 1890 474 474. Grow are providing a new six-week guide on coping with COVID19, consisting of podcasts, practical resources and information. Visit www.grow.ie or email info@grow.ie for more information, or while peer support groups are postponed

ADHD Ireland

ADHD Ireland provided support, information and resources for young people and adults with ADHD, and their carers and families. Telephone 01 874 8349 (from 9am to 5:30pm Monday to Friday). Visit www.adhdireland.ie or email info@adhdireland.ie for more information

Exchange House Ireland National Traveller Mental Health Service

Telephone and online services and supports are available while face to face and group services have stopped. Call 01 8721094 (then press 1) for support, help or advice (from 9am to 5pm every day). Visit www.exchangehouse.ie for more information

Bodywhys

[BodywhysConnect](#) online support groups for adults (19+) with eating disorders are operating as normal

[YouthConnect](#) online support groups for young people aged 13-18 are operating as normal

Helpline 01 2107906 (Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm) Visit www.bodywhys.ie or email alex@bodywhys.ie for more information

[Union of Students in Ireland](#)

Visit www.usi.ie for more information and some useful tips and resources which can be used to keep your mind healthy

[Practitioner Health](#)

Confidential support and help for doctors, dentists and pharmacists. Call 01 2970396 or email confidential@practitionerhealth.ie. Visit www.practitionerhealth.ie for more information.

Supports for younger people, their parents or guardians

[Childline \(ISPCC\)](#)

Ireland's 24-hour national listening service for young people up to the age of 18. Freephone 1800 666 666 (any time, day or night). Text 50101 (from 10am to 4pm every day) Chat online at www.childline.ie (from 10am to 4pm every day)

[BeLonG To Youth Services](#)

BeLonG To provide support for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland. Text LGBTI+ to 086 1800 280 to chat in confidence with a trained crisis volunteer (anytime day or night, standard SMS rates may apply). While face to face services are closed, information, referral and advice will be provided digitally, by email, SMS, phone call or video conference. Visit www.belongto.org for more information

[Jigsaw](#)

Mental health information and a Q&A service for young people, their parents and guardians, and those who work with young people. Jigsaw also offer an online group chat service. Visit www.jigsawonline.ie for more information

[Barnardos](#)

Barnardos provide a national telephone support service for parents, in response to the challenges they are facing during the Covid-19 pandemic. Freephone 1800 910 123 (from 10am to 2pm, Monday to Friday). Barnardos also provide a bereavement helpline service, for members of the public seeking information and support in relation to bereavement. Telephone 01 473 2110 (from 10am to 12pm, Monday to Friday)

Supports for older people

[Alone](#)

Alone provide a COVID-19 support line for older people. Call 0818 222 024 (from 8am to 8pm, seven days a week). Visit www.alone.ie

[The Alzheimer Society of Ireland](#)

Practical information and emotional support or information on supports and services Freephone 1800 341 341 (Monday to Friday from 10am to 5pm and Saturday from 10am to 4pm) or email helpline@alzheimer.ie. The [Dementia Resource Hub](#) provides sign-posting to

web-based reliable information and on-line resources for people with dementia, families and carers. Visit www.alzheimer.ie or www.understandtogether.ie for more information

Seniorline

Confidential listening service for older people provided by trained older volunteers. Call 1800 804 591 (lines are open every day from 10am to 10pm).

Visit www.thirdageireland.ie/seniorline for more information

Age Friendly Ireland

Age Friendly Ireland have compiled a list of all Local Authority Community Response Forums, and their contact helpline numbers - these are available to support vulnerable members of communities affected by COVID-19 restrictions. Visit www.agefriendlyireland.ie for more information and access their daily newsletter.

Mobile apps to support your mental health

These mobile apps can help you manage anxiety. They have been reviewed and approved for listing here, by a group in the HSE (Mental Health Apps Review Sub Group). The app developers are solely responsible for their app's advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the HSE, and the HSE is not liable for their use.

Eating Disorder Self Help App (HSE)

A self-care app which provides valuable information for those with or people caring for someone with an eating disorder. The app provides information and advice for anyone worried about developing an eating disorder or for those who have been diagnosed or are recovering from an eating disorder. From the HSE National Clinical Programme for Eating Disorders and Bodywhys. Get it in the App Store or on Google Play

Mindshift (by Anxiety Canada)

A user-friendly self-help tool based on proven scientific strategies, MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check in each day to track their anxiety and work with tools in the app.

Get it in the App Store or on Google Play

Clear Fear

Clear Fear is an app developed for teenage mental health charity Stem4 which uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change.

Get it in the App Store or on Google Play

Headspace

Headspace is a well-known mobile app that teaches meditation and easy to use mindfulness skills. Map your journey, track your progress, and reap rewards in your overall health and wellbeing. You can even 'buddy up' with friends and motivate each other along the way.

Get it in the App Store or on Google Play.