

Help for your Mental Health

There is lots of support and advice online and we have listed some websites that may be helpful below. Always follow internet safety advice and guidelines (such as those on <https://www.webwise.ie/>) when accessing any online support and always ensure you use a reputable source.

Web address	Description
www.hse.ie Log on and search ‘Mental Health supports and services during Covid-19’	List of supports and services offering support and advice on a range of issues including coping with Covid-19
https://spunout.ie/	Website for young people on a range of issues such as mental health, education and exams, relationships, coping with stress, LGBTI and lots of other relevant issues
https://www.mentalhealthireland.ie/	Advice and supports on mental health wellbeing, self-care, coping with stress and anxiety and lots of other issues
https://www.barnardos.ie/	Lots of advice for young people and their parents/ guardians on a range of issues
https://www.samaritans.org/ireland/samaritans-ireland/	Information on mental health, free helpline and other supports
https://www.pieta.ie/	‘A professional one-to-one therapeutic service to people who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide’. Free helpline 24 hour support