



Mental Health: Information, supports and services

If you – or someone you know – needs mental health support or a listening ear, reach out to a trusted service. Many are available 24/7 and you can make contact in different ways, for example:

SAMARITANS

- ♦ on the phone – **Samaritans**
visit www.samaritans.ie or freephone **116 123**

spunout

text about it

- ♦ by text message – **Text About It**
text **HELLO** to **50808** or visit www.textaboutit.ie

MyMind
Centre for Mental Wellbeing

- ♦ online – **MyMind**
visit www.mymind.org

pieta

- ♦ face-to-face – **Pieta**
visit www.pieta.ie or freephone **1800 247 247**

You can also call the **HSE YourMentalHealth Information Line**, anytime day or night, for information on mental health, and what other services and supports are available near you. Freephone **1800 111 888** or visit www.yourmentalhealth.ie

From the HSE National Office for Suicide Prevention (NOSP)

yourmentalhealth.ie
Information | Support | Services
1800 111 888



Connecting for Life

