



Mental Health Resources

List of resources for Mental Health and Wellbeing

Free 24-Hour Text Service

A new text-based mental health service funded by the HSE has been launched. '50808' is a free 24/7 text service, providing everything from a calming chat to immediate support for people going through mental health or emotional crisis.

Family Carers Ireland - offering family carers free counselling sessions

As a carer, there are times when mental health and emotional well-being may be challenged due to a combination of the demands of a caring role, and the additional worries of the COVID-19 pandemic.

Family Carers Ireland offer help to family carers, as they believe no one should have to care alone. They have developed a free, short-term online and phone counselling service for family carers, and will connect carers with a qualified counsellor from a panel of approved professionals.

The service can be accessed through the link below

<https://familycarers.ie/carer-supports/help-advice/counselling>

National Freephone Careline on 1800 24 07 24

MyMind

MyMind is now delivering free online counselling appointments for people all over Ireland. If you have been directly affected by Covid-19, you may be eligible. The main mental health issues include issues arising from unemployment, bereavement, social isolation/cocooning, illness, stress, depression, anxiety, addiction, or domestic violence.

<https://mymind.org/covid-19-project>

Turn to Me

Offer free online counselling and online support groups for people over 18

<https://www.turn2me.ie/>

<https://www.turn2me.ie/register>

Helplink Mental Health

Free low-cost online counselling services and educational resources.

Visit helplink.ie

Samaritans

Emotional support to anyone in distress or struggling to cope.
Freephone 116 123 every day 24 hours a day
jo@samaritans.ie

Pieta House

Telephone and text-based support counselling for people who are suicidal or engaging in self-harm.
Freephone 1800 247 247 every day 24 hours a day
Text HELP to 51444 - standard message rates apply

Visit pieta.ie

Aware

Information and support to anyone over 18. Issues relating to mood or the mood of a friend or family member, or who has depression or bipolar.

Phone 'Support and Self Care Peer Group' for people experiencing:

- anxiety
- mild to moderate depression
- bipolar disorder
- mood-related conditions

Freephone support line 1800 80 48 48 10am to 10pm every day
supportmail@aware.ie

Visit aware.ie

GROW Mental Health Recovery

Information line 1890 474 474

Six-week guide on coping with COVID19, consisting of podcasts, practical resources and information.

Visit grow.ie
info@grow.ie

Mobile Applications

Mindshift (by Anxiety Canada)

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](#)

Headspace

Headspace is a well-known mobile app that teaches meditation and easy to use mindfulness skills. Map your journey and track your progress and 'buddy up' with friends and motivate each other.

Get it in the [App Store](#) or on [Google Play](#).

Clear Fear

For teenage mental health charity Stem4. The app uses 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 and track your progress.

Get it in the [App Store](#) or on [Google Play](#)