

## Frontline Worker Supports and Resources

HSE Employee Assistance Programme	Free counselling for HSE staff	<a href="https://www.hse.ie/eng/staff/workplace-health-and-wellbeing-unit/employee-assistance-and-counselling-service/">https://www.hse.ie/eng/staff/workplace-health-and-wellbeing-unit/employee-assistance-and-counselling-service/</a>	Phone: 0818 327 327
HSE	Guidance for those affected by the death of a colleague due to Covid-19	<a href="https://www.hse.ie/eng/staff/workplace-health-and-wellbeing-unit/employee-assistance-and-counselling-service/guidance-for-healthcare-workers-affected-by-death-of-a-colleague-due-to-covid-19.pdf">https://www.hse.ie/eng/staff/workplace-health-and-wellbeing-unit/employee-assistance-and-counselling-service/guidance-for-healthcare-workers-affected-by-death-of-a-colleague-due-to-covid-19.pdf</a>	
HSE Staff Support	Covid-19 Staff Support	<a href="https://healthservice.hse.ie/staff/coronavirus/">https://healthservice.hse.ie/staff/coronavirus/</a>	
IACP - Therapy Hub	Free therapy for Frontline Workers	<a href="https://www.therapyhub.ie/covid">https://www.therapyhub.ie/covid</a>	Phone: 087 335 6536 Email: <a href="mailto:support@therapyhub.ie">support@therapyhub.ie</a>
Mind the Frontline	Mental health resources for frontline workers	<a href="https://www.mindthefrontline.com/">https://www.mindthefrontline.com/</a>	Email: <a href="mailto:contact@mindthefrontline.com">contact@mindthefrontline.com</a>
Trauma Response Network Ireland	Support for Frontline Workers affected by trauma	<a href="https://trnireland.ie/contact-us/">https://trnireland.ie/contact-us/</a>	Phone: 01 902 5020 Email: <a href="mailto:trnireland@gmail.com">trnireland@gmail.com</a>
Turn2Me	Peer Support instant chat for Frontline Workers	<a href="https://turn2me.ie/landing/front-line-workers/support-groups">https://turn2me.ie/landing/front-line-workers/support-groups</a>	

## Mental Health Support for all

GP	Find a GP in your locality	<a href="https://www.hse.ie/eng/services/maps/">https://www.hse.ie/eng/services/maps/</a>	
HSE Mental Health Information Line	Information on support & services for mental health in your area	<a href="https://www2.hse.ie/wellbeing/mental-health/yourmentalhealth-information-line.html">https://www2.hse.ie/wellbeing/mental-health/yourmentalhealth-information-line.html</a>	Freephone 1800 111 888
HSE - Getting urgent help	Support for you or someone you know needs urgent mental health help	<a href="https://www2.hse.ie/wellbeing/mental-health/get-urgent-help.html">https://www2.hse.ie/wellbeing/mental-health/get-urgent-help.html</a>	Call 999 or 112
HSE 'Text About It' SMS service	24/7 Support if you are experiencing any kind of mental health challenge including suicidal thoughts or self-harm	<a href="https://text50808.ie/">https://text50808.ie/</a>	Free text 'HELLO' to 50808
ISPCC	24 /7 support for children and young people up to the age of 18	<a href="https://www.ispcc.ie/teenline/">https://www.ispcc.ie/teenline/</a>	Freephone: 1800 833 634
Jigsaw	Free counseling for those aged 12-25	<a href="https://jigsaw.ie/">https://jigsaw.ie/</a>	Phone: 01 472 7010
Mental Health Ireland	Information & resources for minding our mental health	<a href="https://www.mentalhealthireland.ie/get-support/covid19/">https://www.mentalhealthireland.ie/get-support/covid19/</a> <a href="https://www.mentalhealthireland.ie/resources/">https://www.mentalhealthireland.ie/resources/</a>	Phone: 01 284 11 66 Email: info@mentalhealthireland.ie
Men's Aid	Helpline for men experiencing domestic abuse	<a href="https://www.mensaid.ie/">https://www.mensaid.ie/</a>	Phone: 01 554 3811
Pieta House	You can talk to a therapist any time if you feel alone, afraid or at risk of suicide or self-harm. You can also avail of free therapeutic supports.	<a href="https://www.pieta.ie/">https://www.pieta.ie/</a>	Free phone: 1800 247 247 Text: 51444

Samaritans	You can chat to someone at any time of the day if you or someone you know is having a difficult time	<a href="https://www.samaritans.org/ireland/how-we-can-help/contact-samaritan/">https://www.samaritans.org/ireland/how-we-can-help/contact-samaritan/</a>	Free Phone: 116 123 Email: <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a>
St. Patrick's Information & Support Line	You can speak to a qualified mental health nurse for information and support	<a href="https://www.stpatricks.ie/mental-health">https://www.stpatricks.ie/mental-health</a>	Phone: 01 249 3333 Email: <a href="mailto:info@stpatsmail.com">info@stpatsmail.com</a>
Woman's Aid	24/7 helpline for woman experiencing domestic abuse	<a href="https://www.womensaid.ie/help/">https://www.womensaid.ie/help/</a>	Freephone: 1800 341 900