

Mental Health Support for all

GP	Find a GP in your locality	https://www.hse.ie/eng/services/maps/	
HSE Mental Health Information Line	Information on support & services for mental health in your area	https://www2.hse.ie/wellbeing/mental-health/yourmentalhealth-information-line.html	Freephone 1800 111 888
HSE - Getting urgent help	Support for you or someone you know needs urgent mental health help	https://www2.hse.ie/wellbeing/mental-health/get-urgent-help.html	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	https://text50808.ie/	Free text 'HELLO' to 50808
ISPCC	24 /7 support for children and young people up to the age of 18	https://www.ispcc.ie/teenline/	Freephone: 1800 833 634
Jigsaw	Free counseling for those aged 12-25	https://jigsaw.ie/	Phone: 01 472 7010
Mental Health Ireland	Information & resources for minding our mental health	https://www.mentalhealthireland.ie/get-support/covid19/ https://www.mentalhealthireland.ie/resources/	Phone: 01 284 11 66 Email: info@mentalhealthireland.ie
Men's Aid	Helpline for men experiencing domestic abuse	https://www.mensaid.ie/	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.	https://www.pieta.ie/	Free phone: 1800 247 247 Text: 51444
Samaritans	You can chat to someone at any time of the day if you or	https://www.samaritans.org/ireland/how-we-can-help/contact-samaritan/	Free Phone: 116 123 Email: jo@samaritans.ie

	someone you know is having a difficult time		
St. Patrick's Information & Support Line	You can speak to a qualified mental health nurse for information and support	https://www.stpatricks.ie/mental-health	Phone: 01 249 3333 Email: info@stpatmail.com
Woman's Aid	24/7 helpline for woman experiencing domestic abuse	https://www.womensaid.ie/help/	Freephone: 1800 341 900

Intercultural Supports and Resources

Please note: If ringing from an international number the dialling code for Ireland is 00353 or +353

COSC	List of supports for people from ethnic minorities	http://www.cosc.ie/EN/COSC/NS/Support+Services+for+Travellers+and+Ethnic+Minorities	Email: cosc@justice.ie
Citizens' Advice -	Information on Support Services for Foreign Nationals	https://www.citizensinformation.ie/en/moving_country/moving_to_ireland/coming_to_live_in_ireland/support_services_for_foreign_nationals.html	
Embassies and Consulates in Ireland	Contact information all embassies in Ireland	- https://embassy.goabroad.com/embassies-in/ireland#:~:text=Embassies%20%26%20Consulates%20in%20Ireland%201%20Australian%20Embassy,a%20period%20of%20six%20months%20or%20less%20	
Cairde - Health connect	Information for individuals from diverse backgrounds and ethnicities	https://healthconnect.ie/	Tel: 01 855 2111 Email: info@cairde.ie
Cairde	Information on health and health services in Ireland	https://cairde.ie/resources/information-leaflets/	Tel: 01 855 2111 Email: info@cairde.ie
HSE - Multilingual Guide to Covid-19		https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-translated-resources/	
HSE Intercultural		https://www.hse.ie/eng/about/who/primarycare/socialinclusion/intercultural-health/interculturalhealth.html	

Health Resources			
HSE Multilingual Resources and Translated information		https://www.hse.ie/eng/about/who/primarycare/socialinclusion/about-social-inclusion/translation-hub/multilingual-resources-and-translated-material/	
HSE -Translation Hub HSE		https://www.hse.ie/eng/about/who/primarycare/socialinclusion/about-social-inclusion/translation-hub/multilingual-resources-and-translated-material/	
Intercultural Language Service		https://www.interculturallanguageservice.com/	Phone: 089 429 7580 Email: ils.info.dublin@gmail.com
Crosscare	Support, advocacy services and information for Irish emigrants and people who have moved to Ireland	https://www.migrantproject.ie/	Phone: 01 873 2844 Email: migrantproject@crosscare.ie
Immigrant Council of Ireland	Rights based information and support for migrants	https://www.immigrantcouncil.ie/	Call Us: 01 674 0200 Email: info@immigrantcouncil.ie
Irish Refugee Council	Information, services and support for refugees in Ireland	https://www.irishrefugeecouncil.ie/	Phone: 01 764 5854
Migrant Right Centre	Rights based information and support for migrants	https://www.mrci.ie/	Phone: 01 889 7570 Email: info@mrci.ie
New Communities	Directory of Support Groups & Organisations in Dublin for Migrants	https://www.newcommunities.ie/assets/files/pdf/20130812153718.pdf	Phone: 01 872 7842 Email: info@newcommunities.ie
The Irish Red Cross	Support and assistance to refugees in Ireland	https://www.redcross.ie/help-refugees-in-ireland/	Phone: 01 642 4600

