



## Support Services for Young People: Useful Information and Contact Details

This is a list of the main support organisations which can help young people deal with a range of issues. We are giving you this information sheet in case you have any further questions about some of the issues raised in the course of the survey.

If you have any questions about the **Growing Up in Ireland** study, please contact the Study Team by email: [growingupat13@esri.ie](mailto:growingupat13@esri.ie).

### General

**Child-Line** gives support to young people through a free-phone 24-hour listening service. They also have lots of information about issues such as depression, disability, eating disorders and gender identity on their website.

☎ 1800 666 666 or text 'talk' to 50101

💻 [www.childline.ie](http://www.childline.ie)

**Teen-Line** is a free-phone service available 24-hours a day, 365 days a year. Teen-Line Ireland's volunteers are ordinary, every-day people who understand that young people need to be heard – they volunteer to listen.

☎ 1800 833 634 or text 'talk' to 50101

💻 [www.ispcc.ie/teenline](http://www.ispcc.ie/teenline)

**Changing Futures** is a website for young people made by young people with experience of TUSLA services. It has a section for 10-15yr olds that has advice on what to do if you are worried about something.

☎ 0818 776 315 (Monday – Friday 9am to 5pm), Text or WhatsApp 086 014 2775

💻 [www.changingfutures.ie/10-15/are-you-worried](http://www.changingfutures.ie/10-15/are-you-worried)

### Alcohol/Drugs

**Drugs.ie** is a website that provides information on drugs and alcohol with sections for both teens and parents. It lists services such as treatment and rehabilitation available in each county.

💻 [www.drugs.ie](http://www.drugs.ie)

**The HSE Drugs and Alcohol Helpline** is a free, active listening helpline and email support service offering non-directive support, information, guidance and referral to anyone with a question or concern related to substance abuse. They take calls from people with a concern in relation to themselves, their family or their friends. They can also be contacted by email.

☎ 1800 459 459 (Monday – Friday, 9.30am to 5.30pm)

✉ [helpline@hse.ie](mailto:helpline@hse.ie)

💻 [www.hse.ie/eng/services/list/5/addiction/](http://www.hse.ie/eng/services/list/5/addiction/)

**Al-Anon** offers understanding and support for families and friends of problem drinkers in an anonymous environment. At AlAnon Family Group meetings, the friends and family members of problem drinkers share their experiences and learn how to apply the principles of the AlAnon program to their individual situations.

☎ 01-873 2699 (10am – 10pm every day)

✉ [info@alanon.ie](mailto:info@alanon.ie)

💻 [www.alanon.ie](http://www.alanon.ie)

### Physical and Mental Health

**The Samaritans** is a 24-hours a day, 365 days a year support service for anyone who is experiencing feelings of distress or despair, including those who have thoughts of suicide, and want someone to talk to. Their website lists the addresses and opening hours of their nationwide branches. They also provide a free-phone number that can be called from anywhere in the Republic of Ireland.

☎ Freephone 116 123

✉ [jo@samaritans.ie](mailto:jo@samaritans.ie)

💻 [www.samaritans.org/ireland/samaritans-ireland](http://www.samaritans.org/ireland/samaritans-ireland)


The following websites also provide a lot of advice and support about mental health:

 [www.jigsaw.ie](http://www.jigsaw.ie)

 [www.aware.ie](http://www.aware.ie)

**Your Mental Health Information Line** is a phone service you can call anytime – 24hours a day. A member of the team can tell you about:

- the mental health supports and services available to you
- how to access different services provided by the HSE and our funded partners

 Freephone 1800 111 888

**The B4udecide** website provides lots of advice for both parents and teens on things like relationships, contraception and sexually transmitted infections.

 [www.b4udecide.ie](http://www.b4udecide.ie)


**Text 50808** is a free 24/7 text service, where you connect with a trained Crisis Volunteer. Text HELLO to 50808.


**Pieta House** is a suicide prevention service. They offer counselling in centres around Ireland and have a 24/7 crisis helpline.

Freephone 1800 247 247

Text help to 51444


**Healthpromotion.ie** provides health advice on a range of topics such as healthy eating, smoking cessation and heart health. It also lists contact numbers for HSE Health Promotion & Improvement Offices in all counties.


 [healthinfo@hse.ie](mailto:healthinfo@hse.ie)


 [www.healthpromotion.ie](http://www.healthpromotion.ie)

**LGBT Ireland** provides lots of advice on topics such as coming out and gender expression. The site gives details of LGBT+ support groups around the country. There is a confidential instant messaging page which is available every evening.


 [www.lgbt.ie](http://www.lgbt.ie)


 [info@lgbt.ie](mailto:info@lgbt.ie)

 1890 929 539 – LGBT Helpline

 01 907 3707 – Transgender Family Support Line

**Bodywhys** is the national organization supporting people affected by eating disorders. Their website gives details on the services they offer – a helpline, support groups around the country (a group for people with eating disorders and another for families and friends), online support groups, teen only online support groups and email support.


 01-210 7906 (Mon, Wed & Sunday evening 7.30pm - 9.30pm and Saturday 10.30am - 12.30pm)

 [alex@bodywhys.ie](mailto:alex@bodywhys.ie)

 [www.bodywhys.ie](http://www.bodywhys.ie)

## Crime


**The Crime Victims Helpline** provides support to victims of crime in Ireland. Their aim is to support, inform and empower victims of crime. They can provide information about the criminal justice system and make referrals to other resources in your local community.

 Freephone 116 006 or Text 085 133 7711 (Mon, Wed, Fri 10am - 5pm; Tues, Thurs 10am –6.30pm, Sat & Bank Holidays 2pm – 4pm, Sunday - closed)


 [info@crimevictimshelpline.ie](mailto:info@crimevictimshelpline.ie)

 [www.crimevictimshelpline.ie](http://www.crimevictimshelpline.ie)

**CARI** (Children at Risk in Ireland) provides therapy and support for children affected by child sexual abuse, e.g. child and adolescent therapy, parental support and court accompaniment. Their helpline service operates Mon – Fri, 9.30am - 5.30pm.

 Locall 1890 924 567

 [helpline@cari.ie](mailto:helpline@cari.ie)

 [www.cari.ie](http://www.cari.ie)

If you would like more information on *Growing Up in Ireland*, please contact us by email: [growingupat13@esri.ie](mailto:growingupat13@esri.ie)