



## *Support Services: Useful Information and Contact Details*

This is a list of support organisations which can help parents and 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.

**Text50808** is a free text service run by the HSE providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis – big or small.

☎ text HELLO to 50808 to start a conversation, any time – day or night  
💻 [www.text50808.ie](http://www.text50808.ie)

**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.

☎ Freephone 116 123  
✉ [jo@samaritans.ie](mailto:jo@samaritans.ie)  
💻 [www.samaritans.org/ireland](http://www.samaritans.org/ireland)

**Your Mental Health Information Line** is a phone service you can call anytime – 24 hours a day. A member of the team can tell you about mental health supports and services available to you.

☎ Freephone 1800 111 888

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

**Parent-Line** is a resource for parents that provides support, guidance and information on all aspects of parenting.

☎ LoCall 1890 927 277 (Monday – Thursday 10am to 9.00pm and Friday 10am to 4.00pm)  
💻 [www.parentline.ie](http://www.parentline.ie)  
✉ [info@parentline.ie](mailto:info@parentline.ie)

**If you would like more information on *Growing Up in Ireland*, please visit [www.growingup.ie](http://www.growingup.ie).**