

## Getting Help and Support

### Where to get help:

#### For abuse

##### Childline

Ireland's 24-hour listening service for young people up to the age of 18. Childline is a service from the ISPCC.

Tel: 1800 666 666

Text anytime: 50101

##### NSPCC

Children's charity dedicated to ending child abuse and child cruelty.

Tel – Childline for children (24-hour helpline): 0800 1111

Tel – Adults concerned about a child (24-hour helpline): 0808 800 5000 Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

##### Refuge

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: [www.refuge.org.uk](http://www.refuge.org.uk)

#### For Addiction

##### Alcoholics Anonymous

Phone: 0800 917 7650 (24-hour helpline)

Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

##### National Gambling Helpline

Phone: 0808 8020 133 (daily, 8am to midnight)

Website: [www.begambleaware.org](http://www.begambleaware.org)

##### Narcotics Anonymous

Phone: 0300 999 1212 (daily, 10am to midnight)

Website: [www.ukna.org](http://www.ukna.org)

##### SMART Recovery

Website: [www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

##### Drugs and Alcohol NI

Website: [drugsandalcoholni.info](http://drugsandalcoholni.info)

##### HSE Drugs and Alcohol Helpline

Provide a free confidential place where you can talk through your concerns about drugs or alcohol, get information about services and consider the options available to you to improve your situation.

Website: [hse.ie/drugshivhelpline/](http://hse.ie/drugshivhelpline/)

Tel: 1800 459 (Confidential freephone helpline from Monday to Friday between 9:30 am and 5:30 pm)

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

## For Alzheimer's

### **Alzheimer's Society**

Provides information on dementia, including factsheets and helplines.

Phone: 0333 150 3456 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### **The Alzheimer Society of Ireland**

Emotional support and information on supports and services.

Tel: 1800 341 341

Website: [alzheimer.ie](http://alzheimer.ie)

## For Bereavement

### **Blue Cross Pet Loss Support**

Phone: 0800 096 6606 (available between 8.30am and 8.30pm)

Website: [www.bluecross.org.uk/pet-bereavement-and-pet-loss](http://www.bluecross.org.uk/pet-bereavement-and-pet-loss)

### **Child Bereavement UK**

Phone: 0800 02 888 40

Website: [www.childbereavementuk.org](http://www.childbereavementuk.org)

### **Cruse Bereavement Care**

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

### **FirstLight**

Provides crisis intervention and free professional counselling services to bereaved parents and family members who have suddenly lost a child up to 18 years.

Website: [firstlight.ie](http://firstlight.ie)

### **Good Grief Trust**

Search their UK map to find your nearest bereavement support organisation along with other helpful resources and advice.

Website [www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)

### **Pieta (Ireland)**

Free individual counselling, therapy and support for people who have been bereaved by suicide and for people who are thinking about suicide.

Tel: 1800 247 247

Website: [pieta.ie](http://pieta.ie)

### **The Loss Foundation**

The Loss Foundation provides free cancer bereavement support across the UK

Phone: 0300-200-4112

Website: [www.thelossfoundation.org](http://www.thelossfoundation.org)

### **WAY Widowed and Young**

WAY is the only national charity in the UK for people aged 50 or under when their partner died.

Website: [www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)

**Widow.ie (Ireland)**

Provides information and self-help resources for widows, widowers and bereaved life partners.

Website: [widow.ie](http://widow.ie)

**Winston's Wish**

Winston's Wish offers support, information and guidance to all those caring for a child of young person who has been bereaved.

Phone: 08088 020 021 (Open between 8am and 8pm, Monday to Friday)

Website: [www.winstonswish.org](http://www.winstonswish.org)

## For Carers

**Carers UK**

Advice and support for anyone who provides care.

Website: [www.carersuk.org](http://www.carersuk.org)

Tel: 0808 808 7777

Tel: 029 2081 1370 (Carers Wales)

Email: [advice@carersuk.org](mailto:advice@carersuk.org)

**Care Alliance Ireland**

Care Alliance Ireland has an online Family Carer Support Group. It offers peer-to-peer support to family carers. The group is moderated by a mix of health and social care professionals and family carers: [Care Alliance – Online Family Carer Support Project](#)

Email: [info@carealliance.ie](mailto:info@carealliance.ie)

## For Eating Disorders

**Beat**

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

**Bodywhys (Ireland)**

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

Tel: 1890 200 444

Email: [info@bodywhys.ie](mailto:info@bodywhys.ie)

## For Learning disabilities

**Mencap**

Charity working with people with a learning disability, their families and carers.

Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)

Website: [www.mencap.org.uk](http://www.mencap.org.uk)

**Mencap NI**

Tel: 0808 808 1111

Website: [northernireland.mencap.org.uk/](http://northernireland.mencap.org.uk/)

Email: [helpline.ni@mencap.org.uk](mailto:helpline.ni@mencap.org.uk)

**Mencap Cymru**

Tel: 0808 808 1111

Website: [wales.mencap.org.uk/](http://wales.mencap.org.uk/)

Email: [helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)

### **Inclusion Ireland**

Inclusion Ireland: Advocate for the rights of people with intellectual disabilities

Website: [inclusionireland.ie/](http://inclusionireland.ie/)

Tel: 01 8559891

Email: [info@inclusionireland.ie](mailto:info@inclusionireland.ie)

## **For Members of the LGBTQIA+ Community**

### **Gender Trust**

For people whose lives are affected by gender identity issues

Website: <https://www.gendertrust.org.uk/>

### **LGBT Ireland**

LGBT Ireland provides non-judgmental and confidential support and information to LGBTI+ people in Ireland.

Website: [lgbt.ie/our-services](http://lgbt.ie/our-services)

National LGBT Helpline: 1800 929 539

Transgender Family Support Helpline: 01 907 3707

### **Rainbow Migration**

Charity that promotes equality and dignity for lesbian, gay, bisexual, and transgender (LGBT) people who seek asylum in the UK, or who wish to immigrate here to be with their partner.

Website: [www.rainbowmigration.org.uk/](http://www.rainbowmigration.org.uk/)

### **Stonewall**

A charity that campaigns on issues affecting lesbian, gay, and bisexual people.

Tel: 0800 0502 020

Website: [www.stonewall.org.uk/](http://www.stonewall.org.uk/)

### **Stonewall Cyrmu**

Tel: 0800 0119 100

Website: [www.stonewallcymru.org.uk/](http://www.stonewallcymru.org.uk/)

### **Stonewall Scotland**

Tel: 0800 0119 100

Website: [www.stonewallscotland.org.uk/](http://www.stonewallscotland.org.uk/)

## **For Menopause**

### **The Menopause Charity**

Works to education everyone so that perimenopause and menopause are properly understood.

Website: [www.themenopausecharity.org](http://www.themenopausecharity.org)

### **Menopause support (Ireland)**

Website: [gov.ie/en/campaigns/menopause/](http://gov.ie/en/campaigns/menopause/)

## **For Mental Health**

### **Andy's Man Club**

Andy's Man Club are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online)

Website: [andysmanclub.co.uk](http://andysmanclub.co.uk)

**Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**Bipolar UK**

A charity helping people living with manic depression or bipolar disorder.

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

**CALM**

CALM runs a phone line and web chat that's open 5pm to midnight everyday. Chats are free, confidential and anonymous

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

**Connect Counselling (Ireland)**

Connect is a free telephone counselling and support service for adults in Ireland.

Website: [connectcounselling.ie/](http://connectcounselling.ie/)

Tel: 00800 477 477 77

**Frazzled Café**

Frazzled Café provide online group meetings for those who may be lonely and struggling with mild anxiety or mild low mood and may need support.

Website: [www.frazzledcafe.org](http://www.frazzledcafe.org)

**Men's Health Forum**

24/7 stress support for men by text, chat and email.

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

**Mental Health Foundation**

Provides information and support for anyone with mental health problems or learning disabilities.

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**Mind**

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

**No Panic**

Voluntary charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

**OCD Action**

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

**OCD UK**

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: [www.ocduk.org](http://www.ocduk.org)

**PAPYRUS**

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

**Pieta (Ireland)**

Free individual counselling, therapy and support for people who have been bereaved by suicide and for people who are thinking about suicide.

Tel: 1800 247 247

Website: [pieta.ie](http://pieta.ie)

**Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: [www.rethink.org](http://www.rethink.org)

**Samaritans (UK and Ireland)**

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

**SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it

most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

**Shout**

Shout is a free, confidential, 24/7 text messaging support service for anyone who needs support for their mental health.

Text Service: 85258

Website: [www.giveusashout.org/](http://www.giveusashout.org/)

**Suicide Prevention UK**

Suicide Prevention UK help anyone who may be struggling with their mental health and/or thoughts of suicide.

Tel: 0800 689 5652 (24/7 helpline)

**YoungMinds**

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

## For Parenting

### **Family Lives**

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: [www.familylives.org.uk](http://www.familylives.org.uk)

### **Parentline (Ireland)**

Parentline is a national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues.

Website: [parentline.ie/](http://parentline.ie/)

Tel: 01 873 3500

## For Relationships

### **Accord Ireland**

Accord's couples counselling service is provided on the basis of need rather than ability to pay.

Website: [accord.ie/counselling-services/](http://accord.ie/counselling-services/)

### **Relate**

The UK's largest provider of relationship support.

Website: [www.relate.org.uk](http://www.relate.org.uk)

## For Victims of Crime

### **Crime Victim Helpline (for Ireland)**

Website: <https://www.crimevictimshelpline.ie/>

Tel: 116 006

### **Internet Watch Foundation**

Will investigate reports of incitement to racial hatred on websites hosted in the UK.

Website: <https://www.iwf.org.uk/>

### **Rape Crisis**

To find your local services phone: 0808 802 9999 (daily, 12pm to 2.30pm and 7pm to 9.30pm)

Website: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

### **Rape Crisis Network Ireland**

Website: [www.rcni.ie/](http://www.rcni.ie/)

### **Safe Ireland**

Support women and children suffering from abuse.

Website: [safeireland.ie/get-help/](http://safeireland.ie/get-help/)

### **Stop Hate UK**

A leading national organisation working to challenge all forms of Hate Crime and discrimination, based on any aspect of an individual's identity.

Website: [www.stophateuk.org](http://www.stophateuk.org)

### **True Vision**

A national scheme supported by all police forces in England, Wales, and Northern Ireland providing information to the public about what hate crime is and the ways you can report it. You can also report hate crimes through the website using the [online form](#).

Website: <https://www.report-it.org.uk/home>

**Victim Support (England and Wales)**

Website: <https://www.victimsupport.org.uk>

Tel: 08 08 16 89 111

**Victim Support Scotland**

Website: <https://victimsupport.scot/>

Tel: 0800 160 1985,

**Victim Support Northern Ireland**

Website: <https://www.victimsupportni.com/>

Tel: Visit website for details of your nearest hub

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