



# MENTAL HEALTH RESOURCES

## Industry Specific



### [Minding Creative Minds](#)

Minding Creative Minds is an organisation established to offer a **free** 24/7 wellbeing & support programme for any individual of the creative sector based in Ireland and Irish creatives while travelling. They offer counselling services, creative arts therapies, specialist trauma and abuse counselling care and a career hub. Phone 1800 814244



### [Safe to Create](#)

A Programme for the Irish Arts and Creative Sectors to promote Dignity at Work



### [Screen Skills \(UK\) Podcast](#)

The ScreenSkills podcast, in partnership with The Adobe Foundation, goes behind the camera to explore the UK screen industries with the help of those working in it. They touching on different themes and hear how they impact the workforce. Get in touch at [podcast@screenskills.com](mailto:podcast@screenskills.com).



### [Solas Mind](#)

Solas Mind is a specialist wellbeing service in the UK that provides confidential online 1:1 wellbeing support delivered by fully qualified, accredited professionals.



### [The whole picture toolkit](#)

A UK initiative, designed in collaboration with industry, mental health, HR, legal and health and safety experts, their free Toolkit has recommended guides, tips and templates to help make productions healthier, fairer and more inclusive.

## 24 hour services



[Pieta House](#)

Provide 24/7 services to those experiencing thoughts of suicide, those who engage in self-harm, and those bereaved by suicide. All the services are provided free of charge, and no referral is needed. 24-Hour Crisis Helpline: 1800 247 247 Text HELP to 51444

**SAMARITANS**

[Samaritans](#)

Open 24/7 With more than 20 locations across Ireland & Northern Ireland, Samaritans provides a vital lifeline, answering around 1,500 calls for help a day. Freephone 116123

spunout

text about it

[Text About It](#)

Free 24-hour chat service. It provides everything from a calming chat to immediate support for people going through a mental health or emotional crisis. Txt HELLO to 50808

## General Mental Health Services



[HSE](#)

General information on mental health services.

spunout

[SpunOut](#)

Health information for young people, including mental health, sexual health and general lifestyle information with an extensive online directory of available supports and services.



[MyMind](#)

Provide multilingual counselling and psychotherapy services, both online or face to face. Clients can self-refer and appointments are within 72 hours. Fees are based upon employment status, offering the unemployed or students affordable services.



[Psychological Society of Ireland](#)

Information on how to find a psychologist in Ireland.



[Irish Association for Counselling and Psychotherapy](#)

Find an accredited therapist in Ireland



[Shine](#)

Supports people experiencing mental health problems, their families, and friends. The service is confidential. Freetext HELLO to 50808. Tel: 086 0407701 / 01 8601610



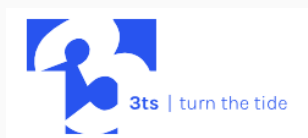
[GROW](#)

Helps people experiencing mental health problems and provides access to support groups. Tel: 01 8408236



[Mental Health Ireland](#)

A national mental health organisation dedicated to educating, empowering and connecting communities.



[3Ts](#)

3Ts have produced a series of self-help booklets in conjunction with the NHS that are available to download for free and are intended to serve as a 'first step' towards recovery across a broad range of topics that effect mental health. There is sign-posting to relevant resources & supports at the rear of each booklet. They can be downloaded free from



[Peer Advocacy in Mental Health](#)

This is an island-wide, independent, mental health organisation led by people with personal experience of mental health challenges.

Phone: 015470510 Email: [admin@irishadvocacynetwork.com](mailto:admin@irishadvocacynetwork.com)



[Turn2Me](#)

Provides moderated peer support forums, online support groups, access to Thought Catcher - a mood measuring tool - and one to one online counselling.



[Aware](#)

Face-to-face, phone and online support for individuals experiencing mild to moderate depression and for friends and families Helpline: 1800 80 48 48 (10am-10pm)



## [Suicide or Survive Minding Me Programme](#)

The Minding Me programme is designed to provide participants with tools to take a proactive approach to their mental health and wellbeing.



## [Men's Sheds](#)

A nationally available service and is a dedicated, friendly and welcoming meeting place where men come together and undertake a variety of mutually agreed activities. Phone: 0818 900800  
Email: [info@menssheds.ie](mailto:info@menssheds.ie)



## [MoodGym](#)

A training program for depression is based on cognitive behavioural therapy. It teaches people to use ways of thinking which will help prevent depression.



## [Citizens Advice Information](#)

Information on public services and entitlements in Ireland Citizens Information Phone Service on 0818 074000

## Specialist Supports and Services



## [My Options](#)

A state funded programme that promotes crises pregnancy counselling services and provides information. Freephone: [1800 828 010](tel:1800828010) or check the website for a webchat option.



## [LGBT Ireland](#)

Homophobia and transphobia can lead to specific stresses for lesbian, gay, bisexual and transgender (LGBT+) people that can also have a negative impact on their mental health. This website provides information for LGBT+ people on how they can look after their mental health and highlights the services available. Freephone **1800 929 539**



## [Drugs.ie](#)

Provides drug and alcohol information and support services. Drugs.ie also houses a national database of treatment & rehabilitation, information & support, counselling, education & training services. Phone 1800 459 459 Email support: [helpline@hse.ie](mailto:helpline@hse.ie)



[OCD Ireland Information](#)

Support and news for Obsessive Compulsive Disorder, Trichotillomania and Body Dysmorphic Disorder sufferers Email: [info@ocdireland.org](mailto:info@ocdireland.org)



[Social Anxiety Ireland](#)

Provides a group treatment programme for those with social anxiety



[Bodywhys](#)

The national eating disorder association of Ireland. They provide a variety of supports for people affected by eating disorders. Helpline [01-2107906](tel:01-2107906), Email support: [info@bodywhys.ie](mailto:info@bodywhys.ie).



[Quit](#)

A support service and online information resource for people who want to stop smoking. It is run by the Health Services Executive. Free phone 1800 700 700.



[The Money Advice and Budgeting Service \(MABS\)](#)

A free and confidential service for people in debt or in danger of getting into debt. Advisers can give you advice and support on many money management and debt issues and can also provide you with MABS self-help materials free of charge. MABS Helpline: [0818 07 2000](tel:0818072000) (Monday-Friday, 9am - 8pm) Request a callback at [helpline@mabs.ie](mailto:helpline@mabs.ie)