







Support and Signposting – Ireland

Organisation	Aimed at	Details of organisation	Type of support	Website details
	Young people and adults	To inform and educate on the nature, extent and consequences of depression; provide emotional and practical support to those affected by depression and related disorders; provide positive mental health and resilience training; support research into the development and treatment of depression and related issues	Online Mail Education programme and workshops for groups and organisations	www.aware.ie
	Young people	To empower, support, and protect young people; services are all free and confidential; service does not trace calls or texts and IP address is not visible. Children and teenagers can talk about anything, it doesn't have to be a problem; provide help to find solutions and there to listen.	Telephone On line Texting Workshops and talks for groups	www.childline.ie
	Young people	Seek to empower young people to develop the skills, self-confidence and resilience to cope with mental health challenges; to give every young person in Ireland somewhere to turn to and someone to talk to; to work with the government, media and direct community outreach to change the way Ireland thinks about youth mental health.	On line information	www.headstrong.ie
	Young people (12-25)	Network of projects supported by Headstrong where any young person (12 – 25) can go to a Jigsaw project if they have concerns that they want to talk about; providing information, advice, guidance and confidential support; can call or drop in during opening hours. The service is free and confidential.	On line information Direct one to one support for young people Information/training workshops for young people and adults	www.headstrong.ie/jigsaw



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	Young people and adults	Centre for the prevention of self-harm or suicide; helping someone come through their crisis and exchange their negative feelings for positive, hopeful emotions	Therapy sessions Suicide prevention support	www.pieta.ie
	Young people and adults	Available for people talk to at anytime they like, in their own way, and off the record - about whatever's getting to them.	Help-line Provide training for groups and organisations	www.samaritans.org

