

You've been feeling overwhelmed by your school work and exams.

Who can you go to for help?

You're being bullied or feel pressured by peers to do something you're uncomfortable with.

Who can you go to for help?

You had a disagreement with someone at home.

Who can you go to for help?

You had a falling out with a friend and you both got really upset.

Who can you go to for help?

**PEACE of Mind**  
empowering young minds,  
building resilience



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Someone you were close to has passed away and you're struggling with the grief.

Who can you go to for help?

You've not been feeling good about yourself for a few weeks.

Who can you go to for help?

You have to go to a family party and you are feeling really anxious about this.

Who can you go to for help?

You had a falling out with a friend and you both got really upset.

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You are being bullied online  
by people at school.

Who can you go to for help?

You're struggling to make  
friends and don't leave the  
house much anymore.

Who can you go to for help?

You have noticed your friend  
has started drinking alcohol  
and its became problematic.

Who can you go to for help?

You're having trouble  
adjusting to a new school.

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If you feel sad or down all the time, even when there's no clear reason.

Who can you go to for help?

If you had an accident and have physically hurt yourself.

Where can you go for help?

Someone you don't know is adding/trying to contact you on social media.

Who can you go to for help?

You have noticed your friend has begun to smoke/vape and is peer-pressuring you to join in.

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You notice your friend has self-inflicted injuries.

Who can you go to for help?

You are feeling excluded in your work environment.

Where can you go for help?

You're feeling overwhelmed because you have too many hobbies.

Who can you go to for help?

You're finding it difficult to put your needs first.

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If you feel like your disability makes it hard to make friends or join in.

Who can you go to for help?

You notice your friend is in a toxic relationship and you're worried for them.

Where can you go for help?

You notice your friend is being taken advantage of.

Who can you go to for help?

You notice a negative character change in your friend.

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You feel isolated by peers  
because of not having  
popular household brands.  
(Nike/Fortnite)

Who can you go to for help?

You are being left out of the  
friend group.

Where can you go for help?

You have a poor relationship  
with your teacher/assistant.

Who can you go to for help?

You feel like you have a lack  
of outlets to talk about  
issues in your life.

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**Childline**  
**(up to 19yrs)**  
0800 1111

**Mencap**  
**(14+)**  
0808 808 1111

**Youth Access**  
**(11-25yrs)**  
[youthaccess.org.uk](http://youthaccess.org.uk)

**Teenline Ireland**  
**(13-19yrs)**  
1800 833 634

**NHS Every Mind Matters**  
**(18+)**  
[nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health](https://nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health)

**Connect Counselling**  
**(18+)**  
1800 477 477

**Womens Aid**  
**(16+)**  
1800 341 900

# PROFESSIONAL SUPPORT NETWORKS

**Samaritans**  
**(any age)**  
[116 123](http://116123)

**Bodywhys- the eating disorders association**  
**of Ireland (18+)**

01 210 7906

**National Male Advice line**  
**(any age)**  
1800 816 588

**Bereavement supportlines (Irish**  
**hospice foundation)**  
**(any age)**  
1800 80 70 77

**Shout**  
**(any age)**

85258 (24/7 textline)

**Me and My Mind**  
**(14-35yrs)**  
[meandmymind.nhs.uk](http://meandmymind.nhs.uk)

**Banardos children's bereavement help line**  
**(up to 18yrs)**  
028 9066 8333

**The Cedar Foundation**  
**(any age)**  
<https://www.cedar-foundation.org/>

**Mencap**

**Youth Access**

**Childline**

**NHS Every Mind Matters**

**Teenline Ireland**

**Connect Counselling**

**PROFESSIONAL**

**Womens Aid**

**Samaritans**

**SUPPORT NETWORKS**

**Bodywhys- the eating disorders association  
of Ireland**

**National Male Advice line**

**Bereavement supportlines  
Irish Hospice Foundation**

**Shout**

**Me and My Mind**

**Cedar Foundation**

**Barnardos children's bereavement help line**

- [Childline](#) - It is free, confidential and available any time, day or night to talk about anything big or small.
- [Teenline](#) -Provides support, resources, and hope to young people through a hotline of professionally trained teen counselors. You are NOT alone!
- [Women's Aid](#) -Works to prevent and address the impact of domestic violence and abuse against women and children.
- [National Male Advice Line](#) -Confidential helpline, email and webchat service for male victims of domestic abuse
- [Me and My Mind](#) -Provides support to young people struggling with their mental health.
- Mencap-
- [NHS Everymind Matters](#) -Is a campaign that features the mental health tool "My Mind Plan" and gives advice for those facing mental health problems.
- [Bodywhys](#) -It is the national voluntary organization in Ireland that supports people affected by eating disorders.
- [Shout](#) -It is the UK's first and only 24/7 text service for anyone in crisis. Get free, confidential mental health support anytime, anywhere.
- [Barnardo's children's bereavement help line](#) - They support children who have suffered loss along with their parents/carers through counselling, group work and individual therapy.
- [Youth access](#) -Is an advice and counselling network. Working with their members they champion youth advice and counselling services for young people everywhere.
- [Connect counseling](#) -Is a free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood.
- [Samaritans](#) - Is a charity that is a 24/7 contact for anyone struggling to cope. They make sure people have somewhere to turn and support when they need it most.
- [Bereavement supportlines](#) -Is available from 10am to 1pm, Monday to Friday. It is there to provide connection, comfort and support and is a shoulder for you to lean on.
- [Cedar Foundation](#) - They deliver a range of services that enable people with disabilities to get the most out of life and to be fully included in their communities.