

0800 1111

Childline

Mencap

0808 808 1111

Youth Access

youthaccess.org.uk

Teenline Ireland

1800 833 634

NHS Every Mind Matters

nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health

Connect Counselling

1800 477 477

Womens Aid

1800 341 900

Samaritans

116 123

PROFESSIONAL SUPPORT NETWORKS

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

01 210 7906

Bereavement supportlines

1800 80 70 77

National Male Advice line

1800 816 588

Shout

85258 (textline)

Me and My Mind (8-15yrs)

meandmymind.nhs.uk

Self-Injury Support

0808 800 8088

07537 432444 (textline)

Banardos children's bereavement help line

028 9066 8333

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