

Student and Parent Supports in Ireland



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- **Jigsaw**

We are working to change how Ireland thinks about and responds to young people's mental health through Research, Engagement and Services. We respect the voice of young people, and believe that all young people should be given the supports they need to develop good mental health.

info@jigsaw.ie

- **Pieta House**

Pieta House provides a free, therapeutic approach to people who are in [suicidal distress](#) and those who engage in [self-harm](#). info@pieta.ie

- **Teenline Ireland**

We hope this will provide you with information about our free phone helpline and other support services in your area. If you feel alone, worried or distressed or just need someone to talk to, you can call our confidential helpline.

To find out more, go to <https://www.teenline.ie>



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- **Bodywhys**

Bodywhys is the Irish National Charity, which offers support, information and understanding for people with eating disorders, their families and friends.

To find out more, go to <https://www.bodywhys.ie>

- **Crisis Pregnancy Services**

Providing information on all services for unplanned pregnancy.

To find out more, go to <https://www.positiveoptions.ie>

- **Focus Ireland**

Everyone has a right to a place they call home. If you are homeless or need to contact Focus Ireland call:

To find out more, go to <https://www.focusireland.ie> Add your third bullet point here



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- **Gay Switchboard**

GSD's core service is provided via telephone. They provide non-directive, non-judgmental, befriending, support and a general information service to the gay, lesbian and bisexual community, to anyone who has issues relating to their sexuality, to their parents, families and friends.

To find out more, go to <https://www.gayswitchboard.ie>

- **Mental Health Ireland**

Mental Health Ireland aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights.

To find out more, go to <https://www.mentalhealthireland.ie>

- **One Family**

One Family is Ireland's national organisation for one-parent families. We work with all types and all members of one-parent families, respecting the realities of family life, to affect positive change and achieve equality and social inclusion for all one-parent families in Ireland.

To find out more, go to <https://www.onefamily.ie>



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- **Parentline**

For over twenty years, Parentline has provided a completely confidential helpline for parents and guardians. Parents phone Parentline with all sorts of problems. There is no typical call. Calls come from parents of new born babies, toddlers, pre-teens and teenagers – children of all ages.

To find out more, go to <https://www.parentline.ie>

- **Samaritans**

Samaritans are available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

To find out more, go to <https://www.samaritans.org>

- **Suicide or Survive**

Suicide or Survive Ltd (SOS) provides services and supports aimed at suicide prevention in Ireland. The ultimate aim of this programme is suicide prevention.

To find out more, go to <https://www.suicideorsurvive.ie>



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- **Victim Support**

The Garda Siochana operates closely with the Crime Victims Helpline, which can help provide support to victims of crime. To find out more, go to <https://www.crimevictimshelpline.ie>

- **ACCORD** Accord is a well known, respected and experienced agency that has in excess of 50 years experience working with couples and individuals supporting them in their Marriages and Relationships. info@accord.ie

