

# HEALTH & WELLBEING

## SUPPORT – DUBLIN

Taking care of your mental health is just as important as your physical health. These services are all **free** and available in Dublin if you need support, advice, or someone to talk to.

**If you are in immediate danger or need urgent help, call 999 or 112.**

## Mental Health Support

☎ **Samaritans Ireland – 116 123**

24/7 confidential listening service for anyone who is struggling, feeling overwhelmed, lonely, or in emotional distress. You don't have to be in crisis to call.

☎ **Pieta – 1800 247 247 | Text HELP to 51444**

Provides professional support for people experiencing suicidal thoughts, self-harm, or bereavement after suicide. Offers therapy, crisis helplines, and local centres across Ireland.

💬 **SpunOut – Text HELLO to 50808**

Anonymous text support service mainly for young people. You can chat with trained volunteers about mental health, anxiety, relationships, or anything that's worrying you.

## Sexual Health & Pregnancy Support

☎ **My Options – 1800 828 010**

Confidential pregnancy information service. Provides unbiased advice about parenting, adoption, and abortion options, plus referrals to medical and counselling services.

## Safety & Protection

☎ **Dublin Rape Crisis Centre – 1800 77 88 88**

24/7 confidential support for anyone affected by sexual violence. Offers counselling, accompaniment to medical or legal appointments, and information about your rights.

☎ **Women's Aid – 1800 341 900**

Support for women experiencing domestic abuse. Provides helpline support, safety planning, refuge referrals, and information about legal protection and housing options.



## Remember

You're not alone. Reaching out for help is a strong and positive step.



LANGUAGE  
SCHOOLS