

## Support and Signposting – Ireland

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Organisation	Aimed at	Details of organisation	Type of support
	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
	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 does not have to be a problem; provide help to find solutions and there to listen.	Telephone Online Texting Workshops and talks for groups
	All ages	Information and support for minding mental and physical health.	Online support Crisis signposting
	All ages	Information and guidance for mental health and well-being especially designed for sports clubs and national governing bodies.	Information Guidance Signposting for further support
	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.	Online information Direct one to one support for young people Information/training workshops for young people and adults
	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
	Young people and adults	Available for people talk to at any time they like, in their own way, and off the record - about whatever is getting to them.	Helpline Provide training for groups and organisations

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Organisation	Aimed at	Details of Organisation	Type of Support
	All ages	Action Mental Health changes the lives of those living with mental ill health and promotes resilience and well-being to future generations.	Information Counselling Guidance Signposting
	Young people and adults	Vision is a future where people can talk about their mental health openly; access services appropriate to their needs and have the skills and knowledge to maintain positive mental health.	Support groups Help line services Information leaflets Help for young people Training and workshops for young people and adults
	Adults	Provides cognitive behavioural therapy (CBT) online and back up support via telephone.	Computerised cognitive behavioural therapy (CBT) Bespoke training sessions
	Children	ChildLine counsellors are trained staff and volunteers who all have experience of listening and talking to children and young people. Free, confidential helpline dedicated to children and young people. ChildLine is available 24 hours a day, 7 days a week, 365 days per year.	Help line Online help Texting Provides advice, information, and help
	Young people	A research network that aims to reduce the prevalence of mental health problems experienced by children and young people. Working across sectors and disciplines to tackle 4 research challenges.	Information Research
	All ages	Information and guidance for mental health and well-being especially designed for sports clubs and national governing bodies.	Information Guidance Signposting for further support
	Young people and adults	Northern Ireland crisis response helpline service for people who are experiencing distress or despair. Lifeline provides support and guidance to families and carers, concerned friends, professionals, teachers, youth workers, clergy, and communities. Lifeline is available 24 hours a day, seven days a week.	Crisis response help line service

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	<p>All ages</p>	<p>The Mental Health Foundation provides guidance and information helping people to protect, understand and sustain their own mental health.</p>	<p>Information Guidance Signposting</p>
	<p>Not specified</p>	<p>Information on mental health for the public, service users, family members /carers, mental health professionals and mental health advocates.</p>	<p>Infoline Legal advice on mental health law Community support</p>
	<p>General – more adult focused</p>	<p>Public Health Agency (PHA) information website for people concerned about their own or someone else’s mental health, as well as those interested in maintaining good mental health.</p>	<p>Public information website</p>
	<p>Young people and adults</p>	<p>Offers and supports training in personal management, communicating, job seeking and specific work skills; provides high quality carer services; supports and facilitates people in taking active steps towards their own recovery.</p>	<p>Training programmes in the areas of support provided</p>
	<p>Young people and adults</p>	<p>A community-based initiative committed to building relationships and working in partnership to reduce the impact of suicide.</p>	<p>Drop-in resource centre Presentations and support signposting Suicide intervention, training, awareness, mental health, and self-harm</p>
	<p>Young people</p>	<p>Safe online space to inform and support young people who self-harm, as well as cater for the needs of their siblings, parents and friends Information and training for professionals like youth workers, teachers, and social workers</p>	<p>Website Training and workshops</p>
	<p>Young people and adults</p>	<p>Available for people talk to at any time they like, in their own way, and off the record - about whatever is getting to them.</p>	<p>Helpline Provide training for groups and organisations</p>
	<p>Young people</p>	<p>Committed to improving the emotional wellbeing and mental health of children and young people Campaign, research and influence policy and practice.</p>	<p>Parents' Helpline Online resources Training and development, Outreach work, publications</p>