

## Mental Health and Other Supports and Services during COVID-19

Date: 24<sup>th</sup> April, 2020

Organisation	Service Available	How to access it
24 hours		
Emergency Services	Gardaí, Ambulance, Fire and Irish Coast Guard	999 or 112
BelongTo Text Support	Provide support for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland	Text LGBTI+ to 086 1800 280 to can chat in confidence with a trained crisis volunteer (anytime day or night, standard SMS rates may apply)  While face to face services are closed, information, referral and advice will be provided digitally, by email, SMS, phone call or video conference  Visit <a href="http://www.belongto.org">www.belongto.org</a>
Childline (ISPCC)	National listening service for young people up to the age of 18 years	Freephone 1800 666 666 (any time day or night)  Text 50101 (from 10am to 4pm every day)  Chat online at <a href="http://www.childline.ie">www.childline.ie</a> (from 10am to 4pm every day)
Crisis Text Line	A confidential messaging support service	Text TALK to 086 1800 280 (any time day or night, standard SMS rates may apply)
Pieta (National)	Telephone and text-based support counselling for people who are suicidal or engaging in self-harm	Freephone 1800 247 247 (any time, day or night)  Text HELP to 51444 (standard message rates apply)
Samaritans	Emotional support to anyone in distress or struggling to cope	Freephone 116 123 (any time, day or night)  Email <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a>
Women's Aid Domestic	Offers confidential information,	Freephone Helpline 1800 341 900 (24 hour national service)

Violence Helpline	<p>support and understanding to women in the Republic of Ireland, who are being abused by current or former boyfriends, partners or husbands.</p> <p>The service also supports family members, friends, and professionals who have concerns about a person, they know or are working with, who might be experiencing domestic violence and abuse.</p>	<p>The Helpline provides support to callers where English is not their first language (operational daily, 8am-8pm) and for women who are deaf or hard of hearing through its Text Service facility 087 959 7980 (operational daily, 8am-8pm)</p> <p>Visit <a href="http://www.womensaid.ie">www.womensaid.ie</a></p>
YourMentalHealth Information Line	<p>Provides information and signposting on all mental health supports and services that are available nationally and locally provided by the HSE and its funded partners.</p>	<p>Freephone 1800 111 888 (any time, day or night)</p> <p>Visit <a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a></p>
<b>Addiction</b>		
HSE Drugs Service	<p>Provides information, advice and support about drug abuse</p>	<p>Operating with reduced capacity, i.e. via telephone. Currently, not taking new referrals.</p> <p>Galway: Jennifer Corbett 087 3823321, email: <a href="mailto:Jennifer.Corbett1@hse.ie">Jennifer.Corbett1@hse.ie</a></p>

	prevention, education and treatment.	<p>Mayo: Olive Brannigan 087 3395522, email: <a href="mailto:Olive.Brannigan@hse.ie">Olive.Brannigan@hse.ie</a></p> <p>Roscommon: Mary McCartney 087 2220380, email: <a href="mailto:Mary.McCartney2@hse.ie">Mary.McCartney2@hse.ie</a></p> <p>Methadone Clinic continues to operate as normal: Orla O'Brien 091 751971, email: <a href="mailto:Orla.O'Brien5@hse.ie">Orla.O'Brien5@hse.ie</a></p>
HSE Drug and Alcohol Helpline	For general inquiries, signposting and information	<p>Call the confidential freephone helpline on 1800 459 459 from Monday to Friday between 9:30am-5:30 pm.</p> <p>Email <a href="mailto:helpline@hse.ie">helpline@hse.ie</a></p>
<b>Bereavement</b>		
Anam Cara	National organisation that offers support to bereaved parents	<p>Support groups currently suspended.</p> <p>New online resources have been developed i.e. a suite of 8 videos which give parents an opportunity to hear a bereavement professional talk about parental grief, the challenges faced and the milestones ahead. Visit : <a href="https://www.youtube.com/playlist?list=PLNVVa8ILYvi3N6YsKkT5pZsF4gv9v1IES">https://www.youtube.com/playlist?list=PLNVVa8ILYvi3N6YsKkT5pZsF4gv9v1IES</a></p> <p>They complement existing online resources: <a href="https://anamcara.ie/resources/resource-downloads/">https://anamcara.ie/resources/resource-downloads/</a></p> <p>Offer one-to-one telephone support to bereaved parents who would prefer to talk to someone. This is not counselling however with a team of experienced professional facilitators it will offer parents some reassurance throughout these very difficult times and until groups resume.</p>
Cruse Bereavement Care UK	Resources to share on how bereavement and grief may be affected by this pandemic	Visit <a href="https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief">https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief</a>
Irish Childhood Bereavement Network	<p>Has developed resources to:</p> <ul style="list-style-type: none"> <li>Find ways to help young people grieve under COVID-19 restriction</li> </ul>	Visit <a href="https://www.childhoodbereavement.ie/">https://www.childhoodbereavement.ie/</a>

	<p>s</p> <ul style="list-style-type: none"> <li>• Support teenagers to grieve under COVID 19 restrictions</li> </ul>	
Irish Hospice Foundation	<p>Added some new resources for Healthcare Professionals focusing on delivering compassionate end-of-life care during COVID-19, as well as delivering bad news and practising self-care.</p> <p>There is also a section called By Your Side, which is a collection of poems, prose and prayers to support healthcare staff who are caring for patients who are alone at this time.</p>	<p>See:</p> <p><a href="https://hospicefoundation.ie/covid19careandinform/resources-for-healthcare-professionals/">https://hospicefoundation.ie/covid19careandinform/resources-for-healthcare-professionals/</a></p>
Suicide Bereavement Liaison Service	<p>Provides support and practical information immediately after a death by suicide.</p>	<p>Galway, Pieta: Call 085 856 8082</p> <p>Mayo, Family Centre, Castlebar: Call 087 217 2866</p> <p>Roscommon, Vita House Boyle &amp; Boyle Family Resource Centre: Call 085 740 7856</p>
<b>Counselling</b>		
APSI (Access to Psychological)	<p>Service for adults with mild to moderate</p>	<p>Continues to operate, to take referrals and offer support to clients, predominantly over the phone.</p> <p>Referrals to 090 6665020</p>

Services Ireland), HSE Primary Care Psychology, Roscommon	mental health presentations. Short-term psychological interventions. A range of treatments based on cognitive behaviour therapy.	
Ballina Family Resource Centre	Support families and build communities through the principles of community development.	One-to-one counselling by phone or skype. Family support worker will engage with families in need of support, by phone. Call 0870618525 or Email: <a href="mailto:manager@ballinafrc.com">manager@ballinafrc.com</a>
Boyle Family Resource Centre	Support families and build communities through the principles of community development.	Counselling, Psychotherapy, Adolescent Therapy and Family Therapy available by telephone/video call. All costs associated with this have been suspended for the duration of the pandemic. Family Support Service also provided by telephone/video call. Offering technology support over the phone and urgent photocopying and printing requests. Call 071 96 63000 Monday to Friday, 9am-1pm and 2-5pm Email: <a href="mailto:info@boylefrc.ie">info@boylefrc.ie</a>
Family Centre, Castlebar	Professional counselling service	Offering ongoing support to current clients remotely by phone and through Zoom. Will accept new referrals from those open to working remotely. All education courses have been cancelled. Call 094 902 5900 or Email: <a href="mailto:info@thefamilycentre.com">info@thefamilycentre.com</a> The phone is answered during the day and checked on a regular basis, out-of-hours
Galway Traveller Counselling Service	Counselling service for Travellers, covering Galway City and County	Providing support by phone. Call 087 6379074
Helplink, Galway and Mayo	Offer free or at low cost counselling online  Free counselling for people laid off work by the	Call Galway 091 520 963 Mayo 094 9557007 Email: <a href="mailto:helplinksupport@helplink.ie">helplinksupport@helplink.ie</a> Available 7 days per week.

	COVID 19 crisis (6 sessions), people with addictions to gambling, alcohol and/or drugs, Irish returning home and Irish living abroad	
HSE Counselling in Primary Care Service (CIPC), Eden Programme & National Counselling Service	The service will offer appropriate therapeutic intervention based on assessing the individual needs of the clients. The purpose of this specialised service is to mitigate the psychosocial and mental health effects on people by responding appropriately, flexibly and in a timely way to the phased needs of those affected.	<p>Eligible Clients:</p> <ul style="list-style-type: none"> <li>• Clients who have been affected either directly or indirectly by the recent pandemic of COVID19.</li> <li>• Service available to all adults over 18 years.</li> </ul> <p>This is not an emergency service. Please ensure that individuals referred are in a stable situation that is appropriate for telephone or video call counselling.</p> <p>GPs/ Primary Care Teams / TUSLA / Psychosocial Responders / Mental Health Teams can refer to this service. For referral form, email: <a href="mailto:CIPC.West@hse.ie">CIPC.West@hse.ie</a> or call 091 583 682</p>
Loughrea Family Resource Centre	Support families and build communities through the principles of community development.	Counselling service now being offered via Whats App video Call 087 7956652
MyMind	Online counselling service	Visit <a href="http://www.mymind.org">www.mymind.org</a> or email <a href="mailto:hq@mymind">hq@mymind</a> .

<p>North West STOP</p>	<p>Providing counselling and support to those affected by suicide throughout the west and north-west of Ireland</p>	<p>Providing telephone counselling free of charge to anyone who requests assistance</p> <p>For counselling Callsave: 1850 211 877</p> <p>For queries and information:</p> <p>Office: 071 985 6070</p> <p>Mob: 086 777 2009</p> <p>Email: <a href="mailto:stopsuicide.ie@gmail.com">stopsuicide.ie@gmail.com</a></p>
<p>Student Counselling Service, NUIG</p>	<p>Counselling service for NUI Galway students.</p>	<p>Providing online counselling to students</p> <p>Please email: <a href="mailto:counselling@nuigalway.ie">counselling@nuigalway.ie</a></p>
<p>Traveller Counselling Service, Online</p>	<p>Offering online counselling to members of the Travelling community who feel they would like to talk to a counsellor. This can be for one session or for a number of sessions. These counselling sessions are one-to-one, safe, confidential and free of charge. This service is currently only being provided to those aged 18 years or over.</p>	<p>To access counselling session click the following link: <a href="https://travellercounselling.ie/online-counselling">https://travellercounselling.ie/online-counselling</a></p> <p>Or visit: <a href="http://www.travellercounselling.ie">www.travellercounselling.ie</a></p> <p>Or if you have a problem linking in, call the counselling support line 086 3081476</p>
<p>Turn2Me</p>	<p>Free online counselling and online support groups for people over 18</p>	<p>Visit <a href="http://www.turn2me.org">www.turn2me.org</a></p>

Vita House, Roscommon	Offers professional counselling	Continues to offer counselling/ family therapy, suicide bereavement liaison service, cancer support and Brazilian outreach by telephone and online video chat. Call 090 66 25898 Email: <a href="mailto:info@vitahouse.org">info@vitahouse.org</a>
Westport Family Resource Centre	Support families and build communities through the principles of community development.	Adult and adolescent counselling services are continuing through phone and video calls. Call 098 24419 / 086 1457293 Email: <a href="mailto:westportfrc@gmail.com">westportfrc@gmail.com</a>
Youth Counselling, Youth Work Ireland	Counselling service for young people aged 12 to 21 years	Counselling service available online and with telephone support Call 086 0247763 Email: <a href="mailto:aisling.dermody@youthworkgalway.ie">aisling.dermody@youthworkgalway.ie</a>
COVID-19 Specific Supports and Resources		
Adults with ADHD	Helpful information, advice and a survival guide, for people with ADHD on COVID-19 and self-isolation. This content has been endorsed by the HSE ADHD in Adults National Clinical Programme.	Click <a href="https://adhdireland.ie/covid-19-adhd-adult-survival-guide-self-isolating-and-adhd/">https://adhdireland.ie/covid-19-adhd-adult-survival-guide-self-isolating-and-adhd/</a>
An Post	In relation to the postal operatives checking in on older and vulnerable people on their daily routes, An Post has added an additional element to this initiative. Family	Family members can register for the free by visiting: <a href="https://www.anpost.com/Community-Support/Request-a-Check-In">https://www.anpost.com/Community-Support/Request-a-Check-In</a> By providing the postal address and Eircode of the customer, An Post will assign the request specifically to the delivery route the person lives on.



	<p>members of an older or vulnerable person currently cocooning will now be able to request a specific An Post Check-In by the local Postal Operative.</p>	
<p>City and County Councils</p>	<p>To assist at-risk members of the public in accessing non-emergency and non-medical supports and advice.</p> <p>Collection and delivery of food, essential household items, fuel, medication in line with guidance.</p> <p>Transport to community testing centres, clinical Assessment Hubs, GP and hospital appointments.</p> <p>Social isolation, supports, engagement.</p> <p>Meals and their delivery.</p>	<p>Community response supports are available.</p> <p>Galway City Council:  Freephone 1800 400 150  Email: <a href="mailto:covidsupport@galwaycity.ie">covidsupport@galwaycity.ie</a>  9am-5pm, 7 days per week</p> <p>They have also developed an interactive map of local services. To view the map, click:  <a href="https://www.galwaycity.ie/GalwayCityCommunityDashboard">https://www.galwaycity.ie/GalwayCityCommunityDashboard</a></p> <p>Galway County Council:  Freephone 1800 92 88 94 or  Landline 091 509390  Email: <a href="mailto:covidsupport@galwaycoco.ie">covidsupport@galwaycoco.ie</a>  9am-6pm, 7 days per week</p> <p>Mayo County Council:  Call 094 9064660  Email: <a href="mailto:covidsupport@mayococo.ie">covidsupport@mayococo.ie</a>  8am-8pm, 7 days per week</p> <p>Roscommon County Council:  Freephone 1800 200 727  Email: <a href="mailto:covidsupport@roscommoncoco.ie">covidsupport@roscommoncoco.ie</a>.  8am-8pm Roscommon Co. Council  8pm-8am An Garda Síochána  7 days per week</p>

	Other medical/health needs.	
COVID-19 Helpline for Farmers	Set up by the Dept of Agriculture, Food and the Marine, working with the Dept of Health and other departments to assist farmers with their queries in relation to current COVID-19 restrictions	Call 076 1064468. 9.30am-12.30m and 2-5pm, Monday-Friday
COVID-19 Guidance for staff and carers who provide services to people with disabilities	Developed by the HSE in collaboration with service providers in the voluntary sector. They have been approved by the National Public Health Emergency Team (NPHE) subgroup for Vulnerable People.	Click <a href="https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/">https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/</a>  See also video by That's Life arts and personal development program of the Brothers of Charity Services, Galway called 'Wash your Hands': <a href="https://www.thatslife.ie/">https://www.thatslife.ie/</a>
COVID-19 Guidance in Different Languages	The HSE National Communications Division have uploaded general COVID-19 materials in a variety of languages	Click <a href="https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-translated-resources/">https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-translated-resources/</a>  'Cocooning' and 'Stay at home' posters now available in 19 languages  A page with resources including videos and other materials can be viewed <a href="https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/">https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/</a>  Irish Sign Language resources are available at: <a href="https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-irish-sign-language-isl-resources/covid-19-irish-sign-language-isl-resources.html">https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/covid-19-irish-sign-language-isl-resources/covid-19-irish-sign-language-isl-resources.html</a>
Finances	Banking & Payments	Each of the five retail banks, AIB, Bank of Ireland, KBC, permanent tsb and Ulster Bank now have dedicated phonelines to assist cocooning

	<p>Federation Ireland has published a special information guide providing practical advice for cocooning customers on the various ways in which they can manage their day-to-day banking and finances in a safe way, while they stay at home</p>	<p>customers during the Covid-19 crisis</p> <p>For more information see, a Guide to Cocooning During COVID-19: <a href="https://www.bpfi.ie/wp-content/uploads/2020/04/BPFI-Guide-Cocooning-During-Covid-19-Final-Copy.pdf">https://www.bpfi.ie/wp-content/uploads/2020/04/BPFI-Guide-Cocooning-During-Covid-19-Final-Copy.pdf</a></p>
iHealthFacts	<p>The Health Research Board – Trials Methodology Research Network (HRG-TMRN) Evidence Synthesis Ireland and Cochrane Ireland based in NUI Galway, together with partners and evidence advisors have developed this resource. It aims to:</p> <ul style="list-style-type: none"> <li>• Enable the public to quickly and easily check the reliability of a health claim</li> <li>• Provide an online</li> </ul>	<p>Visit <a href="https://ihealthfacts.ie/">https://ihealthfacts.ie/</a></p>

	<p>platform where people can check the current evidence for health claims</p> <ul style="list-style-type: none"> <li>• Help the public to use evidence to make informed decisions about their own health</li> <li>• Encourage people to think critically about health claims</li> </ul>	
<p>Let's Chat Leaving Cert, Youth Work Ireland Galway's Information Service</p>	<p>This is a new chat/support service for Leaving Cert students. It has two parts: Every week Youth Work Ireland will share a <a href="#">#WednesdayAsks</a> post where students can leave questions, ideas and thoughts relating to education and support. The following week on</p>	<p>If you or someone you know is interested in taking part, email <a href="mailto:youth.info@youthworkgalway.ie">youth.info@youthworkgalway.ie</a></p>

	<p><a href="#">#TuesdayTips</a> there will be ideas, tips and answers posted, as well as the opportunity for students to ask new questions.</p>	
Psychological Society of Ireland	<p>COVID-19 Resources for Psychologists, Healthcare Workers and Members of the General Public</p>	<p>Visit: <a href="https://www.psychologicalsociety.ie/footer/COVID19-Resources">https://www.psychologicalsociety.ie/footer/COVID19-Resources</a></p>
Roma Helpline for COVID-19 (National)	<p>Providing information.</p>	<p>Call 087 126 4606 (Monday-Friday, 9am-5pm)</p>
Traveller Helpline for COVID-19 (National)	<p>Providing information and reassurance.</p>	<p>Call 083 1006300 (9am-9pm every day)</p>
Union of Students of Ireland	<p>National representative body for students in third level education on the Island of Ireland</p>	<p>Click <a href="https://usi.ie/covid/minding-your-mental-health-during-covid-19/">https://usi.ie/covid/minding-your-mental-health-during-covid-19/</a> for some useful tips and resources which can be used to keep your mind healthy.</p> <p>Visit <a href="http://www.usi.ie">www.usi.ie</a> for more information</p>
Western Alzheimers	<p>Support for families living with Alzheimers</p>	<p>Have commenced a telephone service where you can contact a Dementia Nurse Specialist or a Family Support Specialist who will discuss any concerns that you have, provide practical help and advice and signpost you to other appropriate services. Tom McCann, Dementia Nurse Specialist Call 087 193 0233 Email: <a href="mailto:tommccann@westernalzheimers.ie">tommccann@westernalzheimers.ie</a> Paddy Gannon Family Support Specialist Call 087 691 9084 Email: <a href="mailto:paddygannon@westernalzheimers.ie">paddygannon@westernalzheimers.ie</a> General Queries: 094 93 64900 Mon-Sat between 9am and 9pm</p>
Families		

<p>Child &amp; Family Social Work Department, Tusla</p>	<p>Promotes the welfare and safety of children. It works in partnership with families and communities and offers family support, child protection and alternative care for children.</p>	<p>Services are contactable by phone.</p> <p>Galway:  Ballinasloe 090 9646200  Galway City 091 546366  Loughrea 091 872700 Oughterard 091 552200  Tuam 093 37200  Mayo:  Ballina 096 21511  Castlebar 094 9042284  Swinford 094 9050133</p> <p>Roscommon:  Roscommon 090 662 6732/090 663 7528 Boyle area 071 966 2087 Castlerea area 090 663 7851</p> <p>If you have a concern in relation to the safety, welfare or protection of a child, you <b>must</b> report this to Tusla. In the event of a concern that a child is at immediate risk of harm, and you cannot contact Tusla, contact An Garda Síochána.  Reports should be submitted to Tusla through the online portal:  <a href="https://portal.tusla.ie/Account/Login?ReturnUrl=%2f">https://portal.tusla.ie/Account/Login?ReturnUrl=%2f</a></p> <p>The portal is the most efficient and secure method for reporting, however, if you have online accessibility issues reports can be submitted via registered post.</p> <p>Mandated reporters who wish to report a case of child harm can access the emergency out-of-hours Social Work Service on 0818 776 315 between 6pm and 6am every night and between 9am and 5pm on Saturdays, Sundays and bank holidays. If you cannot contact Tusla and have an immediate concern about the safety of a child, please contact An Garda Síochána.</p>
<p>Family Resource Centres</p>	<p>Support families and build communities through the principles of community development.</p>	<p>Offering a variety of practical supports in the community. Current contact details:</p> <p>Ballaghaderreen: 086 7807438 / 086 6048560  Ballina: 087 0618525  Ballinrobe: 087 2859973  Boyle: 071 96 63000  Castlebar: 087 96 97 777  Castlerea: 086 4615537 / 086 1711394  Claremorris: 094 9377838 / 086 0406984  Doughiska: 091 768852  Gort: 085 2022 066  Headford: 093 36446  Loughrea: 086 344 9950  South Roscommon: 090 66 25898  Westport: 098 24419 / 086 1457293</p>
<p>Family</p>	<p>Provide a</p>	<p>Services are contactable by phone.</p>

Support Service, Tusla	range of services that offer advice and support to families.	Galway: 091 548 496 Mayo: 094 90 42510 Roscommon: 090 66 37528  Visit <a href="http://www.positiveparenting.ie">www.positiveparenting.ie</a>
Planet Youth	An international evidence-based primary prevention model that has been developed in order to reduce substance use rates amongst adolescents.	Running two online events (using Zoom) specifically for parents on 'Parenting your Teenager during Covid-19' on 28 <sup>th</sup> April, Roscommon and 30 <sup>th</sup> April, Galway from 19.30-21.00. Event limited to 50 places. To book a place, email 'Workshop' and your preferred date to <a href="mailto:events@planetyouth.ie">events@planetyouth.ie</a> . See also <a href="https://planetyouth.ie/covid19-workshops/">https://planetyouth.ie/covid19-workshops/</a>
Time 4 Us Family Support Service	Supported contact between parents and their children in situations where one parent does not live in the family home.	Programme manager in daily contact with the families who attend the service, offering support and advice Call 091 860018 Email: <a href="mailto:info@time4us.ie">info@time4us.ie</a>
<b>Mental Health</b>		
Aware	Information and support to anyone over 18 about issues relating to their own mood or the mood of a friend or family member, or who experiences depression or bipolar.	Freephone Support Line 1800 80 48 48 (from 10am to 10pm every day)  Due to the suspension of many peer support meetings nationwide due to Covid-19, Aware is providing a new phone-in Support & Self Care Group (Note: This is not a Freephone number). This is a peer group for people experiencing anxiety, mild to moderate depression, bipolar disorder and mood related conditions, in order to give and receive support. To join a meeting, please complete the registration form below: <a href="https://awareireland.wufoo.com/forms/q1a89juh0405m22/">https://awareireland.wufoo.com/forms/q1a89juh0405m22/</a>  <a href="#">Life Skills Online Programme</a> continuing as normal  Email <a href="mailto:supportmail@aware.ie">supportmail@aware.ie</a> for services information and support  Visit <a href="http://www.aware.ie">www.aware.ie</a>
Grow Mental Health Recovery	Providing support and education around	Information line 1890 474 474

	emotional and mental wellbeing, including the 12 Step Recovery Program	<p>Providing a new six-week guide on coping with COVID19, consisting of podcasts, practical resources and information</p> <p>Visit <a href="http://www.grow.ie">www.grow.ie</a> or email <a href="mailto:info@grow.ie">info@grow.ie</a> for more information, or while peer support groups are postponed</p>
Jigsaw Galway and Roscommon	Mental health information and a Q&A service for young people, their parents and guardians, and those who work with young people.	<p>Offering an outbound phone-based support for those already engaged in one-to-one service.</p> <p>Jigsaw offers an online group chat service.</p> <p>Visit <a href="http://www.jigsawonline.ie">www.jigsawonline.ie</a></p>
Mental Health Ireland	Information and support for people who experience mental health difficulties	<p>Information line 01 284 1166 (from 9am to 5pm Monday to Friday)</p> <p>For COVID-19- specific information, including a Connect, Communicate and Reassure Resource Pack, visit <a href="https://www.mentalhealthireland.ie/get-support/covid19/">https://www.mentalhealthireland.ie/get-support/covid19/</a> or email <a href="mailto:info@mentalhealthireland.ie">info@mentalhealthireland.ie</a> for more information</p>
Mindspace Mayo	Free, confidential mental health supports for young people	<p>Offering phone support 094 90 67001 or through email <a href="mailto:info@mindspacemayo.ie">info@mindspacemayo.ie</a>.</p> <p>Continuing to take referrals.</p> <p>Visit <a href="http://www.mindspacemayo.ie">www.mindspacemayo.ie</a></p>
Pieta, Galway, Tuam and Ballina	Telephone and text-based support counselling for people who are suicidal or engaging in self-harm	<p>Telephone appointments will be provided to replace face-to-face appointments:</p> <p>Galway 091 502 921  Tuam 093 25586  Ballina 093 25586</p> <p>Visit <a href="http://www.pieta.ie/">www.pieta.ie/</a></p>
Recovery Colleges	Supports and encourages positive mental health and personal recovery through adult learning	<p>Galway:  Offering a number of courses online through zoom. Timetable available on <a href="https://www.facebook.com/GalwayRecoveryCollege/photos/pb.363231161098969.-2207520000../700367177385364/?type=3&amp;theater">www.facebook.com/GalwayRecoveryCollege/photos/pb.363231161098969.-2207520000../700367177385364/?type=3&amp;theater</a></p> <p>Mayo:  Offering a number of courses online through zoom. Timetable available on <a href="http://www.facebook.com/MayoRecoveryC/">www.facebook.com/MayoRecoveryC/</a></p> <p>Roscommon/East Galway (REGARI):  Inviting participants to sign up to 40-minute Covid-19 Wellness Toolkit workshops through Zoom. Limited to 7 people per session.</p>



		<p>Call 086 1304869/083 4806622</p> <p>Email: <a href="mailto:regarirecoverycollege@gmail.com">regarirecoverycollege@gmail.com</a></p>
Stress Control Online	<p>This is a six-session cognitive-behavioural therapy class used extensively in community-settings by the NHS (UK) and HSE (Ireland) and across the world.</p>	<p>As regular classes cannot be held due to the current circumstances, the sessions will be live streamed instead. Each session will play twice a day (at 2pm and repeated at 8.30 pm) on Mondays and Thursdays beginning on the 13<sup>th</sup> April (Session 1 will also repeat on Tuesday 14<sup>th</sup>). To take part: visit <a href="http://stresscontrol.org">http://stresscontrol.org</a>. Everything needed to successfully complete the class – the booklets, self-assessment, relaxation and mindfulness - can be found in the 'Free zone'. Course will be running again in May. Dates will be announced.</p>
Suicide or Survive	<p>To create and deliver innovative approaches that educate, inform and inspire people to cultivate good mental health and reduce stigma leading to less death by suicide</p>	<p>A series of free online wellness workshops and programmes are available, see:</p> <p><a href="https://suicideorsurvive.ie/programmes/online-programme/">https://suicideorsurvive.ie/programmes/online-programme/</a></p> <p>They have also developed short mental health webinars, one a day for the rest of April.</p> <p>See: <a href="https://suicideorsurvive.ie/programmes-events-calendar/?utm_source=Corporate+List&amp;utm_campaign=75c3d4a87e-EMAIL_CAMPAIGN_2020_03_18_02_33_COPY_01&amp;utm_medium=email&amp;utm_term=0_7d891cd628-75c3d4a87e-336507697">https://suicideorsurvive.ie/programmes-events-calendar/?utm_source=Corporate+List&amp;utm_campaign=75c3d4a87e-EMAIL_CAMPAIGN_2020_03_18_02_33_COPY_01&amp;utm_medium=email&amp;utm_term=0_7d891cd628-75c3d4a87e-336507697</a></p>
'Together' campaign	<p>This campaign, developed by the Department of Health and HSE, in collaboration with a range of cross-Government partners, is a mental health and wellbeing initiative aimed at supporting the diverse mental health needs of the public during the</p>	<p>See: <a href="https://www.gov.ie/en/campaigns/together/?referrer=/together/">https://www.gov.ie/en/campaigns/together/?referrer=/together/</a></p>

	COVID-19 pandemic	
WITH Project (A Young Person's Guide to Parental Mental Health)	Online information resource available to young people who have a parent who experiences distress due to their mental health, developed in Co. Mayo	See: <a href="https://www.mindspacemayo.ie/WITH/index.html">https://www.mindspacemayo.ie/WITH/index.html</a>
Older People		
Age Friendly	Age Friendly is producing a daily newsletter to draw people's attention to some positive news in these very challenging times	See: <a href="https://agefriendlyireland.ie/news/">https://agefriendlyireland.ie/news/</a>
Alone	Provide a COVID-19 support line for older people	Alone Telephone 0818 222 024 (from 8am-8pm, Monday to Friday)  Visit <a href="http://www.alone.ie">www.alone.ie</a>
Exercise leaflet for older people	To promote daily physical activity at home among older adults who are currently cocooning due to COVID-19, this leaflet has been developed by the HSE Physio Services in Cork, and adapted for use in Galway. This is a joint initiative of	See <a href="http://www.healthygallowaycity.ie/admin/uploads/downloads/Healthy_Galloway_Simple_Exercises_Booklet_web_version.pdf">http://www.healthygallowaycity.ie/admin/uploads/downloads/Healthy_Galloway_Simple_Exercises_Booklet_web_version.pdf</a>

	Healthy Galway City and Healthy County Galway, in partnership with Galway Sports Partnership	
Seniorline	Confidential listening service for older people provided by trained older volunteers	Call 1800 804 591 (lines are open every day from 10am to 10pm) Visit <a href="http://www.thirdageireland.ie/seniorline">www.thirdageireland.ie/seniorline</a> for more information
The Alzheimer Society of Ireland	Practical information and emotional support or information on supports and services	Freephone 1800 341 341 (Monday to Friday from 10am to 5pm and Saturday from 10am to 4pm) or email <a href="mailto:helpline@alzheimer.ie">helpline@alzheimer.ie</a> Visit <a href="http://www.alzheimer.ie">www.alzheimer.ie</a> For online resources for people with dementia, families and carers, visit: <a href="https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/a-collection-of-online-resources-for-people-with-dementia-families-and-carers.pdf">https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/a-collection-of-online-resources-for-people-with-dementia-families-and-carers.pdf</a> <a href="http://www.understandtogether.ie">www.understandtogether.ie</a> for more information
<b>Others Supports</b>		
HSELive	Information on health services and entitlements	Call 1850 241 850 8am-8pm, Mon-Fri and 10am-5pm, Sat and Sun For COVID-19 information, click <a href="https://www.hse.ie/eng/services/list/5/publichealth/publichealthdepts/contact/">https://www.hse.ie/eng/services/list/5/publichealth/publichealthdepts/contact/</a>  A COVID-19 Self Check BOT is also available which signposts to information about the virus. Click <a href="https://www.hse.ie/chatbot/covid/chatiframe.aspx">https://www.hse.ie/chatbot/covid/chatiframe.aspx</a>
LGBT Ireland	Online support and through the helpline for LGBT+ people across Ireland	LGBT Helpline 1890 929 539 (every day)  Gender Identity Family Support Line 01 907 3707  Email <a href="mailto:info@lgbt.ie">info@lgbt.ie</a> for support or information while face to face services are closed  An instant messaging service is available 7 days a week, from 6:30pm to 10pm Mon – Thur, from 4pm to 10pm Fridays, and from 4pm to 6pm on Sat & Sun
Male	Providing	Call 1800 816 588

Advice Helpline (National)	supports for male victims of domestic abuse	Mon & Weds 10am-6pm, Tue & Thu 12-8pm, Fri, Sat, Sun 2pm-6pm
Mayo Women's Support	Providing supports for women and children living with domestic violence	Providing phone support. Telephone: 094 90 25409  Visit <a href="http://www.mwss.ie">www.mwss.ie</a>
Money Advice and Budgeting Service (MABS)	A national, free, confidential and independent service for people in debt or in danger of getting into debt	Face-to-face service suspended until further notice. Phone and email service will operate from the Galway Office. Call 0761 07 7600 Email: <a href="mailto:galway@citinfo.ie">galway@citinfo.ie</a> Mon-Fri, 9.30am-5pm Or to request a phone call from an Information Officer, email: <a href="mailto:covid19@citinfo.ie">covid19@citinfo.ie</a> and include phone number
Nowdoc	North Roscommon Out-of-hours family doctor service for participating GPs	Service not in a position to order COVID-19 testing for patients. Call 1850 400 911 6pm-8am Monday-Friday, 8am Saturday -8am Monday, 24 hours on public holidays
Westdoc	Out-of-hours family doctor service for participating GPs	Westdoc cannot book COVID-19 tests. This can only be done through an individual's GP during normal working hours. Contact Westdoc with urgent cases that cannot wait until normal day surgery opening times. Clinical matters cannot be addressed by email. Call 1850 365 000 or 091 747710 6pm – 9am Monday – Friday and 24 hours on weekends
<b>Apps</b>		
Clear Fear	An app developed for teenage mental health charity Stem4, which uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax	Visit <a href="#">Clear Fear</a>  Get it in the <a href="#">App Store</a> or on <a href="#">Google Play</a>

	<p>and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change.</p>	
<p>Eating Disorder Self-Help App</p>	<p>From the HSE National Clinical Programme for Eating Disorders and Bodywhys, this app provides valuable information for those with or people caring for someone with an eating disorder. It also provides information and advice for anyone worried about developing an eating disorder or for those who have been diagnosed or are recovering from an eating disorder.</p>	<p>For more information see:  <a href="https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/eating-disorders/news/">https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/eating-disorders/news/</a></p>
<p>Headspace</p>	<p>An app that teaches meditation and easy to</p>	<p>Visit <a href="#">Headspace</a>  Get it in the <a href="#">App Store</a> or on <a href="#">Google Play</a></p>

	use mindfulness skills. Users can map their journey, track progress, reap rewards in their overall health and wellbeing and even 'buddy up' with friends and to motivate each other along the way.	
Mindshift (by Anxiety Canada)	A user-friendly self-help tool based on proven scientific strategies. It teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check in each day to track their anxiety and work with tools on the app.	Visit <a href="#">MindShift CBT</a> Get it in the <a href="#">App Store</a> or on <a href="#">Google Play</a>

Other Websites
<a href="http://www.anamcara.ie">www.anamcara.ie</a>
<a href="http://www.askaboutalcohol.ie">www.askaboutalcohol.ie</a>
<a href="http://www.barnardos.ie/teenhelp">www.barnardos.ie/teenhelp</a>
<a href="http://www.bereaved.ie">www.bereaved.ie</a>
<a href="http://www.childhoodbereavement.ie">www.childhoodbereavement.ie</a>
<a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a>
<a href="http://www.connectcounselling.ie">www.connectcounselling.ie</a>
<a href="http://www.drugs.ie">www.drugs.ie</a>

<a href="http://www.healthpromotion.ie">www.healthpromotion.ie</a>
<a href="http://www.hse.ie">www.hse.ie</a>
<a href="http://www.mayobewell.ie">www.mayobewell.ie</a>
<a href="http://www.menssheds.ie/malehealth-ie">www.menssheds.ie/malehealth-ie</a>
<a href="http://www.nosp.ie">www.nosp.ie</a>
<a href="http://www.outcomers.org">www.outcomers.org</a>
<a href="http://www.parentline.ie">www.parentline.ie</a>
<a href="http://www.pleasetalk.ie">www.pleasetalk.ie</a>
<a href="http://www.positiveoptions.ie">www.positiveoptions.ie</a>
<a href="http://www.smartrecovery.ie">www.smartrecovery.ie</a>
<a href="http://www.spunout.ie">www.spunout.ie</a>
<a href="http://www.usi.ie">www.usi.ie</a>
<a href="http://www.widow.ie">www.widow.ie</a>
<a href="http://www.youmatter.ie">www.youmatter.ie</a>