



CENTRE FOR AUTISM  
MIDDLETOWN

## Telephone/Online Support Lines for Young People

Who can help?	What can they do?	What topics can they help with?	How can they be contacted?
<b>Aware</b>	Provide support to people affected by depression, bipolar and mood disorders.	Depression Bipolar Disorder Mood Disorders	01 661 7211  1800 804 848 (Emergency Hotline)  <a href="mailto:supportmail@aware.ie">supportmail@aware.ie</a>
<b>BeLonGTo</b>	Provide support and counselling to the LGBT+ community, parents and professionals.	Mental Health Physical Health Bullying Sexual Health Drugs and Alcohol Relationships Coming Out Transgender	01 670 6223  <a href="mailto:info@belongto.org">info@belongto.org</a>  www.belongto.org
<b>Bodywhys</b>	Provide support to people affected by eating disorders and their family.	Eating Disorders	01 283 4963  1890 200 444  <a href="mailto:alex@bodywhys.ie">alex@bodywhys.ie</a> <a href="mailto:info@bodywhys.ie">info@bodywhys.ie</a> <a href="http://www.bodywhys.ie">www.bodywhys.ie</a>
<b>CARI</b>	Provides support for any person or professional who has concerns about, or is affected by, child sexual abuse or sexualised behaviour.	Child Sexual Abuse Sexualised Behaviour	1890 924 567  <a href="http://www.cari.ie">www.cari.ie</a>
<b>Childline</b>	Provide a 24-hour national listening service for children and young people up to the age of 18.	Anything you would like to talk about	1800 66 66 66  50101 (free text)  <a href="http://www.childline.ie">www.childline.ie</a>
<b>Drugs and Alcohol Helpline</b>	Provide helpline and email support, information, guidance and referral to anyone with a question or concern related to drugs and alcohol.	Drugs Alcohol	1800 459 459  <a href="mailto:helpline@hse.ie">helpline@hse.ie</a>
<b>GOSHH</b> (Gender, Orientation, Sexual Health and HIV)	Provides information, training and counselling	Sexual Health LBGTQI HIV	061 314 354  <a href="mailto:admin@goshh.ie">admin@goshh.ie</a>



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	on all sexual health issues.		<a href="http://www.goshh.ie">www.goshh.ie</a>
<b>HIV and Sexual Health Helpline</b>	Provide helpline and email support, information, guidance and referral to anyone with a question or concern related to HIV and sexual health.	Sexual Health HIV	1800 459 459 <a href="mailto:helpline@hse.ie">helpline@hse.ie</a>
<b>The Immigrant Council of Ireland</b>	Provide assistance to people from a migrant background.	Migrant Rights Integration Equality Human Trafficking Racism Domestic Abuse Working in Ireland Citizenship Family Reunification International Students	01 674 0200 <a href="http://www.immigrantcouncil.ie">www.immigrantcouncil.ie</a>
<b>Irish Family Planning Association</b>	Provide contraception, pregnancy counselling, abortion care, sexual and reproductive health services and training.	Contraception Counselling Abortion Care Sexual Health Reproductive Health	1850 495 051
<b>ISPCC</b>	Provides a range of services to children and families.	Relationships Bullying Emotional Difficulties Behavioural Difficulties Cyber Safety Integration	087 1894686 <a href="http://www.ispcc.ie">www.ispcc.ie</a>
<b>Jigsaw</b>	A network of programmes across Ireland designed to ensure that every young person has someone to turn to and someone to talk to.	Body Image Drugs and Alcohol Loss and Grief Self-harm Bullying Anxiety Feeling Low	<a href="http://www.jigsaw.ie">www.jigsaw.ie</a> (to find your nearest centre)
<b>Pieta House</b>	Provides specialist treatment to those who self-harm, suffer from suicidal ideation or have made suicide attempts.	Self-harm Suicidal thoughts Suicide attempts	1800 247 247 <a href="mailto:mary@pieta.ie">mary@pieta.ie</a> <a href="http://www.pieta.ie">www.pieta.ie</a>
<b>My Options</b>	Provides information and counselling to people experiencing an unplanned pregnancy.	Unplanned Pregnancy	1800 828 010
<b>Samaritans</b>	Provide 24-hour confidential support for	Mental Health Suicidal Thoughts	116 123



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	people experiencing feelings of distress or despair, including suicidal thoughts.		<a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a> <a href="http://www.samaritans.ie">www.samaritans.ie</a>
<b>Sexual Wellbeing</b>	A HSE website that provides information on sexual wellbeing.	Sexual Health Consent Vaccinations STIs Contraception Unplanned Pregnancy	<a href="http://www.sexualwellbeing.ie">www.sexualwellbeing.ie</a>
<b>ShoutOut</b>	Provide workshops to students, teachers and parents to help improve the school environment for LGBT+ young people.	LGBT+ Homophobic bullying Transphobic bullying	<a href="http://www.shoutout.ie">www.shoutout.ie</a> <a href="mailto:director@shoutout.ie">director@shoutout.ie</a>
<b>Simon Community</b>	Provides support for individuals and families who are at risk for or experiencing homelessness.	Homelessness Housing Drugs and Alcohol Counselling Physical Health Employment and Training	<a href="http://www.simon.ie">www.simon.ie</a> (to find your nearest Simon Community)
<b>Spun Out</b>	Provide information on education, employment, health, life and opinion.	Mental Health Alcohol and Drugs Abuse Sexual Health Gambling	086 1800280 <a href="https://spunout.ie/">https://spunout.ie/</a>
<b>Teenline</b>	Provide a 24-hour national listening service for young people up to the age of 18.	Anything you would like to talk about.	1800 833 634 50015 (Free text TEEN)
<b>Turn 2 Me</b>	Provide professional mental health support and online counselling to people of all ages.	Mental Health Depression Anxiety	<a href="http://www.turn2me.ie">www.turn2me.ie</a>
<b>Tusla</b>	Website to access support and information on child protection and welfare, educational welfare, psychological services, alternative care, family and community support, early years services and domestic,	Child Welfare Child Protection Education Family Support Community Support Alternative Care Domestic Violence Sexual Violence Gender-based Violence	<a href="http://www.tusla.ie">www.tusla.ie</a> <a href="https://www.tusla.ie/get-in-touch/">https://www.tusla.ie/get-in-touch/</a> <a href="https://www.tusla.ie/get-in-touch/local-area-offices/">https://www.tusla.ie/get-in-touch/local-area-offices/</a>



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	sexual and gender-based violence.		
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