

Service	Phone	Web
HEI Student Counselling Services		https://www.pchei.ie/student-counselling
Text 50808	Free 24/7 Support in a Crisis - Text 'HELLO' to 50808	https://text50808.ie/
Samaritans	National Helpline - 116 123	https://www.samaritans.org/ireland/samaritans-ireland/
Dublin Rape Crisis Centre	Dublin Rape Crisis Centre's 24-hour helpline - 1800 77 8888	https://www.drcc.ie/ Your local Rape Crisis Centre/Network https://www.rapecrisishelp.ie/find-a-service/
HSE		https://www2.hse.ie/services/sexual-assault-treatment-units/rape-sexual-assault-where-to-get-help.html
Sexual Assault Treatment Units		https://www2.hse.ie/sexual-assault-treatment-units/
Women's Aid	24-hour helpline - 1800 341 900	https://www.womensaid.ie/
Men's Aid	National Confidential Helpline – 01 554 3811	https://www.mensaid.ie/
Your local Gardaí		https://www.garda.ie/en/crime/sexual-crime/
HSE My Options	Freephone - 1800 828 010	https://www2.hse.ie/unplanned-pregnancy/
LGBT Ireland	National Helpline - 1890 929 539	https://lgbt.ie/