

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