

Text about it (50808)

<https://www.textaboutit.ie/>

Aware

<https://www.aware.ie/>

HSE List of mental health supports and services

<https://www2.hse.ie/mental-health/services-support/supports-services/>

HSE youth mental health information line

1800111888 (Phone number)

Jigsaw

<https://jigsaw.ie/what-we-do/>

Mental Health Ireland

<https://www.mentalhealthireland.ie/>

HSE Upcoming Training

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/training/upcoming-training/>

HSE NOSP Resource Officers for Suicide Prevention

<https://www.hse.ie/eng/services/list/4/mental-health-services/nosp/resourceofficers/>

PIETA - Make suicide prevention a priority

<https://www.pieta.ie/>

Samaritans Ireland

<https://www.samaritans.org/ireland/samaritans-ireland/>

The Student Mental Health Research Network

<https://www.smartem.org.uk/>