

# VetAEGIS - HELP IS AVAILABLE NOW

VetAEGIS aims to provide Advice, Education, Guidance, Information and Support for veterinary practitioners, nurses and students, and those around them, on stress, addiction, health, family and life-event matters.

If you have concerns, about yourself or about those you know, the following support organisations and services are there to help you.

## IVBF /VETLIFE MENTAL HEALTH SUPPORT SERVICE

PHONE: 1800 145 145

The Irish Veterinary Benevolent Fund (IVBF) are working with VetLife in the UK to provide a 24 hours a day, 365 days a year, **Mental Health Support Helpline** for Irish veterinary professionals - **FREEPHONE 1800 145 145**

## IVBF FINANCIAL SUPPORT PROGRAMME

PHONE: 01 716 6099      WEB: [www.ivbf.ie](http://www.ivbf.ie)

The Irish Veterinary Benevolent Fund provides financial and other support to veterinary practitioners and their families on a strictly confidential basis.

## VDS

PHONE: 00 44 1565 652 737

The Veterinary Defence Society provides professional indemnity cover for Veterinary Practitioners in Ireland and the UK.

## VETLIFE WEBSITE

WEB: [www.vetlife.org.uk](http://www.vetlife.org.uk)

The VetLife website was launched in October 2007 with the aim of providing information about the support available to veterinary students, veterinary nurses and veterinary surgeons on a wide range of issues from both the established veterinary care organisations and from outside the profession.

## HSE WEBSITE

WEB: [www.hse.ie](http://www.hse.ie)

The HSE website provides a wealth of information on many matters concerning health, mental health, bereavement, sexual health, children, disability etc. Click on the title above to enter their publications website.

## SAMARITANS IRELAND

PHONE: 116 123

The SAMARITANS provide confidential, non-judgemental support, 24 hours a day for those people experiencing feelings of distress or despair, especially those who may be considering suicide.

If you, or someone you know, is at risk of suicide or self-harm, then you should contact your local doctor, or go to the A&E Unit at the nearest hospital IMMEDIATELY.

## **OTHER HELP AVAILABLE**

The following sections provide websites, telephone numbers, and emails to Irish Helplines and resources on mental health and well-being.

The title of each service provider is hyperlinked to the relevant website:

e.g. "[SAMARITANS IRELAND](https://www.samaritans.org/ireland/samaritans-ireland/)" is hyperlinked to <https://www.samaritans.org/ireland/samaritans-ireland/>

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## **ALCOHOL, DRUGS & OTHER ADDICTIONS**

### **ALCOHOLICS ANONYMOUS**

**PHONE: 01 842 0700**

**Alcoholics Anonymous** is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism.

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### **DRUGS.IE AND DRUGS HELPLINE**

**PHONE: 1800 459 459**

The **Drugs Awareness Programme** aims to provide quality drug education, training and support services including information, support and counselling in relation to drugs, substance misuse or addiction, and includes the **National Drugs and HIV Helpline**, providing confidential support and information.

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### **GAMBLERS ANONYMOUS**

**PHONE: 01 872 1133**

**087 748 5878 (10am-10pm)**

**Gamblers Anonymous** is a fellowship of men and women who have joined together to do something about their own gambling problem and to help other compulsive gamblers do the same.

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### **HSE DRUGS & ALCOHOL HELPLINE**

**PHONE: 1800 459 459**

Health Service Executive Helpline for Drugs & Alcohol / HIV & Sexual Health advice.

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## **CANCER AND SERIOUS ILLNESS**

### **IRISH CANCER SOCIETY**

**PHONE: 1800 200 700**

The National Charity for Cancer Care, providing information and education on Cancer awareness, prevention, care and support.

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### **IRISH HOSPICE FOUNDATION**

**PHONE: 1800 807 077**

A freephone bereavement support line providing information, connection, comfort and support. Phone 1800 807 077 Monday to Friday from 10am to 1pm.

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### **IRISH HEART FOUNDATION**

**PHONE: 01 668 5001**

**Email: [support@irishheart.ie](mailto:support@irishheart.ie)**

The **Irish Heart Foundation** provides advice and support about managing a heart condition. Their nurses are available on phone and email support Monday to Friday 9 am to 5 pm.

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### **MS IRELAND**

**PHONE: 1850 233 233**

**MS Ireland** is a national organisation providing information and support to those affected by Multiple Sclerosis, a progressive neurological condition

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### **HSE HIV & SEXUAL HEALTH HELP**

**PHONE: 1800 459 459**

Health Service Executive Helpline for Drugs & Alcohol / HIV & Sexual Health advice.

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### **HEALTH PROMOTION.IE**

**[www.healthpromotion.ie](http://www.healthpromotion.ie)** is an HSE website giving advice and information on alcohol, drugs, mental health, young persons and other matters.

## DEPRESSION, MENTAL HEALTH, SUICIDE & BEREAVEMENT (1)

### **SAMARITANS IRELAND**

**PHONE: 116 123**

**Email: [jo@samaritans.org](mailto:jo@samaritans.org)**

The **SAMARITANS** provide confidential, non-judgemental support, 24 hours a day for people experiencing feelings of distress or despair, especially those who may be considering suicide.

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### **AWARE**

**PHONE: 1800 80 48 48**

**Email: [supportmail@aware.ie](mailto:supportmail@aware.ie)**

**Aware** is a national voluntary organisation providing support for those experiencing depression. Services include support groups nationwide and a **Freephone Helpline** available **Monday to Sunday, 10am - 10pm**. Services available to individuals with depression and also family members and friends.

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### **IRISH ASSOCIATION FOR COUNSELLING & PSYCHOTHERAPY**

**PHONE: 01 230 3536**

List of registered Counsellors & Psychotherapists practicing in Ireland

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### **NATIONAL OFFICE FOR SUICIDE PREVENTION - [www.nosp.ie](http://www.nosp.ie)**

The **National Office for Suicide Prevention** provides an information hub for those wishing to learn more about suicide, self-harm and mental health – it includes a number of useful pamphlets and contact details.

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### **GROW**

**PHONE: 1890 474 474**

**GROW** is a mental health organisation which helps people who have suffered, or are suffering, from mental health problems.

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### **JIGSAW**

**PHONE: 1800 544 729**

**Jigsaw (formerly Headstrong)** Mental health support and advice to young people aged 12 to 25 years old and parents or concerned adults. Freephone 1800 544729 from 1pm to 5pm Monday to Friday.

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### **HEADSUP**

**PHONE: 781-555-5922**

**Headsup** provides a free mobile text service for young people to receive, direct to their mobile, up-to-date and accurate contact numbers for organisations that will provide practical advice to their problems 24-hours a day. In addition, Headsup provides factsheets on a number of issues on their website.

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### **IRISH ADVOCACY NETWORK**

**PHONE: 01 872 8684**

Peer advocacy, support and information to people with mental health difficulties.

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### **MENTAL HEALTH IRELAND**

**PHONE: 01 284 1166**

**Email: [info@mentalhealthireland.ie](mailto:info@mentalhealthireland.ie)**

**Mental Health Ireland** is a national voluntary organisation which aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights.

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### **PIETA HOUSE**

**PHONE: 1800 247 247**

**Pieta House**, the Centre for the Prevention of Self-Harm or Suicide, offers a specialised treatment programme for people who have suicidal ideation or who participate in self-harming behaviours.

## SHINE

Email: [info@shine.ie](mailto:info@shine.ie)

Supporting people effected by mental ill health and their families through information and education.

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## SUICIDE OR SURVIVE (SOS)

PHONE: 1890 577 577

Free online wellness workshops and programmes.

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## TURN2ME

Offering self-help, peer support and professional support through an online platform for **people over 18** who are experiencing poor mental health.

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## DOMESTIC VIOLENCE (MALE OR FEMALE), ABUSE OR RAPE

### DUBLIN RAPE CRISIS CENTRE

PHONE: 1800 77 88 88

Email: [counselling@rcc.ie](mailto:counselling@rcc.ie)

For people who have experienced sexual assault, rape or childhood sexual abuse.

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### AOIBHNEAS

PHONE: 01 867 0701

Email: [helpline@aoibhneas.org](mailto:helpline@aoibhneas.org)

**Aoibhneas** was established in 1988 to respond to the needs of women and children suffering violence in their home. Aoibhneas operates a 24 hour helpline service, seven days a week, 365 days a year. **Free Text: 50101**

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### WOMEN'S AID

PHONE: 1800 341 900

**Women's Aid** is a voluntary organisation which provides support and information to women and their children who are being physically, emotionally and sexually abused in their own homes.

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### MENSAID

PHONE: 01-554-38311

**MENSAID** is a voluntary group which provides a confidential helpline, information and a support service for male victims of domestic abuse and their children

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## EATING DISORDERS

### BODYWHYS

PHONE: 01 210 7906

**BodyWhys'** core services centre on providing confidential, non-judgemental support for people affected by eating disorders, through a Helpline, Support Groups, and E-mail Support ([alex@bodywhys.ie](mailto:alex@bodywhys.ie))

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## MONEY & DEBT

### MABS

PHONE: 0761 07 2000

The **Money Advice and Budgeting Service** is a national free, confidential and independent service for people in debt or in danger of getting into debt.

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## PARENTING / FAMILY / CHILDREN

### CHILDLINE

PHONE: 1800 66 66 66

A 24 hour helpline for people **under the age of 18** who need support. **Text 50101.**

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### PARENTLINE

PHONE: 1890 92 72 77

**Parentline** offers support, guidance and information on all aspects of being a parent and the reassurance that, whatever the problem, you're not the first parent to face it.

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### BARNARDOS

PHONE: 1800 910 123

Barnardos provide a wealth of documentation and assistance for Parents.

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## PREGNANCY & SEXUAL HEALTH

### MY OPTIONS FREEPHONE

PHONE: 1800 828 010

My Options is a HSE freephone line that provides free and confidential information and counselling to people experiencing an unplanned pregnancy.

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### IRISH FAMILY PLANNING ASSOC.

PHONE: 1850 49 50 51

The **Irish Family Planning Association** (IFPA) provides sexual / reproductive health information, crisis pregnancy counselling, clinical services, education & training.

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### NATIONAL PREGNANCY HELPLINE

PHONE: 1850 49 50 51

The **Irish Family Planning Association** provides a Helpline Monday to Friday, 9am to 5pm, to discuss all options; parenting, adoption, or abortion, in a supportive and confidential environment.

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## SEXUALITY SUPPORT

### LGBT Ireland

PHONE: 1890 929 539

Email: [info@lgbt.ie](mailto:info@lgbt.ie)

National support service for Lesbian, Gay, Bisexual & Transgender people, their families and friends.

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### BeLonG To

PHONE: 086 1800 280

**BeLonG To** is an organisation for Lesbian, Gay, Bisexual and Transgendered & Intersex (LGBTI+) young people, aged between 14 - 23.

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## IRISH VETERINARY STUDENTS

### UCD NITELINE

PHONE: 1800 793 793

**Niteline** is a confidential and anonymous listening service that is run by and for students from Trinity, UCD, The Royal College of Surgeons in Ireland(RCSI), and the National College of Art and Design(NCAD). Open every night of term, 0930pm-0230am

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### UCD STUDENT ADVISERS

PHONE: 01 716 8372

The **UCD Student Advisers** provide support for all students, particularly First Years, during their university experience. **Ros McFeely** provides the service for Veterinary Students.

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### UCD HEALTH CENTRE

PHONE: 01 716 3134

The **Student Health Service** provides on-campus medical, psychological and psychiatric care to registered students of the university. As well as a walk-in service there is a 24 hour helpline available.

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### BeLonG To

PHONE: 01 670 6223

**BeLonG To** is an organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 23.

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### JIGSAW

PHONE: 1800 544 729

**Jigsaw (formerly Headstrong)** Mental health support and advice to young people aged 12 to 25 years old and parents or concerned adults. Freephone 1800 544729 from 1pm to 5pm Monday to Friday.

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