

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 WEB: www.ivbf.ie/helpline/

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**

VET SUPPORT IRELAND

WEB: www.vetsupport.me/ROI EMAIL: info@vetsupport.me

Provides non-emergency confidential mental health and well-being support to veterinary professionals in Ireland through email / call-back system, from Ireland-based veterinary colleagues ("Supporters") specifically trained in these services - go to **www.vetsupport.me/ROI** and email chosen Supporter, or email **info@vetsupport.me** for a guaranteed response within 24 hours.

IVBF FINANCIAL SUPPORT PROGRAMME

PHONE: 01 716 6099 WEB: 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.

HSE WEBSITE

WEB: 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.

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.

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.

HSE DRUGS & ALCOHOL HELPLINE

PHONE: 1800 459 459

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

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.

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.

IRISH HEART FOUNDATION

PHONE: 01 668 5001

Email: 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.

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.

HSE HIV & SEXUAL HEALTH HELP

PHONE: 1800 459 459

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

HSE HEALTH & WELL-BEING

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

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.

AWARE

PHONE: 1800 80 48 48

Email: 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.

IRISH ASSOCIATION FOR COUNSELLING & PSYCHOTHERAPY

PHONE: 01 230 3536

List of registered Counsellors & Psychotherapists practicing in Ireland.

NATIONAL OFFICE FOR SUICIDE PREVENTION - 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.

GROW

PHONE: 0818 474 474

EMAIL: info@grow.ie

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

JIGSAW

Jigsaw (formerly Headstrong) Mental health support and advice to young people aged 12 to 25 years old and parents or concerned adults.

TEXT 50808

TEXT: 50808

Text 50808 is a free 24/7 text service, where you connect with a trained Crisis Volunteer. The Crisis Volunteer will introduce themselves, reflect on what you've said, and invite you to share at your own pace. You'll text back and forth, only sharing what you feel comfortable with.

IRISH ADVOCACY NETWORK

PHONE: 01 872 8684

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

MENTAL HEALTH IRELAND

PHONE: 01 284 1166

Email: 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.

PIETA HOUSE

PHONE: 1800 247 247

TEXT: HELP to 51444

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

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

SUICIDE OR SURVIVE (SOS)

PHONE: 1890 577 577

Free online wellness workshops and programmes.

TURN2ME

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

DOMESTIC VIOLENCE (MALE OR FEMALE), ABUSE OR RAPE

DUBLIN RAPE CRISIS CENTRE

PHONE: 1800 77 88 88

Email: counselling@rcc.ie

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

AOIBHNEAS

PHONE: 01 867 0701

Email: 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.

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.

MENSAID

PHONE: 01-554-3811

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

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).

MONEY & DEBT

MABS

PHONE: 0818 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.

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.**

PARENTLINE

PHONE: 01 873 3500

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.

BARNARDOS

PHONE: 1800 910 123

Barnardos provide a wealth of documentation and assistance for Parents.

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.

IRISH FAMILY PLANNING ASSOC.

PHONE: 0818 49 50 51

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

NATIONAL PREGNANCY HELPLINE

PHONE: 0818 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.

SEXUALITY SUPPORT

LGBT Ireland

PHONE: 1890 929 539

Email: info@lgbt.ie

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

BeLonG To

PHONE: 01 670 6223

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

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

UCD STUDENT ADVISERS **PHONE: 01 716 6085** **EMAIL: niamh.nestor@ucd.ie**

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

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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