



Macra na Feirme

A ONE STOP RESOURCE FOR MENTAL HEALTH, PHYSICAL HEALTH, SEXUAL HEALTH, FINANCIAL HEALTH & MORE



MENTAL HEALTH SUPPORT

If you are struggling with any aspect of mental health it is important to talk to someone. There are plenty of people who want to help you, either with just a caring listening ear, or for professional counselling & support.

Remember it's ok to not feel ok & it's good to talk. Click on the links below to open the websites.

ORGANISATIONS:

WWW.TURN2ME.IE

Turn2me.ie provide Free counselling online with fully qualified, accredited counsellors and psychotherapists, via video, instant chat, email and audio. Free, counsellor-facilitated support groups for a wide range of mental health issues and clinically moderated online peer support.

[PIETA HOUSE](http://PIETA.HOUSE)

Pieta house provide free counselling & support in person, via phone text or online. In crisis? Freephone 1800 247 247Text HELP to 51444

WWW.AWARE.IE

Aware provide free support Mon - Sun 10am - 10pm relating to depression, bipolar disorder and other mood related conditions. Freephone 1800 80 48 48

WWW.JIGSAW.IE

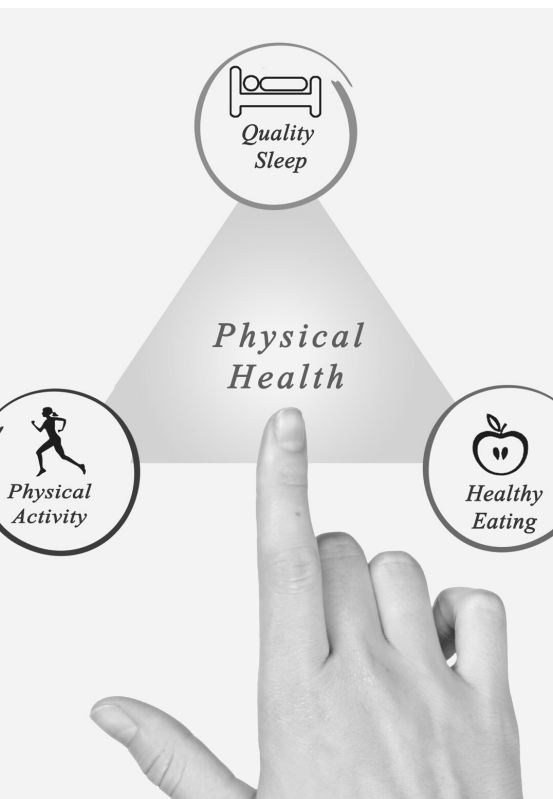
Jigsaw provide mental health support to young people age 12-25 online & in person.

[TEXT 50808](http://TEXT.50808)

Text 50808 is a free 24/7 text service, where you connect with a trained Crisis Volunteer. You'll text back and forth, only sharing what you feel comfortable with at your pace.

WWW.SAMARITANS.IE

Samaritans provide 24/7 free support over the phone. **Call 116 123**



PHYSICAL HEALTH SUPPORT

If you have concerns about your health please first consult with your doctor before taking on any new programmes or diets.

ORGANISATIONS:

WWW.BODYWHYS.IE

Bodywhys provide support & information for those with eating disorders. They have a free online support forum & can provide confidential counselling.

[DIABETES IRELAND](http://DIABETES.IRELAND)

Diabetes Ireland is the only national charity in Ireland dedicated to helping people with diabetes. They provide support, education and motivation to everyone affected by diabetes.

WWW.QUIT.IE

If you think smoking, drinking alcohol or taking other substances are damaging your health, there is help available if you want to make that change. Quit.ie provide help, information and advice to quit smoking.

[ALCOHOLICS ANONYMOUS](http://ALCOHOLICS.ANONYMOUS)

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

WWW.DRUGS.IE

If you have concerns about drug misuse or need help to quit, drugs.ie has a wealth of information and support contacts in your local area. Call & talk to someone today.

[IRISH CANCER SOCIETY](http://IRISH.CANCER.SOCIETY)

If you or someone you know has been affected by cancer, the Irish Cancer Society can help you with advice, practical support & information.



SEXUAL HEALTH / RELATIONSHIPS SUPPORT

ORGANISATIONS:

SEXUAL HEALTH HELPLINE

The sexual health helpline provides a free, confidential place where you can talk through your concerns about sexual health, get information about services and consider the options to help you improve your situation. Freephone 1800 459 459 from Monday to Friday between 9:30 am and 5:30 pm. Email helpline@hse.ie

REMAINLY

Remainly provide support & guidance for couples facing issues within their relationship. This is a proven and easy-to-use online solution. You will be guided by a certified psychologist, through video tutorials and exercises.

BELONG TO

BeLonG To Youth Services is the national organisation supporting lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland. They advocate and campaign on behalf of young LGBTI+ people, and offer a specialised LGBTI+ youth service with a focus on mental and sexual health, alongside drug and alcohol support.

ACCORD

ACCORD is a well known, respected and experienced agency that has in excess of 50 years experience working with couples and individuals supporting them in their Marriages and Relationships. ACCORD offers a professional counselling service throughout the island of Ireland, through its 55 centres, facilitating couples and individuals to explore, reflect upon and work to resolve difficulties that arise in their marriages and relationships.



FINANCIAL ADVICE & SUPPORT

ORGANISATIONS:

CITIZENS ADVICE

Citizens Advice have a wealth of knowledge and advice regarding social assistance payments & budgeting.

Get information on: Jobseeker's Allowance which is paid to people aged 18 or over and unemployed; One-Parent Family Payment (OFP) is paid to men and women who are bringing children up without the support of a partner; Farm Assist is an income support scheme for farmers. You do not need to be available for work to qualify for Farm Assist; Carer's Allowance is paid to people who are looking after someone who is in need of full-time care and attention because of age, physical or learning disability or illness, including mental illness and Supplementary Welfare Allowance is paid to people that have no little or no income.

MABS

MABS is the money advice and budgeting service, guiding people through dealing with problem debt for more than 25 years.

Money advisers are available by phone, email and live chat across the whole MABS network. Face-to-face appointments are suspended during the level 5 of the Plan for Living with COVID-19

MABS is free, confidential and independent.

PENSION ADVICE

Providing advice on all things pension related - how to get the most from your pension, how to transfer a pension & how to plan effectively for your future.