



Help and Support

Knowing what help and support is available to someone, and understanding the services provided, is a critical part of an Ambassador's role within I Am Here. Ambassadors stand up within the Tribe to promote a culture where **it's ok not to feel ok; and it's absolutely ok to ask for help**. As an Ambassador, if you notice someone who may not be feeling ok, you can guide them to the help and support they may need.

Remember, your mental health and wellbeing is as important as anyone else's. You too have access to help and support when needed.

I Am Here groups **help and support** into six key pillars:



EMOTIONAL
WELLBEING



PHYSICAL
HEALTH



SPIRITUAL
WELLBEING



SOCIAL
WELLBEING




FINANCIAL
WELLBEING



WORK AND
CAREER

Listed below is the help and support available within Ireland.



Ireland	
<div style="text-align: center;">  <p>EMOTIONAL WELLBEING</p> </div> <p>Being aware of your emotions and feelings. Having the resilience to overcome challenges and the ability to cope with the normal stresses of life.</p>	<p style="text-align: center;">Doctor</p> <p style="text-align: center;">Psychologist, therapist or counsellor</p> <p style="text-align: center;">HSE Support Line</p> <p>Free text service providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis. Crisis volunteers are available 24/7 for anonymous, supportive text conversations. Text TALK to 50808</p> <p style="text-align: center;">HelpGuide</p> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones. www.helpguide.org</p> <p style="text-align: center;">Safe Ireland</p> <p>Provides range of support services for women and children affected by domestic violence and abuse. https://www.safeireland.ie 090 647 9078 or email info@safeireland.ie</p> <p style="text-align: center;">Men’s Sheds</p> <p>A community-based project where men can come together to learn, share skills and make long-lasting friendships together. www.menssheds.ie</p> <p style="text-align: center;">Samaritans</p> <p>Provides emotional support to anyone in emotional distress, struggling to cope or at risk of suicide. www.samaritans.org 116 123 or email jo@samaritans.org</p> <p style="text-align: center;">Pieta House</p> <p>Provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide. www.pieta.ie 1 800 247 247 or text HELP to 51444</p> <p style="text-align: center;">Online apps and resources</p>



**PHYSICAL
HEALTH**

Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep and sufficient hydration.

Doctor

Physiotherapist/massage therapist

Dietician/nutritionist

Personal trainer

HSE Support Line

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Text TALK to 50808

HelpGuide

Provides empowering, evidence-based information that you can use to help yourself and your loved ones.
www.helpguide.org

Safe Ireland

Provides range of support services for women and children affected by domestic violence and abuse.
<https://www.safeireland.ie>
090 647 9078 or email info@safeireland.ie

Alcoholics Anonymous Ireland

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. Support and resources also provided to friends and family.
www.alcoholicsanonymous.ie
1 842 0700 or email gso@alcoholicsanonymous.ie

Online apps and resources



**SPIRITUAL
WELLBEING**

Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.

Spiritual leader

Reiki therapist

HelpGuide

Provides empowering, evidence-based information that you can use to help yourself and your loved ones.

www.helpguide.org

Centre for Mindfulness Ireland

Offers a range of mindfulness programmes and retreats.

<https://www.cfmi.ie>

086 812 2354 or Email info@cfmi.ie

The Sanctuary

Provides access to a broad range of mindfulness services and resources including free online meditation and Reiki Healing sessions.

www.sanctuary.ie

01 670 5419 or Email enquiries@sanctuary.ie

Irish Hospice Foundation

National charity dedicated to providing end-of-life and bereavement care as well as support services for families and loved ones including access to a Bereavement Support Line.

<https://hospicefoundation.ie>

1 800 807 077 (Bereavement Support Line)

01 679 3188 or email info@hospicefoundation.ie

Online apps and resources



SOCIAL WELLBEING

Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.

Social worker

Relationship counsellor

Life coach

HSE Support Line

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Safe Ireland

Provides range of support services for women and children affected by domestic violence and abuse.
<https://www.safeireland.ie>
090 647 9078 or email info@safeireland.ie

Men’s Sheds

A community based project where men can come together to learn, share skills and make long-lasting friendships together.
www.menssheds.ie

Social Anxiety Ireland

Provides resources and informative advice on social anxiety. A treatment group is also offered.
www.socialanxietyireland.com
Contact Senior Clinical Psychologist, Odhran McCarthy at 085 216 8981

Rotary International

A global network of 1.2 million people who see a world where people unite and take action to create lasting change. As a member, you can share ideas, make plans, hear from the community and catch up with friends during club programs that fuel the impact Rotary International makes.
www.rotary.org

Gamblers Anonymous

A fellowship of men and women who share their experience, strength and hope with each other that they may solve



	<p>their common problem and help others to recover from a gambling problem.</p> <p>https://gamblersanonymous.ie 01 872 1133 or email info@gamblersanonymous.ie.</p> <p>Online apps and resources</p>
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**FINANCIAL
WELLBEING**

Understanding your financial situation in order to make the most of what you have in day-to-day life and in planning for your future.

Financial advisor

Bank or credit union

MABS Helpline

Provides advice and support on money management and debt issues as well as self-help materials free of charge.

Confidential and anonymous.

www.mabs.ie

0761 07 2000

**Department of Employment Affairs and Social
Protection**

Provides income supports, employment services and other services for a wide range of audiences.

www.gov.ie

01 704 3000

Gamblers Anonymous

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 a gambling problem.

<https://gamblersanonymous.ie>

01 872 1133 or email info@gamblersanonymous.ie.

Online apps and resources



WORK AND
CAREER

Working productively and fruitfully, feeling fulfilled, motivated and maintaining a healthy work-life balance.

Career counsellor

Education and Training Boards Ireland (ETBI)
Offering includes education resources, HR, IR and legal support, and various training programmes.

www.etbi.ie

045 901 070 or email info@etbi.ie

JobsIreland.ie

www.jobsireland.ie

1 890 800 824 or email jobsireland@welfare.ie

Online apps and resources