
Helpline Numbers

- Al-Anon 01-8732699 (10am to 10pm daily)
- Alcoholics Anonymous Ireland 01-8420700
- AMEN (support and practical assistance to male victims of domestic abuse) 046-9023718 (9am-5pm, Mon-Fri)
- AWARE (a national support helpline for issues relating to mood disorders) 1800 80 48 48 (10am to 10pm daily)
- Bodywhys, The Eating Disorders Association of Ireland 1890 20 04 44
- Galway Rape Crisis Centre 1800 355 355
- Gamblers Anonymous Galway 086 349 4450
- Gay Switchboard Ireland 01 8721055
- GOSHH (Gender, Orientation, Sexual Health, HIV) 061-314354 (Mon 2.15pm–5pm, Tues-Fri 9.30am– 5pm)
- GROW 1890 474 474
- HSE Drugs and Alcohol Helpline 1800 459 459 (Mon-Fri 9.30am-5.30pm)
- LGBT Galway 1890 929 539
- LGBT Ireland 01 6859280
- Mayo Rape Crisis Centre 1800 234 900
- MABS (Money Advice Budgeting Service) 0761 07 2000
- Men's Aid Ireland 01 554 3811
- Mental Health Ireland 01 284 1166
- My Options (unplanned pregnancy) 1800 828 010 (Mon-Fri 9am-9pm, Sat 10am-2pm)
- Narcotics Anonymous Ireland 01 6728000 (information line only)
- Narcotics Anonymous Western Area 086 8149004
- National Rape Crisis Centre Helpline 1800 778 888 (24/7)
- National Women's Council of Ireland 01 6790 100
- OutHouse 01 873 4999
- OutWest Gay Helpline 094 937 2479
- Pieta House 1800 247 247
- Samaritans 116 123 (24/7)
- Transgender Equality Network Ireland (TENI) 01 873 3575
- The Irish Hospice Foundation 01 679 3188
- Women's Aid Ireland 1800 341 900

APPS

Apps

Smart phone apps can be a really useful way to practice breathing, meditation, CBT and well-being exercises to help with stress and anxiety.



Breathe2Relax



Headspace



The Mindfulness App



Woebot



Calm



Stop, Breathe & Think



Virtual Hope Box

Online Cognitive Behavioural Therapy

Online Cognitive Behavioural Therapy (CBT)

CBT can be a useful way to challenge how we think and act to help with anxiety and low mood. Online programmes offers the opportunity to learn CBT skills.

- Aware Life Skills Online: www.aware.ie/education/life-skills-online-programme/
- CBT Online: www.online-therapy.com/cbt
- Mood Gym: <https://moodgym.com.au/>