

## **Mental Health Supports and Services**

***If you are at immediate risk of harm, please attend your local A&E or call 999 for assistance.***

### **Employee Assistance Programme**

Full details on how to register available via Huddle.

If it's your first time accessing the VHI EAP portal you will need access <https://vhi.healthhero.com> and complete a short first-time registration process, as outlined below.

Enter the organisation username "MSL Motor" and organisations password "VSPUAPSF"

You can get access to telephone & face-to-face counselling, specialist information and coaching services by calling: Freephone 1800 995 955 or emailing [eap@vhics.ie](mailto:eap@vhics.ie)

#### **Key Features:**

- Available to employees & family members
- Confidential
- Voluntary
- 6 sessions per issue per year
- Telephone or face-to-face counselling available
- Information Services
- Coaching Services

### **Community-Based Mental Health Support and Services**

#### **Samaritans**

Samaritans services are available 24 hours a day, for confidential, non-judgmental support.

[Freephone 116 123](tel:116123), any time

[jo@samaritans.ie](mailto:jo@samaritans.ie)

[samaritans.ie](http://samaritans.ie)

#### **Text About It**

Text About It is a free, 24/7 service, providing everything from a calming chat to immediate support for your mental health and emotional wellbeing.

Free-text HELLO to 50808 for an anonymous chat with a trained volunteer, any time.

[textaboutit.ie](http://textaboutit.ie)

### **Aware**

Information, support and peer groups for people experiencing anxiety, mild to moderate depression, bipolar disorder and mood-related conditions. Support also for friends and family members. Options include support and self care groups (in-person or virtual)

[Freephone 1800 80 48 48](tel:1800804848), 10am to 10pm every day

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

[aware.ie](http://aware.ie)

### **Solace Café**

The Solace Café is a friendly and supportive community space offering free out-of-hours mental health support.

01- 525 2560

<https://solacecafe.ie/>

### **Pieta**

Free individual counselling, therapy and support for people who self-harm or are thinking about suicide and people who have been bereaved by suicide.

[Freephone 1800 247 247](tel:1800247247), any time

Text HELP to 51444 - standard message rates apply

[pieta.ie](http://pieta.ie)

### **Bodywhys**

Services for adults and young people with eating disorders, and their families. Services include email and helpline support, online chat support groups for various groups, virtual video support groups and family programmes

Helpline [01 2107906](tel:012107906) - Monday, Wednesday and Sunday from 7.30pm to 9.30pm; Tuesday, Friday and Saturday from 10.30am to 12.30pm

[alex@bodywhys.ie](mailto:alex@bodywhys.ie)

[bodywhys.ie](http://bodywhys.ie)

## **LGBT Ireland**

Phone or online support for the LGBTI+ community - by phone, instant messaging or at peer support groups.

[Freephone 1800 929 539](tel:1800929539) - Monday to Thursday 6.30pm to 10pm, Friday 4pm to 10pm, Saturday and Sunday 4pm to 6pm

[Transgender Family Support Line 01 907 3707](tel:019073707)

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

[lgbt.ie](http://lgbt.ie)

For more information, you can:

- Talk to a GP
- Freephone the HSE's information line on [1800 111 888](tel:1800111888), any time day or night
- Visit <https://www2.hse.ie/mental-health/services-support/supports-services/#minding-your-mental-health>