

## List of HSE approved resources

Service	Website	Phone Number
Turn2Me	<a href="https://www.turn2me.ie/">https://www.turn2me.ie/</a>	
MyMind	<a href="https://mymind.org/">https://mymind.org/</a>	
Jigsaw	<a href="https://www.jigsaw.ie/">https://www.jigsaw.ie/</a>	
Shine	<a href="https://www.shine.ie/">https://www.shine.ie/</a>	
BodyWhys	<a href="https://www.bodywhys.ie/">https://www.bodywhys.ie/</a>	
BeLonG To	<a href="https://www.belongto.org/">https://www.belongto.org/</a>	
SpunOut	<a href="https://spunout.ie/">https://spunout.ie/</a>	
Your Mental Health	<a href="https://www2.hse.ie/mental-health/">https://www2.hse.ie/mental-health/</a>	
Mental Health Ireland	<a href="https://www.mentalhealthireland.ie/">https://www.mentalhealthireland.ie/</a>	
LGBT Ireland	<a href="http://lgbt.ie">lgbt.ie</a>	1890 929 539
GROW Mental Health Recovery	<a href="http://Grow.ie">Grow.ie</a>	1890 474 474
Alone	<a href="https://alone.ie/">https://alone.ie/</a>	0818 222024
Samaritans	<a href="https://www.samaritans.org/ireland/samaritans-ireland/">https://www.samaritans.org/ireland/samaritans-ireland/</a>	116123
Pieta House	<a href="https://www.pieta.ie/">https://www.pieta.ie/</a>	1800 247 247
Childline (ISPCC)	<a href="https://www.childline.ie/">https://www.childline.ie/</a>	1800 66 66 66
Aware	<a href="https://www.aware.ie/">https://www.aware.ie/</a>	1800 80 48 48