

Mental Health Supports in Mayo

Your **mental health**
belongs to you.
Mind it, Share it,
but, above all, **don't hide it.**

24hr Services/Hotlines

Emergency Services		999 or 112
50808 – Text About It	Text HELLO to 50808	
Childline	Text Talk to 50101	1800 66 66 66
ISPCCTeenLine		1800 833 634
National LGBT+ Helpline		1890 929 539
Pieta House	Text HELP to 51444	1800 247 247
Rape Crisis Helpline 24hr		1800 77 8888
Samaritans 24hr		116 123

National Supports

Belong To LGBTQ+ Support	www.belongto.org	Office: 01 670 6223
BodyWhys Eating Disorder Support	www.bodywhys.ie	Office: 01 2834963 Helpline: 01 2107906
SpunOut Youth Information	www.spunout.ie	

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Local Supports

Mayo Mental Health Association	www.mayomha.ie	Castlebar: 094 90 38148 Ballina: 096 71492
Mindspace Mayo (Ballina & Erris Outreach)	www.mindspacemayo.ie	Ph: 094 90 67001 Text: 086 1844995
Family Resource Centres (FRC's) Family and Community Support		Ballina: 096 75573 Ballinrobe: 094 95 42908 Castlebar: 094 90 25900 Claremorris: 094 93 62096 Westport: 098 24419
Foroige Youth & Family Support	www.foroige.ie	096 22012
Helplink Counselling, Information & Education	www.helplink.ie	0818 99 88 80
Knock Shrine Counselling Service		094 93 75032
Mayo Rape Crisis Centre		FREEPHONE: 1800 234 900 094 90 25657
Pieta House (Ballina Outreach)	www.pieta.ie	093 25586
Under 18s Drug & Alcohol Service		087 339 5522
West Be Well	www.westbewell.ie	

If you are worried that you or someone you know is at risk of suicide or self harm, you should immediately contact your local GP or go to your nearest Accident and Emergency Department.