NØ SHAME

CAMPAIGN TO RAISE MENTAL HEALTH AWARENESS WITHIN THE YOUTH OF THE TRAVELLING COMMUNITY

ABUSE

FEAR

ANXIETY

ISOLATION

IT'S OKAY TO ASK FOR HELP

IF YOU OR SOMEONE YOU KNOW IS AT RISK OF SUICIDE OR SELF-HARM, YOU SHOULD MAKE CONTACT IMMEDIATELY WITH ONE OF THE FOLLOWING

PHONE OR GO TO YOUR LOCAL DOCTOR GO TO THE ACCIDENT & EMERGENCY DEPARTMENT OF THE NEAREST HOSPITAL CALL 999

CHILDLINE
TEL: 1800 66 66 66
24HR A DAY ONE TO ONE CHAT - 10AM-4AM

TEXT BULLY OR TALK OR HELP TO 50101 FROM 10AM TO 4AM

THE SAMARITANS
TEL: 116 123
TEXT: 087 2 60 90 90

AWARE
(DEPRESSION & BI-POLAR DISORDER)
TEL: 1800 80 48 48

PIETA HOUSE
(NATIONAL SUICIDE HELPLINE)
TEL: 1800 247 247

léargas
Erasmus+
The Community Foundation for Ireland
Involve