

## Campaign for New Year

**“Get support if you need it” - A New Year’s Resolution worth making.**

**This time is very difficult for all of us, but some people may need more help.**

**Do not be afraid to reach out and ask for help.**

**It takes courage to ask for help, but you can do it!**

**A single step leads to the biggest change**

SPMHS

***“Where do I get support?”***

### **1. Talk to someone you can trust:**

- Someone at home
- Someone in school
- A teacher you trust
- Mr Daly or one of the Deputy Principals
- Email a Guidance Counsellor in school

[ciarakenny@fcjbunclody.ie](mailto:ciarakenny@fcjbunclody.ie)

[carmellaoreilly@fcjbunclody.ie](mailto:carmellaoreilly@fcjbunclody.ie)

[marydoyle@fcjbunclody.ie](mailto:marydoyle@fcjbunclody.ie)

## 2. Ring a helpline

**Childline**

Call . Chat . Text - Free Phone 1800 666666; Free Text 50101

**Teenline** – [ispcc.ie](http://ispcc.ie) Free Phone 1800 833 634, 24 hours a day,

365 days a year.



- Phone 01 249 3333 or [info@stpatsmail.com](mailto:info@stpatsmail.com)

**JIGSAW** – Young People's Health in Mind

- Free Phone 01 472 7010 [info@jigsaw.ie](mailto:info@jigsaw.ie)
- Talk online

### **3. Urgent Help**

**Contact your G.P.**

**Text HELLO to 50808**

This is a free 24/7 text service, where you connect with a trained Crisis Volunteer. The Crisis Volunteer will introduce themselves, reflect on what you've said, and invite you to share at your own pace. You'll text back and forth, only sharing what you feel comfortable with.



Pieta House is a suicide prevention service. They offer counselling in centres around Ireland and have a [24/7 crisis helpline](#).

Freephone 1800 247 247

Text help to 51444

***Reach out, the help is there!***