

Resources for young people

There are a range of resources available online for young people to access for information and support, or in times of need, or for assistance with mental health concerns.

ISPCC's Childline

Childline is Ireland's 24-hour national listening service for all children and young people (under the age of 18) in Ireland. It is private, confidential and non-judgemental and can be contacted for free from anywhere in Ireland.

Childline can be contacted by any child or young person by calling **1800 66 66 66** (24 hours a day), texting to 50101 (10am – 4am daily) or chatting online at [Childline.ie](https://childline.ie) (10am – 4am every day).

Jigsaw online

For 12 – 25 years olds who need mental health support, this online service provides practical advice from Jigsaw Clinicians who work with young people everyday. Access through <https://jigsawonline.ie/>.

The Rise Foundation

The Rise supports families impacted by a loved ones addictive behaviour through awareness, education and therapy. Find out more about what they do [here](#).

EPIC

For children in care, and care leavers EPIC has an advocacy phone support service, open Tuesdays & Thursdays, 2-4 pm on 01-9631272

Spun Out

For young people having a tough time who need help, they can text anonymously to talk it out with a trained volunteer.

Text SPUNOUT to 086 1800 280 to chat anonymously with a trained volunteer. Standard SMS rates may apply.



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Other useful resources

Steps to Cope

This online intervention is especially designed to help those affected by alcohol misuse, drug misuse or mental ill health in their family. You work through the toolkit at your own pace and can leave at any time. When you return you can pick up where you left off. <https://stepstocope.co.uk/>

Turn2me.ie

Turn2me provides online support groups facilitated by mental health professionals and online counselling provided by professional Counsellors/Psychologists. It is also open to people over 18. Access services through www.Turn2me.ie

NACOA

The website of the [National Association of Children Of Alcoholic's \(NACOA\)](http://www.nacoa.org.uk) UK features a range of useful resources.

For further family resources with a USA focus click [here](#)

