

Please contact the following support organisations if you are impacted by any of the content or issues raised in this podcast:

#### Samaritans

Call for free, day or night, 365 days a year 116 123 Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Samaritans is a unique charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide.

Visit: [www.samaritans.org](http://www.samaritans.org)

#### Aware

Call 1800 80 48 48 (available 7 days, 10am-10pm). Email: [supportmail@aware.ie](mailto:supportmail@aware.ie)

Depression and Bipolar Disorder Support Visit: [www.aware.ie](http://www.aware.ie)

#### Pieta House

Call : 1800 247 247

Free therapeutic support to people who are in suicidal distress and those who engage in self-harm.

Visit: [www.pieta.ie](http://www.pieta.ie)

#### Turn2Me

Text 50808

Offer self-help, peer support and professional support through an online platform for those who are experiencing poor mental health.

Visit: [www.turn2me.ie](http://www.turn2me.ie)

#### Grow

Call: 1890 474 474 Email: [info@grow.ie](mailto:info@grow.ie)

Mental Health support and Recovery Organisation Visit [www.grow.ie](http://www.grow.ie)