



## Help and Support

Knowing what help and support is available to someone, and understanding the services provided, is a critical part of an Ambassador's role within I Am Here. Ambassadors stand up within the Tribe to promote a culture where **it's ok not to feel ok; and it's absolutely ok to ask for help**. As an Ambassador, if you notice someone who may not be feeling ok, you can guide them to the help and support they may need.

I Am Here groups **help and support** into six key pillars:



EMOTIONAL  
WELLBEING



PHYSICAL  
HEALTH



SPIRITUAL  
WELLBEING



SOCIAL  
WELLBEING



FINANCIAL  
WELLBEING



WORK AND  
CAREER

Listed below is the help and support available within Fáilte Ireland and externally in Ireland.

## Ireland



### EMOTIONAL WELLBEING

Being aware of your emotions and feelings. Having the resilience to overcome challenges and the ability to cope with the normal stresses of life.

#### **Fáilte Ireland's Employee Assistance Service (EAS)**

The Fáilte Ireland Employee Assistance Service (EAS) is a confidential support line and counselling service provided by Spectrum Life. Our EAS provides support to employees and family members and is available 24/7, 365 days a year covering counselling and online cognitive behavioural therapy. Please see the EAS contact information as follows:

**Freephone IRE: 1800 814 243**

**SMS and WhatsApp: Text 'Hi' to 087 369 0010**

#### **Wellbeing Portal and App**

Our EAS wellbeing portal and app provides you with access to hours of wellbeing content. Topics covered are based on the three core areas of mental wellbeing, nutrition, and exercise. Track your steps and kilometres exercise, find recipes, log and track your calories, find fitness plans to suit your needs, and complete courses in stress management, sleeping better, dealing with anxiety and more!

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<https://failteireland.spectrum.life/login?org=Failtelr>

(the organisation code Failtelr has been prefilled):

For security reasons please do not use your computer login password when registering for this portal.

**Log in anytime thereafter by going to:**

<https://failteireland.spectrum.life/login>

#### **Doctor**

**Psychologist, therapist or counselor**

For e.g. [www.iacp.ie](http://www.iacp.ie)

**National 24/7 Contact Number for Mental Health Support**

1800 111 888

#### **Healthy Ireland – HSE**

Provides information about how you can manage some common conditions, and also make small changes to your daily life to improve your health and your life.

[www.hse.ie/eng/health/hl](http://www.hse.ie/eng/health/hl)

#### **HelpGuide**

Provides empowering, evidence-based information that you can use to help yourself and your loved ones.

[www.helpguide.org](http://www.helpguide.org)

	<p><b>Samaritans</b> Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. <a href="http://www.samaritans.org">www.samaritans.org</a> 116 123 or email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p> <p><b>Pieta House</b> Provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide. <a href="http://www.pieta.ie">www.pieta.ie</a> 1800 247 247 or text HELP to 51444</p> <p><b>Aware</b> Provides emotional and practical support to those affected by depression, bipolar, and related disorders. <a href="http://www.aware.ie">www.aware.ie</a> 1800 80 48 48 or email <a href="mailto:supportmail@aware.ie">supportmail@aware.ie</a></p> <p><b>Connect Counselling</b> Free telephone counseling and support service for any adult who has experienced abuse, trauma, or neglect in childhood. <a href="http://www.connectcounselling.ie">www.connectcounselling.ie</a> 1800 477 477 or email <a href="mailto:admin@connectcounselling.ie">admin@connectcounselling.ie</a></p> <p><b>OneinFour</b> Offers voice to and support for women and men who have experienced sexual abuse and/or sexual violence, and also to their family and friends. <a href="http://www.oneinfour.ie">www.oneinfour.ie</a> 01 662 4070 or email <a href="mailto:info@oneinfour.org">info@oneinfour.org</a></p> <p><b>Safe Ireland</b> Provides range of support services for women and children affected by domestic violence and abuse. <a href="https://www.safeireland.ie">https://www.safeireland.ie</a> 090 647 9078 or email <a href="mailto:info@safeireland.ie">info@safeireland.ie</a></p> <p><b>Men's Aid Ireland</b> Dedicated service to support men and their families experiencing domestic violence in Ireland. <a href="http://www.mensaid.ie">www.mensaid.ie</a> 01 5543811 or email <a href="mailto:hello@mensaid.ie">hello@mensaid.ie</a></p> <p><b>Women's Aid</b></p>
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	<p>Provides support and information to women and their children who are being physically, emotionally, and sexually abused in their own homes.  <a href="http://www.womensaid.ie">www.womensaid.ie</a>  1800 341 900 or email <a href="mailto:info@womensaid.ie">info@womensaid.ie</a></p> <p><b>The Male Advice Line</b>  Free phone service for men who have been affected by domestic violence and abuse.  <a href="https://mensnetwork.ie/">https://mensnetwork.ie/</a>  180081658</p> <p><b>The Lighthouse Construction Industry Charity</b>  Provides emotional, physical, and financial wellbeing support to construction workers and their families.  <a href="http://www.lighthouseclub.org">www.lighthouseclub.org</a>  ROI 1800 939 122</p> <p><b>Shine</b>  National organization providing information and support for people affected by mental health difficulties.  <a href="https://shine.ie">https://shine.ie</a>  01 541 3715 or email <a href="mailto:info@shine.ie">info@shine.ie</a></p> <p><b>My Mind</b>  Community-based mental health services that work towards giving every person in Ireland equal access to mental health support early, affordably, directly, without stigma or delay.  <a href="https://mymind.org">https://mymind.org</a>  076 680 1060 or email <a href="mailto:hq@mymind.org">hq@mymind.org</a></p> <p><b>Turn2me</b>  Provides accessible professional online mental health services to adults and young people over 12 years old.  <a href="https://turn2me.ie">https://turn2me.ie</a></p> <p><b>Self-Compassion.org</b>  All-in-one resource for self-compassion. Official website for Dr. Kristin Neff, pioneering self-compassion researcher, author, and teacher.  <a href="https://self-compassion.org">https://self-compassion.org</a></p> <p><b>AsIAm</b>  Ireland's National Autism Charity working to create a society in which every autistic person is empowered to reach their own personal potential and fully participate in society.  <a href="https://asiam.ie">https://asiam.ie</a></p>
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	<p><b>LGBT Ireland</b> National support service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends. <a href="https://lgbt.ie">https://lgbt.ie</a> 1890 929 539 or email <a href="mailto:info@lgbt.ie">info@lgbt.ie</a></p> <p><b>Parentline</b> National, confidential helpline that offers parents support, information, and guidance on all aspects of being a parent and any parenting issues. Call 1890 927277 or (01) 8733500</p> <p><b>Fettle</b> A safe and affordable space of trusted and experienced therapists that's superpowered by technology. <a href="http://www.fettle.ie">www.fettle.ie</a> 01 912 0367</p>
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## PHYSICAL HEALTH

Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep, and sufficient hydration.

### Fáilte Ireland's Employee Assistance Service (EAS)

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<https://failteireland.spectrum.life/login>

**Doctor**

**Personal Trainer**

**Physiotherapist/Massage therapist**

For e.g. [www.iscp.ie](http://www.iscp.ie)

**Dietician/Nutritionist/Nutritional therapist**

[www.indi.ie](http://www.indi.ie)

[www.ntoi.ie](http://www.ntoi.ie)

**National 24/7 Contact Number for Mental Health Support**

1800 111 888

### Healthy Ireland – HSE

Provides information about how you can manage some common conditions, and also make small changes to your daily life to improve your health and your life.

	<p><a href="http://www.hse.ie/eng/health/hl">www.hse.ie/eng/health/hl</a></p> <p><b>HelpGuide</b> Provides empowering, evidence-based information that you can use to help yourself and your loved ones. <a href="http://www.helpguide.org">www.helpguide.org</a></p> <p><b>Al-Anon</b> Offers understanding and support for families and friends of problem drinkers in an anonymous environment. <a href="http://www.al-anon-ireland.org">www.al-anon-ireland.org</a> (01) 8732699 or email <a href="mailto:info@alanon.ie">info@alanon.ie</a></p> <p><b>Alcoholics Anonymous</b> A fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. <a href="http://www.alcoholicsanonymous.ie">www.alcoholicsanonymous.ie</a> 01 842 0700 or email <a href="mailto:gso@alcoholicsanonymous.ie">gso@alcoholicsanonymous.ie</a></p> <p><b>HSE National Drugs &amp; Alcohol Helpline</b> Provides support, information, guidance, and referral to anyone with a question or concern related to drug and alcohol use and/or HIV and sexual health. <a href="http://www.drugs.ie">www.drugs.ie</a> 1800 459 459 or email <a href="mailto:helpline@hse.ie">helpline@hse.ie</a></p> <p><b>Bodywhys – The Eating Disorders Association of Ireland</b> National voluntary organization supporting people affected by eating disorders. <a href="http://www.bodywhys.ie">www.bodywhys.ie</a> 1890 200 444 or email <a href="mailto:alex@bodywhys.ie">alex@bodywhys.ie</a></p> <p><b>Connect Counselling</b> Provides a free telephone counseling and support service for any adult who has experienced abuse, trauma, or neglect in childhood. <a href="http://www.connectcounselling.ie">www.connectcounselling.ie</a> 1800 477 477 or email <a href="mailto:admin@connectcounselling.ie">admin@connectcounselling.ie</a></p> <p><b>Safe Ireland</b> Provides range of support services for women and children affected by domestic violence and abuse. <a href="https://www.safeireland.ie">https://www.safeireland.ie</a> 090 647 9078 or Email <a href="mailto:info@safeireland.ie">info@safeireland.ie</a></p> <p><b>Men's Aid Ireland</b> Dedicated service to support men and their families experiencing domestic violence in Ireland.</p>
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	<p><a href="http://www.mensaid.ie">www.mensaid.ie</a> 01 5543811 or email <a href="mailto:hello@mensaid.ie">hello@mensaid.ie</a></p> <p><b>Women's Aid</b> Provides support and information to women and their children who are being physically, emotionally, and sexually abused in their own homes. <a href="http://www.womensaid.ie">www.womensaid.ie</a> 1800 341 900 or email <a href="mailto:info@womensaid.ie">info@womensaid.ie</a></p> <p><b>The Male Advice Line</b> Free phone service for men who have been affected by domestic violence and abuse. <a href="https://mensnetwork.ie/">https://mensnetwork.ie/</a> 180081658</p> <p><b>The Menopause Hub</b> Ireland's first and only dedicated menopause clinic. A specialist support team with over 40 years of experience. <a href="http://www.themenopausehub.ie">www.themenopausehub.ie</a> (01) 210 7948 or email <a href="mailto:info@themenopausehub.ie">info@themenopausehub.ie</a></p> <p><b>Irish Cancer Society</b> A community determined to help anyone affected by cancer in Ireland. <a href="http://www.cancer.ie">www.cancer.ie</a> 1800 200 700 or email <a href="mailto:supportline@irishcancer.ie">supportline@irishcancer.ie</a></p> <p><b>Diabetes Ireland</b> Provides support, education, and motivation to everyone affected by diabetes. <a href="http://www.diabetes.ie">www.diabetes.ie</a> 01 842 8118 or email <a href="mailto:info@diabetes.ie">info@diabetes.ie</a></p> <p><b>Irish Heart Foundation</b> National charity in Ireland supporting people affected by heart disease and stroke, founded in 1966. <a href="https://irishheart.ie">https://irishheart.ie</a> 01 6685001 or email <a href="mailto:info@irishheart.ie">info@irishheart.ie</a></p> <p><b>National Infertility Support and Information Group</b> Voluntary organization that empowers people to contemplate real choices to guide them through their infertility journey. <a href="https://nisig.com">https://nisig.com</a> 087 7975058 (anytime) or email <a href="mailto:nisigireland@gmail.com">nisigireland@gmail.com</a></p> <p><a href="http://Sexualwellbeing.ie">Sexualwellbeing.ie</a></p>
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	<p>HSE website with information about contraception, fertility and pregnancy, STIs, emergency contraception and more.</p> <p><b>Parentline</b> National, confidential helpline that offers parents support, information, and guidance on all aspects of being a parent and any parenting issues. Call 1890 927277 or (01) 8733500</p>
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## SPIRITUAL WELLBEING

Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.

### Spiritual Advisor

#### Reiki therapist

For e.g. [www.reikifederationireland.com](http://www.reikifederationireland.com)

**National 24/7 Contact Number for Mental Health Support**  
1800 111 888

#### HelpGuide

Provides empowering, evidence-based information that you can use to help yourself and your loved ones.

[www.helpguide.org](http://www.helpguide.org)

#### Centre for Mindfulness Ireland

Offers a range of mindfulness programs and retreats.

<https://www.cfmi.ie>

086 812 2354 or email [info@cfmi.ie](mailto:info@cfmi.ie)

#### The Sanctuary

Provides access to a broad range of mindfulness services and resources including free online meditation and Reiki Healing sessions.

[www.sanctuary.ie](http://www.sanctuary.ie)

01 670 5419 or email [enquiries@sanctuary.ie](mailto:enquiries@sanctuary.ie)

#### Irish Hospice Foundation

National charity dedicated to providing end-of-life and bereavement care as well as support services for families and loved ones, including access to a Bereavement Support Line.

<https://hospicefoundation.ie>

1 800 807 077 (Bereavement Support Line)

01 679 3188 or email [info@hospicefoundation.ie](mailto:info@hospicefoundation.ie)

#### Headspace

Hundreds of guided meditations on everything from managing stress and everyday anxiety to sleep, focus, and mind-body health.

[www.headspace.com](http://www.headspace.com)

#### Calm

The number one app for sleep, meditation and relaxation, with over 100 million downloads and over 1.5 million 5-star reviews.

[www.calm.com](http://www.calm.com)

	<p><b>Volunteer Ireland</b></p> <p>National volunteer development organization and a support body for all local Volunteer Centers in Ireland. They believe that people can fulfill their potential through volunteering and that volunteering contributes to healthier and more resilient communities.</p> <p><a href="http://www.volunteer.ie">www.volunteer.ie</a> (01) 636 9446 or email <a href="mailto:info@volunteer.ie">info@volunteer.ie</a></p> <p><b>Fettle</b></p> <p>A safe and affordable space of trusted and experienced therapists that's superpowered by technology.</p> <p><a href="http://www.fettle.ie">www.fettle.ie</a> 01 912 0367</p>
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#### SOCIAL WELLBEING

Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.

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#### **Life coach**

[www.coachingatlas.ie](http://www.coachingatlas.ie)

#### **National 24/7 Contact Number for Mental Health Support**

1800 111 888

#### **Healthy Ireland – HSE**

Provides information about how you can manage some common conditions and make small changes to your daily life to improve your health and your life.

[www.hse.ie/eng/health/hl](http://www.hse.ie/eng/health/hl)

#### **HelpGuide**

Provides empowering, evidence-based information that you can use to help yourself and your loved ones.

[www.helpguide.org](http://www.helpguide.org)

#### **Rotary International**

A global network of 1.2 million people who see a world where people unite and take action to create lasting change. As a member, you can share ideas, make plans, hear from the

	<p>community, and catch up with friends during club programs that fuel the impact Rotary International makes.  <a href="http://www.rotary.org">www.rotary.org</a></p> <p><b>Gamblers Anonymous</b>  A fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from a gambling problem.  <a href="https://gamblersanonymous.ie">https://gamblersanonymous.ie</a>  01 872 1133 or email <a href="mailto:info@gamblersanonymous.ie">info@gamblersanonymous.ie</a>.</p> <p><b>Problem Gambling Ireland</b>  Provides a suite of supports, resources, and referral pathways for problem gamblers and their families.  <a href="http://www.problemgambling.ie">www.problemgambling.ie</a>  Text 089 241 5401 to arrange a call-back or email <a href="mailto:info@problemgambling.ie">info@problemgambling.ie</a></p> <p><b>Men's Sheds</b>  A community-based project where men can come together to learn, share skills, and make long-lasting friendships together.  <a href="http://www.menssheds.ie">www.menssheds.ie</a></p> <p><b>Social Anxiety Ireland</b>  Provides resources and informative advice on social anxiety. A treatment group is also offered.  <a href="http://www.socialanxietyireland.com">www.socialanxietyireland.com</a>  Contact Senior Clinical Psychologist Odhran McCarthy at 085 216 8981</p> <p><b>SpunOut.ie</b>  Provides information on a range of different topics broken down into sections: education, employment, health, life, and opinion. For young people between 16 and 25 years old.  <a href="https://spunout.ie">https://spunout.ie</a></p> <p><b>Meetup</b>  Platform for finding and building local communities. Meet new people, learn new things, find support, get out of your comfort zone, and pursue your passions, together.  <a href="http://www.meetup.com">www.meetup.com</a></p> <p><b>Volunteer Ireland</b>  National volunteer development organization and a support body for all local Volunteer Centers in Ireland. They believe that</p>
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	<p>people can fulfil their potential through volunteering and that volunteering contributes to healthier and more resilient communities.</p> <p><a href="http://www.volunteer.ie">www.volunteer.ie</a> (01) 636 9446 or email <a href="mailto:info@volunteer.ie">info@volunteer.ie</a></p> <p><b>Parentline</b> National, confidential helpline that offers parents support, information, and guidance on all aspects of being a parent and any parenting issues. Call 1890 927277 or (01) 8733500</p>
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#### FINANCIAL WELLBEING

Understanding your financial situation in order to make the most of what you have in day-to-day life and in planning for your future.

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#### Financial advisor

For e.g. [www.ccpc.ie](http://www.ccpc.ie)

#### Bank or credit union

#### MABS Helpline

Provides advice and support on money management and debt issues, and self-help materials free of charge. Confidential and anonymous.

[www.mabs.ie](http://www.mabs.ie)

0761 07 2000

#### Department of Employment Affairs and Social Protection

Provides income supports, employment services, and other services for a wide range audiences.

[www.gov.ie](http://www.gov.ie)

01 704 3000

#### Gamblers Anonymous

A fellowship of men and women who share their experience, strength, and hope with each other that they may solve their

	<p>common problem and help others to recover from a gambling problem.</p> <p><a href="https://gamblersanonymous.ie">https://gamblersanonymous.ie</a> 01 872 1133 or email <a href="mailto:info@gamblersanonymous.ie">info@gamblersanonymous.ie</a>.</p> <p><b>Problem Gambling Ireland</b> Provides a suite of supports, resources, and referral pathways for problem gamblers and their families. <a href="http://www.problemgambling.ie">www.problemgambling.ie</a> Text 089 241 5401 to arrange a call-back or email <a href="mailto:info@problemgambling.ie">info@problemgambling.ie</a></p> <p><b>One Family</b> Offers support services to single parents in a family-centered way through times of change and difficulty, as well as supporting those experiencing a crisis pregnancy. <a href="https://onefamily.ie">https://onefamily.ie</a></p> <p><b>Citizens Information</b> Provides free, impartial information, advice, and advocacy from more than 215 locations around the country. <a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a> 0761 07 4000, Monday to Friday, 9 a.m. to 8 p.m.</p> <p><b>Bonkers.ie</b> Irish website that allows you to compare prices and switch across a range of energy, broadband, mortgage, and insurance providers, meaning you can save on all your household bills in one place. <a href="http://www.bonkers.ie">www.bonkers.ie</a></p> <p><b>Fettle</b> A safe and affordable space of trusted and experienced therapists that's superpowered by technology. <a href="http://www.fettle.ie">www.fettle.ie</a> 01 912 0367</p>
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## WORK AND CAREER

Working productively and fruitfully, feeling fulfilled, motivated and maintaining a healthy work-life balance.

### HR Team/Line Manager

#### Career counselor

For e.g. [www.careersportal.ie](http://www.careersportal.ie)

#### Education and Training Boards Ireland (ETBI)

Offering includes education resources, HR, IR, and legal support, and various training programmes.

[www.etbi.ie](http://www.etbi.ie)

045 901 070 or email [info@etbi.ie](mailto:info@etbi.ie)

#### JobsIreland.ie

[www.jobsireland.ie](http://www.jobsireland.ie)

1 890 800 824 or email [jobsireland@welfare.ie](mailto:jobsireland@welfare.ie)

#### Being at your Best

Provides a range of solutions to support individuals and teams, from a Mumager workshop for Mums returning from maternity leave to bite-sized workshops for working parents and managers.

<https://beingatyourbest.com>

#### Women Returners

Purpose-led consulting, coaching, and network organization with the mission of removing the "Career Break Penalty" by making extended career breaks a normal part of a 40–50 year career.

<https://womenreturners.com>

#### Careersportal.ie

Ireland's National Career Guidance website, providing the most up-to-date and relevant career information and resources to those needing or providing career guidance.

<https://careersportal.ie>

#### Springboard+

Upskilling initiative in higher education that offers free and subsidised courses at certificate, degree, and masters levels, leading to qualifications in areas where there are employment opportunities in the economy.

<https://springboardcourses.ie>

#### Fettle

A safe and affordable space of trusted and experienced therapists that's superpowered by technology.

[www.fettle.ie](http://www.fettle.ie)

	01 912 0367
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