

spunout

BODYWHYS

The Eating Disorders Association of Ireland



LGBT IRELAND

For Inclusion
For Equality
For Everyone

Supporting Lesbian, Gay, Bisexual &
Trans Young People in Ireland



JIGSAW

Young people's
health in mind



Mental Health Ireland


TALK TO US


If things are getting to you

SAMARITANS

 **116 123** FREE
This number is FREE to call round the clock

061 412111

 **0872 609090**

 **samaritans.org**

 **visit us**
Open daily 9am–10pm

For help here in school - email
guidance@mercyballymahon.ie

pieta

A graphic element to the right of the word "pieta" consisting of several orange, teardrop-shaped rays radiating outwards from a central point.

In crisis? Freephone 1800 247 247 Text HELP to 51444