

## Help and Support

Our mission is to ensure that everyone and anyone has access to the help and support that they may need. We also recognize that the struggles we face are individual and very diverse. There is a range of support and services that exist within your organisation and your community. Knowing where to signpost people to is part of the I Am Here journey. We will continually update this resource to ensure that I Am Here Ambassadors have the most up-to-date information.

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 your organisation and in the community.

## 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.

Doctor

Psychologist, therapist, or counsellor

#### **Employee Assistance Programme (EAP) - VHI**

The EAP is your free and confidential support service which provides you with immediate help and support in managing whatever personal or work related issues you are facing, 24/7, 365 days a year. Access counsellors over the phone, arrange a video call or face to face counselling. This service also provides specialist information assistance with legal and financial queries

ROI: 1800 995 956

UK: 0808 178 0912

Dubai: 800 032 0510

Email: [eap@vhics.ie](mailto:eap@vhics.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)

#### **Samaritans**

Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

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

116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

#### **Pieta House**

Provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide.


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

1800 247 247 or text HELP to 51444

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|  | <p><b>Aware</b><br/>Provides emotional and practical support to those affected by depression, bipolar, and related disorders.<br/><a href="http://www.aware.ie">www.aware.ie</a><br/>1800 80 48 48 or email <a href="mailto:supportmail@aware.ie">supportmail@aware.ie</a></p> <p><b>Connect Counselling</b><br/>Free telephone counseling and support service for any adult who has experienced abuse, trauma, or neglect in childhood.<br/><a href="http://www.connectcounselling.ie">www.connectcounselling.ie</a><br/>1800 477 477 or email <a href="mailto:admin@connectcounselling.ie">admin@connectcounselling.ie</a></p> <p><b>OneinFour</b><br/>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.<br/><a href="http://www.oneinfour.ie">www.oneinfour.ie</a><br/>01 662 4070 or email <a href="mailto:info@oneinfour.org">info@oneinfour.org</a></p> <p><b>Safe Ireland</b><br/>Provides range of support services for women and children affected by domestic violence and abuse.<br/><a href="https://www.safeireland.ie">https://www.safeireland.ie</a><br/>090 647 9078 or email <a href="mailto:info@safeireland.ie">info@safeireland.ie</a></p> <p><b>Men's Aid Ireland</b><br/>Dedicated service to support men and their families experiencing domestic violence in Ireland.<br/><a href="http://www.mensaid.ie">www.mensaid.ie</a><br/>01 5543811 or email <a href="mailto:hello@mensaid.ie">hello@mensaid.ie</a></p> <p><b>Women's Aid</b><br/>Provides support and information to women and their children who are being physically, emotionally, and sexually abused in their own homes.<br/><a href="http://www.womensaid.ie">www.womensaid.ie</a><br/>1800 341 900 or email <a href="mailto:info@womensaid.ie">info@womensaid.ie</a></p> <p><b>The Male Advice Line</b><br/>Free phone service for men who have been affected by domestic violence and abuse.<br/><a href="https://mensnetwork.ie/">https://mensnetwork.ie/</a><br/>180081658</p> <p><b>Shine</b></p> |
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|  | <p>National organization providing information and support for people affected by mental health difficulties.<br/> <a href="https://shine.ie">https://shine.ie</a><br/> 01 541 3715 or email <a href="mailto:info@shine.ie">info@shine.ie</a></p> <p><b>My Mind</b><br/> 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.<br/> <a href="https://mymind.org">https://mymind.org</a><br/> 076 680 1060 or email <a href="mailto:hq@mymind.org">hq@mymind.org</a></p> <p><b>Turn2me</b><br/> Provides accessible professional online mental health services to adults and young people over 12 years old.<br/> <a href="https://turn2me.ie">https://turn2me.ie</a></p> <p><b>Self-Compassion.org</b><br/> All-in-one resource for self-compassion. Official website for Dr. Kristin Neff, pioneering self-compassion researcher, author, and teacher.<br/> <a href="https://self-compassion.org">https://self-compassion.org</a></p> <p><b>AsIAm</b><br/> 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.<br/> <a href="https://asiam.ie">https://asiam.ie</a></p> <p><b>LGBT Ireland</b><br/> National support service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends.<br/> <a href="https://lgbt.ie">https://lgbt.ie</a><br/> 1890 929 539 or email <a href="mailto:info@lgbt.ie">info@lgbt.ie</a></p> <p><b>Parentline</b><br/> National, confidential helpline that offers parents support, information, and guidance on all aspects of being a parent and any parenting issues.<br/> Call 1890 927277 or (01) 8733500</p> <p><b>Fettle</b><br/> A safe and affordable space of trusted and experienced therapists that's superpowered by technology.<br/> <a href="http://www.fettle.ie">www.fettle.ie</a></p> |
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| <div data-bbox="266 319 448 504">  </div> <div data-bbox="290 529 423 581"> <p>PHYSICAL<br/>HEALTH</p> </div> <div data-bbox="198 655 534 865"> <p>Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep, and sufficient hydration.</p> </div> | <div data-bbox="914 308 1015 338"> <p>Doctor</p> </div> <div data-bbox="742 378 1190 409"> <p>Physiotherapist/massage therapist</p> </div> <div data-bbox="826 447 1104 478"> <p>Dietician/nutritionist</p> </div> <div data-bbox="857 516 1071 548"> <p>Personal trainer</p> </div> <div data-bbox="586 585 1346 653"> <p><b>National 24/7 Contact Number for Mental Health Support</b><br/>1800 111 888</p> </div> <div data-bbox="816 690 1110 724"> <p><b>Healthy Ireland – HSE</b></p> </div> <div data-bbox="558 726 1375 829"> <p>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> </div> <div data-bbox="794 831 1135 865"> <p><a href="http://www.hse.ie/eng/health/hl">www.hse.ie/eng/health/hl</a></p> </div> <div data-bbox="888 900 1039 934"> <p><b>HelpGuide</b></p> </div> <div data-bbox="558 934 1375 1003"> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones.</p> </div> <div data-bbox="834 1005 1092 1039"> <p><a href="http://www.helpguide.org">www.helpguide.org</a></p> </div> <div data-bbox="904 1077 1024 1106"> <p><b>Al-Anon</b></p> </div> <div data-bbox="579 1110 1351 1180"> <p>Offers understanding and support for families and friends of problem drinkers in an anonymous environment.</p> </div> <div data-bbox="800 1180 1130 1213"> <p><a href="http://www.al-anon-ireland.org">www.al-anon-ireland.org</a></p> </div> <div data-bbox="742 1213 1234 1249"> <p>(01) 8732699 or email <a href="mailto:info@alanon.ie">info@alanon.ie</a></p> </div> <div data-bbox="812 1287 1118 1323"> <p><b>Alcoholics Anonymous</b></p> </div> <div data-bbox="571 1323 1359 1428"> <p>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.</p> </div> <div data-bbox="771 1430 1157 1461"> <p><a href="http://www.alcoholicsanonymous.ie">www.alcoholicsanonymous.ie</a></p> </div> <div data-bbox="636 1461 1294 1497"> <p>01 842 0700 or email <a href="mailto:gso@alcoholicsanonymous.ie">gso@alcoholicsanonymous.ie</a></p> </div> <div data-bbox="708 1530 1222 1566"> <p><b>HSE National Drugs &amp; Alcohol Helpline</b></p> </div> <div data-bbox="558 1566 1372 1671"> <p>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.</p> </div> <div data-bbox="870 1673 1057 1707"> <p><a href="http://www.drugs.ie">www.drugs.ie</a></p> </div> <div data-bbox="712 1705 1218 1743"> <p>1800 459 459 or email <a href="mailto:helpline@hse.ie">helpline@hse.ie</a></p> </div> <div data-bbox="597 1776 1331 1812"> <p><b>Bodywhys – The Eating Disorders Association of Ireland</b></p> </div> <div data-bbox="565 1810 1365 1881"> <p>National voluntary organization supporting people affected by eating disorders.</p> </div> <div data-bbox="841 1881 1086 1917"> <p><a href="http://www.bodywhys.ie">www.bodywhys.ie</a></p> </div> |
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|  | <p>1890 200 444 or email <a href="mailto:alex@bodywhys.ie">alex@bodywhys.ie</a></p> <p><b>Connect Counselling</b><br/> Provides a free telephone counseling and support service for any adult who has experienced abuse, trauma, or neglect in childhood.<br/> <a href="http://www.connectcounselling.ie">www.connectcounselling.ie</a><br/> 1800 477 477 or email <a href="mailto:admin@connectcounselling.ie">admin@connectcounselling.ie</a></p> <p><b>Safe Ireland</b><br/> Provides range of support services for women and children affected by domestic violence and abuse.<br/> <a href="https://www.safeireland.ie">https://www.safeireland.ie</a><br/> 090 647 9078 or Email <a href="mailto:info@safeireland.ie">info@safeireland.ie</a></p> <p><b>The Male Advice Line</b><br/> Free phone service for men who have been affected by domestic violence and abuse.<br/> <a href="https://mensnetwork.ie/">https://mensnetwork.ie/</a><br/> 180081658</p> <p><b>The Menopause Hub</b><br/> Ireland's first and only dedicated menopause clinic. A specialist support team with over 40 years of experience.<br/> <a href="http://www.themenopausehub.ie">www.themenopausehub.ie</a><br/> (01) 210 7948 or email <a href="mailto:info@themenopausehub.ie">info@themenopausehub.ie</a></p> <p><b>Irish Cancer Society</b><br/> A community determined to help anyone affected by cancer in Ireland.<br/> <a href="http://www.cancer.ie">www.cancer.ie</a><br/> 1800 200 700 or email <a href="mailto:supportline@irishcancer.ie">supportline@irishcancer.ie</a></p> <p><b>Diabetes Ireland</b><br/> Provides support, education, and motivation to everyone affected by diabetes.<br/> <a href="http://www.diabetes.ie">www.diabetes.ie</a><br/> 01 842 8118 or email <a href="mailto:info@diabetes.ie">info@diabetes.ie</a></p> <p><b>Irish Heart Foundation</b><br/> National charity in Ireland supporting people affected by heart disease and stroke, founded in 1966.<br/> <a href="https://irishheart.ie">https://irishheart.ie</a><br/> 01 6685001 or email <a href="mailto:info@irishheart.ie">info@irishheart.ie</a></p> <p><b>National Infertility Support and Information Group</b></p> |
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|  | <p>Voluntary organization that empowers people to contemplate real choices to guide them through their infertility journey.<br/><a href="https://nisig.com">https://nisig.com</a><br/>087 7975058 (anytime) or email <a href="mailto:nisigireland@gmail.com">nisigireland@gmail.com</a></p> <p><b>Sexualwellbeing.ie</b><br/>HSE website with information about contraception, fertility and pregnancy, STIs, emergency contraception and more.</p> <p><b>Parentline</b><br/>National, confidential helpline that offers parents support, information, and guidance on all aspects of being a parent and any parenting issues.<br/>Call 1890 927277 or (01) 8733500</p> |
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| <div data-bbox="269 315 451 497" data-label="Image">  </div> <div data-bbox="280 525 436 577" data-label="Section-Header"> <p><b>SPIRITUAL<br/>WELLBEING</b></p> </div> <div data-bbox="198 653 522 829" data-label="Text"> <p>Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.</p> </div> | <div data-bbox="862 306 1066 340" data-label="Text"> <p>Spiritual leader</p> </div> <div data-bbox="867 375 1063 409" data-label="Text"> <p>Reiki therapist</p> </div> <div data-bbox="583 478 1347 548" data-label="Text"> <p><b>National 24/7 Contact Number for Mental Health Support</b><br/>1800 111 888</p> </div> <div data-bbox="888 583 1039 619" data-label="Section-Header"> <p><b>HelpGuide</b></p> </div> <div data-bbox="557 619 1375 690" data-label="Text"> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones.</p> </div> <div data-bbox="834 688 1094 726" data-label="Text"> <p><a href="http://www.helpguide.org">www.helpguide.org</a></p> </div> <div data-bbox="760 758 1169 793" data-label="Section-Header"> <p><b>Centre for Mindfulness Ireland</b></p> </div> <div data-bbox="625 793 1305 829" data-label="Text"> <p>Offers a range of mindfulness programs and retreats.</p> </div> <div data-bbox="831 829 1097 865" data-label="Text"> <p><a href="https://www.cfmi.ie">https://www.cfmi.ie</a></p> </div> <div data-bbox="734 863 1196 898" data-label="Text"> <p>086 812 2354 or email <a href="mailto:info@cfmi.ie">info@cfmi.ie</a></p> </div> <div data-bbox="863 932 1062 970" data-label="Section-Header"> <p><b>The Sanctuary</b></p> </div> <div data-bbox="576 968 1354 1073" data-label="Text"> <p>Provides access to a broad range of mindfulness services and resources including free online meditation and Reiki Healing sessions.</p> </div> <div data-bbox="844 1075 1083 1110" data-label="Text"> <p><a href="http://www.sanctuary.ie">www.sanctuary.ie</a></p> </div> <div data-bbox="670 1108 1258 1144" data-label="Text"> <p>01 670 5419 or email <a href="mailto:enquiries@sanctuary.ie">enquiries@sanctuary.ie</a></p> </div> <div data-bbox="886 1178 1042 1215" data-label="Section-Header"> <p><b>Headspace</b></p> </div> <div data-bbox="566 1213 1364 1318" data-label="Text"> <p>Hundreds of guided meditations on everything from managing stress and everyday anxiety to sleep, focus, and mind-body health.</p> </div> <div data-bbox="823 1318 1104 1354" data-label="Text"> <p><a href="http://www.headspace.com">www.headspace.com</a></p> </div> <div data-bbox="922 1388 1003 1423" data-label="Section-Header"> <p><b>Calm</b></p> </div> <div data-bbox="560 1423 1370 1495" data-label="Text"> <p>The number one app for sleep, meditation and relaxation, with over 100 million downloads and over 1.5 million 5-star reviews.</p> </div> <div data-bbox="860 1495 1066 1528" data-label="Text"> <p><a href="http://www.calm.com">www.calm.com</a></p> </div> <div data-bbox="842 1633 1084 1669" data-label="Section-Header"> <p><b>Volunteer Ireland</b></p> </div> <div data-bbox="557 1669 1375 1843" data-label="Text"> <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> </div> <div data-bbox="844 1843 1083 1879" data-label="Text"> <p><a href="http://www.volunteer.ie">www.volunteer.ie</a></p> </div> <div data-bbox="699 1877 1232 1915" data-label="Text"> <p>(01) 636 9446 or email <a href="mailto:info@volunteer.ie">info@volunteer.ie</a></p> </div> |
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|  | <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></p> <p>01 912 0367</p> |
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| <div data-bbox="276 315 454 493" data-label="Image">  </div> <div data-bbox="292 525 438 588" data-label="Section-Header"> <p><b>SOCIAL<br/>WELLBEING</b></p> </div> <div data-bbox="203 619 535 945" data-label="Text"> <p>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.</p> </div> | <div data-bbox="876 304 1055 346" data-label="Text"> <p>Social worker</p> </div> <div data-bbox="820 367 1112 409" data-label="Text"> <p>Relationship counselor</p> </div> <div data-bbox="901 441 1031 483" data-label="Text"> <p>Life coach</p> </div> <div data-bbox="584 514 1347 588" data-label="Text"> <p><b>National 24/7 Contact Number for Mental Health Support</b><br/>1800 111 888</p> </div> <div data-bbox="820 619 1112 661" data-label="Section-Header"> <p><b>Healthy Ireland – HSE</b></p> </div> <div data-bbox="560 661 1372 798" data-label="Text"> <p>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.<br/><a href="http://www.hse.ie/eng/health/hl">www.hse.ie/eng/health/hl</a></p> </div> <div data-bbox="893 829 1039 871" data-label="Section-Header"> <p><b>HelpGuide</b></p> </div> <div data-bbox="560 871 1372 976" data-label="Text"> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones.<br/><a href="http://www.helpguide.org">www.helpguide.org</a></p> </div> <div data-bbox="828 997 1104 1039" data-label="Section-Header"> <p><b>Rotary International</b></p> </div> <div data-bbox="560 1039 1372 1249" data-label="Text"> <p>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 community, and catch up with friends during club programs that fuel the impact Rotary International makes.<br/><a href="http://www.rotary.org">www.rotary.org</a></p> </div> <div data-bbox="820 1281 1112 1323" data-label="Section-Header"> <p><b>Gamblers Anonymous</b></p> </div> <div data-bbox="576 1323 1356 1533" data-label="Text"> <p>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.<br/><a href="https://gamblersanonymous.ie">https://gamblersanonymous.ie</a><br/>01 872 1133 or email <a href="mailto:info@gamblersanonymous.ie">info@gamblersanonymous.ie</a>.</p> </div> <div data-bbox="787 1564 1144 1606" data-label="Section-Header"> <p><b>Problem Gambling Ireland</b></p> </div> <div data-bbox="576 1606 1356 1774" data-label="Text"> <p>Provides a suite of supports, resources, and referral pathways for problem gamblers and their families.<br/><a href="http://www.problemgambling.ie">www.problemgambling.ie</a><br/>Text 089 241 5401 to arrange a call-back or email <a href="mailto:info@problemgambling.ie">info@problemgambling.ie</a></p> </div> <div data-bbox="885 1806 1047 1848" data-label="Section-Header"> <p><b>Men's Sheds</b></p> </div> <div data-bbox="576 1848 1356 1921" data-label="Text"> <p>A community-based project where men can come together to learn, share skills, and make long-lasting friendships together.</p> </div> |
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|  | <p><a href="http://www.menssheds.ie">www.menssheds.ie</a></p> <p><b>Social Anxiety Ireland</b><br/>Provides resources and informative advice on social anxiety. A treatment group is also offered.<br/><a href="http://www.socialanxietyireland.com">www.socialanxietyireland.com</a><br/>Contact Senior Clinical Psychologist Odhran McCarthy at 085 216 8981</p> <p><b>SpunOut.ie</b><br/>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.<br/><a href="https://spunout.ie">https://spunout.ie</a></p> <p><b>Meetup</b><br/>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.<br/><a href="http://www.meetup.com">www.meetup.com</a></p> <p><b>Volunteer Ireland</b><br/>National volunteer development organization and a support body for all local Volunteer Centers in Ireland. They believe that people can fulfil their potential through volunteering and that volunteering contributes to healthier and more resilient communities.<br/><a href="http://www.volunteer.ie">www.volunteer.ie</a><br/>(01) 636 9446 or email <a href="mailto:info@volunteer.ie">info@volunteer.ie</a></p> <p><b>Parentline</b><br/>National, confidential helpline that offers parents support, information, and guidance on all aspects of being a parent and any parenting issues.<br/>Call 1890 927277 or (01) 8733500</p> <p>Online apps and resources</p> |
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| <div data-bbox="274 317 456 520">  </div> <div data-bbox="289 531 441 583"> <p>FINANCIAL<br/>WELLBEING</p> </div> <div data-bbox="198 634 535 844"> <p>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.</p> </div> | <div data-bbox="852 308 1075 340"> <p>Financial advisor</p> </div> <div data-bbox="833 378 1097 409"> <p>Bank or credit union</p> </div> <div data-bbox="860 480 1068 516"> <p><b>MABS Helpline</b></p> </div> <div data-bbox="573 516 1360 621"> <p>Provides advice and support on money management and debt issues, and self-help materials free of charge. Confidential and anonymous.</p> </div> <div data-bbox="873 621 1055 655"> <p><a href="http://www.mabs.ie">www.mabs.ie</a></p> </div> <div data-bbox="868 653 1060 686"> <p>0761 07 2000</p> </div> <div data-bbox="589 724 1341 760"> <p><b>Department of Employment Affairs and Social Protection</b></p> </div> <div data-bbox="587 758 1343 829"> <p>Provides income supports, employment services, and other services for a wide range audiences.</p> </div> <div data-bbox="883 829 1044 865"> <p><a href="http://www.gov.ie">www.gov.ie</a></p> </div> <div data-bbox="876 863 1052 896"> <p>01 704 3000</p> </div> <div data-bbox="815 934 1114 970"> <p><b>Gamblers Anonymous</b></p> </div> <div data-bbox="573 968 1357 1108"> <p>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.</p> </div> <div data-bbox="764 1108 1166 1146"> <p><a href="https://gamblersanonymous.ie">https://gamblersanonymous.ie</a></p> </div> <div data-bbox="633 1144 1294 1180"> <p>01 872 1133 or email <a href="mailto:info@gamblersanonymous.ie">info@gamblersanonymous.ie</a>.</p> </div> <div data-bbox="787 1213 1140 1251"> <p><b>Problem Gambling Ireland</b></p> </div> <div data-bbox="571 1249 1360 1320"> <p>Provides a suite of supports, resources, and referral pathways for problem gamblers and their families.</p> </div> <div data-bbox="794 1320 1131 1356"> <p><a href="http://www.problemgambling.ie">www.problemgambling.ie</a></p> </div> <div data-bbox="643 1354 1286 1390"> <p>Text 089 241 5401 to arrange a call-back or email</p> </div> <div data-bbox="794 1388 1131 1425"> <p><a href="mailto:info@problemgambling.ie">info@problemgambling.ie</a></p> </div> <div data-bbox="883 1459 1044 1495"> <p><b>One Family</b></p> </div> <div data-bbox="573 1495 1357 1602"> <p>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.</p> </div> <div data-bbox="831 1600 1094 1635"> <p><a href="https://onefamily.ie">https://onefamily.ie</a></p> </div> <div data-bbox="824 1703 1104 1738"> <p><b>Citizens Information</b></p> </div> <div data-bbox="560 1738 1370 1810"> <p>Provides free, impartial information, advice, and advocacy from more than 215 locations around the country.</p> </div> <div data-bbox="782 1808 1146 1845"> <p><a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a></p> </div> <div data-bbox="649 1843 1278 1879"> <p>0761 07 4000, Monday to Friday, 9 a.m. to 8 p.m.</p> </div> |
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|  | <p><b>Bonkers.ie</b></p> <p>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.</p> <p><a href="http://www.bonkers.ie">www.bonkers.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></p> <p>01 912 0367</p> <p>Online apps and resources</p> |
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#### WORK AND CAREER

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

Career counselor

#### 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