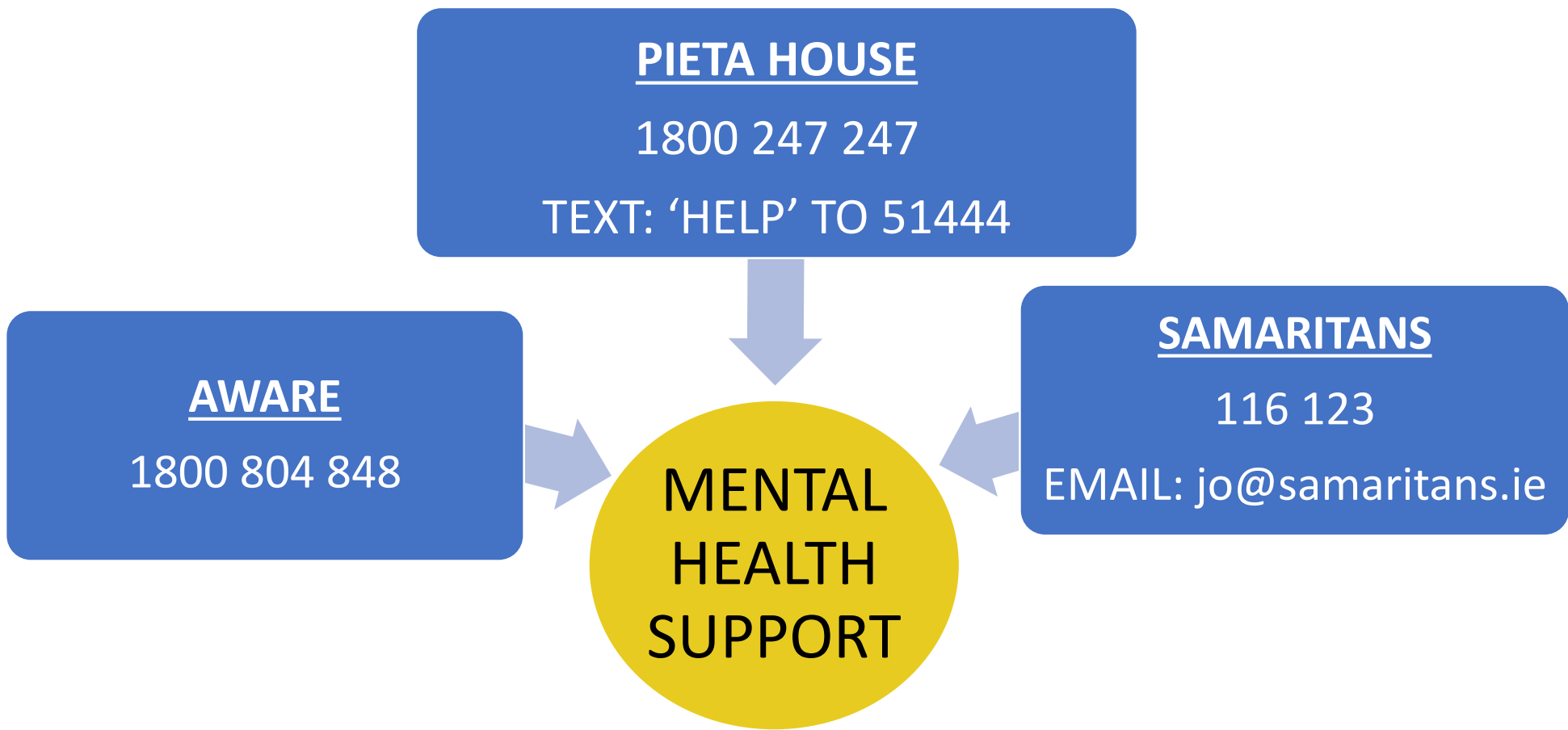


# Need to talk?

## Help is a phone call away



**CHILDLINE**  
1800 666 666  
Text **BULLY** or **TALK** or **HELP** to 50101

**TEENLINE**  
1800 833 634

**BODYWHYS**  
(EATING DISORDERS)  
01 2107906

**RAPE CRISIS**  
**HELPLINE**  
1800 77 88 88

**LGBT HELPLINE**  
1890 929 539

**USEFUL WEBSITES**  
[www.jigsaw.ie](http://www.jigsaw.ie)  
[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)  
[www.headstrong.ie](http://www.headstrong.ie)  
[www.belongto.org](http://www.belongto.org)  
[www.spunout.ie](http://www.spunout.ie)  
[www.reachout.com](http://www.reachout.com)  
[www.watchyourspace.ie](http://www.watchyourspace.ie)

**SOUTHDOC**  
1850 335 999

**EMERGENCY**  
**SERVICES**  
999/112