



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.

Remember, your mental health and wellbeing is as important as anyone else's. You too have access to help and support when needed.

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 internally 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 Programme (EAP)

Access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs.

Freephone 1800 201 346

Doctor

Psychologist, therapist or counselor

For e.g. www.iacp.ie

HelpGuide

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

www.helpguide.org

Gamblers Anonymous

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.

www.gamblersanonymous.ie

01 872 1133 or Email info@gamblersanonymous.ie.

HSE Drugs & Alcohol Helpline

This confidential service has both a freephone Helpline and an email support service.

[HSE Drugs & Alcohol Helpline](http://www.hse.ie/helpline)

1800 459 459 or Email helpline@hse.ie

Alcoholics Anonymous Ireland

Alcoholics Anonymous is 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.

www.alcoholicsanonymous.ie

[01 842 0700](tel:018420700) or Email gso@alcoholicsanonymous.ie

Safe Ireland

Provides range of support services for women and children affected by domestic violence and abuse.

www.safeireland.ie

090 647 9078 or Email info@safeireland.ie

	<p style="text-align: center;">Samaritans Provides emotional support to anyone in emotional distress, struggling to cope or at risk of suicide. www.samaritans.org 116 123 or email jo@samaritans.org</p> <p style="text-align: center;">Pieta House Provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide. www.pieta.ie 1800 247 247 or Text HELP to 51444</p> <p style="text-align: center;">Crisis Text Ireland www.text50808.ie Text Hello to 50808</p> <p style="text-align: center;">Your Mental Health www.yourmentalhealth.ie</p> <p style="text-align: center;">Aware www.aware.ie</p> <p style="text-align: center;">Mental Help www.mentalhelp.ie</p> <p style="text-align: center;">Online apps and resources</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 Programme (EAP)

Access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs.

Freephone 1800 201 346

Doctor

Personal Trainer

Physiotherapist/Massage therapist

For e.g. www.iscp.ie

Dietician/Nutritionist/Nutritional therapist

www.indi.ie

www.ntoi.ie

HelpGuide

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

www.helpguide.org

Safe Ireland

Provides range of support services for women and children affected by domestic violence and abuse.

www.safeireland.ie

090 647 9078 or Email info@safeireland.ie

Online apps and resources



**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

HelpGuide

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

www.helpguide.org

Centre for Mindfulness Ireland

Offers a range of mindfulness programmes and retreats.

www.cfmi.ie

086 812 2354 or Email 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

01 670 5419 or Email 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.

www.hospicefoundation.ie

1 800 807 077 (Bereavement Support Line)

01 679 3188 or Email info@hospicefoundation.ie

Online apps and resources



**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.

Fáilte Ireland's Employee Assistance Programme (EAP)

Access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs.

Freephone 1800 201 346

Life coach

www.coachingatlas.ie

HelpGuide

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

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 community, and catch up with friends during club programs that fuel the impact Rotary International makes.

www.rotary.org

Gamblers Anonymous

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.

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	<p style="text-align: center;">Safe Ireland Provides range of support services for women and children affected by domestic violence and abuse. www.safeireland.ie 090 647 9078 or Email info@safeireland.ie</p> <p style="text-align: center;">Men's Sheds www.menssheds.ie</p> <p style="text-align: center;">Social Anxiety Ireland www.socialanxietyireland.com</p> <p style="text-align: center;">Online apps and resources</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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Access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs.

Freephone 1800 201 346

Financial advisor

For e.g. www.ccpc.ie

Bank or credit union

MABS Helpline

Provides advice and support on money management and debt issues as well as self-help materials free of charge.

Confidential and anonymous.

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 of audiences.

www.gov.ie

01 704 3000

Online apps and resources



**WORK AND
CAREER**

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

HR Team/Line Manager

Career counselor

For e.g. 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

045 901 070 or Email info@etbi.ie

JobsIreland.ie

www.jobsireland.ie

1 890 800 824 or Email jobsireland@welfare.ie

Online apps and resources