



Helpline Resources

At Authentic Youth, we know our limitations. There are a lot of organisations out there that can provide advice and assistance in specialised areas. See below for a variety of agencies that can help you if you feel you need it. Don't try and do it alone, someone will always be there for you.

CHILDLINE

Childline is 24-hour service for children and young people up to 18 years of age open 365 days a year. Calls to Childline are confidential and they don't have caller ID or trace any calls. It won't cost you anything to call Childline and their number won't show up on the phone bill.

www.childline.ie Phone: 1800 66 66 66

BODYWHYS

The Eating Disorders Association of Ireland: www.bodywhys.ie Phone: 1890 200 444
email: alex@bodywhys.ie

SAMARITANS

Things on your mind? Samaritans are open 24/7, providing confidential non-judgemental emotional support, for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

www.samaritans.org Phone: 1850 60 90 90

BULLYING ISSUES

Stop bullying in Irish Schools. This website will give you tips on how to try stop bullying which happens all over Ireland. www.antibullyingireland.nfshost.com

TEENLINE

For when you just need someone to listen. <http://www.teenline.ie>

Phone: 1800 833 634 7PM-10PM

SPUNOUT

Information on all aspects of teen life from greasy hair, to addiction, to personal safety.

www.spunout.ie

HEADSUP

Information on where to go for help in a crisis is now available through your mobile phone – just text the word HeadsUp to 50424

TALK TO FRANK

All the facts on Drugs and Drug Abuse. An A - Z of drugs! <http://www.talktofrank.com/>

Email: frank@talktofrank.com

IRISH ASSOCIATION OF CHRISTIAN COUNSELLORS Talk to someone who appreciates the issues you are facing through a Christian perspective <http://www.iacc.ie/> Phone: 01-8749676 Email: info@iacc.ie