

## Important telephone numbers

### 24/7 National Crisis Helplines:

**In an Emergency** please dial **112** or **999** when someone is:  
**seriously ill / injured / at risk of dying**

This will connect you with the National Ambulance Service, An Garda Síochána (the police), the Fire Services, Irish Coast Guard and others. Additional information about these and other services is available online at:

[www.emergency-services.ie/about-us](http://www.emergency-services.ie/about-us)

### Childline

Ireland's only 24 hour active listening service for young people up to the age of 18.

**Tel: 1800 666 666** (24 hour free helpline)

Free text **50101**

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

 [ISPCChildline](https://www.facebook.com/ISPCChildline)  [ISPCChildline](https://twitter.com/ISPCChildline)  [childlinebyispc](https://www.instagram.com/childlinebyispc)

### TeenLine

The Childline Listening Service is the national listening service for children and young people in Ireland.

**Tel: 1800 833 634** (24 hour free helpline)

[www.ispcc.ie/teenline](http://www.ispcc.ie/teenline)

 [Teenline](https://www.facebook.com/Teenline)  [Teenlineireland](https://twitter.com/Teenlineireland)  [teenlineireland](https://www.instagram.com/teenlineireland)

### Women's Aid

Leading national organisation working in Ireland to stop domestic violence against women and children.

**Tel: 1800 341 900**

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

 [womensaid.ie](https://www.facebook.com/womensaid)  [Womens\\_Aid](https://twitter.com/Womens_Aid)  [womensaid](https://www.instagram.com/womensaid)

### Dublin Rape Crisis Centre

To prevent the harm and heal the trauma of rape and other forms of sexual violence.

**Tel: 1800 77 88 88**

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

 [dublinrapecrisiscentre](https://www.facebook.com/dublinrapecrisiscentre)  [DublinRCC](https://twitter.com/DublinRCC)  [dublinrapecrisis](https://www.instagram.com/dublinrapecrisis)

### Samaritans

Offering emotional support 24 hours a day, 365 days a year, to anyone who is in distress, lonely, struggling to cope or feeling suicidal.

**Tel: 116 123** (24 hour free helpline)

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

 [samaritansirl](https://www.facebook.com/samaritansirl)  [SamaritansIRL](https://twitter.com/SamaritansIRL)

### Pieta

Supports people and communities in crisis by providing freely accessible, professional services to all.

**Tel: 1800 247 247** Text 'Help' to **51444**

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

 [pietahouse](https://www.facebook.com/pietahouse)  [PietaHouse](https://twitter.com/PietaHouse)  [pieta.house](https://www.instagram.com/pieta.house)



01 284 1166

[info@mentalhealthireland.ie](mailto:info@mentalhealthireland.ie)

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

  



087 254 2158

[thrivebalbriggan@mentalhealthireland.ie](mailto:thrivebalbriggan@mentalhealthireland.ie)

  



*Towards happier & healthier lives for all*

**Thrive** is a movement to improve the mental health and wellbeing of our community.



## What is Thrive?

**Thrive** is an international movement which promotes positive mental health and supports communities through engagement and activities that embrace, nurture, and protect our mental health and wellbeing. Thrive was introduced to Ireland in 2021 by Mental Health Ireland.

Our vision is to create a happier and healthier community in Balbriggan



## What is Thrive Balbriggan?

It's a community-led and needs-led initiative which brings together groups, organisations and the people of Balbriggan. Its aim is to promote positive mental health, wellbeing and resilience through activities that benefit the people of Balbriggan.

## What We Do:

- We host **Connect Cafés** for the community
- We get involved in national campaigns such as **Mental Health Ireland's 'Hello, How Are You?'** and **October World Mental Health Month**
- We organise trainings, events & workshops promoting positive mental health
- We encourage conversations about mental health and wellbeing

...& MUCH MORE

Thrive Balbriggan is led by Mental Health Ireland & supported by Fingal County Council.

Involvement is free.

All supporters are volunteers.



## Why join Thrive Balbriggan?

If you would like to get involved, contact Caroline: **087 254 2158**

or email us:

**thrivebalbriggan@mentalhealthireland.ie**



scan me

## Benefits of Involvement

- Meet interesting people who share the same values
- Contribute to your community and find a sense of belonging
- Become involved in projects that bring positive change in Balbriggan

Towards happier & healthier lives for all