**SOME SUPPORT SERVICES**

**Aware - Support & Self Care Groups**

If you, or those with whom you work wish to connect with people in relation to your mental wellbeing, please consider using the Phone In and Zoom Support & Self Care Groups, the Support Line or Support Mail, now and throughout the holiday season. These services provide support, coping skills and information – and most importantly help people who are in distress to know and feel that they are not alone in their experience.  For more information about the groups [**https://www.aware.ie/support/support-groups/**](https://www.aware.ie/support/support-groups/) and all of our services on [**www.aware.ie**](http://www.aware.ie)

**COVID-19 Support Line for Older People**

ALONE manage a national support line and additional supports for older people who have concerns or are facing difficulties relating to COVID-19. Professional staff are available to answer queries and give advice and reassurance where necessary. The support line is open seven days a week, **8am - 8pm, by calling 0818 222 024**.

**ACCORD – Marriage Support Services. www.accord.ie**

**Couples and Relationships Support Line**. Our support line is open Monday to Friday 9am - 8pm where you can speak to an experienced counsellor.

Telephone 01 5313331. Accord CLG Phone: 01 5053112 (Monday-Friday 9am-5pm). Email :[**info@accord.ie**](mailto:info@accord.ie)

**HSE DRUGS AND ALCOHOL HELPLINE**

Call our confidential freephone helpline on 1800 459 459 from Monday to Friday between 9:30 am and 5:30 pm. Email us at any time on[**helpline@hse.ie**](mailto:helpline@hse.ie)

**WOMEN’S AID** – Domestic Violence Against Women. We know what it is like to live in fear. Please call us. **Service 24hrs a day: National Helpline -**  **1800 341 900. www.womensaid.ie**