

# HELPLINE NUMBERS

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|  <p><b>Aware</b><br/>Your supporting light through depression</p>                                 | <p><a href="https://www.aware.ie/support/support-groups/wexford/">https://www.aware.ie/support/support-groups/wexford/</a><br/>1890 303 302 (National Number)</p> |
|  <p><b>SAMARITANS</b></p>   | <p><a href="https://www.samaritans.org/ireland/samaritans-ireland/">https://www.samaritans.org/ireland/samaritans-ireland/</a><br/>1850 606 900</p>               |
|  <p><b>ISPCC</b><br/>Never give up on a child. Ever</p>   | <p><a href="https://www.ispcc.ie/">https://www.ispcc.ie/</a><br/>1800 666 666</p>   |
|  <p><b>Rainbows Ireland</b><br/>Supporting Children with Bereavement and Parental Separation</p> | <p><a href="https://www.rainbowsireland.ie/">https://www.rainbowsireland.ie/</a><br/>Tel:+353 1 4734175</p>   |
|  <p><b>Alcoholics Anonymous Ireland</b></p>   | <p><a href="https://www.alcoholicsanonymous.ie/">https://www.alcoholicsanonymous.ie/</a><br/>+353 1 842 0700</p>  |
|  <p><b>TeenLine</b><br/>IRELAND</p>   | <p>Email: <a href="mailto:info@teenline.ie">info@teenline.ie</a><br/>Phone: 1800 833 634<br/>Website: <a href="http://www.teenline.ie">www.teenline.ie</a></p>    |
|  <p><b>SPUNOUT</b>.ie</p>   | <p>Website: <a href="https://spunout.ie/">https://spunout.ie/</a></p>   |
|  <p><b>CYPSC</b> CHILDREN &amp; YOUNG PEOPLE'S SERVICES COMMITTEES</p>                          | <p><a href="http://www.wexfordcypsc.ie/young-people-and-mental-health">http://www.wexfordcypsc.ie/young-people-and-mental-health</a></p>                          |