



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.

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 within KerrySciTech and Ireland.

Ireland	
<div style="text-align: center;">  <p>EMOTIONAL WELLBEING</p> </div> <p>Being aware of your emotions and feelings. Having the resilience to overcome challenges and the ability to cope with the normal stresses of life.</p>	<p style="text-align: center;">Doctor</p> <p style="text-align: center;">Psychologist, therapist or counsellor</p> <p style="text-align: center;">HelpGuide Provides empowering, evidence-based information that you can use to help yourself and your loved ones. www.helpguide.org</p> <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 1 800 247 247 or text HELP to 51444</p> <p style="text-align: center;">Online apps and resources</p>
<div style="text-align: center;">  <p>PHYSICAL HEALTH</p> </div> <p>Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep and sufficient hydration.</p>	<p style="text-align: center;">Doctor</p> <p style="text-align: center;">Physiotherapist/massage therapist</p> <p style="text-align: center;">Dietician/nutritionist</p> <p style="text-align: center;">Personal trainer</p> <p style="text-align: center;">HelpGuide Provides empowering, evidence-based information that you can use to help yourself and your loved ones. www.helpguide.org</p> <p style="text-align: center;">Safe Ireland Provides range of support services for women and children affected by domestic violence and abuse. https://www.safeireland.ie 090 647 9078 or email info@safeireland.ie</p> <p style="text-align: center;">Online apps and resources</p>

<div data-bbox="272 275 451 453" data-label="Image"> </div> <div data-bbox="289 485 435 537" data-label="Section-Header"> <p>SPIRITUAL WELLBEING</p> </div> <div data-bbox="204 617 532 785" data-label="Text"> <p>Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.</p> </div>	<div data-bbox="867 264 1065 296" data-label="Text"> <p>Priest or cleric</p> </div> <div data-bbox="867 338 1065 369" data-label="Text"> <p>Reiki therapist</p> </div> <div data-bbox="883 407 1049 438" data-label="Section-Header"> <p>HelpGuide</p> </div> <div data-bbox="565 443 1365 506" data-label="Text"> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones.</p> </div> <div data-bbox="834 512 1097 543" data-label="Text"> <p>www.helpguide.org</p> </div> <div data-bbox="732 581 1203 613" data-label="Section-Header"> <p>Centre for Mindfulness Ireland</p> </div> <div data-bbox="586 617 1349 648" data-label="Text"> <p>Offers a range of mindfulness programmes and retreats.</p> </div> <div data-bbox="834 653 1097 684" data-label="Text"> <p>https://www.cfmi.ie</p> </div> <div data-bbox="732 688 1203 720" data-label="Text"> <p>086 812 2354 or email info@cfmi.ie</p> </div> <div data-bbox="850 758 1081 789" data-label="Section-Header"> <p>The Sanctuary</p> </div> <div data-bbox="586 793 1349 856" data-label="Text"> <p>Provides access to a broad range of mindfulness services and resources including free online meditation and Reiki</p> </div> <div data-bbox="850 863 1081 894" data-label="Text"> <p>Healing sessions.</p> </div> <div data-bbox="834 898 1097 930" data-label="Text"> <p>www.sanctuary.ie</p> </div> <div data-bbox="662 934 1268 966" data-label="Text"> <p>01 670 5419 or email enquiries@sanctuary.ie</p> </div> <div data-bbox="769 1003 1162 1035" data-label="Section-Header"> <p>Irish Hospice Foundation</p> </div> <div data-bbox="570 1039 1365 1171" data-label="Text"> <p>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.</p> </div> <div data-bbox="776 1178 1154 1209" data-label="Text"> <p>https://hospicefoundation.ie</p> </div> <div data-bbox="672 1213 1260 1245" data-label="Text"> <p>1 800 807 077 (Bereavement Support Line)</p> </div> <div data-bbox="646 1249 1292 1281" data-label="Text"> <p>01 679 3188 or email info@hospicefoundation.ie</p> </div> <div data-bbox="786 1318 1146 1350" data-label="Text"> <p>Online apps and resources</p> </div>
<div data-bbox="277 1430 456 1608" data-label="Image"> </div> <div data-bbox="293 1646 440 1698" data-label="Section-Header"> <p>SOCIAL WELLBEING</p> </div> <div data-bbox="204 1736 532 1946" data-label="Text"> <p>Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt</p> </div>	<div data-bbox="867 1423 1065 1455" data-label="Text"> <p>Social worker</p> </div> <div data-bbox="802 1493 1130 1524" data-label="Text"> <p>Relationship counsellor</p> </div> <div data-bbox="899 1562 1032 1593" data-label="Text"> <p>Life coach</p> </div> <div data-bbox="802 1631 1130 1663" data-label="Section-Header"> <p>KerrySciTech Events</p> </div> <div data-bbox="695 1667 1243 1698" data-label="Text"> <p>https://kerryscitech.com/event-directory/</p> </div> <div data-bbox="883 1736 1049 1768" data-label="Section-Header"> <p>HelpGuide</p> </div> <div data-bbox="565 1772 1365 1835" data-label="Text"> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones.</p> </div> <div data-bbox="834 1841 1097 1873" data-label="Text"> <p>www.helpguide.org</p> </div>

<p>comfortably to different social situations and act appropriately in a variety of settings.</p>	<p style="text-align: center;">Rotary International</p> <p>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.</p> <p style="text-align: center;">www.rotary.org</p> <p style="text-align: center;">Gamblers Anonymous</p> <p>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.</p> <p style="text-align: center;">https://gamblersanonymous.ie 01 872 1133 or email info@gamblersanonymous.ie.</p> <p style="text-align: center;">Online apps and resources</p>
<div style="text-align: center;">  <p>FINANCIAL WELLBEING</p> </div> <p>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.</p>	<p style="text-align: center;">Financial advisor</p> <p style="text-align: center;">Bank or credit union</p> <p style="text-align: center;">MABS Helpline</p> <p>Provides advice and support on money management and debt issues as well as self-help materials free of charge. Confidential and anonymous.</p> <p style="text-align: center;">www.mabs.ie 0761 07 2000</p> <p style="text-align: center;">Department of Employment Affairs and Social Protection</p> <p>Provides income supports, employment services and other services for a wide range of audiences.</p> <p style="text-align: center;">www.gov.ie 01 704 3000</p> <p style="text-align: center;">Online apps and resources</p>



**WORK AND
CAREER**

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

Career counsellor

KerrySciTech Job Search
<https://kerryscitech.com/jobs-listing/>

KerrySciTech Events
<https://kerryscitech.com/event-directory/>

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