



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 from Fáilte Ireland and externally in Ireland.

Ireland



EMOTIONAL WELLBEING

Being aware of your emotions and feelings. Having the resilience to overcome challenges and the ability to cope with the normal stresses of life.

The Inspire Support Hub
Access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs.

1800 201 346
*Quote Fáilte Ireland

Doctor

Psychologist, therapist or counselor

HelpGuide

Provides empowering, evidence-based information that you can use to help yourself and your loved ones.

www.helpguide.org

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

Pieta House

Provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide.

www.pieta.ie

1800 247 247 or Text HELP to 51444

Online apps and resources



PHYSICAL HEALTH

Making good choices that contribute to better physical health such as keeping active, balanced nutrition,

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Doctor

Physiotherapist/massage therapist

Dietician/nutritionist

Personal trainer

<p>adequate sleep and sufficient hydration.</p>	<p>HelpGuide Provides empowering, evidence-based information that you can use to help yourself and your loved ones. www.helpguide.org</p> <p>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 https://www.safeireland.ie</p> <p>Online apps and resources</p>
 <p>SPIRITUAL WELLBEING</p> <p>Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.</p>	<p>Priest or cleric</p> <p>Reiki therapist</p> <p>HelpGuide Provides empowering, evidence-based information that you can use to help yourself and your loved ones. www.helpguide.org</p> <p>Centre for Mindfulness Ireland Offers a range of mindfulness programmes and retreats. https://www.cfmi.ie 086 812 2354 or Email info@cfmi.ie</p> <p>The Sanctuary Provides access to a broad range of mindfulness services and resources including free online meditation and Reiki Healing sessions. www.sanctuary.ie 01 670 5419 or Email enquiries@sanctuary.ie</p> <p>Irish Hospice Foundation 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. https://hospicefoundation.ie 1 800 807 077 (Bereavement Support Line) 01 679 3188 or Email info@hospicefoundation.ie</p> <p>Online apps and resources</p>

 <p>SOCIAL WELLBEING</p> <p>Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.</p>	<p>The Inspire Support Hub</p> <p>Access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs.</p> <p>1800 201 346</p> <p>*Quote Fáilte Ireland</p> <p>Social worker</p> <p>Relationship counselor</p> <p>Life coach</p> <p>HelpGuide</p> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones.</p> <p>www.helpguide.org</p> <p>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>www.rotary.org</p> <p>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>https://gamblersanonymous.ie 01 872 1133 or Email info@gamblersanonymous.ie.</p> <p>HelpGuide</p> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones.</p> <p>www.helpguide.org</p> <p>Online apps and resources</p>
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 <p>FINANCIAL WELLBEING</p> <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>The Inspire Support Hub Access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs. 1800 201 346 *Quote Fáilte Ireland</p> <p>Financial advisor Bank or credit union</p> <p>MABS Helpline Provides advice and support on money management and debt issues as well as self-help materials free of charge. Confidential and anonymous. www.mabs.ie 0761 07 2000</p> <p>Department of Employment Affairs and Social Protection Provides income supports, employment services and other services for a wide range audience. www.gov.ie 01 704 3000</p> <p>Online apps and resources</p>
 <p>WORK AND CAREER</p> <p>Working productively and fruitfully, feeling fulfilled, motivated and maintaining a healthy work-life balance.</p>	<p>The Inspire Support Hub Access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs. 1800 201 346 *Quote Fáilte Ireland</p> <p>Career counselor</p> <p>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</p> <p>JobsIreland.ie www.jobsireland.ie 1 890 800 824 or Email jobsireland@welfare.ie</p> <p>Online apps and resources</p>