

## 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 Crown Roofing and Ireland.

<b>Ireland</b>	
<div style="text-align: center;">  <p><b>EMOTIONAL WELLBEING</b></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>The Health Assured EAP is a confidential employee benefit designed to help you deal with personal and professional problems that could be affecting your home life or work life, health, and general wellbeing.</p> <p>Health Assured provides mental health support to you and your family members* in a confidential setting and provides a safe place for you to talk.</p> <p>The service provides a complete support network that offers expert advice and compassionate guidance covering a wide range of issues to include to include structured counselling, trauma specific, Cognitive Behaviour Therapy (CBT), legal information, bereavement support, medical information and more.</p> <p>The service is available 24 hours a day, 7 days a week, 365 days a year by calling <b>0800 028 0199</b>.  <b>Email: <a href="mailto:support@healthassured.co.uk">support@healthassured.co.uk</a></b>  <b>Through your My Healthy Advantage App.</b></p> <p><b>Lighthouse Club Construction Industry Helpline</b>            (Crown Roofing and Cladding direct employees and subcontractor support):            UK 0345 605 1956            ROI 1800 939 122</p> <p><b>National 24/7 Contact Number For Mental Health Support</b>            1800 111 888</p> <p style="text-align: center;"><b>Healthy Ireland – HSE</b></p> <p>Provides information about how you can manage some common conditions, and also make small changes to your daily life to improve your health and your life.  <a href="http://www.hse.ie/eng/health/hl">www.hse.ie/eng/health/hl</a></p> <p style="text-align: center;"><b>HelpGuide</b></p> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones.  <a href="http://www.helpguide.org">www.helpguide.org</a></p>

**Samaritans**

Provides emotional support to anyone in emotional distress, struggling to cope or at risk of suicide.

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

116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

**Pieta House**

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

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

1800 247 247 or text HELP to 51444

**Aware**

Provides emotional and practical support to those affected by depression, bipolar and related disorders.

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

1800 80 48 48 or email [supportmail@aware.ie](mailto:supportmail@aware.ie)

**Connect Counselling**

Provides a free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood.

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

1800 477 477 or email [admin@connectcounselling.ie](mailto:admin@connectcounselling.ie)

**The Bereavement Counselling Service**

Offers support and counselling to enable people to deal with their grief.

[www.bereavementireland.com](http://www.bereavementireland.com)

01 8391766

**OneinFour**

Offers voice to and support for women and men who have experienced sexual abuse and/or sexual violence and also to their family and friends.

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

01 662 4070 or email [info@oneinfour.org](mailto:info@oneinfour.org)

**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](mailto:info@safeireland.ie)

<https://www.safeireland.ie>

	<p style="text-align: center;"><b>Men's Aid Ireland</b></p> <p style="text-align: center;">Dedicated service to support men and their families experiencing domestic violence in Ireland. <a href="http://www.mensaid.ie">www.mensaid.ie</a> 01 5543811 or email <a href="mailto:hello@mensaid.ie">hello@mensaid.ie</a></p> <p style="text-align: center;"><b>Women's Aid</b></p> <p style="text-align: center;">Provides support and information to women and their children who are being physically, emotionally and sexually abused in their own homes. <a href="http://www.womensaid.ie">www.womensaid.ie</a> 1800 341 900 or email <a href="mailto:info@womensaid.ie">info@womensaid.ie</a></p> <p style="text-align: center;"><b>The Male Advice Line</b></p> <p style="text-align: center;">Free phone service for men who have been effected by domestic violence and abuse. <a href="https://mensnetwork.ie/">https://mensnetwork.ie/</a> 180081658</p> <p style="text-align: center;">Online apps and resources</p>
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 <p><b>PHYSICAL HEALTH</b></p> <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;"><b>Healthy Ireland – HSE</b></p> <p style="text-align: center;">Provides information about how you can manage some common conditions, and also make small changes to your daily life to improve your health and your life. <a href="http://www.hse.ie/eng/health/hl">www.hse.ie/eng/health/hl</a></p> <p style="text-align: center;"><b>HelpGuide</b></p> <p style="text-align: center;">Provides empowering, evidence-based information that you can use to help yourself and your loved ones. <a href="http://www.helpguide.org">www.helpguide.org</a></p> <p style="text-align: center;"><b>Al-Anon</b></p> <p style="text-align: center;">Offers understanding and support for families and friends of problem drinkers in an anonymous environment. <a href="http://www.al-anon-ireland.org">www.al-anon-ireland.org</a> (01) 8732699 or email <a href="mailto:info@alanon.ie">info@alanon.ie</a></p>
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**Alcoholics Anonymous**

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 alcoholism.

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

01 842 0700 or email [gso@alcoholicsanonymous.ie](mailto:gso@alcoholicsanonymous.ie)

**HSE National Drugs & Alcohol Helpline**

Provides support, information, guidance and referral to anyone with a question or concern related to drug and alcohol use and/or HIV and sexual health.

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

1800 459 459 or email [helpline@hse.ie](mailto:helpline@hse.ie)

**Bodywhys – The Eating Disorders Association of Ireland**

National voluntary organisation supporting people affected by eating disorders.

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

1890 200 444 or email [alex@bodywhys.ie](mailto:alex@bodywhys.ie)

**Connect Counselling**

Provides a free telephone counselling and support service for any adult who as experienced abuse, trauma or neglect in childhood.

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

1800 477 477 or email [admin@connectcounselling.ie](mailto:admin@connectcounselling.ie)

**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](mailto:info@safeireland.ie)

<https://www.safeireland.ie>

**Men's Aid Ireland**

Dedicated service to support men and their families experiencing domestic violence in Ireland.

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

01 5543811 or email [hello@mensaid.ie](mailto:hello@mensaid.ie)

**Women's Aid**

Provides support and information to women and their children who are being physically, emotionally and sexually abused in their own homes.

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

1800 341 900 or email [info@womensaid.ie](mailto:info@womensaid.ie)

	<p><b>The Male Advice Line</b> Free phone service for men who have been affected by domestic violence and abuse. <a href="https://mensnetwork.ie/">https://mensnetwork.ie/</a> 180081658</p> <p>Online apps and resources</p>
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**SPIRITUAL  
WELLBEING**

Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.

Spiritual leader

Reiki therapist

**National 24/7 Contact Number For Mental Health Support**

1800 111 888

**HelpGuide**

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

[www.helpguide.org](http://www.helpguide.org)

**Centre for Mindfulness Ireland**

Offers a range of mindfulness programmes and retreats.

<https://www.cfmi.ie>

086 812 2354 or email [info@cfmi.ie](mailto:info@cfmi.ie)

**The Sanctuary**

Provides access to a broad range of mindfulness services and resources including free online meditation and Reiki Healing sessions.

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

01 670 5419 or email [enquiries@sanctuary.ie](mailto:enquiries@sanctuary.ie)

**The Bereavement Counselling Service**

Offers support and counselling to enable people to deal with their grief.

[www.bereavementireland.com](http://www.bereavementireland.com)

01 8391766

**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](mailto:info@hospicefoundation.ie)

Online apps and resources



**SOCIAL  
WELLBEING**

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.

Social worker

Relationship counsellor

Life coach

The service is available 24 hours a day, 7 days a week, 365 days a year by calling **0800 028 0199**.

**Email: [support@healthassured.co.uk](mailto:support@healthassured.co.uk)**

**Through your My Healthy Advantage App.**

**Lighthouse Club Construction Industry Helpline**

(Crown Roofing and Cladding direct employees and subcontractor support):

UK 0345 605 1956

ROI 1800 939 122

**National 24/7 Contact Number For Mental Health Support**

1800 111 888

**Healthy Ireland – HSE**

Provides information about how you can manage some common conditions, and also make small changes to your daily life to improve your health and your life.

[www.hse.ie/eng/health/hl](http://www.hse.ie/eng/health/hl)

**HelpGuide**

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

[www.helpguide.org](http://www.helpguide.org)

**Rotary International**

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.

[www.rotary.org](http://www.rotary.org)

**Gamblers Anonymous**

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.

<https://gamblersanonymous.ie>

01 872 1133 or email [info@gamblersanonymous.ie](mailto:info@gamblersanonymous.ie)

	<p><b>Problem Gambling Ireland</b> Provides a suite of supports, resources and referral pathways for problem gamblers and their families. <a href="http://www.problemgambling.ie">www.problemgambling.ie</a> Text 089 241 5401 to arrange a call-back or email <a href="mailto:info@problemgambling.ie">info@problemgambling.ie</a>  Online apps and resources</p>
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**FINANCIAL  
WELLBEING**

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.

Financial advisor

Bank or credit union

The service is available 24 hours a day, 7 days a week, 365 days a year by calling **0800 028 0199**.

Email: [support@healthassured.co.uk](mailto:support@healthassured.co.uk)

Through your My Healthy Advantage App.

**Lighthouse Club Construction Industry Helpline**

(Crown Roofing and Cladding direct employees and subcontractor support):

UK 0345 605 1956

ROI 1800 939 122

**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](http://www.mabs.ie)

0761 07 2000

**Department of Employment Affairs and Social  
Protection**

Provides income supports, employment services and other services for a wide range audiences.

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

01 704 3000

**Gamblers Anonymous**

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.

<https://gamblersanonymous.ie>

01 872 1133 or email [info@gamblersanonymous.ie](mailto:info@gamblersanonymous.ie).

**Problem Gambling Ireland**

Provides a suite of supports, resources and referral pathways for problem gamblers and their families.

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

Text 089 241 5401 to arrange a call-back or email

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

Online apps and resources



WORK AND  
CAREER

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

Career counsellor

The service is available 24 hours a day, 7 days a week, 365 days a year by calling **0800 028 0199**.

**Email:** [support@healthassured.co.uk](mailto:support@healthassured.co.uk)

**Through your My Healthy Advantage App.**

**Lighthouse Club Construction Industry Helpline**

(Crown Roofing and Cladding direct employees and subcontractor support):

UK 0345 605 1956

ROI 1800 939 122

JobsIreland.ie

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

1 890 800 824 or email [jobsireland@welfare.ie](mailto:jobsireland@welfare.ie)

Online apps and resources