

It's normal to feel bad sometimes
or to feel overwhelmed by problems.

We're here to help you.

1life

suicide helpline

1800 24 7 100

1life is Ireland's **24/7** dedicated suicide prevention helpline. A team of trained professionals and volunteers have the specialist skills required to provide professional counselling services. In addition **1life** provides a network of support services on the ground, nationwide. **We're here to help.**

1life Here to help

1life is a 24-hour suicide prevention helpline for anyone in suicidal distress. Professional counsellors and volunteers respond to calls seven days a week to support callers in need of help.

The service is of particular relevance to people who are feeling very low, have had suicidal thoughts or are self-harming, or who want to discuss any problems in relation to suicide. It is also available to those bereaved by suicide.

In addition to listening and providing support, **1life** provides a professional suicide intervention service, and can facilitate referrals to a wide network of support services throughout Ireland.

1life Suicide Prevention Helpline provides counsellors who are non-judgmental, empathetic and supportive, who work together with callers to solve problems. All calls to **1life** are confidential and are treated with respect.

1life draws on best practice in the field of crisis helpline counselling. All **1life** counsellors and volunteers have attained recognised qualifications and accreditations in the disciplines of psychotherapy, psychology or counselling.

Freephone Number 1800 24 7 100

Text HELP to 51444 for 1 to 1 Support

Standard text rates apply. Powered by zamano.

Customer care 0818300048.

Text DONATE on 57030 to support 1life

Each text costs €2.50. Powered by zamano.

Customer care 0818300048.

www.1life.ie