

PLANET
Youth

Support Service Information

**If you have concerns about any of the subjects raised in the survey
then please ask for support or information**

You can contact the pastoral care team in your school or your GP

The Childline number is 1800 66 66 66 or text *talk* to 50101

**Pieta provides support to those engaging in self-harm,
with suicidal ideation or bereaved by suicide.**

Pieta 24hr Crisis Helpline 1800 247 247 or Text Help to 51444

The Rape Crisis Centre provide support related to sexual violence and sexual abuse

Rape Crisis Centre 1800 355 355

Jigsaw and Mindspace provide support for mental health and wellbeing

Jigsaw Galway 091 549 252

Jigsaw Roscommon 09066 65087

Mindspace Mayo 09490 67001