

Support Area	Organisation	Regions Covered	Contact Details
General Support	D.A.S. 24/7 Employee Counselling Helpline The Robinson Services Group has engaged a counselling service helpline which is available to our employees; and any members of their immediate family who permanently live with them who are 18 years old+. The service is completely confidential and is provided over the phone. The counselling service can be accessed 24 hours a day, 7 days a week	UK & ROI	Tel: 0344 893 9012 (UK) or 01850 670 407 (ROI) and identify yourself as an employee of Robinson Services
Bereavement	Cruse Bereavement Care www.cruse.org.uk	England, Wales & NI	Tel: 0808 808 1677 Email: helpline@cruse.org.uk
	Irish Hospice Foundation https://hospicefoundation.ie/bereavement An excellent site with numerous online bereavement tools and resources	ROI	Tel: 01 679 3188
	HSE ROI booklet – You Are Not Alone www.hse.ie/eng/services/publications/mentalhealth/you.are.not.alone.html Another excellent resource – explores the stages of grief; reactions & feelings (useful for all regions) plus specific support resources and practical process in ROI	UK/ROI	Online resource; see previous column
Debt	Advice NI www.adviceni.net/advice/debt Free, confidential debt advice across NI, including helping with budget-setting; debt management plans; bankruptcy and individual voluntary arrangements	NI	Freephone: 0800 028 1881 Email: debt@adviceni.net Text Service: Text ACTION to 81025 for a callback from an advisor
	Money Advice & Budgeting Service (MABS) or Abhaile www.mabs.ie/en/ Free, confidential debt advice; including helping with budget-setting; contacting creditors on your behalf and legal support. MABS includes Abhaile; a specific service for those who are struggling with mortgage repayments	ROI	Tel: 0761 07 2000 Callbacks can be requested via the MABS website

	StepChange www.stepchange.org Free, confidential debt advice and support, including helping with budget-setting; debt management plans; bankruptcy and individual voluntary arrangements. Website includes an online benefits calculator	UK	Online, via the website (see previous column) Tel: 0800 138 1111
Mental Health Support (suicidal thoughts; low mood; depression; stress; anxiety and disorders)	Samaritans www.samaritans.org Non-judgmental 24/7 helpline, email or letters service; with numerous drop-in branches across the UK and Ireland	UK& ROI	Tel: 116 123 (ROI & UK) Email: jo@samaritans.org Letter: Freepost RSRB-KKBY-CYJK Chris PO Box 9090 STIRLING FK8 2SA
	Your Mental Health www.yourmentalhealth.ie Support information for things to do to feel well when low, recovery and extra support services. The website also includes links for urgent crisis support	ROI	Online, via the website (see previous column) Includes Tel link to Samaritans: 116 123 (ROI & UK)
	Aware NI www.aware-ni.org Tools; resources and local support groups	NI	Belfast Office Tel: 028 9035 7820 L'Derry Office Tel: 028 7126 0602 Email: info@aware-ni.org Freephone: 1800 80 48 48 Email: supportmail@aware.ie
	Aware Ireland www.aware.ie	ROI	
	Action Mental Health www.amh.org.uk Incorporates a number of services, including getting into work; eating disorders; learning disability; men's sheds; alcohol & substance misuse; anti-bullying and mental health in the workplace	NI	All service information available online, via the website (see previous column) Includes Tel Links to Lifeline: 0808 808 8000 Childline: 0800 1111
	Mind www.mind.org.uk 140 local network offices; offers appropriate services to anyone experiencing mental health difficulty	UK	Tel England: 020 8519 2122 Tel Wales: 029 2039 5123 Email: contact@mind.org.uk

Alcohol, Drugs & Gambling	<p>Alcoholics Anonymous https://www.alcoholicsanonymous.ie/ The largest self-help group for people who acknowledge they cannot handle alcohol, and want a new way of life without it. The service is free. Support is also available for families and loved ones</p>	UK wide & ROI	<p>Tel UK: 0845 769 7555 Tel ROI: +353 1 842 0700 Email: gso@alcoholicsanonymous.ie</p>
	<p>Drinkline www.Drinkaware.co.uk) A government funded free service. Can provide advice to the drinker or anybody concerned about the drinker. Has a database of local support and treatment services that can help the drinker</p>	UK Only	<p>Tel: 0800 917 8282</p>
	<p>HSE Ireland Helpline The HSE's Alcohol & Drugs Helpline for information on support services</p>	ROI Only	<p>Tel: 01800 459 459 Email: helpline@hse.ie</p>
	<p>Dunlewey Addiction Services https://dunlewey.net/ Free counselling & mentoring programme for substance misuse; gambling or families of those affected</p>	UK & ROI	<p>Tel: UK 08000 886 725 Tel: ROI 01800 936 725</p>
	<p>Narcotics Anonymous www.na-ireland.org The largest self-help group for people who want to stop using drugs, services are free</p>	UK & ROI	<p>Tel: UK 0845 373 3366 Tel: ROI +353 1 6728000</p>
	<p>Gamblers Anonymous www.gamblersanonymous.org.uk Self-help group for people who acknowledge they have a compulsive gambling problem. The service is free. Support is also available for families and loved ones</p> <p>Gamblers Anonymous Ireland www.gamblersanonymous.ie</p>	<p>England, Wales & Ulster</p> <p>ROI</p>	<p>National Tel: 0330 094 0322 Email: info@gamblersanonymous.org.uk</p> <p>Tel: Dublin: 01 872 1133 or 087 748 5878 (10am-10pm) Email: info@gamblersanonymous.ie</p>

Violence & Abuse	<p>Womens' Aid NI www.womensaidni.org Support and advice for those experiencing domestic and sexual abuse. Helpline is 24/7; free; and NI helpline is manned by NEXUS and open to all male and female callers</p> <p>Womens' Aid Ireland www.womensaid.ie</p>	NI	<p>Tel: 0808 802 1414 Text Support: 07797 805 839 Email: info@womensaidni.org</p>
		ROI	<p>Tel: 1800 341 900 Email: info@womensaid.ie</p>
	<p>Men's Advice Line www.mensadviceline.org.uk Advice & support for men experiencing domestic abuse</p>	UK	<p>Tel: UK 0808 801 0327 Email: info@mensadviceline.org.uk</p>
	<p>National Association for People Abused in Childhood (NAPAC) www.napac.org.uk UK's leading national charity offering support to adult survivors of all types of childhood abuse, including physical, sexual and emotional abuse and neglect</p>	UK	<p>Tel: 0808 801 0331</p>
	<p>One in Four www.oneinfour.ie Support service for adult survivors of childhood abuse</p>	ROI	<p>Tel: ROI 01 66 24070 Email: info@oneinfour.ie</p>