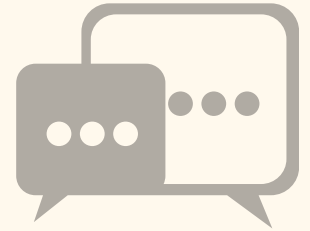


# THE FLAWED JOURNEY

## SUPPORTS AVAILABLE



### Crisis Lines - Ireland

**Samaritans****116 123****Available:** 24 hours / 7 days a week**Alone****0818 222 024****Available:** 8am-8pm / 7 days a week**Pieta House****1800 247 247****Available:** 24 hours / 7 days a week**Text Helpline:** Text Help to 51444**Aware****1800 904 848****Available:** 10am-10pm / 7 days a week**Connect Counselling****1800 477 477****Available:** 6pm-1am Wednesday to Sunday**Womans Aid****1800 341 900****Available:** 24 hours / 7 days a week**LGBT Helpline****1890 929 539****Available:** Mon-Thurs 6:30pm to 10pm. Fri: 4pm-10pm. Sat and Sun: 4pm to 6pm**Bodywhys****01 210 7906****Available:** Mon, Wed and Sun 7:30pm-9:30pm. Sat 10:30am-12:30pm.**Apps to help manage anxiety:**

- Mindshift
- Headspace

