

# MIND YOUR HEAD



## SUPPORTS CONT...

### THE SAMARITANS

The primary aim of Samaritans is to be available at any hour of the day or night to listen to and befriend those experiencing personal crises and those in imminent danger of taking their own lives. You can make contact by telephone, email and in some branches by calling in personally to speak with someone in confidence.

Dublin 8.

Tel: (01) 671 0071

Callers can phone the local number or use 1850 60 90 90.

E-mail: [jo@samaritans.org](mailto:jo@samaritans.org)

### Bodywhys

Bodywhys is an organisation that provides help, support and understanding for people with eating disorders, their families and friends.

Central Office

PO Box 105

Blackrock

Lo-call: 1890 200 444

E-mail: [info@bodywhys.ie](mailto:info@bodywhys.ie)

Alcoholics Anonymous Tel: (01) 842 0700

E-mail: [gso@alcoholicsanonymous.ie](mailto:gso@alcoholicsanonymous.ie)

**No service/individual can be recommended by us but these are the resources through which you may be able to find a therapist who suits you**

