



Help and Support

Knowing what help and support is available to someone, and understanding the services provided, is a critical part of an Ambassador's role within I Am Here. Ambassadors stand up within the Tribe to promote a culture where **it's ok not to feel ok; and it's absolutely ok to ask for help**. As an Ambassador, if you notice someone who may not be feeling ok, you can guide them to the help and support they may need.

I Am Here groups **help and support** into six key pillars:



EMOTIONAL
WELLBEING



PHYSICAL
HEALTH



SPIRITUAL
WELLBEING



SOCIAL
WELLBEING





FINANCIAL
WELLBEING



WORK AND
CAREER

Listed below is the help and support available from Fáilte Ireland and externally in Ireland.

Ireland	
<div style="text-align: center;">  <p>EMOTIONAL WELLBEING</p> </div> <p>Being aware of your emotions and feelings. Having the resilience to overcome challenges and the ability to cope with the normal stresses of life.</p>	<p style="text-align: center;">The Inspire Support Hub</p> <p style="text-align: center;">Access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs. 1800 201 346 *Quote Fáilte Ireland</p> <p style="text-align: center;">Doctor</p> <p style="text-align: center;">Psychologist, therapist or counselor</p> <p style="text-align: center;">HelpGuide</p> <p style="text-align: center;">Provides empowering, evidence-based information that you can use to help yourself and your loved ones. www.helpguide.org</p> <p style="text-align: center;">Samaritans</p> <p style="text-align: center;">Provides emotional support to anyone in emotional distress, struggling to cope or at risk of suicide. www.samaritans.org 116 123 or email jo@samaritans.org</p> <p style="text-align: center;">Pieta House</p> <p style="text-align: center;">Provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide. www.pieta.ie 1800 247 247 or Text HELP to 51444</p> <p style="text-align: center;">Online apps and resources</p>
<div style="text-align: center;">  <p>PHYSICAL HEALTH</p> </div> <p>Making good choices that contribute to better physical health such as keeping active, balanced nutrition,</p>	<p style="text-align: center;">The Inspire Support Hub</p> <p style="text-align: center;">Access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs. 1800 201 346 *Quote Fáilte Ireland</p> <p style="text-align: center;">Doctor</p> <p style="text-align: center;">Physiotherapist/massage therapist</p> <p style="text-align: center;">Dietician/nutritionist</p> <p style="text-align: center;">Personal trainer</p>

<p>adequate sleep and sufficient hydration.</p>	<p>HelpGuide Provides empowering, evidence-based information that you can use to help yourself and your loved ones. www.helpguide.org</p> <p>Safe Ireland Provides range of support services for women and children affected by domestic violence and abuse. https://www.safeireland.ie 090 647 9078 or Email info@safeireland.ie https://www.safeireland.ie</p> <p>Online apps and resources</p>
<div data-bbox="272 766 451 945" data-label="Image"> </div> <p>SPIRITUAL WELLBEING</p> <p>Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.</p>	<p>Priest or cleric</p> <p>Reiki therapist</p> <p>HelpGuide Provides empowering, evidence-based information that you can use to help yourself and your loved ones. www.helpguide.org</p> <p>Centre for Mindfulness Ireland Offers a range of mindfulness programmes and retreats. https://www.cfmi.ie 086 812 2354 or Email info@cfmi.ie</p> <p>The Sanctuary Provides access to a broad range of mindfulness services and resources including free online meditation and Reiki Healing sessions. www.sanctuary.ie 01 670 5419 or Email enquiries@sanctuary.ie</p> <p>Irish Hospice Foundation National charity dedicated to providing end-of-life and bereavement care as well as support services for families and loved ones including access to a Bereavement Support Line. https://hospicefoundation.ie 1 800 807 077 (Bereavement Support Line) 01 679 3188 or Email info@hospicefoundation.ie</p> <p>Online apps and resources</p>



SOCIAL
WELLBEING

Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.

The Inspire Support Hub

Access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs.

1800 201 346

*Quote Fáilte Ireland

Social worker

Relationship counselor

Life coach

HelpGuide

Provides empowering, evidence-based information that you can use to help yourself and your loved ones.

www.helpguide.org

Rotary International

A global network of 1.2 million people who see a world where people unite and take action to create lasting change. As a member, you can share ideas, make plans, hear from the community, and catch up with friends during club programs that fuel the impact Rotary International makes.

www.rotary.org

Gamblers Anonymous

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

<https://gamblersanonymous.ie>

01 872 1133 or Email info@gamblersanonymous.ie.

HelpGuide

Provides empowering, evidence-based information that you can use to help yourself and your loved ones.

www.helpguide.org

Online apps and resources

 <p>FINANCIAL WELLBEING</p> <p>Understanding your financial situation in order to make the most of what you have in day-to-day life and in planning for your future.</p>	<p>The <u>Inspire Support Hub</u> Access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs. 1800 201 346 *Quote Fáilte Ireland</p> <p>Financial advisor Bank or credit union</p> <p>MABS Helpline Provides advice and support on money management and debt issues as well as self-help materials free of charge. Confidential and anonymous. www.mabs.ie 0761 07 2000</p> <p>Department of Employment Affairs and Social Protection Provides income supports, employment services and other services for a wide range audience. www.gov.ie 01 704 3000</p> <p>Online apps and resources</p>
 <p>WORK AND CAREER</p> <p>Working productively and fruitfully, feeling fulfilled, motivated and maintaining a health work-life balance.</p>	<p>The <u>Inspire Support Hub</u> Access to a range of information, guidance and screening that is tailored specifically to help care for your individual wellbeing needs. 1800 201 346 *Quote Fáilte Ireland</p> <p>Career counselor</p> <p>Education and Training Boards Ireland (ETBI) Offering includes education resources, HR, IR and legal support, and various training programmes. www.etbi.ie 045 901 070 or Email info@etbi.ie</p> <p>JobsIreland.ie www.jobsireland.ie 1 890 800 824 or Email jobsireland@welfare.ie</p> <p>Online apps and resources</p>