

## Help and Support

Our mission is to ensure that everyone and anyone has access to the help and support that they may need. We also recognize that the struggles we face are individual and very diverse. There is a range of support and services that exist within your organisation and your community. Knowing where to signpost people to is part of the I Am Here journey. We will continually update this resource to ensure that I Am Here Ambassadors have the most up-to-date information.

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 within your organisation and in the community.

Ireland	
<div style="text-align: center;">  <p><b>EMOTIONAL WELLBEING</b></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;">Doctor</p> <p style="text-align: center;">Psychologist, therapist, or counsellor</p> <p style="text-align: center;"><b>Employee Assistance Programme (EAP) - VHI</b></p> <p>The EAP is your free and confidential support service which provides you with immediate help and support in managing whatever personal or work related issues you are facing, 24/7, 365 days a year. Access counsellors over the phone, arrange a video call or face to face counselling. This service also provides specialist information assistance with legal and financial queries</p> <p style="text-align: center;">ROI: 1800 995 956 UK: 0808 178 0912 Dubai: 800 032 0510</p> <p style="text-align: center;">Email: <a href="mailto:eap@vhics.ie">eap@vhics.ie</a></p> <p style="text-align: center;"><b>National 24/7 Contact Number for Mental Health Support</b> 1800 111 888</p> <p style="text-align: center;"><b>Healthy Ireland - HSE</b></p> <p>Provides information about how you can manage some common conditions, and also make small changes to your daily life to improve your health and your life. <a href="http://www.hse.ie/eng/health/hl">www.hse.ie/eng/health/hl</a></p> <p style="text-align: center;"><b>HelpGuide</b></p> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones. <a href="http://www.helpguide.org">www.helpguide.org</a></p> <p style="text-align: center;"><b>Samaritans</b></p> <p>Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. <a href="http://www.samaritans.org">www.samaritans.org</a> 116 123 or email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p> <p style="text-align: center;"><b>Pieta House</b></p> <p>Provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide. <a href="http://www.pieta.ie">www.pieta.ie</a> 1800 247 247 or text HELP to 51444</p>

	<p><b>Aware</b> Provides emotional and practical support to those affected by depression, bipolar, and related disorders. <a href="http://www.aware.ie">www.aware.ie</a> 1800 80 48 48 or email <a href="mailto:supportmail@aware.ie">supportmail@aware.ie</a></p> <p><b>Connect Counselling</b> Free telephone counseling and support service for any adult who has experienced abuse, trauma, or neglect in childhood. <a href="http://www.connectcounselling.ie">www.connectcounselling.ie</a> 1800 477 477 or email <a href="mailto:admin@connectcounselling.ie">admin@connectcounselling.ie</a></p> <p><b>OneinFour</b> Offers voice to and support for women and men who have experienced sexual abuse and/or sexual violence, and also to their family and friends. <a href="http://www.oneinfour.ie">www.oneinfour.ie</a> 01 662 4070 or email <a href="mailto:info@oneinfour.org">info@oneinfour.org</a></p> <p><b>Safe Ireland</b> Provides range of support services for women and children affected by domestic violence and abuse. <a href="https://www.safeireland.ie">https://www.safeireland.ie</a> 090 647 9078 or email <a href="mailto:info@safeireland.ie">info@safeireland.ie</a></p> <p><b>Men's Aid Ireland</b> Dedicated service to support men and their families experiencing domestic violence in Ireland. <a href="http://www.mensaid.ie">www.mensaid.ie</a> 01 5543811 or email <a href="mailto:hello@mensaid.ie">hello@mensaid.ie</a></p> <p><b>Women's Aid</b> Provides support and information to women and their children who are being physically, emotionally, and sexually abused in their own homes. <a href="http://www.womensaid.ie">www.womensaid.ie</a> 1800 341 900 or email <a href="mailto:info@womensaid.ie">info@womensaid.ie</a></p> <p><b>The Male Advice Line</b> Free phone service for men who have been affected by domestic violence and abuse. <a href="https://mensnetwork.ie/">https://mensnetwork.ie/</a> 180081658</p> <p><b>Shine</b></p>
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	<p>National organization providing information and support for people affected by mental health difficulties. <a href="https://shine.ie">https://shine.ie</a> 01 541 3715 or email <a href="mailto:info@shine.ie">info@shine.ie</a></p> <p><b>My Mind</b> Community-based mental health services that work towards giving every person in Ireland equal access to mental health support early, affordably, directly, without stigma or delay. <a href="https://mymind.org">https://mymind.org</a> 076 680 1060 or email <a href="mailto:hq@mymind.org">hq@mymind.org</a></p> <p><b>Turn2me</b> Provides accessible professional online mental health services to adults and young people over 12 years old. <a href="https://turn2me.ie">https://turn2me.ie</a></p> <p><b>Self-Compassion.org</b> All-in-one resource for self-compassion. Official website for Dr. Kristin Neff, pioneering self-compassion researcher, author, and teacher. <a href="https://self-compassion.org">https://self-compassion.org</a></p> <p><b>AsIAm</b> Ireland's National Autism Charity working to create a society in which every autistic person is empowered to reach their own personal potential and fully participate in society. <a href="https://asiam.ie">https://asiam.ie</a></p> <p><b>LGBT Ireland</b> National support service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends. <a href="https://lgbt.ie">https://lgbt.ie</a> 1890 929 539 or email <a href="mailto:info@lgbt.ie">info@lgbt.ie</a></p> <p><b>Parentline</b> National, confidential helpline that offers parents support, information, and guidance on all aspects of being a parent and any parenting issues. Call 1890 927277 or (01) 8733500</p> <p><b>Fettle</b> A safe and affordable space of trusted and experienced therapists that's superpowered by technology. <a href="http://www.fettle.ie">www.fettle.ie</a></p>
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	01 912 0367
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<div data-bbox="267 325 446 504" data-label="Image"> </div> <div data-bbox="292 535 422 588" data-label="Section-Header"> <p><b>PHYSICAL HEALTH</b></p> </div> <div data-bbox="203 661 527 871" data-label="Text"> <p>Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep, and sufficient hydration.</p> </div>	<div data-bbox="917 304 1015 346" data-label="Text"> <p>Doctor</p> </div> <div data-bbox="738 378 1193 420" data-label="Text"> <p>Physiotherapist/massage therapist</p> </div> <div data-bbox="828 451 1104 493" data-label="Text"> <p>Dietician/nutritionist</p> </div> <div data-bbox="860 514 1071 556" data-label="Text"> <p>Personal trainer</p> </div> <div data-bbox="584 588 1347 661" data-label="Text"> <p><b>National 24/7 Contact Number for Mental Health Support</b> 1800 111 888</p> </div> <div data-bbox="820 693 1112 735" data-label="Section-Header"> <p><b>Healthy Ireland – HSE</b></p> </div> <div data-bbox="560 724 1372 871" data-label="Text"> <p>Provides information about how you can manage some common conditions, and also make small changes to your daily life to improve your health and your life. <a href="http://www.hse.ie/eng/health/hl">www.hse.ie/eng/health/hl</a></p> </div> <div data-bbox="893 903 1039 945" data-label="Section-Header"> <p><b>HelpGuide</b></p> </div> <div data-bbox="560 934 1372 1050" data-label="Text"> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones. <a href="http://www.helpguide.org">www.helpguide.org</a></p> </div> <div data-bbox="909 1081 1023 1123" data-label="Section-Header"> <p><b>Al-Anon</b></p> </div> <div data-bbox="584 1113 1356 1260" data-label="Text"> <p>Offers understanding and support for families and friends of problem drinkers in an anonymous environment. <a href="http://www.al-anon-ireland.org">www.al-anon-ireland.org</a> (01) 8732699 or email <a href="mailto:info@alanon.ie">info@alanon.ie</a></p> </div> <div data-bbox="820 1291 1120 1333" data-label="Section-Header"> <p><b>Alcoholics Anonymous</b></p> </div> <div data-bbox="576 1323 1356 1501" data-label="Text"> <p>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 alcoholism. <a href="http://www.alcoholicsanonymous.ie">www.alcoholicsanonymous.ie</a> 01 842 0700 or email <a href="mailto:gso@alcoholicsanonymous.ie">gso@alcoholicsanonymous.ie</a></p> </div> <div data-bbox="714 1533 1226 1575" data-label="Section-Header"> <p><b>HSE National Drugs &amp; Alcohol Helpline</b></p> </div> <div data-bbox="560 1564 1372 1753" data-label="Text"> <p>Provides support, information, guidance, and referral to anyone with a question or concern related to drug and alcohol use and/or HIV and sexual health. <a href="http://www.drugs.ie">www.drugs.ie</a> 1800 459 459 or email <a href="mailto:helpline@hse.ie">helpline@hse.ie</a></p> </div> <div data-bbox="600 1774 1331 1816" data-label="Section-Header"> <p><b>Bodywhys – The Eating Disorders Association of Ireland</b></p> </div> <div data-bbox="568 1806 1364 1921" data-label="Text"> <p>National voluntary organization supporting people affected by eating disorders. <a href="http://www.bodywhys.ie">www.bodywhys.ie</a></p> </div>
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1890 200 444 or email [alex@bodywhys.ie](mailto:alex@bodywhys.ie)

#### **Connect Counselling**

Provides a free telephone counseling and support service for any adult who has experienced abuse, trauma, or neglect in childhood.

[www.connectcounselling.ie](http://www.connectcounselling.ie)

1800 477 477 or email [admin@connectcounselling.ie](mailto:admin@connectcounselling.ie)

#### **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](mailto:info@safeireland.ie)

#### **The Male Advice Line**

Free phone service for men who have been affected by domestic violence and abuse.

<https://mensnetwork.ie/>

180081658

#### **The Menopause Hub**

Ireland's first and only dedicated menopause clinic. A specialist support team with over 40 years of experience.

[www.themenopausehub.ie](http://www.themenopausehub.ie)

(01) 210 7948 or email [info@themenopausehub.ie](mailto:info@themenopausehub.ie)

#### **Irish Cancer Society**

A community determined to help anyone affected by cancer in Ireland.

[www.cancer.ie](http://www.cancer.ie)

1800 200 700 or email [supportline@irishcancer.ie](mailto:supportline@irishcancer.ie)

#### **Diabetes Ireland**

Provides support, education, and motivation to everyone affected by diabetes.

[www.diabetes.ie](http://www.diabetes.ie)

01 842 8118 or email [info@diabetes.ie](mailto:info@diabetes.ie)

#### **Irish Heart Foundation**

National charity in Ireland supporting people affected by heart disease and stroke, founded in 1966.

<https://irishheart.ie>

01 6685001 or email [info@irishheart.ie](mailto:info@irishheart.ie)

**National Infertility Support and Information Group**

	<p>Voluntary organization that empowers people to contemplate real choices to guide them through their infertility journey. <a href="https://nisig.com">https://nisig.com</a> 087 7975058 (anytime) or email <a href="mailto:nisigireland@gmail.com">nisigireland@gmail.com</a></p> <p><b>Sexualwellbeing.ie</b> HSE website with information about contraception, fertility and pregnancy, STIs, emergency contraception and more.</p> <p><b>Parentline</b> National, confidential helpline that offers parents support, information, and guidance on all aspects of being a parent and any parenting issues. Call 1890 927277 or (01) 8733500</p>
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<div data-bbox="269 321 451 501" data-label="Image"> </div> <div data-bbox="282 529 435 583" data-label="Section-Header"> <p><b>SPIRITUAL WELLBEING</b></p> </div> <div data-bbox="198 657 521 833" data-label="Text"> <p>Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.</p> </div>	<div data-bbox="860 308 1066 344" data-label="Text"> <p>Spiritual leader</p> </div> <div data-bbox="863 380 1062 415" data-label="Text"> <p>Reiki therapist</p> </div> <div data-bbox="581 483 1352 554" data-label="Text"> <p><b>National 24/7 Contact Number for Mental Health Support</b> 1800 111 888</p> </div> <div data-bbox="886 588 1039 623" data-label="Section-Header"> <p><b>HelpGuide</b></p> </div> <div data-bbox="555 623 1382 695" data-label="Text"> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones.</p> </div> <div data-bbox="833 695 1092 730" data-label="Text"> <p><a href="http://www.helpguide.org">www.helpguide.org</a></p> </div> <div data-bbox="758 762 1169 798" data-label="Section-Header"> <p><b>Centre for Mindfulness Ireland</b></p> </div> <div data-bbox="623 798 1308 833" data-label="Text"> <p>Offers a range of mindfulness programs and retreats.</p> </div> <div data-bbox="829 833 1096 869" data-label="Text"> <p><a href="https://www.cfmi.ie">https://www.cfmi.ie</a></p> </div> <div data-bbox="730 867 1196 903" data-label="Text"> <p>086 812 2354 or email <a href="mailto:info@cfmi.ie">info@cfmi.ie</a></p> </div> <div data-bbox="860 936 1062 972" data-label="Section-Header"> <p><b>The Sanctuary</b></p> </div> <div data-bbox="573 972 1359 1077" data-label="Text"> <p>Provides access to a broad range of mindfulness services and resources including free online meditation and Reiki Healing sessions.</p> </div> <div data-bbox="841 1079 1083 1113" data-label="Text"> <p><a href="http://www.sanctuary.ie">www.sanctuary.ie</a></p> </div> <div data-bbox="669 1113 1260 1148" data-label="Text"> <p>01 670 5419 or email <a href="mailto:enquiries@sanctuary.ie">enquiries@sanctuary.ie</a></p> </div> <div data-bbox="883 1180 1040 1218" data-label="Section-Header"> <p><b>Headspace</b></p> </div> <div data-bbox="563 1215 1369 1320" data-label="Text"> <p>Hundreds of guided meditations on everything from managing stress and everyday anxiety to sleep, focus, and mind-body health.</p> </div> <div data-bbox="820 1323 1104 1356" data-label="Text"> <p><a href="http://www.headspace.com">www.headspace.com</a></p> </div> <div data-bbox="920 1390 1002 1425" data-label="Section-Header"> <p><b>Calm</b></p> </div> <div data-bbox="558 1425 1375 1497" data-label="Text"> <p>The number one app for sleep, meditation and relaxation, with over 100 million downloads and over 1.5 million 5-star reviews.</p> </div> <div data-bbox="857 1499 1065 1533" data-label="Text"> <p><a href="http://www.calm.com">www.calm.com</a></p> </div> <div data-bbox="839 1633 1083 1669" data-label="Section-Header"> <p><b>Volunteer Ireland</b></p> </div> <div data-bbox="553 1669 1380 1843" data-label="Text"> <p>National volunteer development organization and a support body for all local Volunteer Centers in Ireland. They believe that people can fulfill their potential through volunteering and that volunteering contributes to healthier and more resilient communities.</p> </div> <div data-bbox="841 1845 1083 1879" data-label="Text"> <p><a href="http://www.volunteer.ie">www.volunteer.ie</a></p> </div> <div data-bbox="696 1879 1232 1915" data-label="Text"> <p>(01) 636 9446 or email <a href="mailto:info@volunteer.ie">info@volunteer.ie</a></p> </div>
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	<p style="text-align: center;"><b>Fettle</b> A safe and affordable space of trusted and experienced therapists that's superpowered by technology. <a href="http://www.fettle.ie">www.fettle.ie</a> 01 912 0367</p>
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<div data-bbox="276 319 456 499" data-label="Image"> </div> <div data-bbox="292 535 441 585" data-label="Section-Header"> <p><b>SOCIAL WELLBEING</b></p> </div> <div data-bbox="198 625 532 940" data-label="Text"> <p>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.</p> </div>	<div data-bbox="873 310 1055 344" data-label="Text"> <p>Social worker</p> </div> <div data-bbox="816 380 1115 415" data-label="Text"> <p>Relationship counselor</p> </div> <div data-bbox="894 449 1034 483" data-label="Text"> <p>Life coach</p> </div> <div data-bbox="584 518 1349 588" data-label="Text"> <p><b>National 24/7 Contact Number for Mental Health Support</b> 1800 111 888</p> </div> <div data-bbox="816 623 1110 659" data-label="Section-Header"> <p><b>Healthy Ireland – HSE</b></p> </div> <div data-bbox="557 655 1378 764" data-label="Text"> <p>Provides information about how you can manage some common conditions and make small changes to your daily life to improve your health and your life.</p> </div> <div data-bbox="792 762 1133 800" data-label="Text"> <p><a href="http://www.hse.ie/eng/health/hl">www.hse.ie/eng/health/hl</a></p> </div> <div data-bbox="886 831 1039 869" data-label="Section-Header"> <p><b>HelpGuide</b></p> </div> <div data-bbox="557 865 1378 938" data-label="Text"> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones.</p> </div> <div data-bbox="833 936 1092 974" data-label="Text"> <p><a href="http://www.helpguide.org">www.helpguide.org</a></p> </div> <div data-bbox="823 1005 1104 1043" data-label="Section-Header"> <p><b>Rotary International</b></p> </div> <div data-bbox="557 1041 1378 1218" data-label="Text"> <p>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.</p> </div> <div data-bbox="854 1218 1071 1253" data-label="Text"> <p><a href="http://www.rotary.org">www.rotary.org</a></p> </div> <div data-bbox="815 1285 1114 1323" data-label="Section-Header"> <p><b>Gamblers Anonymous</b></p> </div> <div data-bbox="573 1320 1359 1461" data-label="Text"> <p>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.</p> </div> <div data-bbox="763 1459 1166 1497" data-label="Text"> <p><a href="https://gamblersanonymous.ie">https://gamblersanonymous.ie</a></p> </div> <div data-bbox="631 1495 1295 1533" data-label="Text"> <p>01 872 1133 or email <a href="mailto:info@gamblersanonymous.ie">info@gamblersanonymous.ie</a>.</p> </div> <div data-bbox="787 1564 1140 1602" data-label="Section-Header"> <p><b>Problem Gambling Ireland</b></p> </div> <div data-bbox="570 1600 1364 1673" data-label="Text"> <p>Provides a suite of supports, resources, and referral pathways for problem gamblers and their families.</p> </div> <div data-bbox="792 1671 1131 1707" data-label="Text"> <p><a href="http://www.problemgambling.ie">www.problemgambling.ie</a></p> </div> <div data-bbox="641 1703 1286 1740" data-label="Text"> <p>Text 089 241 5401 to arrange a call-back or email</p> </div> <div data-bbox="792 1738 1131 1776" data-label="Text"> <p><a href="mailto:info@problemgambling.ie">info@problemgambling.ie</a></p> </div> <div data-bbox="875 1808 1050 1843" data-label="Section-Header"> <p><b>Men’s Sheds</b></p> </div> <div data-bbox="570 1843 1362 1917" data-label="Text"> <p>A community-based project where men can come together to learn, share skills, and make long-lasting friendships together.</p> </div>
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	<p><a href="http://www.menssheds.ie">www.menssheds.ie</a></p> <p><b>Social Anxiety Ireland</b> Provides resources and informative advice on social anxiety. A treatment group is also offered. <a href="http://www.socialanxietyireland.com">www.socialanxietyireland.com</a> Contact Senior Clinical Psychologist Odhran McCarthy at 085 216 8981</p> <p><b>SpunOut.ie</b> Provides information on a range of different topics broken down into sections: education, employment, health, life, and opinion. For young people between 16 and 25 years old. <a href="https://spunout.ie">https://spunout.ie</a></p> <p><b>Meetup</b> Platform for finding and building local communities. Meet new people, learn new things, find support, get out of your comfort zone, and pursue your passions, together. <a href="http://www.meetup.com">www.meetup.com</a></p> <p><b>Volunteer Ireland</b> National volunteer development organization and a support body for all local Volunteer Centers in Ireland. They believe that people can fulfil their potential through volunteering and that volunteering contributes to healthier and more resilient communities. <a href="http://www.volunteer.ie">www.volunteer.ie</a> (01) 636 9446 or email <a href="mailto:info@volunteer.ie">info@volunteer.ie</a></p> <p><b>Parentline</b> National, confidential helpline that offers parents support, information, and guidance on all aspects of being a parent and any parenting issues. Call 1890 927277 or (01) 8733500</p> <p>Online apps and resources</p>
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 <p><b>FINANCIAL WELLBEING</b></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>Financial advisor</p> <p>Bank or credit union</p> <p><b>MABS Helpline</b>          Provides advice and support on money management and debt issues, and self-help materials free of charge. Confidential and anonymous.  <a href="http://www.mabs.ie">www.mabs.ie</a>          0761 07 2000</p> <p><b>Department of Employment Affairs and Social Protection</b>          Provides income supports, employment services, and other services for a wide range audiences.  <a href="http://www.gov.ie">www.gov.ie</a>          01 704 3000</p> <p><b>Gamblers Anonymous</b>          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.  <a href="https://gamblersanonymous.ie">https://gamblersanonymous.ie</a>          01 872 1133 or email <a href="mailto:info@gamblersanonymous.ie">info@gamblersanonymous.ie</a>.</p> <p><b>Problem Gambling Ireland</b>          Provides a suite of supports, resources, and referral pathways for problem gamblers and their families.  <a href="http://www.problemgambling.ie">www.problemgambling.ie</a>          Text 089 241 5401 to arrange a call-back or email <a href="mailto:info@problemgambling.ie">info@problemgambling.ie</a></p> <p><b>One Family</b>          Offers support services to single parents in a family-centered way through times of change and difficulty, as well as supporting those experiencing a crisis pregnancy.  <a href="https://onefamily.ie">https://onefamily.ie</a></p> <p><b>Citizens Information</b>          Provides free, impartial information, advice, and advocacy from more than 215 locations around the country.  <a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a>          0761 07 4000, Monday to Friday, 9 a.m. to 8 p.m.</p>
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	<p style="text-align: center;"><b>Bonkers.ie</b></p> <p style="text-align: center;">Irish website that allows you to compare prices and switch across a range of energy, broadband, mortgage, and insurance providers, meaning you can save on all your household bills in one place.</p> <p style="text-align: center;"><a href="http://www.bonkers.ie">www.bonkers.ie</a></p> <p style="text-align: center;"><b>Fettle</b></p> <p style="text-align: center;">A safe and affordable space of trusted and experienced therapists that's superpowered by technology.</p> <p style="text-align: center;"><a href="http://www.fettle.ie">www.fettle.ie</a> 01 912 0367</p> <p style="text-align: center;">Online apps and resources</p>
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**WORK AND  
CAREER**

Working productively and fruitfully, feeling fulfilled, motivated and maintaining a healthy work-life balance.

Career counselor

**Education and Training Boards Ireland (ETBI)**

Offering includes education resources, HR, IR, and legal support, and various training programmes.

[www.etbi.ie](http://www.etbi.ie)

045 901 070 or email [info@etbi.ie](mailto:info@etbi.ie)

**JobsIreland.ie**

[www.jobsireland.ie](http://www.jobsireland.ie)

1 890 800 824 or email [jobsireland@welfare.ie](mailto:jobsireland@welfare.ie)

**Being at your Best**

Provides a range of solutions to support individuals and teams, from a Mumager workshop for Mums returning from maternity leave to bite-sized workshops for working parents and managers.

<https://beingatyourbest.com>

**Women Returners**

Purpose-led consulting, coaching, and network organization with the mission of removing the “Career Break Penalty” by making extended career breaks a normal part of a 40–50 year career.

<https://womenreturners.com>

**Careersportal.ie**

Ireland's National Career Guidance website, providing the most up-to-date and relevant career information and resources to those needing or providing career guidance.

<https://careersportal.ie>

**Springboard+**

Upskilling initiative in higher education that offers free and subsidised courses at certificate, degree, and masters levels, leading to qualifications in areas where there are employment opportunities in the economy.

<https://springboardcourses.ie>

**Fettle**

A safe and affordable space of trusted and experienced therapists that's superpowered by technology.

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