

[Aware: Support Services \(https://www.activelink.ie/node/112488\)](https://www.activelink.ie/node/112488)



Support

We're here for you.

If you're experiencing depression, bipolar disorder, anxiety or related mood conditions, or are concerned about a loved one, we can offer you a safe and accepting space to receive support, compassion and guidance.

All our support services are offered free of charge.

Support Line and Support Mail are available seven days a week and Support & Self Care Groups take place daily.

The Solace Café is a free out of hours friendly and supportive community space open to anyone from the South County Dublin area requiring mental health support in a crisis.

If you are urgent need of help, please visit our urgent help page [here \(https://www.aware.ie/urgent-help/\)](https://www.aware.ie/urgent-help/).

[Freephone \(tel:1800804848\) 1800 80 48 48 \(tel:1800804848\)](tel:1800804848)

Available Monday to Sunday 10am - 10pm

Support for you or your loved ones.

[Learn More \(https://www.aware.ie/support/support-line/\)](https://www.aware.ie/support/support-line/)

[Email supportmail@aware.ie \(mailto:supportmail@aware.ie\)](mailto:supportmail@aware.ie)

Support and information for individuals concerned about their mood, or the mood of a loved one.

[Learn More \(https://www.aware.ie/support/support-mail/\)](https://www.aware.ie/support/support-mail/)

[Support & Self \(https://www.aware.ie/support/support-groups/\)](https://www.aware.ie/support/support-groups/) [Care Groups \(https://www.aware.ie/support/support-groups/\)](https://www.aware.ie/support/support-groups/)

Face-to-Face, Phone-in & Zoom peer groups.

Give & receive support if you experience anxiety, mild to moderate depression, bipolar disorder or other related mood conditions.

[Learn More \(https://www.aware.ie/support/support-groups/\)](https://www.aware.ie/support/support-groups/)

[Solace Café \(https://solacecafe.ie/\)](https://solacecafe.ie/)

Thursday to Sunday 5-10pm, The Solace Café operates from Aware, 9 Leeson Street Upper, Ranelagh, Dublin 4, D04 KD80.

The Solace Café is a FREE out of hours friendly and supportive community space open to anyone from the Dublin South area requiring mental health support.

[Learn More \(https://solacecafe.ie/\)](https://solacecafe.ie/)

[Support Services \(https://www.aware.ie/support/\)](https://www.aware.ie/support/)

Region

Nationwide

Support Services (<https://www.aware.ie/support/>)

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