

[Helpink Mental Health \(https://www.activelink.ie/node/23895\)](https://www.activelink.ie/node/23895)

Helpink Mental Health is an award winning, not-for-profit organisation that provides free or low cost social support services nationwide and beyond. We provide counselling via phone, online (VSee) or face to face in our Galway and Mayo offices.

Helpink Mental Health's qualified, Garda vetted counsellors are available for appointment seven days a week from 9 am to 9 pm Monday to Friday and 12 to 6 pm Saturday and Sunday.

They provide specialized counselling, in areas such as bereavement, addiction and couples/marriage guidance.

We also now provide more specialized services such as Play Therapy and Art Therapy.

Contact Info

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