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There's always something new to discover, and new TV programmes and films are added every week!How much does Netflix cost?Watch Netflix on your smartphone, tablet, smart TV, laptop or streaming device, all for one fixed monthly fee. Some face-to-face services are limited at the moment because of the COVID-19 (coronavirus) outbreak. For support also for friends and family members.Contact support@aware.ieFreephone support line 1800 80 48 48 10am to 10pm every dayVisit aware.ieIrish Hospice Foundation Bereavement Support LineA freephone bereavement support line providing information, connection, comfort and support.Phone 1800 807 077 Monday to Friday from 10am to 1pm.Visit hospicefoundation.ie for more information.LGBT IrelandOnline instant messaging support. The app uses CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. But a number of organisations are still providing: online counselling and supportphone supporttext supportSome of the main services are listed below.Online counselling and supportSilverCloud Health online CBTOnline CBT also works well to help manage mental health and wellbeing.We have partnered with SilverCloud Health to provide internet-based Cognitive Behaviour Therapy (iCBT). They have been approved for listing here by the HSE Mental Health Group.The app developers are solely responsible for their compliance and fitness for purpose. You can personalise the app and track your progress.Get Clear Fear from the App StoreGet Clear Fear from the Google Play StoreHSE Eating Disorder Self Help AppA self-care app for people:with an eating disordercaring for someone with an eating disorderworried about developing an eating disorderdiagnosed or are recovering from an eating disorderFrom the HSE National Clinical Programme for Eating Disorders and Bodywhys.Read more about the HSE Eating Disorder Self Help App Map your journey and track your progress and 'buddy up' with friends and motivate each other.Get Headspace from the App StoreGet Headspace from the Google Play StoreClear FearFor teenage mental health charity Stem4. Users check in each day to track their anxiety and work with tools in the app.Get Mindshift from the App StoreGet Mindshift from the Google Play StoreHeadspaceHeadspace is a well-known mobile app that teaches meditation and easy to use mindfulness skills. Together 4 Cancer ConcernTelephone support with counsellors. The service is for people over the age of 18 and each programme runs for up to 8 weeks.You need to be referred by one of the following to access the service:your GPPrimary Care Psychologythe National Counselling ServicejigsawRead more about the HSE and SilverCloud Health serviceMinding Your WellbeingFree series of online video resources to learn and practice key elements of mental wellbeing such as mindfulness, gratitude, self-care and resilience from HSE Health and Wellbeing.Read more about the Minding Your Wellbeing Programme.Turn2MeFree online counselling and online support groups for young people (aged 12 to 17) and adults. It is delivered by clinical staff and can be effective for people with anxiety or depression. Plans range from €7.99 to €15.99 a month. Sign in with your Netflix account to watch instantly on the web at netflix.com from your personal computer or on any internet-connected device that offers the Netflix app, including smart TVs, smartphones, tablets, streaming media players and game consoles.You can also download your favourite programmes with the iOS, Android, or Windows 10 app. Take Netflix with you anywhere.Netflix is flexible. English (United Kingdom)English (United States)Español (Latinoamérica) Unlimited films, TV programmes and more.Enjoy on your TV.Download your programmes to watch offline.Watch everywhere.Create profiles for children.Frequently Asked QuestionsNetflix is a streaming service that offers a wide variety of award-winning TV programmes, films, anime, documentaries and more - on thousands of internet-connected devices.You can watch as much as you want, whenever you want, without a single advert - all for one low monthly price. These apps are not supplied by the HSE and the HSE is not liable for their use.Mindshift (by Anxiety Canada)MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to take action. Visit jigsaw.ie/livechat for 1:1 text-based support with a clinician Monday, Tuesday, Wednesday, and Friday 1 - 5 pm and on Thursdays from 2 - 8 pm. Podcasts, practical resources and information.Visit grow.ieinfo@grow.ieInformation line 1890 474 474SeniorlineConfidential listening service for older people provided by trained older volunteers.Call 1800 804 591 from 10am to 10pm everyday Visit thirdageireland.ieAge Friendly IrelandA list of all Local Authority Community Response Forums and their contact helpline numbers to support vulnerable members of communities affected by COVID-19 restrictions.Visit agefriendlyireland.ie/ Mobile apps These mobile apps can help you manage anxiety. Timetables have been developed to support people through recovery education.Visit Recovery EducationThe Irish Cancer Society Support LineA supportive information service staffed by experienced cancer nurses where anyone concerned about cancer can get trusted information and advice about any type of cancer, including in relation to concerns about the current pandemic.Contact SupportLine@IrishCancer.ieFreephone 1800 200 700 (Monday to Friday, from 9am to 5pm)Visit the Irish Cancer Society Support Line. Visit for details of services around the country.BarnardosTelephone support for parents in response to the challenges during the Covid-19 pandemic.Freephone 1800 910 123 from 10am to 2pm Monday to Friday.Barnardos also provide a children's bereavement helpline service.Phone 01 473 2110 from 10am to 12pm Monday to Thursday.Visit barnardos.ieSpunOut.ieArticles and information for young people on many different topics including mental health.Text SPUNOUT to 086 1800 280 to talk to a trained volunteer - standard message rates may apply.Visit spunout.ieSupports for older peopleALONECOVID-19 support line for older people.Phone 0818 222 024 8am to 8pm everyday.Visit alone.ieThe Alzheimer Society of IrelandInformation and emotional support and information on supports and services.Freephone 1800 341 341 Monday to Friday 10am to 5pm and Saturday 10am to 4pmhelpline@alzheim.ieThe Dementia Resource Hub provides sign-posting to information and online resources for people with dementia, families and carers.Visit alzheim.ie or understandtogether.ieGrow Mental HealthWeekly online peer support groups. These include measures that can help during the COVID-19 pandemic.Visit the College of Psychiatrists in Ireland.Minding Creative MindsFree 24/7 wellbeing & support programme for the Irish Creative Sector, including counselling.Phone 1800 814 244Visit mindingcreativeminds.ieSupports for younger people, their parents or guardiansChildline (ISPCO)Ireland's 24-hour national listening service for young people up to the age of 18.Freephone 1800 666 666 any time.Text 50101 from 10am to 4pm every day Chat online at childline.ie anytimeBeLoNG To Youth ServicesSupport, information and groups for lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland, their parents and carers, and other professionals.Text LGBT+ to 086 1800 280 to chat confidentially with a trained crisis volunteer anytime - standard SMS rates may apply.Visit belongto.org for more information.jigsawMental health support and advice to young people aged 12 to 25 years old and parents or concerned adults.jigsaw Live chat is for young people aged 12 - 25 years-old. There are no cancellation fees - start or stop your account at any time.What can I watch on Netflix?Netflix has an extensive library of feature films, documentaries, TV programmes, anime, award-winning Netflix originals, and more. Please see website for opening hours.Contact info@lgbt.ie for support or information.LGBT+ helpline 1800 929 539 every day.Gender identity family support line 01 907 3707.Visit lgbt.ieMental Health IrelandInformation and support for people who experience mental health difficulties.Contact info@mentalhealthireland.ieInformation line 01 284 1166 from 9am to 5pm Monday to FridayVisit mentalhealthireland.ieHSE Mental Health Recovery CollegesRecovery education colleges and services provide mental health recovery education. Peer support groups for frontline workers and professionals.Visit turn2me.ieMyMindOnline counselling service including free appointments for people directly affected by COVID-19.Contact hq@mymind.orgVisit mymind.orgShineRemote support and an outreach service to people who use Shine services by phone and email.Contact support@shine.ieVisit shine.ie/covid-19Suicide or Survive (SOS)Free online wellness workshops and programmes.Visit suicideorsurvive.ieStress ControlStress control classes to learn new stress management skills and tips for minding your mental health from HSE Health and Wellbeing.The programme is for 3 weeks on Mondays and Thursdays and recommences at varying intervals.Visit HSE Health and Wellbeing for more information.Clanwilliam InstituteIndividual, couple and family therapy sessions online and phone.Contact reception@clanwilliam.ieVisit clanwilliam.ieHelpLink Mental HealthFree low-cost online counselling services and educational resources.Visit helplink.ieMinding Your Mental Health A series of multilingual video messages presented by doctors and other health professionals now living and working in Ireland.The videos are available in Romanian, Polish, Arabic, English, French, Lithuanian, Russian, Irish and Portuguese.Visit translateireland.ieGrow Mental Health RecoveryWeekly online peer support groups. Easy-read guides on coronavirus. There are no annoying contracts and no commitments. These include one about good mental health for people with intellectual disabilities.Visit inclusionireland.ieExchange House Ireland National Traveller Mental Health ServiceTelephone and online services and supports are available while face-to-face and group services have stopped.Phone 01 8721094 and press 1 from 9am to 5pm every day.Visit exchangehouse.ieTraveller Counselling ServiceOnline counselling to members of the Traveller community who need support during this time.Visit traveller counselling.ieBodywhysA range of services (helpline, support groups, online groups, email and family programmes) for adults and young people with eating disorders, and their families.Helpline 01 2107906 Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm.Contact alex@bodywhys.ie for support.Visit bodywhys.ieUnion of Students in IrelandMental health information, resources and networks for students, from the Union of Students in Ireland.Visit usi.iePractitioner HealthConfidential support and help for doctors, dentists and pharmacists.Contact confidential@practitionerhealth.iePhone 01 297 0396Visit practitionerhealth.ieCollege of Psychiatrists in IrelandShort videos for families of young people with mental illness. No extra costs, no contracts.Watch anywhere, anytime. Podcasts, practical resources and information.Contact info@grow.ieInformation line 1890 474 474Visit grow.iePhone, email and text supportConnect CounsellingAn anonymous professional telephone counselling service for survivors of physical, emotional and sexual abuse including former residents of Mother and Baby Homes.Freephone 1800 477 477 Monday to Sunday from 6pm to 10pm.Visit www.connectcounselling.ieSamaritansEmotional support to anyone in distress or struggling to cope.Contact jo@samaritans.ieFreephone 116 123 every day 24 hours a dayVisit Samaritans Ireland.Text 50808A free 24/7 text service, providing everything from a calming chat to immediate support for people going through mental health or emotional crisis.Text HELLO to 50808, anytime day or night.Visit www.text50808.ie for more information.Pieta HouseTelephone and text-based support counselling for people who are suicidal or engaging in self-harm.Freephone 1800 247 247 every day 24 hours a day.Text HELP to 51444 - standard message rates apply.Visit pieta.ieAwareInformation, support and peer groups for people experiencing anxiety, mild to moderate depression, bipolar disorder and mood-related conditions. You can easily cancel your account online in two clicks. Watch as much as you want, any time you want.Is Netflix good for children?The Netflix Children's experience is included in your membership to give parents control while children enjoy family-friendly TV programmes and films in their own space.Children's profiles come with PIN-protected parental controls that let you restrict the maturity rating of content children can watch and block specific titles you don't want children to see. Use downloads to watch while you're on the go and without an internet connection. Links to nationwide community cancer support centres and a team of clinical psychologists.Freephone 1800 200 700Visit the HSE National Cancer Control Programme for more information.ADHD IrelandSupport and information for young people and adults with ADHD and their carers and families.Contact info@adhdireland.iePhone 01 874 8349 from 9am to 5.30pm Monday to Friday.Visit adhdireland.ieInclusion IrelandThe National Association for People with an Intellectual Disability.

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