

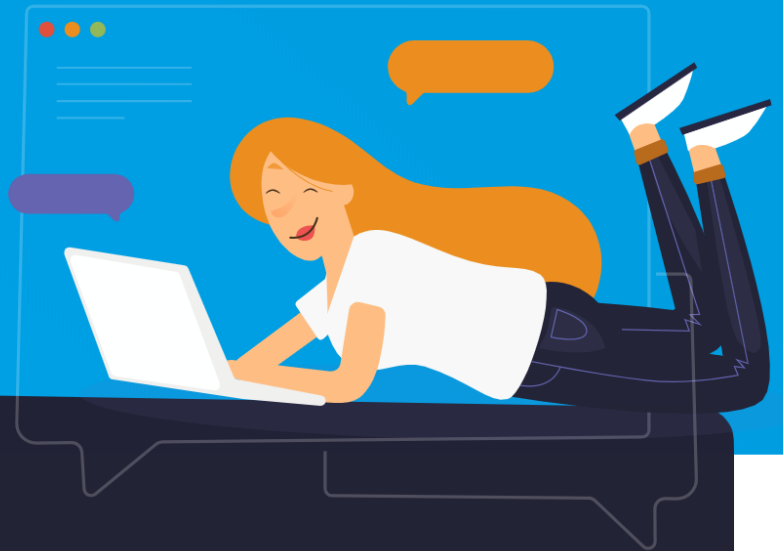
Hello!

Welcome to Turn2Me.

We are a community of fully qualified and accredited mental health professionals working online to provide a high quality, safe, anonymous and confidential space for you to gain support – wherever you are, whenever you need us, for whatever you are going through.

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How might we support you today?



TURN2ME.IE

Established in 2009 by brothers Oisin and Diarmuid Scollard, turn2me.ie is an Irish registered charity and International pioneer in Professional Mental Health Support Online.

Thanks to the ongoing support of the HSE and the National Office for Suicide Prevention (NOSP) and the Department of Health Slaintecare Integration Fund their professional mental health services online are free to everyone resident in Ireland.

They provide a stepped care system that includes:

- Online 1-1 Counselling
- Support Groups
- Peer Support Groups

Ireland You are not alone



turn2me.ie

Team:

Turn2me have a clinical team of qualified, accredited and fully trained online professional counsellors and psychotherapists who work across the whole island of Ireland and are accredited

members of the Irish Association for Counselling and Psychotherapy (IACP), the

Irish Association for Humanistic and Integrative Psychotherapy (IAHIP) and the Psychological Society of Ireland (PSI).

What you can access

Support groups

You can attend a weekly anonymous, confidential support group on a wide range of issues – through instant messaging via our safe secure platform. There's a tailored group for everyone - whether you're experiencing anxiety, stress or low mood, family or relationship issues, feeling alone or in need LGBTQ+ mental health support.

Group support online is provided by a member of our team through instant chat/messaging to protect your anonymity.

Peer Support Groups

Online peer to peer support groups are a place in which community members can gain support or give support to others. Community members can openly discuss mental health and well-being issues, share their experiences and connect with their peers in a safe space.

Peer support is available 24/7 for adults (18+) and young people (12-17) and is moderated on a full-time basis by trained staff.

Counselling

Counselling sessions are offered for adults (18 years of age), couples and young people (12-17).

All Irish residents are entitled to 6 free one to one sessions, or 8 free sessions if you are applying for the Young People counselling program.

You can choose to have your counselling sessions through instant chat/messaging, video or email.



turn2me.org
a lifeline online

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www.Turn2me.ie