OUR SERVICES

Turn2Me is an Irish online mental health charity providing free, anonymous and confidential online professional mental health services to anyone that needs it. A Lifeline Online
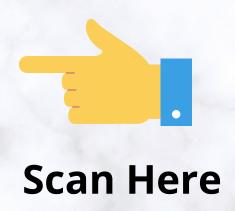
Sign up for free at Turn2Me.ie

HELP
ADVICE
SUPPORT
GUIDANCE

Scan Here

Free One to One Counselling

- Turn2Me offers 6 free One-to-one counselling sessions per year for over 18's

Free Support Groups

- Turn2me offers 6 support groups a week. They are safe, anonymous places to share your thoughts with others and get support. Each one is facilitated by a trained professional

Free Thought Catcher Mood Diary

- Share your thoughts and connect with your peers in a safe, moderated community. We offer one for people over 18 and a separate one for people aged 12-17

Paid Psychotherapy Service

- By choosing this service you are not restricted in the number of sessions you can have. You can enjoy the many benefits of our psychotherapy service.

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a lifeline online