

# Continuum of Support

**JIGSAW**  
**NORTH FINGAL**

Young people's  
health in mind

Balbriggan, St. George's Square  
Phone Number: 01-9603020

**Santry Ave.**  
**Phone Number 01-8831000 or 01-6010000**

**Aware**      **1890303032**

**Spun Out**    [www.spunout.ie](http://www.spunout.ie)

**Headstrong**    **01-6607343** or [www.headstrong.ie](http://www.headstrong.ie)

**Samaritans**    **1850609090**

**Childline**     **1800666666**

**Rape Crisis Centre**    **1800 778888**

**LGBT Agency**    **BeLonG To**    **01-6706223**

There are also many additional services in the area. Please contact your GP if you have concerns or A&E if it is out of hours.