



Helplink's Irish abroad free
counselling service.

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Helplink.ie provide a **free online counselling service** for the Irish abroad.



Helplink Mental Health's mission is to provide accessible, **free** or low cost mental health services; locally, nationally and **internationally**. 7 days a week and out of hour.

As Helplink explain ***“Each person can avail of 6 free online appointments; 7 days a week from Helplink (depending on your needs you may be able to receive an additional 3 appointments – speak to your Counsellor about this!)”***.

- See [here](#) for more information on this free service.
- Go [here](#) to read some of the FAQ's and find out more about how this service works.
- To request an online appointment, fill in their contact form [here](#) and ensure to say you are an Irish citizen living in Canada.

Alternatively, you can **call the national number: 0818-998-880** or send them an **email: helplinksupport@helplink.ie**