Mental Health support services during COVID 19

 **![C:\Users\MaryGeraldineByrne\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LTBHBSNQ\768px-Phone_Shiny_Icon.svg[1].png]()** **Useful numbers**

**Smaritans**

**Free phone 116123 at any time day or night**

**Pieta House**

**Free phone 1800 247 247** **day or night**

**Text HELP TO 51444 (Standard MESSAGE RATES APPLY)**

**CRISIS TEXT LINE IRELAND**

**Text TALK to 086 1800 280 Day or night**

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