Mental Health support services during COVID 19

**** **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**

**   **