

Someone
is **always**
there to
listen to you

ALL DAY
EVERY
DAY,
24 HRS
A DAY

If it's an emergency,
Dial 999/112

Emergency 24 hour Services

SAMARITANS

TALK IT THROUGH,
WE'RE HERE TO LISTEN

jo@samaritans.ie

116 123

www.samaritans.org

pieta

1800 247 247

TEXT HELP TO 51444 mary@pieta.ie

Pieta supports people and communities in crisis by
providing freely accessible, professional services to all.

www.pieta.ie

spunout

text about it

Text About It is a free, anonymous, 24/7
messaging service providing everything
from a calming chat to immediate support
for our mental health & emotional wellbeing

Text: **Free-text YMH**
to 50808 to start a conversation
Website: textaboutit.ie

ISPC
Childline

1800 66 66 66

(24 HRS A DAY, EVERYDAY)

Text TALK to 50101

Online chat - www.childline.ie

CONTACT YOUR GP OR GP OUT OF HOURS SERVICE

MIDOC

1800 302 702

NEDOC

1800 777 911



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service

Other ongoing Supports

**your
mental
health.ie**

Information | Support | Services

1800 111 888

www.yourmentalhealth.ie

SPUNOUT.ie

SpunOut.ie
@SpunOut
SpunOutMedia

Youth information website
created by young people for young people



turn2me
professional mental health
support online

Online Therapy & Counselling

MyMind
Centre for Mental Wellbeing
(+353) 818 500 800

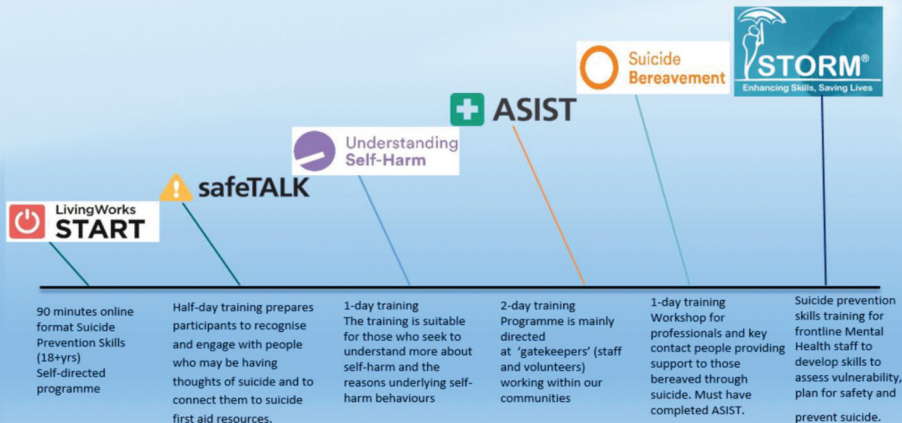
Online Therapy & Counselling



Connecting for Life
Midlands, Louth and Meath

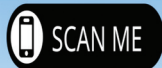


Most people are surprised to learn that they are more likely to encounter someone who is thinking about suicide than someone who needs CPR. With the right suicide prevention skills training, everyone can help save a life



To register for training scan the QR code or use the booking website links below.

All training is free of charge (fully funded by HSE).



Midlands: <https://bookwhen.com/suicidepreventiontrainingmidlands>

Louth/Meath: <https://bookwhen.com/suicidepreventiontraininglouthmeath>