



Let's Talk About Suicide Support Services



County Cavan

Urgent Help and Support	Telephone	Website
An Garda Síochána, Ambulance, Fire and Irish Coast Guard	999 or 112	
Garda Confidential Line	1800 666 111	
North East Doctor On Call	1800 777 911	
Cavan General Hospital	049 437 6000	
Samaritans	Freephone 24/7: 116 123	www.samaritans.ie
Pieta	Freephone 24/7: 1800 247 247, Text HELP to 51444	www.pieta.ie
Text 50808	Free Text 24/7: Text HELLO to 50808	www.text50808.ie
Addiction	Telephone	Website
Al-Anon & Al-Ateen	01 873 2699	www.al-anon.org
Alcohol & Drugs Helpline	1800 459 459	www.drugs.ie
Alcoholics Anonymous	01 842 0700	www.alcoholicsanonymous.ie
Cuan Mhuire (addiction treatment & residential rehabilitation)	042 974 8533	www.cuanmhuire.ie
Family Addiction Support Network (family support service)	087 904 6405	www.fasn.ie
Gamblers Anonymous	01 872 1133	www.gamblersanonymous.ie
HSE Primary Care Addiction Service	049 435 3190	www.hse.ie
MaCYSS – Monaghan and Cavan Youth Substance Support	085 744 2857	www.alcoholforum.org
MQI CAMDAS (Cavan & Monaghan Drug & Alcohol Service)	049 437 9160	www.mqi.ie
Narcotics Anonymous	01 672 8000	www.na-ireland.org
Bereavement Services	Telephone	Website
Anam Cara (Parental & Sibling Bereavement Support)	01 404 5378	www.anamcara.ie
Barnardos Children's Bereavement Service	01 473 2110	www.barnardos.ie
HUGG Suicide Bereavement Peer Support Groups	01 513 4048	www.hugg.ie
Irish Childhood Bereavement Network	01 679 3188	www.childhoodbereavement.ie
Irish Hospice Foundation Bereavement Support Line	1800 807 077 (10 am – 1 pm)	www.bereaved.ie
Pieta Cavan Monaghan Suicide Bereavement Counselling Service	0818 111 126	www.pieta.ie
Pieta Cavan Monaghan Suicide Bereavement Liaison Service	085 870 6591	www.pieta.ie





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Counselling Services	Telephone	Website
BeLonG To LGBT+ Youth Counselling Service	01 462 4792	www.belongto.org
Clanwilliam Institute (Individual, couple & family therapy online)	01 205 5010	www.clanwilliam.ie
Connect Free Telephone Counselling & Support (for adults who have experienced abuse, trauma or neglect in childhood)	1800 477 477	www.connectcounselling.ie
Exchange House Ireland National Traveller Mental Health Service	01 872 1094	www.exchangehouse.ie
Focus Family Resource Centre, Killeshandra, Co. Cavan	049 436 4065	www.focusfrc.com
Helplink (free/low-cost counselling services online)	0818 99 88 80	www.helplink.ie
HSE Counselling in Primary Care - CIPC (for adults only)	1800 252 563	www.hse.ie
HSE National Counselling Service (for adults who have experienced abuse, trauma or neglect in childhood)	1800 234 117	www.hse.ie
HSE Primary Care Psychology (referral through GP) Cavan	049 435 3166	www.hse.ie
My Mind Online Video Counselling	0818 500 800	www.mymind.org
Pieta Cavan Monaghan Crisis Counselling Service	0818 111 126	www.pieta.ie
SilverCloud Health online CBT (referral through GP) - Internet-based Cognitive Behaviour Therapy (iCBT) service for people over the age of 18		www.silvercloudhealth.com/ie/
Teach Oscail Family Resource Centre, Cavan	049 437 2730	www.teachoscail.ie
Traveller Counselling Service	086 308 1476	www.travellercounselling.ie
Turn2Me Online Counselling & Support Groups		www.turn2me.ie
Family Services	Telephone	Website
Focus Family Resource Centre, Killeshandra, Co. Cavan	049 436 4065	www.focusfrc.com
One Family (parenting alone)	01 662 9212	www.onefamily.ie
Parent Line	01 873 3500	www.parentline.ie
Teach Oscail Family Resource Centre, Cavan	049 437 2730	www.teachoscail.ie
Tusla, Family Support Services, Cavan	049 436 9800	www.tusla.ie
Tusla, Social Work Department, Cavan & Monaghan	049 436 9801	www.tusla.ie





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Mental Health Services	Telephone	Website
HSE Child & Adolescent Mental Health Service, Cavan (GP Referral)	049 437 8920	www.hse.ie
HSE Child & Adolescent Mental Health Service, South Cavan/Monaghan (GP Referral)	047 95455	www.hse.ie
HSE Adult Mental Health Service, Cavan (GP Referral)	049 435 3145	www.hse.ie
Peer Advocacy in Mental Health	01 5470510	www.peeradvocacyinmentalhealth.com
YouThrive (HSE Cavan Monaghan Early Intervention Youth Mental Health Service, 12 – 25 year olds)	042 967 4915	www.hse.ie
Support numbers and Information Helplines	Telephone	Website
ALONE (supporting older people to age at home)	0818 222 024	www.alone.ie
Alzheimer Society Ireland	1800 341 341	www.alzheimer.ie
Aware (support for depression and anxiety)	1800 804 848	www.aware.ie
Bodywhys (support for eating disorders)	01 210 7906	www.bodywhys.ie
Childline	1800 666 666	www.childline.ie
Citizens Information	0818 074 000	www.citizensinformation.ie
Crime Victims Helpline	116 006 or Text 085 133 7711	www.crimevictimshelpline.ie
Dundalk Simon (supporting homeless in Cavan & Monaghan)	042 933 9583	www.dundalksimon.ie
Embrace Farm (farm accident support network)	085 770 9966	info@embracefarm.com
Exchange House Ireland National Travellers Service	01 872 1094	www.exchangehouse.ie
GROW (supporting mental health recovery)	0818 474 474	www.grow.ie
HSE HIV and Sexual Health Helpline	1800 700 700	www.hivireland.ie
HSE National Information Helpline (HSE Live)	1800 700 700	www.hse.ie
Immigrant Council of Ireland	01 674 0200	www.immigrantcouncil.ie
Irish Men's Sheds Association	01 891 6150	www.menssheds.ie
ISPCC Parent Support Line	01 522 4300	www.ispcc.ie
LGBT National Helpline	1800 929 539	www.lgbt.it
MABS (Money and Budgeting Advice Service) Helpline	0818 072 000	www.mabs.ie
Man2Man (HIV & sexual health information for gay & bisexual men)	01 873 4832	www.man2man.ie
Men's Aid Ireland	01 554 3811	www.mensaid.ie
Mental Health Ireland	01 284 1166	www.mentalhealthireland.ie
Migrant Rights Centre Ireland	083 075 5387	www.mrci.ie
My Options Unplanned Pregnancy Helpline	1800 828 010	www.hse.ie
National Rape Crisis Helpline	1800 778 888	www.rapecrisishelp.ie
Niteline (student support helpline)	1800 793 793	www.niteline.ie
Outcomers (support for LGBT people in North East)	042 932 9816	www.outcomers.org





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Parent Line	1800 927 277	www.parentline.ie
Peer Advocacy in Mental Health	01 547 0510	www.peeradvocacyinmentalhealth.com
Pieta	1800 247 247, Text HELP to 51444	www.pieta.ie
Postnatal Depression Ireland	021 492 2083	www.pnd.ie
Samaritans	116 123	www.samaritans.ie
Senior Line (listening service for older people)	1800 804 591	www.thirdageireland.ie/seniorline
Sexual violence helpline	1800 778 888	www.drcc.ie
Shine (supporting people affected by mental ill health)	01 8601610 086 852 5422	www.shine.ie
Social Prescribing - Teach Oscail FRC, Cavan	049 437 2730 or 085 250 0605	www.teachoscail.ie
St. Vincent de Paul Freephone	01 884 8200	www.svp.ie
Suicide or Survive	01 272 2158	www.suicideorsurvive.ie
Tearmann Domestic Violence Services	047 72311	www.tearmann.net
Teenline	1800 833 634	www.ispcc.ie
24/7 Text Support Service	Text HELLO to 50808	www.textaboutit.ie
Third Age (support for older people)	046 955 7766	www.thirdageireland.ie
Transgender Equality Network Ireland	01 873 3575	www.teni.ie
Transgender Family Support Line	01 907 3707	www.lgbt.ie
Women's Aid Domestic Violence Helpline	1800 341 900	www.womensaid.ie
Yourmentalhealth.ie 24 Hour Information Line	1800 111 888	www.yourmentalhealth.ie

