



Let's Talk About Suicide Support Services



County Limerick

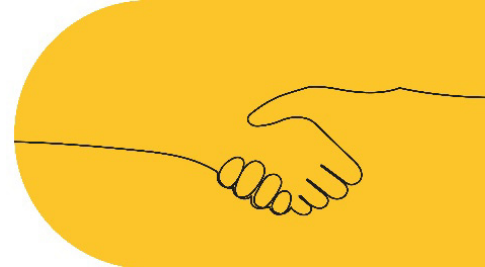
Addiction services	Telephone	Website
Al-Anon & Al-Ateen	01 873 2699	www.al-anon.org
Alcohol & Drugs Helpline	1800 459 459	www.drugs.ie
Alcoholics Anonymous	01 842 0700	www.alcoholicsanonymous.ie
HSE Clare Drug & Alcohol Services	065 686 5852	www.hse.ie
HSE Limerick Drug & Alcohol service	061 318 633	www.hse.ie
Gamblers Anonymous	01 872 1133	www.gamblersanonymous.ie
CSMT (Community Substance Misuse Team)	061 318904	www.csmt.ie
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
Children's Grief Centre	061 224 627	www.childrensgriefcentre.ie
Suicide Bereavement Liaison Service:		
Limerick, Clare, North Tipperary.	085 8568081	www.pieta.ie
HUGG (Healing Untold Grief Group)	01 513 4048	www.hugg.ie
Counselling services	Telephone	Website
Limerick Youth Services	061 412 444	www.limerickyouthservice.com/
Jigsaw, Limerick	061 974 510	www.jigsaw.ie
MyMind (Low Cost)	0818 500 800	www.mymind.org
Limerick Social Service Council	061 314 111	www.lssc.ie/
Counselling in Primary Care.	061 464 046.	
HSE National Counselling Service	1800 234 114	www.hse.ie
Family Services	Telephone	Website
HSE Child & Family Psychology, Limerick	061 483692	www.hse.ie
Family Resource Centres (FRCs , there are 9 in the region		www.familyresource.ie/family-resource-centres-regions.php
Parent Line	01 8733500	www.parentline.ie
Tusla, Family Support Services,	061 588 688	www.tusla.ie
Mental Health Services	Telephone	Website
Aware (support for depression and anxiety)	1800 804 848	www.aware.ie
Bodywhys (support for eating disorders)	01 2107906	www.bodywhys.ie
GROW	08180 474474	www.grow.ie
Jigsaw, Limerick	061 974 510	www.jigsaw.ie
Pieta, Limerick	061 48 444 1800 247 247	www.pieta.ie
CAMHS Limerick	061 483 388	www.hse.ie
ARIES (Advancing RECOVERY Ireland Educational Services)	061 492085	www.hse.ie/mwaries
Shine	087 787 8222	www.shine.ie





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Other	Telephone	Website
AMEN	046 902 3718	
Crime Victims Helpline	116 006	
ISPCC Childline	1800 66 66 66	www.childline.ie
HSE National Information Helpline (HSE Live)	1800 700 700	www.hse.ie
GOSHH (Gender, Orientation, Sexual Health, HIV)	061 314 354	www.goshh.ie
Transgender Equality Network Ireland	01 8733575	www.teni.ie
LGBT National Helpline	1800 929 539	www.lgbt.it
MABS Helpline	0818 072000	www.mabs.ie
CARI (Children at Risk in Ireland)	061 582 224	www.care.ie
Shannondoc (Out of hours GP Service)	0818 123 500	
Rape Crisis Centre, Mid-West	061 311 511	www.rapecrisis.ie
ADAPT (Domestic Abuse Service) Limerick	061 412 354	www.adaptservices.ie
ASCEND (Domestic Abuse Service) North Tipperary	0505 23 999	www.ntdc.ie/programmes/ascend/
Clare Haven (Domestic Abuse Service)	065 682 9777	www.clarehaven.ie/
Senior Line (listening service for older people)	1800 804 591	www.thirdageireland.ie/seniorline
Crisis Text Line	Text 50808	
St. Vincent de Paul Freephone	01 8848200	www.svp.ie ; info@svp.ie
Samaritans	116 123	www.samaritans.ie
Office for Suicide Prevention	061 492096	www.hse.ie
ALONE	0818 222 024	www.alone.ie

