



Let's Talk About Suicide Support Services



County Longford

Addiction Services	Telephone	Website
Al-Anon & Al-Ateen	01 873 2699	www.al-anon.org
HSE Drugs & Alcohol Helpline	1800 459 459	www.drugs.ie
Alcoholics Anonymous – National	01 842 0700	www.alcoholicsanonymous.ie
Alcoholics Anonymous – Leinster	01 852 7000	www.alcoholicsanonymous.ie
Gamblers Anonymous	01 872 1133	www.gamblersanonymous.ie
HSE CADS (Community Drug & Alcohol Service)	044 93 95200 / 057 93 15801	www.hse.ie
HSE CADS ADAPT (Adolescent Drug & Alcohol Prevention & Treatment) Service	087 4518358	CADS.adapt@hse.ie
Merchants Quay (Drug & Alcohol Prevention & Treatment Support Service)	086 7934920	dats@mqi.ie
Narcotics Anonymous	01 672 8000	www.na-ireland.org
Bereavement Services	Telephone	Website
Anam Cara (Parental & Sibling Bereavement Support)	085 288 888/ 01 404 5378	www.anamcara.ie
Barnardos Children's Bereavement Service	01 473 2110	www.barnardos.ie
Bethany Pastoral and Bereavement Support Westmeath	044 93 75445 / 087 9117432	www.bethany.ie
Bethany Pastoral and Bereavement Support Family Ministry Longford	043 33 46827 / 087-7552192	www.bethany.ie
Irish Hospice Foundation – Bereavement Support Line	1800 80 70 77	www.hospicefoundation.ie
Hospice Service – North Westmeath	087-9387869	www.hospicefoundation.ie
Hospice Service – South Westmeath	087-2748615	www.hospicefoundation.ie
HUGG Suicide Bereavement Self Help Group		www.hugg.ie
LARCC Bereavement Support Group	04493 71971	info@cancersupport.ie
Pieta House Suicide Bereavement Liaison Service	086 418 0088	bernie.carroll@pieta.ie
Pieta Helpline	1800 247 247	www.pieta.ie
Pieta Centre Athlone	090 64 24111	www.pieta.ie
Rainbows	01 473 4175	www.rainbowsireland.com
Rainbows Westmeath	083 2091404	mullingarrainbows@gmail.com
Rainbows Longford Lus na Greine Family Resource Centre	043 666 0977	





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Counselling Services	Telephone	Website
Counselling in Primary Care (CIPC) HSE National Counselling Service	057 93 70605	www.hse.ie
Counselling Adult who experienced childhood abuse or neglect (CaPA) The Arches, 21 Church St., Tullamore	057 93 27141/1800 234113	www.hse.ie
Counselling for Former Residents of Mother and Baby Homes	1800 234 110	www.hse.ie
Midlands Crisis Pregnancy Counselling Service	1800 200 857	www.hse.ie
PCI Counselling Service Midlands	0818 555 450	www.hse.ie
Primary Care Psychology Service, Clonbrusk, Athlone	0906424840	www.hse.ie
Harbour Rd., Mullingar	044 9353700	www.hse.ie
Kinnegad Primary Care Centre	044 9374120	www.hse.ie
Flancare Primary Care Centre, Ballyminion, Longford	043 3339701	www.hse.ie
Connect (National Adult Counselling Service)	1800 477 477	www.connectcounselling.ie
Pieta Centre Athlone	090 64 24111	www.pieta.ie
Traveller Counselling Service	01 868 5761/086 308 1476	www.travellercounselling.ie
Turn2me (online counselling)		www.turn2me.ie
Shine Supporting People Affected by Mental Health	01 860 1610/ 086 040 770	www.shine.ie
Samaritans	116 123	www.samaritans.ie
Family Services	Telephone	Website
Barnardos Regional Office	090 6498466	athlone@barnardos.ie
Barnardos Athlone Family Support Project	090 6476422	info@athlone.barnardos.ie
Barnardos Mullingar Family Support Project	044 – 93 352 82	info@mullingar.barnardos.ie
Family Resource Centres:		
Bridgeways FRC, Ballymahon, Longford	090 643 2691	admin@bridgewaysfrc.com
Lus Na Gréine FRC, Granard, Longford	043 666 0977	lusnagreinefrc@gmail.com
Athlone FRC	085 251 2224	contactme@afrc.ie
Cara Phort FRC, Ballynacary, Westmeath	044 937 3060	info@caraphortfrc.ie
Tusla		
Primary Care Centre, Harbour, Mullingar, Co. Westmeath	044 9353997	www.tusla.ie
Tivoli House, Dublin Rd., Longford	043 33 50584	www.tusla.ie
Health Centre, Coosan Rd., Athlone	090 64 83100	www.tusla.ie





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Children and Young People	Telephone	Website
Attic House Teen Project, Majorswell Road, Ballinalee Road, Longford	043 333 6183 / 0867912011	reception@attichouse.ie
BeLonG To (LGBT)	01-670 6223	www.belongto.org
Childline (Free/confidential)	1800 666 666 TEXT 'Talk' to 50101	www.childline.ie
Foróige Westmeath / Roscommon St Mary's Hall Northgate St, Athlone	086 9672921	bernie.mchugh@foroige.ie
Leap Project, Earl Street, Longford	086 840 7371	
Longford Youth Service, 6 Earl St., Longford	043 33 45555	longforyouthservice@gmail.com
Youth Work Ireland – Offaly Westmeath Regional Office, Inisoir, Athlone	090 64 77075	glacey@youthworkmidlands.org
Athlone Youth Project	090 644 4015 / 086 7955334	reception@attichouse.ie
Athlone Youth Information	090 64 77075 / 086 7955 684	www.belongto.org
ALF Project, Inisoir Golden Island, Athlone	090 6477075 / 086 7955 323	www.childline.ie
Mullingar Youth Project Grange Resource Centre, Mullingar	044 934 9636 / 086 7955 354	bernie.mchugh@foroige.ie
Crisis Support Information Helplines	Telephone	Website
Carer's Association, Mullingar	044 93 47922 Helpline: 1800 240 724	midlands@carersireland.com
Citizen's Information Service		www.citizensinformation.ie
Market House, Market Sq. Mullingar	0818 076 660	mullingar@citinfo.ie
St. Mary's Sq., Athlone	0818 076 610	athlone@citinfo.ie
Level 1, Longford Shopping Centre, Longford	0818 075 890	longford@citinfo.ie
M.A.B.S. – Money Advice and Budgeting Service	0818 07 2000	www.mabs.ie
St. Mary's Square, Athlone	0818 07 2400	athlone@mabs.ie
Church Avenue, Mullingar	0818 07 2700	mullingar@mabs.ie
1 Church Street, Longford	0818 07 2640	Longford@mabs.ie
St. Vincent De Paul Athlone/ Mullingar/ Longford	090 64 74122	





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HSE	Telephone	Website
Primary Care Longford	0906424840	www.hse.ie
Primary Care Athlone	044 9374120	www.hse.ie
Primary Care Kinnegad	044 9353700	www.hse.ie
Primary Care Mullingar	043 33 50100	www.hse.ie
St. Joseph's Care Centre, Longford	044 93 40221	www.hse.ie
Midland Regional Hospital Mullingar	044 93 40191	www.hse.ie
St. Loman's Psychiatric Hospital Mullingar	044 93 40191	www.hse.ie
Psychiatry for Later Life, St. Loman's Hospital Mullingar	044 93 37400 /37401	www.hse.ie
Child & Adolescent Psychiatric Services, M.R.H. Mullingar	044 933 7402	www.hse.ie
Young Adult Mental Health Service	090 64 24780	www.hse.ie
Community Mental Health Centre, Re Nua, Primary Care Centre, Athlone	043 3339701	www.hse.ie
Community Mental Health Centre, Primary Care Centre, Harbour Rd., Mullingar	0906424840	www.hse.ie
Community Mental Health Centre, Dublin Rd., Longford	044 9374120	www.hse.ie
Primary Healthcare Project for Travellers Longford	044 33 46989 / 087 9478135	www.hse.ie
Primary Healthcare Project for Travellers Westmeath	044 93 48571 / 0870995145	www.hse.ie





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National	Telephone	Website
National Youth Council of Ireland		www.youth.ie
Teen Between Support for teenagers with separated or divorced parents	1800 303191	teenbetween@mrcs.ie
Spunout Youth information website created by young people		www.spunout.ie
Alone	0818 222 024 / 01 679 1032	www.alone.ie
Alzheimers Society Ireland	1800 341 341	www.alzheimers.ie
Aware Support Line (Depression and anxiety)	1800 80 48 48	www.aware.ie
Bodywhys (support for eating disorders)	01 210 7906	www.bodywhys.ie
Citizens Information	0818 07 4000	www.citizensinformation.ie
Connect (for adults who experienced abuse/trauma/neglect in childhood)	1800 477 477	www.cari.ie
Crime Victims Helpline	Text: 085 133 7711 or Call: 116 006	www.crimevictimshelpline.ie
Dublin Rape Crisis Centre	1800 778 888	www.drcc.ie
FLAC (free legal advice)	01 906 1010	www.flac.ie
Focus Ireland (support for homeless people)	01 881 5900	www.focusireland.ie
Gender Identity Family Support Line	01 907 3707	
GROW (supporting mental health recover)	0818 474 474	www.grow.ie
HSE HIV and Sexual Health Helpline	1800 700 700	www.hivireland.ie
Immigrant Council of Ireland	01 674 0200	www.immigrantcouncil.ie
LGBT Helpline	1800 929 539	www.lgbt.ie
Women's Aid	Text: 087 959 7980 or Call: 1800 341 900	www.womensaid.ie
Male Advice Line	1800 816 588	www.mensnetwork.ie
Men's Aid	01 554 3811	www.mensaid.ie
MABS (Money Advise & Budgeting Service)	0818 07 2000	www.mabs.ie
My Options (Unplanned pregnancy support)	1800 828 010	www.hse.ie
Pieta Text Support	Text "HELP" to 51444	
Senior Line	1800 80 45 91	www.thirdageireland.ie
Shine Brief Information and Support Line	01 860 1610	www.shine.ie
Irish Advocacy Network	01 8728 684	www.peeradvocacyinmentalhealth.ie
YourMentalHealth.ie 24 hr Information Line	1800 111 888	www.yourmentalhealth.ie
St Vincent de Paul	01 855 0022	www.svp.ie

