



Let's Talk About Suicide Support Services



County Louth

Addiction Services	Telephone	Website
Al-Anon & Al-Ateen	01 873 2699	www.al-anon.org
Alcohol & Drugs Helpline	1800 459 459	www.drugs.ie / www.drinkaware.ie
Alcoholics Anonymous	01 842 0700	www.alcoholicsanonymous.ie
Gamblers Anonymous	01 872 1133	www.gamblersanonymous.ie
Turas(Provision of free, confidential supports to people at all stages of addiction)	042 933 8221/933 8224	www.turascounselling.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
The Irish Childhood Bereavement Network	01 679 3188	www.childhoodbereavement.ie
IRISH HOSPICE FOUNDATION / Bereavement Support Helpline	1800 807 077	www.bereaved.ie
Pieta Helpline	1800 247 247	www.pieta.ie
Pieta Therapy Enquiries	0818 111126	www.pieta.ie
Counselling Services	Telephone	Website
CARI	0818 924567	www.cari.ie
CONNECT: (National Adult Counselling Service)	1800 477477 (Wed-Sun. 6pm – 10 pm)	www.connectcounselling.ie
Dowdstown Counselling Service	(046) 9031196	www.dowdstowncounsellingservices.com
Dundalk Counselling Service	042 9338333	www.dundalkcounsellingcentre.ie
HSE National Counselling Service	1800 234 114	www.hse.ie
MyMind		www.mymind.org
NURTURE (provides support to women experiencing fertility difficulties, depression in pregnancy, post-natal depression and distress following miscarriage or traumatic birth)	085 861 9585	www.nuturehealth.ie
One-in-Four	01 668 4070	www.oneinfour.org
One Family Support helpline	1890 662 212	www.onefamily.ie
Pieta Therapy Enquiries	0818 111126	www.pieta.ie
24/7 Suicide Helpline /Pieta	1800 247 247 Text "HELP" to 51444	www.pieta.ie
Private counselling services		www.psychologicalsociety.ie www.iacp.ie
Samaritans	116123	www.samaritans.ie
Travellers Counselling Service	086 308 1476	https://travellercounselling.ie
Turn2Me Online Counselling & Support Groups		www.turn2me.org





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Family Services	Telephone	Website
Childline	1800 666 666	www.childline.ie
HSE Child & Adolescent Psychology, Louth	041 9893348/042 9358330/041 9893302	www.hse.ie
Mind Our Farm Families Phone line	1890 130 022	www.fawac.ie
Parent Line	01 8733500	www.parentline.ie
Tusla, Family Support Services,		www.tusla.ie
Connect Family Resource Centre, Drogheda	041 984 6608	www.connectfamilyresourcecentre.com
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	08 180 474474	www.grow.ie
Peer Advocacy in Mental Health	01 5470510	www.peeradvocacyinmentalhealth.com
Mental Health Ireland Regional Development Officer	086 8353387	www.mentalhealthireland.ie
Shine	01 8601610	www.shine.ie
Regional Development Officer	086 852 5422	
Spunout		www.spunout.ie
Other	Telephone	Website
AMEN	046 902 3718	www.amen.ie
Alone	0818 222024	www.alone.ie
BeLonG To	01 670 6223	www.belongto.org
Crisis Pregnancy Support/My Options	1800 828 010	www.sexualhealthcentre.com/crisis-pregnancy-support
Drogheda Homeless Aid	041 983 4492	www.dha.ie
Dundalk Outcomers (Support for LGBTI people aged between 14 and 23)	042 9329816	www.outcomers.org
Drogheda Women's and Children Refuge	041 984 4550	www.droghedarefuge.org/
Dundalk Simon community	042 933 9586	www.dundalksimon.ie
HSE National Information Helpline (HSE Live)	1800 700 700	www.hse.ie
Irish Advocacy Network (Peer Advocacy in Mental Health)	01 872 8684	www.peeradvocacyinmentalhealth.com
LGBT National Helpline	1800 929 539	www.lgbt.it
MABS Helpline	0818 072000	www.mabs.ie
HSE National Information Helpline (HSE Live)	1800 700 700	www.hse.ie
Irish Advocacy Network (Peer Advocacy in Mental Health)	01 872 8684	www.peeradvocacyinmentalhealth.com
LGBT National Helpline	1800 929 539	www.lgbt.it
MABS Helpline	0818 072000	www.mabs.ie
NEDOC (urgent Doctor Out-of-Hours Service)	1800 700 700	www.nedoc.ie/
Men's Aid	01 554 3811	www.mensaid.ie
NiteLine (Student support helpline)	1800 793 793	www.niteline.ie/
Postnatal Depression Ireland	021 492 2083	www.pnd.ie
Senior Line (listening service for older people)	1800 804 591	www.thirdageireland.ie/seniorline
Sexual Violence Helpline	1800 778 888	www.drcc.ie/services/helpline
St. Vincent de Paul Freephone	01 8848200	www.svp.ie; info@svp.ie





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Third Age (support for older people)	1800804 591	www.thirdageireland.ie
Transgender Equality Network Ireland	01 8733575	www.teni.ie
TREOIR (Services for unmarried parents and their children)	01 6700120	WWW.TREOIR.IE
Yourmentalhealth Information Line	1800 111 888	www.yourmentalhealth.ie
24/7 Text Support Service	Text Hello to 50808	www.textaboutit.ie

