



Let's Talk About Suicide Support Services



County Sligo

Addiction Services	Telephone	Website
HSE Alcohol & Substance Misuse Counselling Service, Charter House, Sligo	071 9143316	www.hse.ie
Alcohol & Drugs Helpline	1800 459 459	www.drugs.ie
Alcoholics Anonymous	01 842 0700	www.alcoholicsanonymous.ie
Gamblers Anonymous	01 872 1133	www.gamblersanonymous.ie
MPACT-Moving Parents And Children Together	071 9150578	sligoleitrim@alcoholforum.org
Narcotics Anonymous	01 672 8000	www.na-ireland.org
HSE Drugs & Alcohol Helpline	1800 459 459	www.drugs.ie
North West Drug and Alcohol Task Force	071 91 51520	www.nwdrugtaskforce.ie
HSE Drug and Alcohol Service	074 91 28769	
Alcohol Forum	074 91 25596	www.alcoholforum.org
Whiteoaks Residential Treatment Centre	07493 84400	www.whiteoakscentre.com
National Family Support Network	01 8980148	www.fsn.ie
Foroige Sligo Drug Education & Prevention Programme	086 2316303	collette.gallagher@foroige.ie
Bereavement Services	Telephone	Website
Anam Cara (Parental & Sibling Bereavement Support)	01 404 5378	www.anamcara.ie
Rainbows	01 4734175	www.rainbowsireland.ie
Pieta	074 9126594/0818 111 126	www.pieta.ie
Pieta Suicide Bereavement Liaison Service	087 9115498	www.pieta.ie
Irish Hospice Foundation	1800 80 70 77	www.hospicefoundation.ie
HUGG Suicide Bereavement Self Help Group	01 513 4048	www.hugg.ie
National Bereavement Support Line	1800 80 70 77	Monday to Friday from 10 am to 1pm
Traumatic Bereavement Service	071 9142161	Tom.mcgrath@hse.ie
Counselling Services	Telephone	Website
Counselling Service ATU SLIGO	071 9305463	studentcounsellingservices.sligo.atu.ie
HSE Psychology Services Markievicz House, Barrack Street, Sligo	071 9321803	www.hse.ie
National Educational Psychological Service, Department of Education & Skills	0761108701	neps@education.gov.ie
HSE Bereavement Counselling Service, Primary Care Centre, Barrack Street, Co Sligo	071 9155108	Patricia.hannonBC@hse.ie
HSE COUNSELLING IN PRIMARY CARE SERVICE (CIPC) 18yrs +	071 9142161	www.hse.ie
Cura crisis pregnancy support services	1850 622 626/ 0719143659	
GRASP Life (Outreach Counselling Service)	086 3905999	
PIETA HOUSE 6+ yrs 18+ Self-referral Under 18yrs requires parental permission Cost: Free	074 9126594/0818 111 126	www.pieta.ie
Counselling & Psychotherapy for Adult who experienced childhood abuse or neglect (CaPA)	1800 234 110	www.hse.ie





Let's Talk About Suicide Support Services



Counselling for Former Residents of Mother and Baby Homes	1800 234 110	www.hse.ie
IRISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY (For a list of registered Counsellors and Psychotherapists practising in Ireland)	01 230 3536	www.iacp.ie
Traveler Counselling Service	01 868 5761	www.travellercounselling.ie
Shine (Supporting & educating individuals impacted by mental illness and stigma)	01 2722158/ 01 8601610	www.shine.ie
Aware (support for depression and anxiety)	1800 804 848	www.aware.ie
Bodywhys (support for eating disorders)	01 2107906	www.bodywhys.ie
GROW (Free Community Based Peer Support Groups)	08180 474474	www.grow.ie
North West Stop (Free Counselling Service)	0818 444 000	info@northweststop.ie
Other	Telephone	Website
North West Simon Community	071 9147522	info@northwestsimon.ie
Diversity Sligo	087 0669649	diversitysligocoordinator@gmail.com
HSE National Information Helpline (HSE Live)	1800 700 700	www.hse.ie
LGBT National Helpline	1800 929 539	www.lgbt.it
MABS Helpline	0818 072000	www.mabs.ie
<u>Urgent Out of Hours GP Care</u> Caredoc NowDoc	0818 365 399 0818 400 911	
Adult Mental Health Unit (AMHU)	071 9114300	
Mental Health Day Hospital, Markievicz House, Sligo	071 9155120	
Domestic Violence Advocacy Service (DVAS)	1800 341 900 (24hr) / 0719141515	support@dvas.ie
Women's Aid	1800 262 677	
Sligo/Leitrim Home Youth Liaison Service	07191 44441	homeschoolliaisonservice@gmail.com
Sligo Rape Crisis Centre	1800 750 700	info@srcc.ie
Aware (Provide emotional and practical support to those affected by mental illness)		
Sligo Traveller Support Group	071 9145780	info@stsg.ie
Samaritans (Emotional Support Helpline 24/7)	116 123	
Emergency services	112 or 999	
Men's Aid	01 554 3811	www.mensaid.ie
Text HELLO to 50808 (24/7 emotional support messaging service)	50808	www.textaboutit.ie
St. Vincent de Paul Freephone	01 8848200	www.svp.ie ; info@svp.ie
Transgender Equality Network Ireland	01 8733575	www.teni.ie
Mental Health Ireland	01 284 11 66	info@mentalhealthireland.ie
Sexual Violence Helpline	1800 778 888	
Suicide or Survive	01 272 2158	info@suicideorsurvive.ie
Your Mental Health	1800 111 888	www.yourmentalhealth.ie
Social Prescribing Coordinator Sligo	071 9146315	lorettasfrc@gmail.com

