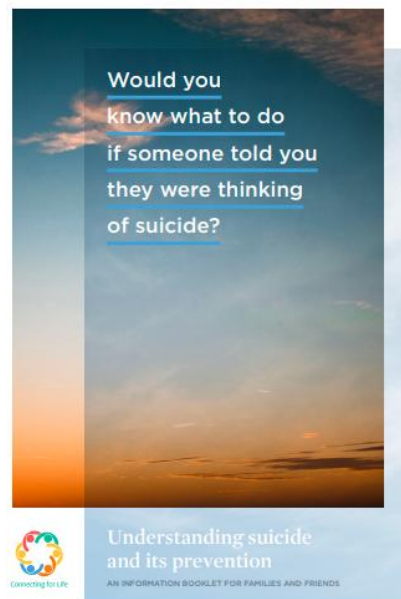
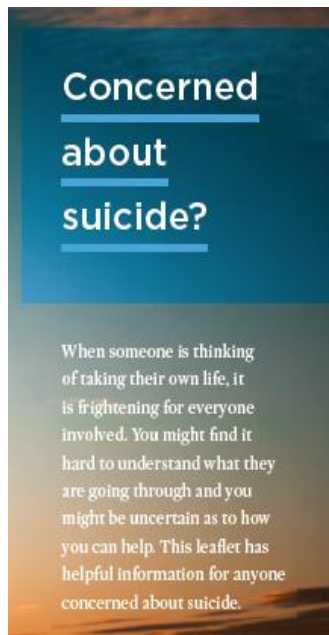


Information booklets

Please find links below to a range of booklets and leaflets on suicide, self-harm, suicide bereavement, mental health and local//national services. Most of these materials can be ordered and delivered free of charge from the mental health section of www.healthpromotion.ie/publications.

Suicide and self-harm



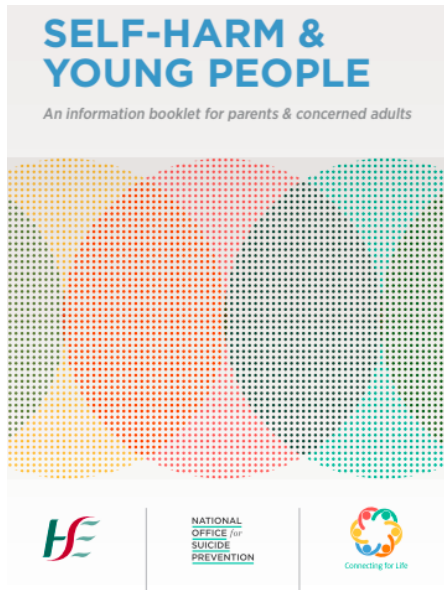
- [Concerned about suicide?](#)
- [Concerned about suicide?](#) (Russian)
- [Concerned about suicide?](#) (Polish)
- [Would you know what to do if someone told you they were thinking of suicide?](#)



[Responding to a person in suicidal distress](#)
A guidance document for public-facing staff or volunteers

[Responding to a person in suicidal distress](#)





- [Self-harm and young people](#): An information booklet for parents and concerned adults
- [Self-harm: Information for young people](#)

Mental health

- [Looking after your mental health when you have financial difficulties](#)
- [Looking after your mental health for LGBTI+ people](#)
- [Looking after your mental health in later life](#)
- [Farm and rural stress, help is at hand](#)

Suicide bereavement

- [If you have been bereaved by suicide](#)
- [Supporting children and young people bereaved by suicide](#)
- [Supporting someone bereaved by suicide](#)
- [Pieta House Suicide Bereavement Liaison Service](#)
- [You are not alone](#): Help and advice on coping with the death of someone close

Information on local and national supports and services

Help is at hand for your emotional well-being and mental health during COVID-19

If you are experiencing difficulties or are worried about someone, please contact your GP or, out of hours, North East DASH on Call, or go to your local Emergency Department



Category	Service	Contact
24/7 Local GP or North East Doctor on Call		
Gardaí / Emergencies	Emergency Support	Call 999 or 112
Police	Police	Call 105 or 999
Fire	Fire	Call 999 or 112
First Aid	First Aid	Call 111
NHS 111	NHS 111	Call 111
GP	GP	Call 111
Local Pharmacies	Local Pharmacies	Call 111
Local Dentists	Local Dentists	Call 111
Local Opticians	Local Opticians	Call 111
Local Podiatrists	Local Podiatrists	Call 111
Local Physiotherapists	Local Physiotherapists	Call 111
Local Speech and Language Therapists	Local Speech and Language Therapists	Call 111
Local Social Workers	Local Social Workers	Call 111
Local Family Support Workers	Local Family Support Workers	Call 111
Local Community Support Workers	Local Community Support Workers	Call 111
Local Support Groups	Local Support Groups	Call 111
Local Charities	Local Charities	Call 111
Local Voluntary Organisations	Local Voluntary Organisations	Call 111
Local Councils	Local Councils	Call 111
Local Schools	Local Schools	Call 111
Local Churches	Local Churches	Call 111
Local Religious Organisations	Local Religious Organisations	Call 111
Local Healthcare Providers	Local Healthcare Providers	Call 111
Local Mental Health Services	Local Mental Health Services	Call 111
Local Disability Services	Local Disability Services	Call 111
Local Home Care Services	Local Home Care Services	Call 111
Local Residential Care Services	Local Residential Care Services	Call 111
Local Supported Living Services	Local Supported Living Services	Call 111
Local Supported Accommodation Services	Local Supported Accommodation Services	Call 111
Local Supported Independent Living Services	Local Supported Independent Living Services	Call 111
Local Supported Living Services (Private)	Local Supported Living Services (Private)	Call 111
Local Supported Living Services (Public)	Local Supported Living Services (Public)	Call 111

TAKE A PHOTO

Connecting for Life Cavan and Monaghan

If you are feeling low or distressed, please just talk about it with someone ...

EMERGENCY / CRISIS NUMBERS:

- YOUR LOCAL GP OR NORTH EAST DOCTOR ON CALL**
1850 777 911
- GARDAI / EMERGENCY SERVICES**
999 / 112
- THE SAMARITANS**
116 123
TEXT: 087 269 9090
EMAIL: jo@samaritans.org
- DOMESTIC VIOLENCE SERVICE WOMEN'S AID NATIONAL HELPLINE**
1800 341 900
- 24/7 SUICIDE HELPLINE**
1800 247 247
TEXT: HELP TO 51444 (PALS text)
- AWARE SUPPORT LINE**
1800 80 48 48
Email: supportmail@aware.ie
- NATIONAL RAPE CRISIS 24/7 HELPLINE**
1800 778 888
Email: counselling@rc.ie
- CHILDLINE**
1800 666 666
TEXT: TALK TO 50101
- FARM AND RURAL STRESS HELPLINE**
1800 742 645
- TEAMMANN DOMESTIC ABUSE SERVICE**
047 72311
www.teammann.ie
- NATIONAL LGBT HELPLINE**
1800 925 533
- MABS (Mental Health Advice Bureau Service)**
0761 072 000
- SHINE**
086 852 5422
www.shine.ie
- ONLINE COUNSELLING**
www.teammann.ie
- GREEN HELPLINE**
1899 474 474
- PARENT LINE**
1890 927 277

PLEASE TAKE A PHOTO OF THIS POSTER



Please scan the code to download the Connecting for Life Cavan Monaghan Health Service Decal



Learn about mental health and how to support yourself and those you love: www.yourmentalhealth.ie

Focus Family Resource Centre, Killeshandra	043 436 4065
Teach One Family Resource Centre	047 77386
Teach One Family Resource Centre, Cavan	043 437 2730
Traveller Counselling Service	086 308 1476
Private and Online Counselling	
Addiction Counselling of Ireland	01 797 9187
www.addictioncounselling.ie	
Irish Association of Counsellors	01 230 3536
& Psychotherapists	www.iac.ie
Irish Association of Humanists	01 284 1055
& Integrative Psychotherapy	www.iap.ie
My Mind Online Video Counselling	076 860 1060
www.mymind.ie	
The Psychological Society of Ireland	01 472 0165
www.psychologicalsociety.ie	
TuM@Me Online Counselling & Support Groups	www.tumme.org
Recovery Services	
Arman Care (Parental & Sibling Bereavement Support)	01 404 5378
www.armancares.ie	
Barramoras Children's Bereavement Services	01 472 2116
www.barramoras.ie	
Piute House Suicide Bereavement	1800 247 247
www.pihouse.ie	
Support Numbers and Information Helplines	
Aware Support Line	1800 80 48 48
Alcohol & Drug Helpline	1800 459 459
Alcoholics Anonymous	01 842 0700
Cavan Drug & Alcohol Service	043 439 9185
Cavan MABS	042 374 6533
Anti-Rape Helpline	1800 925 533
Bodilymap	1800 200 444
Childline	0761 074 000
Crime Victims Helpline	118 006
Durand's Group	042 932 9583
Exchange House Ireland National Travellers Service	01 689 7670
Farm and Rural Stress Helpline	1800 742 645
GROW (support for adults with mental health problems)	1800 474 474
HSE National Information Helpline	1800 241 660
Irish Anxiety Network	01 872 8884
Irish Men's Bereavement Association	01 891 6100
LGBT Helpline	1800 509 530
MABS Helpline (cavan) and Drug/alcohol Helpline	0761 072 000
ManWoman	01 873 4832
Mental Health Information for gay & bisexual men	01 284 1106
Migrant Rights Centre Ireland	01 889 7670
National Pregnancy Helpline	1800 492 911
National Rape Crisis Helpline	1800 778 888
National Support Helpline for LGBT people in North East	042 312 3816
Online Counselling	1800 925 533
Parent Line	1890 927 277
Piute House Suicide Helpline	1800 247 247
Support Line (young people)	1800 247 247
Senior Line (young people)	1800 804 591
Shine (supporting people affected by mental health)	086 852 5422
St. Vincent de Paul Freephone	1800 077 777
Suicide or Survivors	1800 577 577
Teammann Domestic Abuse Service	047 72311
Teeline	1800 833 634
Transgender Equality Network Ireland	01 875 3939
Women's Aid Domestic Violence Helpline	1800 341 900
Counselling Services	
BeL@G To LGBT+ Youth Counselling Service	01 462 4792
Connect Free Response Counselling & Support	042 075 341012
Senior Line (young people)	1800 804 591
HSE National Counselling Service	1800 241 117
For adults who have experienced abuse, trauma or regret in childhood	
Teach One Family Resource Centre	047 52919

YOU'RE NOT ALONE, WE ARE HERE TO HELP!



Take a photo from 2015
This information is for your information only
It is for your information only, it is not to be used for any other purpose



NUMBERS WHEN YOU NEED THEM

Cavan and Monaghan

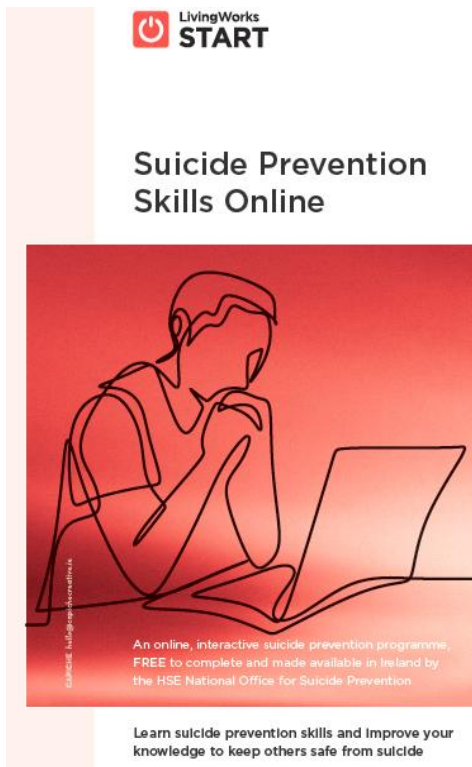


- [Help is at Hand Poster](#)
- [Crisis Numbers Poster](#)
- [Numbers when you need them wallet card](#)

Please get in touch (details below) if you would like:

- Copies of any materials listed above that are not available on health promotion;
- To discuss the option of the content outlined above being provided to your staff/team through an online presentation.

START - online suicide prevention awareness training programme



LivingWorks START

Suicide Prevention Skills Online

An online, interactive suicide prevention programme, FREE to complete and made available in Ireland by the HSE National Office for Suicide Prevention

Learn suicide prevention skills and improve your knowledge to keep others safe from suicide

LivingWorks Start – Free, online, interactive suicide prevention programme

For anyone over 18 years

Not been recently bereaved by suicide

Not already completed safeTALK or ASIST

Has access to a PC to complete the course online

Takes 90 minutes to complete

Contact emer.mulligan@hse.ie to register for the programme

Contact details: Emer Mulligan, Resource Officer for Suicide Prevention, HSE Cavan Monaghan.

Email: emer.mulligan@hse.ie

Tel: 086 1717563



www.healthpromotion.ie/publications