



Connecting for Life
Mid West

HSE Mid West
Community Healthcare

Distressed or Suicidal?

You are not alone, help is at hand

Talk to your GP or Samaritans

SAMARITANS

Shannondoc

Urgent out of Hours GP care

1850 212 999

www.shannondoc.ie

Emergency Services

Garda Síochána, ambulance service, fire service and Irish Coast Guard

112 or 999

24 HOURS A DAY

7 DAYS A WEEK

Emergency Department

University Hospital Limerick

061 482120

Samaritans

Emotional support service

116 123 (Free)

Text 087 260 9090

email: jo@samaritans.ie

www.samaritans.org

Childline

Confidential phone line for children and young people

1800 666 666 (Free) 24hrs

Text: Talk 50101 (Free) 10am-4am

www.childline.ie

Clare Suicide Bereavement Support

One to one befriending, family support, healing programme and monthly support meeting

086 056 5373/087 369 8315

www.claresuicidebereavementsupport.com

MONDAY TO SUNDAY

Aware Helpline

10am to 10pm

Listening service for people with depression or those concerned about family member or friend.

1800 804 848 (Free)

www.aware.ie

Teenline

8pm to 11pm

Confidential phone line for teenagers

1800 833 634 (Free)

www.teenline.ie

National LGBT Helpline

Evenings only

Supporting, educating and connecting to enhance the lives of LGBT+ people and their family and friends.

1890 929 539

www.lgbt.ie

Living Links (Tipperary)

Practical help, advice and support to persons bereaved by suicide.

087 969 3021

www.tipperarylivinglinks.ie

MONDAY TO SATURDAY

Pieta House

Free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm.

Mid West: 061 484 444

Roscrea: 0505 22568 (Mon to Fri)

Helpline 1800 247 247 (Free) - 24hrs

Text HELP to 51444 - 24hrs

email: mary@pieta.ie

www.pieta.ie

MONDAY TO FRIDAY

HSE Drug & Alcohol Helpline

9.30am to 5.30pm

Drug and Alcohol information & support

1800 459 459 (Free)

MABS

9am to 8pm

Money advice and budgeting service

0761 072 000

www.mabs.ie

Grow

9.30am to 2.30pm

Free day and evening peer support groups for over 18's who may be struggling with any aspect of their mental health

1890 474 474

www.grow.ie

www.yourmentalhealth.ie

A place to learn about mental health and how to support yourself and others. You can find information regarding support services near you on this website.

www.spunout.ie

An interactive online community where young people (16-25) are empowered with the information they need to live active, happy, and healthy lives.

www.reachout.com

An online service to help young people aged 16-25 years get through tough times.

www.reachout.com/parents

Reliable information for parents about supporting young people's mental health and wellbeing.