



Connecting for Life  
Mid West



A registered charity

Whatever you're  
facing this  
holiday season  
We're here  
to listen

Call free day or night on

**116 123**

Email  
jo@samaritans.ie

**SAMARITANS**

samaritans.ie

# Supports & Services over Christmas 2021

**Are you, or someone you know, in crisis now and need someone to talk to?**

If you are worried about yourself or someone you know, it is important to get help as soon as possible.

**PLEASE DO NOT BE ALONE.** Everyone needs help from time to time and in fact, asking for help is a sign of personal strength. Do one of the following;

<b>Your GP/Mental Health Team</b>	Make contact with your own GP or Mental Health Team and let them know what's on your mind.
<b>Shannondoc</b>	If it is late in the evening or night time, call <b>0818 123500</b>
<b>Domestic Abuse Services</b>	<ul style="list-style-type: none"> <li>• <b>Adapt - Limerick. Open all over Christmas 1800 200504 (24 Hr)</b></li> <li>• <b>Clare Haven - Clare. Open all over Christmas 065 6822435</b></li> <li>• <b>Ascend - Tipperary. Closed 23rd Dec to Jan 4th Helpline 0505 23999</b></li> </ul>
<b>Local HSE Crisis Intervention Service.</b>	<ul style="list-style-type: none"> <li>• <b>Clare: 065 6863208 / 087 7999857</b></li> <li>• <b>North Tipperary: 086 8306663</b></li> <li>• <b>Limerick: 061 482120</b></li> </ul>
<b>Emergency Services</b>	999 / 112
<b>Pieta: Centre for suicide bereavement and the prevention of suicide or self-harm</b>	<p><b>Helpline 1800 247 247</b> will operate all through Christmas 24 hours per day</p> <p>Or text <b>HELP to 51444</b> and a fully qualified psychotherapist will respond.</p> <p>New national therapy services number on <b>0818 111 126</b>.</p>
<b>Suicide Bereavement Support</b>	<p><b>Tipperary Living Links: 087 9693021</b></p> <p><b>Clare Suicide Bereavement Support: 087 3698315 086 0565373</b></p> <p><b>Pieta Suicide Bereavement Liaison Service: Call the Helpline 1800 247 247</b></p>
<b>General Bereavement</b>	Irish Hospice Foundation <b>1800 807 077</b>
<b>Samaritans</b>	<p><b>Listening service: 24/7 Freephone helpline 116 123</b> for Ireland/UK</p> <p>Email: jo@samaritans.org</p>
<b>ISPCC Childline</b>	<p><b>Listening service for children up to 18 years old</b></p> <p>24/7 Freephone helpline <b>1800 66 66 66</b> / Text TALK to <b>50101</b></p>
<b>50808</b>	<b>50808 is a free 24/7 text service</b> providing everything from a calming chat to immediate support. Free: text YMH to <b>50808</b> to begin.
<b>HSE Office for Suicide Prevention</b>	<p><b>Signposting service:</b></p> <p>Call <b>061 461320 / 061 461454</b> Open, 29<sup>th</sup>, 30<sup>th</sup> &amp; 31<sup>st</sup> December 2020. Reopens on Tuesday 4<sup>th</sup> January 2022.</p>
<b>HSE Drugs &amp; Alcohol Helpline</b>	<b>1800 459 459</b> email support service ( <b>helpline@hse.ie</b> )
<b>GOSHH</b>	Support line <b>061 314354</b>
<b>Website</b>	Information re services and mental health topics - <b>www.yourmentalhealth.ie</b> or call <b>1800 111 888</b>