



Look after your mental health

Talk: ask for help

If you have immediate concern for your own or another person's safety i.e. risk of suicide is expressed or suspected, it is important to communicate this clearly with the service provider upon contact, as an emergency appointment may be required. Practical support and /or guidance from the service provider may also be needed or requested at this time.

Immediate support services

Crisis Intervention Service is an out of hour's service available 7 days per week including bank holidays. This service is hospital based and can provide face-to-face assessment and telephone support running from 08.00am-03.00am in Limerick and from 4.30pm - 3.00am in Clare and North Tipperary	<p>Clare 065 6863208 /087 7999857</p> <p>North Tipperary 086 8306663</p> <p>Limerick 061 301111</p>
Emergency Department of your nearest general hospital if someone is in immediate danger.	University Hospital Limerick 061 301111 061 482120
Emergency Services (Gardai, Ambulance and Fire Services) can be activated in an emergency situation.	112 or 999 or contact your local Garda Station
Family doctor (GP) can make referrals to specialist services such as the Mental Health Services or and also give you information about the supports available in your area such as the Counselling in Primary Care (CIPC).	Contact your own GP or to find a GP See Website: www.icgp.ie
HSE Mental Health Services If you or someone you have concern for, is involved with a specialist mental health team, you can contact this service directly and request guidance and/or an emergency appointment. If not, you will need a referral letter from your GP to access this service. HSE Mental health services use a multidisciplinary and community based approach, whereby a number of professionals offer their particular skills in a co-ordinated and complementary way e.g. Psychiatrist, Social Worker, Psychologist and Mental Health Nurse.	Child and Adolescent Mental Health Services (CAMHS), Perinatal Mental Health. Adult Mental Health Services <u>or</u> Mental Health Services for Older People All require GP referral
Pieta House provides a free, therapeutic counselling service to someone who is experiencing thoughts of suicide and those who engage in self-harm, along with family support. Pieta House also provides support to those who are bereaved by suicide	Free 24 hour helpline: 1800 247 247 061 484444 Limerick Office. Website www.pieta.ie
Private counselling services. There are many Counsellors and Therapists across Ireland who may be able to offer an immediate appointment. To see a list of accredited counsellors in your area check the following: Psychological Society of Ireland (PSI) Irish Association for Counselling and Psychotherapy(IACP); Irish Council for Psychotherapy (ICP); Irish Association of Behavioural and Cognitive Psychotherapies (IABCP); Association for agency-based Counselling in Ireland (ACCI).	(PSI) https://www.psychologicalsociety.ie/ (IACP) www.iacp.ie (ICP) www.psychotherapycouncil.ie ; (IABCP) www.iabcp.com ; (AACI) www.aaci.ie
Samaritans is available 24 hours a day, 7 days a week and provides confidential, non-judgemental emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.	Free 24 hour helpline 116 123 Website: www.samaritans.ie E mail jo@samaritans.ie
Shannondoc Urgent out of hours GP care throughout the Mid-West.	Phone: 1850 212 999
Office for Suicide Prevention, HSE Community Healthcare Mid West provides information, training & signposting	061 461454 Website: www.connectingforlifemidwest.ie Training e mail srotraining.lcnt@hse.ie
Crisis Text Line a free 24/7 text service providing immediate support for people going through a mental health or emotional crisis.	Text 50808

www.yourmentalhealth.ie gives information on mental health and supports and services throughout the country	Website: www.yourmentalhealth.ie
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General mental health support

3Ts Self Help eLibrary has produced a series of self-help booklets together with the National Health Service that are available to download for free and are intended as a 'first step' towards recovery across a range of mental health topics.	Website: www.3ts.ie
Aware is a national voluntary organisation providing support for depression. Aware provides face-to-face, phone and online support for people experiencing mild to moderate depression, as well as friends and families who are concerned for a loved one.	Helpline: 1800 80 48 48 (Freephone) (Monday to Sunday, 10am to 10pm) Website: www.aware.ie E mail support@aware.ie
Grow is a mental health organisation which helps people who have suffered, or are suffering, from mental health problems. GROW works through weekly peer support meetings to empower you to nurture your own positive mental health supporting personal growth and establishing a path to recovery with education and self-teaching.	Phone: 1890 474 474 GROW Mid-West: 061 318813 Website: www.grow.ie
Le Chéile is for people who are: having difficulty coping, under the care of the mental health services, or are experiencing social isolation, and or loneliness as a result.	Phone: 061 446786
Mental Health Ireland promotes positive mental health and wellbeing to all individuals and communities and support people who experience mental health difficulties on their journey of recovery.	Phone: 085 8768522 (Mid West) 01 284 11 66 (National) Website: www.mentalhealthireland.ie
MentalHelp.ie is an online directory run by Mental Health Reform (MHR), the national coalition of organisations promoting improved mental health services.	Website: www.mentalhelp.ie
MyMind provides a range of accessible and affordable community mental health services including face-to-face and an 'e-psychology' service.	Phone: 076 680 1060 Website: www.mymind.org
Nurture Health is an Irish charity offering timely and affordable professional counselling and support around depression in pregnancy and during the post natal period, difficulties during childbirth, fertility issues, mental health and emotional wellbeing for women, their partners and families.	Phone: 085 861 95 85 Website: www.nurturecharity.org
Shine supports people with mental ill health and their families and friends with general information and a listening ear	Mid West Phone: 087-7878222 (Monday to Friday) midwest@shine.ie Website: www.shine.ie
Turn2Me provides peer support forums with a moderator, online support groups, access to Thought Catcher (a mood measuring tool) and one-to-one online counseling	Website: https://turn2me.org/

Education & Recovery Education

Mid West Aries (Advanced Recovery in Ireland Recovery Services) offer a range of courses, information and educational materials on recovery and wellbeing.	Phone: 085 8768517 or 0858589546
Mental Health Ireland promotes positive mental health and wellbeing to all individuals and communities and support people who experience mental health difficulties on their journey of recovery.	Phone: 085 8768522 (Mid West) 01 284 11 66 (National) Website: www.mentalhealthireland.ie

Stigma Reduction

Suicide or Survive SOS endeavours to challenge the stigma attached to mental illness and provide a range of educational and therapeutic programmes that increase understanding of suicide and play an active role in its prevention.	Phone: 1890 577 577 Website: www.suicideorsurvive.ie
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Resources for Parents, Teachers and Workplaces

Walkinmyshoes.ie is a St Patrick's Mental Health Services' awareness and education campaign focusing on parenting, education settings and the workplace.	Website: http://www.walkinmyshoes.ie/
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Money and debt management

<p>MABS The Money and Budgeting Service (MABS) is a free, confidential service which guides people through dealing with problem debt. Advisers can give you advice and support on many money management and debt issues as well as free self-help materials.</p>	<p>Phone: Helpline 0761 07 2000 Monday – Friday 9am to 8pm Website: www.mabs.ie/contact-mabs E mail helpline@mabs.ie</p>
<p>Citizens Information offers information on all aspects of public services and entitlements for people living in Ireland e.g. employment, social welfare, housing, money and tax</p>	<p>Information Phone Service: 0761 074000 Mon to Fri 9am to 8pm Mortgage Arrears Information Helpline: 0761 074 050 Monday to Friday, 9.30am to 5pm Website: www.citizensinformation.ie</p>

Abuse and domestic violence support

<p>MENSAID provides a confidential helpline, support service and information to male victims of domestic abuse.</p>	<p>Helpline: 01 5543811 (Monday to Friday, 9am to 5pm)</p>
<p>MOVE (Men Overcoming Violence) is a voluntary organisation offering group work programmes to men who are violent and abusive in their intimate relationships with women.</p>	<p>Phone: 065 6848689 or 086 414 9613 Website: www.moveireland.ie</p>
<p>Children at Risk in Ireland (CARI) is a specialised, confidential national service for professionals seeking referral advice and parents who either have just learned that their child has suffered sexual abuse or are concerned about their child's sexualised behaviour.</p>	<p>Helpline: 1890 924 567 (Monday to Friday, 9.30am to 5.30pm)</p>
<p>Dublin Rape Crisis Centre is a national organisation offering a wide range of services to people affected by rape, sexual assault, sexual harassment or childhood sexual abuse. The services include a national 24-hour helpline, one-to-one counselling, court accompaniment, outreach services, training, awareness-raising and lobbying.</p>	<p>National helpline: 1800 77 88 88 (24 hours a day, 365 days a year) To find a centre in your area, visit www.drcc.ie/get-help-and-information/centres-around-ireland.</p>
<p>Women's Aid is a voluntary organisation offering free and confidential support to women and their children who are experiencing domestic violence in the Republic of Ireland.</p>	<p>24 hour National Freephone Helpline: 1800 341 900, open 7 days a week https://www.womensaid.ie/</p>
<p>ADAPT Domestic Abuse Services.(Limerick City and County.) provides a wide range of supports to women survivors of domestic abuse and their children across Limerick City and County. ADAPT runs the largest refuge in the country providing emergency accommodation for women and children who have to leave their homes because of domestic abuse.</p>	<p>Helpline: 1800 200 504 (includes 24 hour refuge). Phone: 061 412354 Website: http://www.adaptservices.ie/</p>
<p>Ascend Domestic Abuse Service for Women, (North Tipperary) provides support and information to women who have or are experiencing domestic abuse in their intimate relationships.</p>	<p>Helpline/Confidential Number: 0505 23999. 087 9501229 Website: http://www.ntlp.ie/programme/ascend-violence-women/</p>
<p>Clare Haven Services offers assistance to women and children who are experiencing (or experienced) domestic abuse.</p>	<p>Helpline : (065) 682 9777 (Refuge 24 hour service) Phone: 065 682 2435 Website: http://clarehaven.ie/</p>
<p>Rape Crisis Centre Midwest provides comprehensive information, professional support and a quality counselling service for survivors of sexual abuse and violence throughout the Mid West region</p>	<p>Phone: 061 311 511 Website: https://www.rapecrisis.ie Mon – Sat 9am to 5 pm.</p>
<p>GOSHH (Gender, Orientation, Sexual Health, HIV) provide prevention, care and support services relating to LGBT, HIV and Sexual Health.</p>	<p>Phone: (061) 314 354 Website: https://goshh.ie/</p>

Advocacy

<p>Irish Advocacy Network has peer advocates in most HSE areas who regularly attend psychiatric units and day centres. Their main job is to give support and information to people with mental health difficulties by befriending them and offering a confidential listening ear or peer advocacy (support and or advice from people their own age).</p>	<p>Phone: 01 5470510 Website: http://irishadvocacynetwork.com/wp/</p>
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Bereavement Support (Adults)

<p>You Are Not Alone A directory of bereavement support services</p>	<p>Website: https://www.healthpromotion.ie/hp-files/docs/HSP00494.pdf</p>
<p>Pieta Suicide Bereavement Liaison Service Limerick/North Tipperary/Clare, anyone affected by suicide is welcome to contact a Suicide Bereavement Liaison Officer, who can meet with a bereaved family (at their request) as a group or individually.</p>	<p>Phone: 085 856 8081 Website: http://www.pieta.ie/ive-been-bereaved-by-suicide/</p>
<p>Living Links Tipperary Trained volunteers are available to offer confidential, practical support and information to families who have experienced a death by suicide. At the request of the family, the Suicide Outreach Support Person can call to the home or meet at a location appointed by the family.</p>	<p>Phone: 087 9693021 Website: http://livinglinks.ie/abouttipperary</p>
<p>Clare Suicide Bereavement Support is a group of trained, non-professional volunteers who befriend and support individuals, families and communities bereaved by suicide. The suicide may be recent or in the past. CSBS provide one to one befriending at home or an agreed location, family support, healing programme and a monthly support meeting.</p>	<p>Phone: 086 0565373 or 087 3698315 Website: http://www.claresuicidebereavementsupport.com/</p>

Bereavement support (Children)

<p>The Irish Childhood Bereavement Network provides support to those working with grieving children and young people.</p>	<p>Phone: 01 6793188 Website: www.childhoodbereavement.ie</p>
<p>Barnardos Children's Bereavement Service is a service for children and young people who have lost someone close to them – like a parent or a sibling - through death. While we can't shield children from the reality of death and the pain of loss, we can help them to understand, to grieve and to cope a little better.</p>	<p>Phone: 01 473 2110 Monday to Thursday 10am to 2pm. Website: https://www.barnardos.ie/what-we-do/our-services/specialist-services/bereavement-counselling.html</p>
<p>Rainbows Ireland is a dedicated free service for children and young people. The Rainbows programme supports children and young people affected by loss because of bereavement, separation or divorce. The service is available in local communities throughout Ireland.</p>	<p>Phone: 01 4734175 Website: http://www.rainbowsireland.ie/</p>
<p>The Children's Grief Centre is a support service for school-aged children and young people affected by loss through death, separation or divorce. It provides a safe and supportive place for children and young available to anyone in the Mid-West. (It does not provide Suicide Bereavement)</p>	<p>Phone: 061 224627 Website: http://www.childrensgriefproject.ie/</p>

Drug, alcohol and addiction support

<p>Drugs.ie provides Ireland's only online interactive information and support service. It also has a national database of treatment, rehabilitation, information,</p>	<p>Website: http://www.drugs.ie/</p>
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support, counselling, and education and training services.	
HSE Drugs and Alcohol Helpline provide support, information, guidance and referral to anyone with a question or concern related to drug and alcohol use, and HIV and sexual health.	Helpline: 1800 459 459 (Monday to Friday, 9.30am and 5.30pm) Email support: helpline@hse.ie
HSE Mid-West Limerick Drug and Alcohol Service.	Phone: 061 318633 (Monday to Friday 9am to 5pm.) Website: www.hse.ie
HSE Mid-West Clare Drug and Alcohol Service.	Phone: 065 6865852 (Monday to Friday 9 am to 5 pm.) Drop in Service Tue am 10 – 12. Website: http://www.hse.ie
HSE Mid-West North Tipperary Drug and Alcohol Service.	Phone: 067 46512 Website: http://www.hse.ie
CSMT (Community Substance Misuse Team) aims to assist youths, families and communities to develop effective and supportive coping strategies to deal with substance misuse in the Mid West	Phone: 061 318904 Website: www.csmt.ie
Alcoholics Anonymous	Phone : 01 8420700 Website: www.alcoholicsanonymous.ie
Al-Anon offers understanding and support for family and friends	Phone : 01 8732699 Website : www.al-anon-ireland.org

Support for children and young people

Limerick Youth Services provides a variety of quality programmes for young people.	Phone: 061 412 444 Website: http://www.limerickyouthservice.com/
Clare Youth Services provides a variety of quality programmes for young people.	Phone: 065 6845350 Website: http://www.clareyouthservice.org/
Youth Work Ireland Tipperary delivers an integrated youth service across Tipperary and East Limerick, working with young people aged between 8 and 25 years, their families and communities.	Phone : 0504 23426 Website: http://youthworktipperary.ie/
Crisis Text Line. You can text 50808 when in crisis, available 24/7. A trained crisis volunteer receives the text and responds.	Text 50808
Childline is a part of the ISPCC (The Irish Society for the Prevention of Cruelty to Children).	Free Helpline 1800 666 666 24/7/365 Online chat : https://www.childline.ie/ If you have been affected by bullying you may access support by texting the word 'Bully' to 50101. You may also contact Teentext by texting 'Talk' to 50101 24 hrs.
SpunOut.ie provide information on a range of different topics broken down into sections; education, employment, health, life and opinion.	Website: http://spunout.ie/
Teenline is committed to helping improve the social and emotional health and wellbeing of all young people, regardless of race, religion or sexuality by providing them with a friendly, confidential, non-judgemental helpline and support service.	Freephone: 1800 833 634 www.ispcc.ie/services/teenline/
Jigsaw Limerick is a free, non-judgemental and confidential mental health support service for young people aged 12 - 25 living, working or studying in Limerick City and County.	Phone: 061 974 510 Website www.jigsaw.ie www.jigsawonline.ie

Family and parent support

The Family Resource Centre (FRC) Programme works to combat disadvantage and to strengthen and empower children, families and communities. There are 9 FRC's in the Mid West region.	Website: http://www.familyresource.ie/family-resource-centres-regions.php
Barnardos works directly with vulnerable children and families providing services and support in 40 centres around the country.	Limerick Office 061 430313; National 01 453 0355/Callsave: 1850 222 300 Website: https://www.barnardos.ie/
Children in Hospital Ireland promotes the welfare and rights of sick children in hospital	Phone: 01 290 3510 Website: www.childreninhospital.ie
F.A.M.I.L.E.S (Families and Men In Life Experiencing Separation) is a support & information group in Limerick.	Phone: 087 260 3603 Website: http://www.families.ie/
ISPC work on children's rights information and training and provide Childline	Phone: 061 400077 Website: https://www.ispcc.ie
One Family provides high-quality, services to one-parent families in Ireland and the professionals working with them.	Lo call Helpline: 1890 662212 Website: https://onefamily.ie/
Parentline provides a confidential helpline for parents/guardians with support, guidance and information on all aspects of being a parent	01 8733500 or Lo call Helpline: 1890 927277 Mon-Thur 10am to 9pm. Friday 10am to 4 pm. www.parentline.ie
The Blue Box Creative Arts Therapy. works with schools and families in Limerick City and environs. To provide a safe space with trained Creative Arts Therapists who deliver a professional service. Our work with children who need support at school or home helps guide them through difficult times.	Phone: 061 315070 Website: http://bluebox.ie/

Support for older people

SeniorLine A national confidential listening service for older people provided by trained older volunteers.	Free phone 1800 80 45 91 10 am to 10pm. Website: http://www.thirdageireland.ie/seniorline
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Support in rural areas

Farm and Rural Stress	Helpline: 1800 742 645
Embrace Farm a support network for farm families who have lost a loved one or suffered serious injury in a farming accident.	Phone: 085 77 09 966 Website: https://embracefarm.com/ E Mail info@embracefarm.com

Support for eating disorders

Bodywhys is the National Eating Disorder Association who provides a variety of supports for people affected by eating disorders including online support groups.	National helpline: Lo call 1890 200 444 01 2107906 Monday, Wednesday and Sunday 7.30 pm to 9.30 pm. Saturday 10.30 am to 12.30 pm. E mail alex@bodywhys.ie Website: https://www.bodywhys.ie/
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Legal Aid

FLAC is an independent human rights organisation dedicated to the realisation of equal access to justice for all.	Lo call Helpline: 1890 350 250 Website: https://www.flac.ie/
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Support after homicide

Support after Homicide is a national voluntary organisation which provides emotional support and practical information to people whose lives have been affected by homicide.	Phone: 087 983 7322 Website: www.supportafterhomicide.ie
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Support Services

Clarecare is a not for profit agency providing a unique range of support services for people in County Clare.	Phone 065 682 8178 Website: https://www.clarecare.ie/
Limerick Social Services Council provides support to parents with new babies, pre-school children, teenagers, adults, older persons and families.	Phone: 061 314111 Website: http://www.lssc.ie/