

Domestic Abuse Services

CRISIS SERVICE CARD

If you're feeling alone, afraid and unsure of what to do next:

Ask for help -

If you feel you cannot confide in someone you know, please contact your G.P., ShannonDoc (**1850 212 999**) or one of the services listed on this card.

Don't be alone -

Try to have someone stay with you until you can access support.

Avoid alcohol and drugs -

These can affect your mood and way of thinking.

In emergencies call: 999 or 112

ADAPT DOMESTIC ABUSE SERVICES

Domestic Abuse • No Excuse • Break the Silence

1 800 200 504



North Tipperary helpline from
9-5pm Monday to Friday

0505 23999



065 6822435
(24HRS A DAY)



NATIONAL 24 HOUR HELPLINE
1 800 341 900



Connecting for Life
Mid West

HSE Mid West
Community Healthcare

You are not alone, help is at hand.

SAMARITANS

Call free day or night on

116 123

Email jo@samaritans.ie

ISPC
Childline

1800 66 66 66

(24 HRS A DAY, EVERYDAY)

Text TALK to 50101

Online chat – www.childline.ie



0761 07 2000

9am to 8pm, Monday to Friday

Pieta  House

Centre for the prevention of Suicide and Self-Harm. Bereavement counselling for people bereaved by Suicide. **061 484444**

Crisis: 1800 247 247 (24 HRS A DAY)

Bereavement: 085 8568081

yourmentalhealth.ie

Information | Support | Services

1800 111 888

text about it

50808



drug and
alcohol

HELPLINE

1800 459 459 (24HRS A DAY)

helpline@hse.ie