



Connecting for Life
Cork / Kerry

NUMBERS WHEN YOU NEED THEM - Help at your fingertips during COVID-19

If you are experiencing distress or worried about someone else please contact your GP, your Emergency Department or call the Samaritans for support on Freephone: 116 123 or email: jo@samaritans.ie



Coronavirus
COVID-19
Public Health
Advice

Availability of
services during
COVID-19
circumstances

Dated: 14.12.20

Subject to change

The YourMentalHealth.ie website provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services 1800 111 888 (any time, day or night).

TO GET MORE INFORMATION ON GETTING THROUGH COVID-19 TOGETHER PLEASE VISIT:
<https://www.gov.ie/en/campaigns/together>

EMERGENCY SERVICES

Ambulance Service,
Fire Service, Garda Síochána

Emergency Support

CALL: 112 OR 999

HOSPITAL EMERGENCY DEPARTMENTS

Emergency Support

Cork University Hospital: (021) 492 0200
Mercy Hospital Cork: (021) 493 5241
Kerry General Hospital: (066) 718 4000

SOUTH DOC GP - OUT OF HOURS SERVICES

Urgent out of hours GP Care
This service is available after 6.00pm

Cork: 1850 335 999
Kerry: (064) 6650299
Available after 6.00pm

SAMARITANS

Emotional Support Service

FREEPHONE: 116 123
or email: jo@samaritans.ie

TEXT SUPPORT SERVICE

A free 24/7 text service, providing support for people going through a mental health or emotional crisis – big or small

TEXT HELLO 50808
Email: HELLO@TEXT50808.IE / Visit: WWW.TEXT50808.IE

LGBT IRELAND

Low call helpline support service that provides confidential, listening, support and information service to lesbian, gay, bisexual and transgender (LGBT) people.

1890 929 539
Email: INFO@LGBT.IE
Visit: WWW.LGBT.IE

AWARE HELPLINE

Listening service for people with depression or those concerned about family or friends

CALL FREE: 1800 804 848 (10am-10pm)
www.aware.ie

PIETA

24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm

CALL FREE: 1800 247 247 / Text HELP to 51444
To book a free counselling session phone: 0818 111 126
www.pieta.ie

CHILDLINE

Confidential line for children and young people

CALL FREE: 1800 666 666 Free (24/7)
Text Talk to 50101 (Free) 10am-4am / www.childline.ie

HSE - DRUG AND ALCOHOL LINE

Drug and Alcohol information and support

CALL FREE: 1800 459 459 (9.30am – 5.30pm)

BEREAVEMENT SUPPORT

Helpline to assist people during the COVID-19 pandemic. Operated by the Irish Hospice Foundation in conjunction with the HSE

FREE Phone: 1800 80 70 77
available Monday to Friday from 10am to 1pm

MABS

Money Advice and Budgeting Service

CALL: (076) 107 2000 (Mon-Fri 9am to 8pm)
Or email: cork@mabs.ie / kerry@mabs.ie / www.mabs.ie

GROW

Peer support groups for over 18s who may struggle with any aspect of their mental health

LOW CALL: 1890 474 474
www.grow.ie

ALONE

Covid-19 support for older people

CALL: 0818 222 024 (8am to 8pm Monday to Friday)

SUPPORT FOR OLDER PEOPLE

Elder Abuse Helpline – for older people experiencing abuse and violence

LOW CALL: 1850 24 1850

WOMENS AID

Support for victims of domestic abuse and violence

CALL FREE: 1800 341 900 (24/7) / www.womensaid.ie

ANYMAN

For men experiencing domestic abuse and violence

CALL: (01) 554 3811

MALE ADVICE LINE

For men experiencing domestic abuse and violence

CALL FREE: 1800 816 588

SEXUAL VIOLENCE HELPLINE

For men and women – experiencing sexual violence

CALL FREE: 1800 77 88 88

For an updated list of Mental Health Services during COVID-19 please visit - www.hse.ie/coronavirus

My Eircode:

My GP:



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service