



Connecting for Life  
Dublin South East, Dublin South  
and Wicklow

# NUMBERS WHEN YOU NEED THEM



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

Please do not be alone. If you are worried about yourself or someone you know it is important to get help as soon as possible. Everyone needs help from time to time. In fact, asking for help is a sign of personal strength.

- Your first point of contact is your local GP. If it is late in the evening or at the weekend / bank holiday, contact: EDOC (North East Wicklow, Dun Laoghaire and East Dublin) 01 223 4500 [www.edoc.ie](http://www.edoc.ie); Caredoc (South Wicklow) 0818 300 365 / 059 9138100 [www.caredoc.ie](http://www.caredoc.ie);
- Go to your local Emergency Department; St Vincent's University Hospital (24/7); St Michael's Hospital Dun Laoghaire 0800-2000 (24/7); St Columcille's Hospital Loughlinstown (Local Injuries Unit, 0800-1800 - 24/7)
- Contact the Emergency Services on 999 or 112 -Have Eircode if possible
- Call the Samaritans 24 hour Freephone listening service on 116 123
- Call 1800 111888 (24hours) and visit [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) for information on mental health supports & services.

<b>Emergency Services</b>	Garda Síochána, National Ambulance Service, Fire Service and Irish Coast Guard	112 or 999 - Have Eircode if possible	
<b>Urgent Out of hours GP</b>	EDOC (North East Wicklow, Dun Laoghaire and East Dublin) Caredoc (South Wicklow)	01 223 4500 0818 300365 / 059 913 8100	<a href="http://www.edoc.ie">www.edoc.ie</a> <a href="http://www.caredoc.ie">www.caredoc.ie</a>
<b>24 HOURS A DAY</b>	<b>7 DAYS A WEEK</b>		
<b>Emergency Departments</b>	St.Vincent's University Hospital Childrens Health Ireland at Crumlin Childrens Health Ireland at Tallaght	01 221 4358 01 409 6100 01 414 2000	
<b>Samaritans</b>	Listening and emotional support service	116 123	<a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a>
<b>Pieta</b>	Pieta House provides telephone and text-based support for people who are suicidal or engaging in self-harm.	1800 247 247 or Text HELP to 51444	<a href="http://www.pieta.ie">www.pieta.ie</a>
<b>Childline</b>	Ireland's 24-hour listening service for young people up to the age of 18.	1800 666 666 anytime Text 'Talk' to 50101	Chat online at <a href="http://www.childline.ie">www.childline.ie</a> anytime
<b>Rape Crisis Centre</b>	Dublin Rape Crisis Centre is a national organisation offering a wide range of services to people who are affected by rape, sexual assault, sexual harassment or childhood sexual abuse.	1 800 77 8888	<a href="http://www.drcc.ie">www.drcc.ie</a> WebChat available
<b>Farm and Rural Stress Line</b>	This is for farmers and people who live in rural areas who may be feeling down, suffering from stress, or depression or those concerned about someone.	1 800 742 645	
<b>Teenline</b>	An active listening service for children and young people up to the age of 18	1800 833 634	<a href="http://www.teenline.i">www.teenline.i</a>
<b>Text 50808 (Crisis Text Line)</b>	A free text service, providing immediate support for people going through a mental health or emotional crisis	Text HELLO to 50808	
<b>Womens Aid</b>	Offers confidential information, support and understanding to women who are being abused by current or former boyfriends, partners or husbands	1800 341 900	<a href="http://www.womensaid.ie">www.womensaid.ie</a>
<b>COUNSELLING &amp; OTHER SUPPORTS</b>			
<b>The Alzheimer Society of Ireland</b>	Provides dementia specific services and supports. Advocates for the rights and needs of all people living with dementia and their carers.	1800 341 341	<a href="http://www.alzheimer.ie">www.alzheimer.ie</a>
<b>Alone</b>	Alone provides support and a COVID-19 support line for older people from 8am to 8pm, seven days a week.	0818 222 024	<a href="http://www.alone.ie">www.alone.ie</a>
<b>Aware Support Line</b>	Listening service for people with depression or those concerned about a family member or friend. Phone-in support and self-care groups available: register on-line. Support line 7 days: 10am-10pm.	1800 804 848	<a href="http://www.aware.ie">www.aware.ie</a>
<b>BeLonG To</b>	Supporting Lesbian, Gay, Bisexual and Trans Young People in Ireland.	01 6706223	<a href="http://www.belongto.org">www.belongto.org</a>
<b>Bodywhys</b>	The National voluntary organisation supporting people affected by eating disorders. Helpline operating Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm).	01 210790	<a href="http://www.bodywhys.ie">www.bodywhys.ie</a>
<b>Connect Counselling</b>	An anonymous professional telephone counselling service for survivors of physical, emotional and sexual abuse	1800 477 477	
<b>Counselling in Primary Care</b>	This service is available to adults over 18 years who are medical card holders and experiencing mild to moderate psychological and emotional difficulties such as depression, anxiety, panic reactions, relationship problems, loss issues, stress. Many people who are currently attending have sought counselling to address the impact of the pandemic. GP referral required	01 2805862 <a href="https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/">https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/</a>	
<b>Donnybrook Centre Plus Blackrock Counselling</b>	Psychotherapy services for children teenagers and adults	01 2838735	<a href="http://www.donnybrooktherapy.com">www.donnybrooktherapy.com</a>
<b>Hillview Resource Centre</b>	Family support services	01 2965025	<a href="http://www.hillviewrc.ie">www.hillviewrc.ie</a>
<b>Irish Advocacy Network</b>	Peer Advocacy in Mental Health	01 8728648	<a href="http://www.irishadvocacynetwork.com">www.irishadvocacynetwork.com</a>
<b>Irish Association for Counselling &amp; Psychotherapy</b>	List of approved Counsellors and Psychotherapists	01 2303536	<a href="http://www.iacp.ie">www.iacp.ie</a>
<b>Living Life Counselling Bray and Arklow</b>	Provides professional and affordable counselling services for people who are unemployed, in receipt of social welfare benefits or on a low income. We also provide couples, relationship counselling and play therapy.	012866729	<a href="http://www.livinglifecounselling.com">www.livinglifecounselling.com</a>
<b>CAMHS</b>	CAMHS provides the assessment and treatment of young people (up to 18) who are experiencing moderate to severe mental health presentations. GP referral only.		<a href="http://www.hse.ie/CAMHS">www.hse.ie/CAMHS</a>
<b>Crime Victims Helpline</b>	Listens to, supports and informs victims of crime with empathy and without judgement.	116 006 Text 085 133 7711	<a href="http://www.crimevictimshelpline.ie">www.crimevictimshelpline.ie</a>
<b>Crosscare Teen Counselling</b>	Professional counselling service for teenagers aged 12-18 and their parents /carers. Limited face-to-face services are being provided. On-line counselling using Microsoft Teams is also in operation along with telephone counselling.	01-5574705	<a href="mailto:teencounselling@crosscare.ie">teencounselling@crosscare.ie</a>
<b>Exchange House Ireland National Traveller Mental Health Service</b>	Provides Traveller specific mental health and suicide prevention services, telephone and online services available.	01 872 1094	<a href="http://www.exchangehouse.ie">www.exchangehouse.ie</a>
<b>Family Mediation (Legal Aid Board)</b>	Family mediation is a free service which provides help to separating couples and parents whose relationship has broken down to negotiate their own agreement	1890 615200	<a href="http://www.legalaidboard.ie">www.legalaidboard.ie</a>
<b>FLAC (Free Legal Aid)</b>	A telephone information and referral line offering basic legal information, Mon-Thurs 9.30-5.30. Fri 9.30 -5	01 8745690	<a href="http://www.flac.ie">www.flac.ie</a>
<b>Focus Ireland</b>	Provides services for people that are homeless and are at risk of homelessness.	01 881 5900	<a href="http://www.focusireland.ie">www.focusireland.ie</a>

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) - information and signposting on all mental health supports and services available nationally and locally provided by the HSE and funded partners.

Call (Freephone) YourMentalHealth Information line to find supports and services 1800 111 888 (24 hours). Date of issue: November 2020. The information provided within is correct at time of printing but is subject to change.

<b>GROW</b>	Mental Health Recovery Information line and offers a six-week guide on coping with COVID19, consisting of podcasts and practical resources	1890 474 474	www.grow.ie
<b>Housing Homelessness</b>	Out of hours helpline	1800 707 707	
<b>Healthcare Worker Helpline</b>	A dedicated phone line for all healthcare workers available from Mon to Fri: 9am - 6pm and from Sat - Sun: 10am – 4pm.	1850 420 420	
<b>HSE Drug &amp; Alcohol Helpline</b>	This service provides a confidential Freephone helpline for information and guidance to services: Mon-Fri: 9:30am-5:30pm.	1800 459 459	helpline@hse.ie
<b>HSE LIVE Information &amp; Support Line</b>	An information service on health services and entitlements. Mon-Fri 8am-8pm. Sat- Sun 9am-5pm	1850 24 1850	
<b>Alcoholics Anonymous</b>		01 8420700	www.alcoholicsanonymous.ie
<b>Gamblers Anonymous</b>		01 8721133 / 087 7485878	www.gamblersanonymous.ie
<b>Narcotics Anonymous Eastern Area ( Leinster)</b>		086 8629308/ 01 6728000	www.naeasternarea.org
<b>Jigsaw</b>	Mental health information and a Q&A service for young people (12 – 25), their parents and guardians and those who work with young people.	01 472 7010	www.jigsaw.ie
<b>MABS</b>	The State's money advice and budgeting service, guiding people through dealing with problem debt	0761 072000	www.mabs.ie
<b>Men's Aid Ireland</b>	Supports men experiencing domestic violence whether this is ongoing or in a past relationship, counselling and outreach service.	01 554 3811	www.mensaid.ie
<b>Mental Health Ireland</b>	Promotes positive mental health and wellbeing to all individuals and communities and supports people with lived experience of mental health challenges in their recovery. Information/Webinars/Local Associations	01 284 11 66	www.mentalhealthireland.ie
<b>MyMind</b>	Counselling/Psychotherapy, appointments are currently carried out as phone call or video call (online) therapy sessions. Online counselling for people that have been affected by Covid-19 is free,	076 6801060	www.mymind.org
<b>Niteline</b>	An anonymous, confidential, non-judgemental and non-directive helpline run by and for third level students every night of the week during term-time, 8.30pm – 12.30 am	1 800 793 793	www.niteline.ie
<b>Onefamily</b>	Support and information for people parenting alone, sharing parenting and those separating.	1890 662212 / 01 6629219	www.onefamily.ie
<b>One in Four</b>	Support and programmes to help adults who have experienced childhood sexual abuse, their families, and those who have engaged in sexually harmful behaviour.	01 662 4070	www.oneinfour.ie
<b>Parentline</b>	A confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues Mon-Thurs, 10am-9pm. Fridays 10am - 4pm	1890 927 277 01 8733500	www.parentline.ie
<b>Simon Community</b>	Provides care, accommodation and support for people experiencing homelessness and those at risk. Mon-Fri 7am-1am/ Sat-Sun 4pm-1am	01 872 0185	www.dubsimon.ie
<b>SpunOut</b>	Ireland's Youth Information Website where young people (16-25) are empowered with the information they need to live happy, active and healthy lives.	01 675 3554	www.spunout.ie
<b>St. Vincent De Paul - East Region</b>	Fighting poverty through practical assistance to people in need contact.	01 8550022	www.svp.ie
<b>Traveller and Roma Covid-19 Helplines</b>	These are information helplines specifically for the Traveller and Roma community with questions /concern in relation to Covid-19.	Travellers: Phone or Text: 083 100 6300 Roma: 087 126 4606	
<b>Traveller Counselling Service</b>	A Community based counselling service for the Traveller community. Phone and online counselling available.	086-308 1476	https://.travellercounselling.ie/online-counselling
<b>LGBT Ireland</b>	National support, education and connecting service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends. Online peer support available as well as instant messaging and a helpline.	1890 929 539	www.lgbt.ie
<b>SeniorLine</b>	Confidential listening service for older people provided by trained older volunteers. Lines are open every day from 10am to 10pm).	1800 804 591	www.thirdageireland.ie/seniorline
<b>Shine</b>	Supporting people affected by Mental ill Health	01 5413715	www.shine.ie
<b>Suicide or Survive (SOS)</b>	Mental health and wellness workshops, programmes/ webinars	1890 577 577 \ 01 272 2158	www.suicideorsurvive.ie
<b>Turn 2 Me (Over 18s)</b>	Free online counselling, peer support and online support groups for people 18+.		www.turn2me.org
<b>Unplanned Pregnancy</b>	HSE helpline, Information and support on all your options	1 800 828 010	www2.hse.ie/unplanned-pregnancy
<b>BEREAVEMENT SUPPORTS</b>			
<b>Anam Cara</b>	Supporting Parents after Child Bereavement. Provides information, resources and bereavement support after the death of a child of any age and through all circumstances to all bereaved parents.	085 2888 888 / 01 4045378	www.anamcara.ie
<b>Barnardos Children's Bereavement Service</b>	Working with families to help them support their child/children through the grieving process. Information, advice and therapeutic support for bereaved children, young people and their families. Helpline: Monday-Thursday between 10am-12pm.	01 473 2110	bereavement@barnardos.ie
<b>HUGG-Suicide Bereavement Peer Support Group</b>	Provides a safe, confidential environment in which those bereaved by suicide can share their experiences, feelings and gain support from others. Support groups available online alongside telephone support.	01 513 4048	www.hugg.ie
<b>Friends Of Suicide Loss (FOSL)</b>	Offers educational programmes, workshops, presentations, lectures and resources for the suicide bereaved. Skype, online and telephone support available.	01 4927576	www.friendsofsuicidelossl.ie
<b>The Irish Hospice Foundation</b>	Bereavement Support Line and online information to help understand more about the grieving process. Care and inform hub to inform and support those grieving as a result of the Covid-19 crisis	1800 80 70 77 (Mon-Fri 10am – 1pm)	https://hospicefoundation.ie/bereavement
<b>Suicide Bereavement Liaison Officer</b>	The Suicide Bereavement Liaison Service delivered by Pieta aims to provide practical support, information and signposting to anyone bereaved by suicide by connecting or visiting with them in a prompt manner.	085 870 6712	