

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; Caredoc (South Wicklow) 0818 300 365 / 059 9138100 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 112 or 999 - Have Eircode if possible.
- Call the Samaritans 24 hour Freephone listening service on 116 123;
- Call 1800 111 888 (24 hours) and visit www.yourmentalhealth.ie for information on mental health supports & services.

Crisis Supports

Gardaí, Fire Brigade, Ambulance, Irish Coast Guard 112/999

- Have Eircode if possible

Garda Confidential line.....1800 666 111

My GP: _____

My Mental Health Service: _____

My Mental Health key worker: _____

Samaritans 116 123 email:jo@samaritans.ie

Crisis Text Line Text **Hello** to 50808

(a free text service, providing immediate support for people going through a mental health or emotional crisis)

EDOC (North East Wicklow, Dun Laoghaire and East Dublin) 223 4500 www.EDoc.ie

Caredoc (South Wicklow)..... 0818 300 365/ 059 9138100 www.caredoc.ie

GP Out of Hours Service

EDOC (North East Wicklow, Dun Laoghaire and East Dublin) 223 4500 www.EDoc.ie

Caredoc (South Wicklow)..... 0818 300 365/ 059 9138100 www.caredoc.ie

Support and information helplines

Aware Support Line..... 1800 80 48 48 www.aware.ie

(Listening service for people with depression or those concerned about a family member or friend)

Alone..... 0818 222024 www.alone.ie (Support for older people 8am-8pm 24/7)

BeLonG To01 6706223 www.belongto.org

(supporting Lesbian, Gay, Bisexual and Transgender Young People)

BODYWHYS..... 01 210 7906 - alex@bodywhys.ie

(support for people affected by eating disorders)

Childline 1800 666 666 (24/7) Free text 50101 www.childline.ie/livemessage

Crime Victims Helpline..... 116 006, Text 086 133 7711 www.crimevictimshelpline.ie

Family Mediation (Legal Aid Board)..... 1890 615200 www.legalaidboard.ie

Farm & Rural Stress Helpline 1800 742 645 (24/7) (for farmers and people who live in rural areas who may be feeling down, suffering from stress or depression or those concerned about someone)

FLAC (Free Legal Advice)..... 1890 350 250 / 01 874569 www.flac.ie

Focus Ireland..... 01 881 5900 www.focusireland.ie

(provides services for people that are homeless or at risk of homelessness).

Grow (Support group for adults with mental health problems) 1890 474 474 info@grow.ie

Housing Homelessness (Out of hours helpline) 1800 707 707

HSE Live National Information/Support 1850 241 850

Irish Advocacy Network01 872 8684 www.irishadvocacynetwork.com

(peer advocacy in mental health)

LGBT Helpline1890 929 539 www.lgbt.ie *(National support, education and connecting service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends)*

MABS (Money advice and budgeting service) 0761 072000 www.mabs.ie

Men's Aid Ireland01 554 3811 www.mensaid.ie

(support for men experiencing domestic violence ongoing or in the past)

Mental Health Supports and Services1800 111 888 (24/7)

Mental Health Ireland.....01 284 1166

National Traveller Mental Health Service01 8721094 www.exchangehouse.ie

Niteline 1800 793 793 www.niteline.ie

(An anonymous, non-judgemental 3rd level peer led student listening service ,term time 8.30 am-12.30pm)

One Family1890 662212 /01 662 9212 www.onefamily.ie

(Support for people parenting alone, sharing parenting or separating)

One in Four (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

Parentline..... 1890 927 277 / 01 8733500 www.parentline.ie

(parents support, information and guidance)

Pieta House Suicide Helpline (24/7) ..1800 247 247 / Text HELP to 51444 www.pieta.ie

Rape Crisis Centre (24/7)..... 1800 778 888 WebChat available. www.drcc.ie

Roma Covid 19 helpline087 1264606 www.exchangehouse.ie

Samaritans (24/7) (Listening and emotional support service) ...116 123 jo@samaritans.ie

Senior Line (Confidential listening service for older people ,10am-10pm -24/7) 1800 804 591

Shine ((supporting people affected by mental ill health)..... 01 5413715 www.shine.ie

Simon Community 01 8720185 www.dubsimon.ie

(support for homeless people, Mon-Fri 7am-1am/Sat-Sun 4pm-1am)

SpunOut (Ireland's Youth Information Website).....01 6753554 www.spunout.ie

St.Vincent De Paul East Region01 8550022 www.svp.ie

Suicide or Survive1890 577 577 www.suicideorsurvive.ie

(Mental Health and wellness workshops/webinars)

Teenline(24/7) 1800 833 634 www.teenline.ie

The Alzheimer Society of Ireland 1800 341 341 www.alzheimer.ie

(Dementia specific supports and services)

Traveller Covid 19 helpline.....083 1006300 www.exchangehouse.ie
 Turn 2 Me (Over 18).....www.turn2me.org
(Free online counselling, peer support and online support groups)
 Unplanned Pregnancy My Options Helpline (Information and support on all your options)
 1800 828 010 www2.hse.ie/unplannedpregnancy
 Women's Aid National Domestic Violence Helpline (24/7)1800 341 900 www.womensaid.ie

Hospitals

St. Vincent's University Hospital, Dublin 4 (24/7)..... 01 221 4000 (24/7)
 St. Michael's Hospital 01 280 6901 / 0800-2200 (24/7)
 Dun Laoghaire, Co Dublin
 St. Columcille's Hospital, Loughlinstown, Co Dublin,
 Local Injuries Unit.....01 282 5800 - 0800-1800 (24/7)
 Childrens Health Ireland Crumlin (24/7) 01 409 6100
 Childrens Health Ireland Tallaght (24/7) 01 4142000

Addiction Services

HSE Drug & Alcohol Helpline (*drug & alcohol info and support*)1800 459 459 helpline@hse.ie
 Alcoholics Anonymous..... 01 8420700 www.alcoholicsanonymous.ie
 Gamblers Anonymous.....01 872 1133 /087 7485878 www.gamblersanonymous.ie
 Narcotics Anonymous..... 086 8629308 /01 6728000 www.naeasternarea.org

Bereavement Services

Anam Cara.....085 2888 888 / 01 404 5378 www.anamcara.ie
(Supporting parents after child bereavement)
 Barnardos Children's Bereavement Support Service01 473 2110
(Supporting families to help children through the grieving process) bereavement@barnardos.ie
 HUGG (*Suicide Bereavement Peer Support Group*).....01 513 4048 www.hugg.ie
 Pieta House Suicide Bereavement Services1800 247 247
 Text HELP to 51444 – (24/7) www.pieta.ie
 Suicide Bereavement Liaison Officer.....085 8706712
 The Irish Hospice Foundation Bereavement Support Line1800 80 70 77
(Care and Inform hub for bereavement in these exceptional times)

Local Counselling Services

Counselling in Primary Care (CIPC) (GP referral required).....01 280 5862
 Connect Counselling (telephone counselling)1800 477 477
 Crosscare Teen Counselling (12-18yrs).....01 5574705 www.crosscare.ie
 Donnybrook Plus Blackrock Counselling..01 283 8735 www.donnybrooktherapy.com
 Hillview FRC-Counselling (Family support services).....01 2965025 www.hillviewrc.ie
 Irish Association for Counselling and Psychotherapy (IACP)01 2303536 www.iacp.ie
 Jigsaw (mental health information for 18-25yrs) 01 472 7010 www.jigsaw.ie
 Living Life Counselling Bray01 286 6729
 Living Life Counselling Arklow01 286 6729
 MyMind online counselling..... 076 680 1060 www.mymind.org
 Traveller Counselling Service.....086 308 1476
<https://travellercounselling.ie/online-counselling>

WEBSITES:

www.askaboutalcohol.ie www.mentalhealthireland.ie
www.alustforlife.com www.niteline.ie
www.connectcounselling.ie www.positiveoptions.ie
www.Drugs.ie www.samaritans.org
www.hse.ie www.SpunOut.ie
www.jigsaw.ie www.Yourmentalhealth.ie
www.lgbt.ie

NUMBERS WHEN YOU NEED THEM

Help at your finger tips

Date of issue December 2020
 The information provided within is correct at time of printing but is subject to change



Connecting for Life
 Dublin South East, Dublin South
 and Wicklow

yourmentalhealth.ie
 Information | Support | Services