

### Bereavement Support:

Anam Cara Parental & Sibling Bereavement Support: 01 404 5378  
Barnardos Child Bereavement Support: 01 473 2110  
Midlands Living Links Suicide Bereavement

Support Service: 086 1600 641

Tullamore Parish Bereavement Support Service: 057 93 26604  
Pieta House 24/7 Bereavement Support: 1800 247 247  
Rainbows Child Bereavement Support: 057 93 22963

087 1039 292

Suicide Bereavement Liaison Officer HSE/Pieta House: 086 418 0088

Websites for information and support:

[www.hospicefoundation.ie](http://www.hospicefoundation.ie); [www.childhoodbereavement.ie](http://www.childhoodbereavement.ie); [www.suicidesupportinformation.ie](http://www.suicidesupportinformation.ie);

### Youth Supports:

Big Brother Big Sister: ([www.bbsireland.ie](http://www.bbsireland.ie)) 086 858 6866  
St. Mary's Youth & Community Centre, Tullamore: 057 93 22963  
Youth Work Ireland Tullamore Youth Project: 057 93 24724  
Youth Work Ireland Regional Centre: 090 64 77075  
Youth information websites: [www.spunout.ie](http://www.spunout.ie)

[www.reachout.com](http://www.reachout.com)

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

### Support Numbers and Information Helplines:

Active Retirement Information: 01 873 3836  
ALONE: 01 679 1032  
Al Anon/ Alateen: 01 8732699  
Alcoholics Anonymous: 01 842 0700  
AWARE: (email: [support@aware.ie](mailto:support@aware.ie)) Support Line: 1800 80 4848  
BeLonG To (LGBTI+ Support): 01 6706223  
Bodywhys (Eating Disorder Assoc.): Helpline: 1890 200 444  
01 283 4963  
CARI (Child Sexual Abuse Counselling): 1890 924 567  
CONNECT (Adult Abuse Counselling Service): 1800 477 477

Childline: 1800 666 666  
CURA (Crisis Pregnancy): 1850 622 626  
Domestic Violence Women's Aid National Helpline: 1800 341 900  
Drugs / HIV Helpline: 1800 459 459  
Farm and Rural Stress Helpline: 1800 742 645  
01 8721333  
Gamblers Anonymous: 1800 666 111  
Garda Confidential Line: 1890 474 474  
GROW (support for those with mental health problems) 1850 241 850  
HSE National Information Helpline: (email: [hselive@hse.ie](mailto:hselive@hse.ie)) 1890 929 539  
LGBT Ireland Helpline: 0761 072 000  
MABS (Money Advice & Budgeting Service) 01 873 4832  
Man2Man: (HIV + sexual health information for men) 01 284 1166  
Mental Health Ireland: 057 93 22850  
Men's Sheds: ([www.mensheds.ie](http://www.mensheds.ie)) 1890 442 552  
Missing Persons' Helpline: 090 647 2174  
MOVE (Men Overcoming Violence) 1800 252 524  
National Office for Victims of Abuse: 1890 662 212  
One Parent Families Support Helpline: 1890 927 277  
Parentline: 1800 247 247  
Pieta House: Helpline: 090 64 24111  
Midlands/Athlone Support Centre: 0505 22568  
Roscrea: 01 601 0000  
Lucan: 1800 778 888  
Rape Crisis Helpline: 116 123  
Samaritans Ireland: Freephone: 087 260 9090  
Email: [jo@samaritans.ie](mailto:jo@samaritans.ie) Text: 1850 440 444  
Senior Helpline: 1890 621 631  
SHINE National Info Line: 1800 677 777  
St. Vincent de Paul: 1800 833 634  
Teenline: 1890 252 084  
Trear (Unmarried Parents Support): 1800 341 900  
Women's Aid National Helpline:

### Information Websites:

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie); [www.connectingforlifelaioisoffaly.ie](http://www.connectingforlifelaioisoffaly.ie)

# HELP & SUPPORT Information Card

# OFFALY

[yourmentalhealth.ie](http://yourmentalhealth.ie)  
Mental Health & Wellbeing



Building a  
Better Health  
Service

Seirbhís Sláinte  
Níos Fearr  
á Forbairt



**Urgent Help and Support:**

24/7 Suicide Helpline (Pieta House)	1800 247 247
Gardai, Fire Brigade, Ambulance	999/112
Garda Confidential Line	1800 666 111
MIDOC (GP Out of Hours Service)	1850 302 702
Midlands Regional Hospital Tullamore	057 93 21501
Samaritans Ireland:	Freephone: 116 123
Email: jo@samaritans.ie	Text: 087 260 9090
Psychiatry Dept. MRH Portlaoise	057 86 96396

**HSE Mental Health Services:**

ADHD Service Laois/Offaly:	057 86 92834
Adult Mental Health Services, Community MH Centre, Tullamore:	055 93 15900
Birr:	057 91 20576
Child & Adolescent Mental Health Services Offaly:	057 93 19400
Community Drug & Alcohol Service	057 86 92516
Health Centre Tullamore	057 93 41301
Primary Care Centre, Tullamore	057 93 19599
Resource Office for Suicide Prevention	086 8157 850
Young Adult Mental Health Service:	057 86 96916

**Mental Health Supports and Helplines:**

AWARE (Supporting people experiencing depression and anxiety)	1800 804848
GROW: Local Office:	057 93 51124
Information Line:	1890 474 474
<i>(Support Groups for adults with mental health problems)</i>	
Mental Health Ireland: Area Development Officer:	086 835 3387
National Office:	01 284 1166
Samaritans Ireland:	Freephone: 116 123
Email: jo@samaritans.ie	Text: 087 260 9090
SHINE: Area Development Worker:	086 852 5281
National Info Line:	1890 621 631
<i>(support for people with mental ill health)</i>	

Pieta House:	Helpline:	1800 247 247
Midlands/Athlone Support Centre:		090 64 24111
Roscrea:		0505 22568
Lucan:		01 601 0000

**Other Local Supports and Services:**

ACCORD Tullamore:		057 93 41831
Barnardos Family Support Service:	Local Office:	057 93 26803
	National:	1890 222 300
Family Carers Ireland:	Regional Office:	057 93 22920
	National Careline:	1800 240 724
Citizens Information Centre:	Birr:	076 1076 260
	Tullamore:	076 1076 290
Dochas Offaly Cancer Care Centre:		057 93 28268
Domestic Violence Support Services Tullamore:		057 93 51886
	National Helpline:	1800 341 900
Family Resource Centre Tullamore:		057 93 20598
Family Resource Centre Clara:		057 93 31928
Foroige (Regional Office)		090 64 48947
Jigsaw Offaly (Support for Young People):		057 93 52871
Offaly County Library		057 93 46834
Midlands SIMON Community:	Reg Office:	090 64 44641
Emergency Accommodation	Tullamore:	087 635 9760
	Athlone:	090 64 50280
Money Advice & Budgeting Service:		0761 07 2710
MABS Helpline: (email: helpline@mabs.ie)		0761 07 2000
Tullamore Parish Centre:		057 93 21587
St. Vincent de Paul Tullamore:		057 93 22072
		1800 677 777

**Addiction Services:**

Alcoholics Anonymous:		01 842 0700
AI Anon/Alateen:		01 8732699
HSE Community Drug & Alcohol Service		057 86 92516
HSE Drugs & Alcohol Helpline:		1800 459 459

(www.drugs.ie / www.drinkaware.ie)	
Extern MYDAS Project:	057 93 51691
Youth Drug & Alcohol Support Project:	086 468 2745
Merchants Quay Ireland: Midlands Project:	090 64 17097
Outreach Team:	087 95 12989

**Counselling Services:**

BeLonG To LGBTI+ Youth Counselling Service:		01-462 4792
Email: belongto@pieta.ie		
CONNECT: (National Adult Counselling Service):	Freephone:	1800 477477
<i>(for those who have experienced abuse, neglect or trauma in childhood)</i>		
Counselling in Primary Care HSE:		057 93 70605
<i>(Counselling for over 18s with a Full Medical Card referral by GP)</i>		
HSE Adult Counselling Service (The Arches):		057 93 27141
	Helpline:	1800 234 113
<i>(For individuals who have experienced childhood sexual or physical abuse in an institution, education or family setting)</i>		
HSE Primary Care Psychology Services Offaly		057 93 19599
NURTURE:		01-843 0930
<i>(support in pregnancy, birth and post-natal for women)</i>		
Online counselling: www.turn2me.org/engage / www.mymind.org		
PCI Counselling Service Midlands		0818 555 450
<i>(reduced cost) (11am-6pm)</i>		
Pieta House:	Helpline:	1800 247 247
Midlands/Athlone Support Centre:		090 64 24111
Roscrea:		0505 22568
Lucan:		01 601 0000
<i>(Counselling for those who have suicidal ideation or who participate in self-harming)</i>		
Private counselling services: www.counsellingdirectory.ie / www.iacp.ie		
		www.psychologicalsociety.ie
Regional Sexual Abuse & Rape Crisis Centre Tullamore:		057 93 22500
	Helpline No:	1800 323232

### Bereavement Support:

Anam Cara Parental & Sibling Bereavement Support:	01 404 5378
Barnardos Child Bereavement Support:	01 473 2110
Cuisle Centre Bereavement Counselling:	057 86 81492
Midlands Living Links Suicide Bereavement Support Centre:	086 1600 641
Portlaoise Parish Bereavement Support Service:	057 86 21142
Pieta House 24/7 Bereavement Support:	1800 247 247
Rainbows Child Bereavement Support:	057 86 21142
Suicide Bereavement Liaison Officer HSE/Pieta House:	086 418 0088
Websites for information and support: www.hospicefoundation.ie; www.childhoodbereavement.ie; www.suicidesupportinformation.ie;	

### Youth Supports:

Youth Work Ireland Laois:	057 86 65010
Mountmellick Youth and Family Resource Centre:	057 86 24525
Youth information websites: www.spunout.ie www.reachout.com www.yourmentalhealth.ie	

### Support Numbers and Information Helplines:

Active Retirement Information:	01 -873 3836
ALONE:	01 679 1032
Al Anon/ Alateen:	01 8732699
Alcoholics Anonymous:	01 842 0700
AWARE: (email: support@aware.ie) Support Line:	1800 80 4848
BeLonG To (LGBTI+ Support):	01 6706223
Bodywhys (Eating Disorder Assoc.): Helpline:	1890 200 444 01 283 4963
CARI (Child Sexual Abuse Counselling):	1890 924 567
CONNECT (Adult Abuse Counselling Service):	1800 477 477
Childline:	1800 666 666
CURA (Crisis Pregnancy)	1850 622 626

Domestic Violence Women's Aid National Helpline:	1800 341 900
Drugs / HIV Helpline:	1800 459 459
Farm and Rural Stress Helpline:	1800 742 645
Gamblers Anonymous:	01 8721333
Garda Confidential Line:	1800 666 111
GROW (support for those with mental health problems)	1890 474 474
HSE National Information Helpline: (email: hselive@hse.ie)	1850 241 850
LGBT Ireland Helpline:	1890 929 539
MABS (Money Advice & Budgeting Service)	0761 072 000
Man2Man: (HIV + sexual health information for men)	01 873 4832
Mental Health Ireland:	01 284 1166
Men's Sheds: www.mensheds.ie	057 86 62732
Missing Persons' Helpline:	1890 442 552
MOVE (Men Overcoming Violence)	090 647 2174
National Office for Victims of Abuse:	1800 252 524
One Parent Families Support Helpline:	1890 662 212
Parentline:	1890 927 277
Pieta House: Helpline:	1800 247 247
Midlands/Athlone Support Centre:	090 64 24111
Roscrea:	0505 22568
Lucan:	01 601 0000
Samaritans Ireland: Freephone:	116 123
Email: jo@samaritans.ie Text:	087 260 9090
Senior Helpline:	1850 440 444
SHINE National Info Line:	1890 621 631
St. Vincent de Paul:	1800 677 777
Teenline:	1800 833 634
Treor (Unmarried Parents Support):	1890 252 084
Women's Aid National Helpline:	1800 341 900

### Information Websites:

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie); [www.connectingforlifelaioisoffaly.ie](http://www.connectingforlifelaioisoffaly.ie)

# HELP & SUPPORT Information Card

## LAOIS

yourmentalhealth.ie  
Mental Health & Wellbeing



Building a  
Better Health  
Service

Seirbhís Sláinte  
Níos Fearr  
á Forbairt



**Urgent Help and Support:**

24/7 Suicide Helpline (Pieta House)	1800 247 247
Gardai, Fire Brigade, Ambulance	999/112
Garda Confidential Line	1800 666 111
MIDOC (GP Out of Hours Service)	1850 302 702
Midlands Regional Hospital Portlaoise	057 86 21364
Psychiatry Dept. MRH Portlaoise	057 86 96396
Samaritans Ireland:	Freephone: 116 123
Email: jo@samaritans.ie	Text: 087 260 9090

**HSE Mental Health Services:**

ADHD Service Laois/Offaly:	057 86 92834
Adult Mental Health Services, Community MH Centre	Portlaoise: 057 86 22925
Child & Adolescent Mental Health Service	057 86 96152
Child & Family Health Centre:	057 86 92567
Community Drug & Alcohol Service	057 86 92516
Health Centre Portlaoise	057 86 21135
Resource Office for Suicide Prevention:	086 8157 850
Young Adult Mental Health Service:	057 86 96916

**Mental Health Supports and Helplines:**

AWARE (Supporting people experiencing depression and anxiety)	1800 804848
GROW: Local Office:	057 93 51124
Information Line:	1890 474 474
<i>(Support Groups for adults with mental health problems)</i>	
Mental Health Ireland: Area Development Officer:	086 835 3387
National Office:	01 284 1166
Samaritans Ireland:	Freephone: 116 123
Email: jo@samaritans.ie	Text: 087 260 9090
SHINE: Area Development Worker:	086 852 5281
National Info Line:	1890 621 631

*(support for people with mental ill health)*

Pieta House:	Helpline:	1800 247 247
Midlands/Athlone Support Centre:		090 64 24111
Roscrea:		0505 22568
Lucan:		01 601 0000

**Other Local Supports and Services:**

ACCORD Portlaoise:	057 86 61581
Barnardos Family Support Service: Local Office:	057 93 26803
National:	1890 222 300
Family Carers Ireland: Regional Office:	086 795 7086
National Careline:	1800 240 724
Citizens Information Centre: Portlaoise:	076 1075 590
Cuisle Cancer Support Centre:	057 86 81492
Domestic Violence Support Services Laois:	057 86 71100
National Helpline:	1800 341 900
Family Resource Centre Portlaoise:	057 86 86151
Family Resource Centre Mountmellick:	057 86 24525
Family Mediation Services Laois:	057 86 95730
Foroige (Regional Office)	090 64 48947
Laois County Library	057 86 22333
Midlands SIMON Community: Reg Office:	090 64 44641
Emergency Accommodation Tullamore:	087 635 9760
Money Advice & Budgeting Service:	0761 07 2620
MABS Helpline: (email: helpline@mabs.ie)	0761 07 2000
Portlaoise Parish Centre:	057 86 21142
St. Vincent de Paul Portlaoise:	057 86 60486
	1800 677 777

**Addiction Services:**

Alcoholics Anonymous:	01 842 0700
AI Anon/ Alateen:	01 8732699
HSE Community Drug & Alcohol Service	057 86 92516
HSE Drugs & Alcohol Helpline:	1800 459 459
<a href="http://www.drugs.ie">www.drugs.ie</a> / <a href="http://www.drinkaware.ie">www.drinkaware.ie</a>	

Extern MYDAS Project:	057 93 51691
Youth Drug & Alcohol Support Project:	086 468 2745
Merchants Quay Ireland: Midlands Project:	090 64 17097
Outreach Team:	087 95 12989

**Counselling Services:**

BeLonG To LGBTI+ Youth Counselling Service:	01-462 4792
Email: belongto@pieta.ie	
CONNECT: (National Adult Counselling Service): Freephone:	1800 477477
<i>(for those who have experienced abuse, neglect or trauma in childhood)</i>	
Counselling in Primary Care HSE:	057 93 70605
<i>(Counselling for over 18s with a Full Medical Card referral by GP)</i>	
HSE Adult Counselling Service (The Arches):	057 93 27141
Helpline:	1800 234 113
<i>(For individuals who have experienced childhood sexual or physical abuse in an institution, education or family setting)</i>	
HSE Primary Care Psychology Services Laois	057 86 92564
NURTURE:	01-843 0930
<i>(support in pregnancy, birth and post-natal for women)</i>	
Online counselling: <a href="http://www.turn2me.org/engage">www.turn2me.org/engage</a> / <a href="http://www.mymind.org">www.mymind.org</a>	
PCI Counselling Service Midlands	0818 555 450
<i>(reduced cost) (11am-6pm)</i>	
Pieta House:	Helpline: 1800 247 247
Midlands/Athlone Support Centre:	090 64 24111
Roscrea:	0505 22568
Lucan:	01 601 0000
<i>(Counselling for those who have suicidal ideation or who participate in self-harming)</i>	
Private counselling services: <a href="http://www.counsellingdirectory.ie">www.counsellingdirectory.ie</a> / <a href="http://www.iacp.ie">www.iacp.ie</a>	
<a href="http://www.psychologicalsociety.ie">www.psychologicalsociety.ie</a>	
Regional Sexual Abuse & Rape Crisis Centre Tullamore:	057 93 22500
Helpline No:	1800 323232

Aware Support Line	1800 80 4848
Email Support	wecanhelp@aware.ie
BeLonG To (Gay, Lesbian, Bisexual & Transgendered)	01 670 6223
	www.belongto.org
Bodywhys (Eating Disorders Association)	01 283 4963
	1890 200 444
	1890 200 700
Cancer National Helpline	
CARI (Child Sexual Abuse Counselling):	
Helpline	1890 924 567
Connect Adult Abuse Counselling Service	1800 477 477
Childline	1800 666 666
Cura (Crisis Pregnancy)	1850 622 626
Domestic Violence Helpline	1800 444 944
Drugs/HIV Helpline	1800 459 459
Farm and Rural Stress Helpline	1800 742 645
Gamblers Anonymous	01 872 1133
Garda Confidential Line	1800 666 111
Gay Switchboard	01 872 1055
LGBT Helpline	1890 929 539
HSE Information Helpline	1850 241 850
Men's Sheds	www.menssheds.ie
Missing Persons Helpline	1890 442 552
MOVE (Men Overcoming Violence)	090 647 2174
National Office for Victims of Abuse	1800 252 524
One Parent Families Support Helpline	1890 662 212
Parentline	1890 927 277
Pieta House (Prevention of Suicide & Self Harm):	
Dublin Centres	01 601 0000
Limerick Centre	061 484 444

Roscrea Centre	0505 22568
Senior Helpline	1850 440 444
Rape Crisis Centre Helpline: Athlone (Midlands)	1800 306 600
Dublin	1800 778 888
Teenline Ireland Helpline (8pm-11pm)	1800 833 634
Treoir (Unmarried Parents Support)	1890 252 084
Women's Aid National Helpline	1800 341 900
<b>BEREAVEMENT SUPPORT:</b>	
Anam Cara Parental & Sibling	
Bereavement Support	01 4045 378
Barnardos Child Bereavement Support	01 4732 110
Bethany Pastoral & Bereavement Support	087 6309 808
Bethany St. Camillus Bereavement Support	044 93 74196
24/7 Bereavement Support Pieta House)	1800 247 247
LARCC Bereavement Support Group:	
Mullingar	044 93 71971
Callsave	1850 719 719
Midlands Living Links	086 1600641
(Suicide Bereavement Support Service)	
Rainbows Child Bereavement Support:	www.rainbowsireland.com

**If you are concerned that a family member, friend or colleague is in distress and may be having thoughts of ending their life, don't hesitate to discuss your concerns and get advice from your GP, MiDoc Out of Hours GP Service (1850 302 702), the HSE Resource Office for Suicide Prevention (086) 380 1152 or any other relevant service.**

### Information Websites:

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie); [www.reachout.com](http://www.reachout.com); [www.spunout.ie](http://www.spunout.ie)

# HELP & SUPPORT Information Card

# WESTMEATH



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



Little things can make a big difference  
[yourmentalhealth.ie](http://yourmentalhealth.ie)  
#littletings

# SUPPORT AND INFORMATION RESOURCES

## H.S.E. SERVICES:

Adult Counselling Service	1800 234 113
Midlands Office: (Victims of Abuse)	057 93 27141
Adult Homelessness (Liaison Nurse)	087 0660161
Child & Adolescent Psychiatric Services	044 93 94219
Child & Family Resource Centre Mullingar	044 93 44877
Community Alcohol & Drug Service: Athlone	090 64 24820
Mullingar	044 93 95200
Community Mental Health Centres: Athlone	090 64 24880
Mullingar	044 935 3840
Community Psychology Services: Athlone	090 64 24813
Mullingar	044 93 39580
Health Centres: Athlone	090 64 75301
Mullingar	044 93 40221
Public Health Nursing Services: Athlone	090 64 24811
Mullingar	044 93 95078
Health Promotion	057 93 57800
Midlands Crisis Pregnancy Counselling	1800 200 857
Midland Regional Hospital, Mullingar	044 93 40221
MiDoc Out of Hours GP Service	1850 302 702
Psychiatry Dept., St. Loman's Hospital	044 93 40191
Resource Office for Suicide Prevention	086 380 1152

## LOCAL ORGANISATIONS:

ACCORD:	Athlone	090 64 75491
	Mullingar	044 93 48707
Barnardos Family Support Information:		
Regional Office	Athlone	090 64 33690

	Mullingar	044 93 35282
	National Callsave	1850 222 300
Carer's Association:	Mullingar	044 93 47922
	National Careline	1800 240 724
Citizens Information Centres: Athlone		076 1076 610
	Mullingar	076 1076 660
Community Mothers Westmeath		044 93 48571
Domestic Violence Support Services:		
National Helpline		1800 444 924
Esker House Refuge, Athlone		090 64 74122
Westmeath Service Against Domestic Abuse		044 93 33868
		087 133 6853
Teach Fáilte, Mullingar		044 93 49340
Temporary Emergency Accommodation Mullingar		044 93 48428
Family Resource Centres:		
Battery Heights Athlone		090 64 94336
Ballynacargy, Mullingar		044 93 73060
Foroige: Offaly/Westmeath Regional Youth Officer		086 96 72921
Gardai:		999 or 112 from Mobile
GROW: Regional Office		057 93 51124
Information Line		1890 474 474
Mental Health Ireland: Regional Office		086 835 3387
National Office		01 284 1166
Midlands Regional Youth Services		090 64 77075
Midlands Simon Community:		
Regional Office		090 64 44641

Emergency Accommodation	090 64 50280
Money Advice & Budgeting Service:	
Athlone	0761 07 2400
Mullingar	0761 07 2700
National Helpline	0761 07 2000

Email: [helpline@mabs.ie](mailto:helpline@mabs.ie)

Shine: Regional Office	057 93 23111
Information Line	1890 621 631
St. Vincent De Paul: Athlone	090 64 44041
Mullingar	044 93 43868
U18 Midland Youth Drug & Alcohol Support	086 468 2745

## Counselling:

PCI Counselling Service (reduced cost)	0818 555 450
Free online counselling	<a href="http://www.turn2me.org/engage">www.turn2me.org/engage</a>
Good2Talk	044 93 32531 or 087 608 8291

## NATIONAL ORGANISATIONS:

Samaritans	Freephone 116 123
	Text: 087 260 9090 Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
PIETA HOUSE 24/7 Suicide Helpline	Freephone: 1800 247 247
	Text 'HELP' to 51444 for one-to-one text support.
	Lucan 01 601 0000
	Athlone 090 642 4111
Active Retirement Information	01 873 3836
Alcoholics Anonymous	01 842 0700
Al Anon	01 873 2699
AMEN (Violence Against Men)	046 902 3718

CARI (Child Sexual Abuse Counselling): Helpline	1890 200 444
Connect Adult Abuse Counselling Service	1890 924 567
Childline	1800 477 477
Cura (Crisis Pregnancy)	1800 666 666
Domestic Violence: National Helpline	1850 622 626
Farm and Rural Stress Helpline	1800 444 944
Garda Confidential Line	1800 742 645
Gay Switchboard	1800 666 111
LGBT Helpline	01 872 1055
HSE Information Helpline	1890 929 539
MOVE (Men Overcoming Violence)	1850 241 850
Missing Persons Helpline	090 647 2174
National Cancer Helpline	1890 442 552
National Office for Victims of Abuse	1890 200 700
Parentline	1800 252 524
One Parent Families Support Helpline	1890 927 277
Senior Helpline	1890 662 212
Rape Crisis Centre Helpline: Athlone (Midlands)	1850 440 444
Dublin	1800 306 600
Teenline Ireland Helpline (8pm-11pm)	1800 778 888
Treoir (Unmarried Parents Support)	1800 833 634
Women's Aid National Helpline	1890 252 084
	1800 341 900

#### BEREAVEMENT SUPPORT:

Anam Cara Parental & Sibling Bereavement Support	01 4045378
Barnardos Child Bereavement Support	01 4732110
Bethany Pastoral & Bereavement Support	087 6309 808
Bethany St. Camillus Bereavement Support	044 93 74196
24/7 Bereavement Support (Pieta House)	1800 247 247
Family Ministry Longford	043 33 46827
LARCC Bereavement Support Group:	
Mullingar	044 93 71971
Callsave	1850 719 719
Midlands Living Links (Suicide Bereavement Support Service)	086 1600641
Rainbows Child Bereavement Support	www.rainbowsireland.com

**If you are concerned that a family member, friend or colleague is in distress and may be having thoughts of ending their life, don't hesitate to discuss your concerns and get advice from your GP, the HSE Resource Office for Suicide Prevention (086) 380 1152 or any other relevant service.**

#### Information Websites:

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie); [www.reachout.com](http://www.reachout.com); [www.spunout.ie](http://www.spunout.ie)

# HELP & SUPPORT Information Card

## LONGFORD



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



Little things can make a big difference  
[yourmentalhealth.ie](http://yourmentalhealth.ie)  
#littletings

# SUPPORT AND INFORMATION RESOURCES

## H.S.E. SERVICES:

Adult Counselling Service	057 93 27141 1800 234 113
Adult Homelessness (Liaison Nurse)	087 066 0161
Child & Adolescent Psychiatric Services	044 93 94219
Child and Family Resource Centre Mullingar	044 93 44877
Community Alcohol & Drug Service: Longford	043 33 46992
Community Mental Health Centre Longford	043 33 46992
Community Psychology Services	043 33 50170
Health Centre, Longford	043 33 50100
Health Promotion	057 93 57800
Midlands Crisis Pregnancy Counselling	1800 200 857
Midland Regional Hospital, Mullingar	044 93 40221
MiDoc Out of Hours GP Service	1850 302 702
Public Health Nursing, Longford	043 33 39701
Psychiatry Dept., St. Loman's Hospital	044 93 40191
St. Joseph's Hospital, Longford	043 33 46211
Social Work Services	043 33 50584
Resource Office for Suicide Prevention	086 380 1152

## LOCAL ORGANISATIONS:

ACCORD Longford	043 33 47222
Acorn Community Development Project	043 33 47944
Barnardos Family Support Services:	
Regional Office Athlone	090 64 33690
National Callsave	1850 222 300
Carer's Association: National Careline	1800 240 724

Citizens Information Centre: Longford	076 1075 890
Community Mothers Longford	043 33 48754
Domestic Violence Support Services:	
National Helpline:	1800 444 924
Bethany House, Longford	043 33 48136
Longford Women's Link	043 33 41511
Temporary Emergency	
Accommodation Mullingar	044 93 48428
Family Resource Centres: Ballymahon	090 64 32691
Granard	043 66 60977
Gardai: Longford	043 33 50570
Ballymahon	090 64 32303
Edgeworthstown	043 66 71002
GROW: Regional Office	057 93 51124
Information Line	1890 474 474
Longford Youth Services	043 33 40907
L.E.A.P. Youth Project	043 33 42515
Mental Health Ireland: Regional Office	086 835 3387
National Office	01 284 1166
Midlands Simon Community:	
Regional Office	090 64 44641
Emergency Accommodation	090 64 50280
Money Advice & Budgeting Service	0761 07 2620
M.A.B.S. Helpline	0761 07 2000
	Email: <a href="mailto:helpline@mabs.ie">helpline@mabs.ie</a>
Shine: Regional Office	057 93 23111
Information Line	1890 621 631

St. Martha's Men's Hostel, Longford	043 33 48062
St. Vincent De Paul, Longford	043 33 42084
U18 Midland Youth Drug & Alcohol Support	086 468 2745
<b>Counselling:</b>	
PCI Counselling Service (reduced cost)	0818 555 450
Free online counselling	<a href="http://www.turn2me.org/engage">www.turn2me.org/engage</a>
Longford Counselling Services	043 33 47477
	<a href="http://www.longfordcounsellingservices.ie">www.longfordcounsellingservices.ie</a>
	Email: <a href="mailto:longfordcounselling@hotmail.com">longfordcounselling@hotmail.com</a>

## NATIONAL ORGANISATIONS:

Samaritans	Freephone 116 123
	Text: 087 260 9090 Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
PIETA HOUSE 24/7 Suicide Helpline	
	Freephone: 1800 247 247
	Text 'HELP' to 51444 for one-to-one text support.
	Lucan 01 601 0000
	Athlone 090 642 4111 AI Anon
	01 8732699
AMEN (Violence Against Men)	046 902 3718
Aware: Helpline	1800 804 848
	Email Support <a href="mailto:wecanhelp@aware.ie">wecanhelp@aware.ie</a>
BeLonG To (Gay, Lesbian, Bisexual & Transgendered)	01 670 6223
	<a href="http://www.belongto.org">www.belongto.org</a>
Bodywhys (Eating Disorders Association)	01 283 4963