



# 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) or Caredoc (South Wicklow) 0818 300 365 / 059 913 8100 [www.caredoc.ie](http://www.caredoc.ie)
- Go to your local Emergency Department: St Vincent's University Hospital (24/7) (01) 221 4000; St Michael's Hospital Dun Laoghaire 01 280 6901 (24/7); St Columille's Hospital Loughlinstown, Local Injuries Unit, 01 211 5048 - 24/7
- Contact the Samaritans on 999 or 112 - Have Eircode if possible
- Call the Samaritans 24 hour Freephone listening service on 116 123
- Call 1800 111888 (24 hours) 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 4000 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 House Helpline</b>	Pieta House provides telephone and text-based support for people who are suicidal or engaging in self-harm or those bereaved by suicide.	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.	1 800 778 888	<a href="http://www.drcc.ie">www.drcc.ie</a> WebChat available
<b>Farm and Rural Stress Helpline</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="https://www.ispc.ie/teenline/">https://www.ispc.ie/teenline/</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: 10am-10pm, seven days a week.	1800 804 848	<a href="http://www.aware.ie">www.aware.ie</a>
<b>BeLonG To</b>	Support for Lesbian, Gay, Bisexual and Trans Young People in Ireland.	01 670 6223	<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.	01 210 7906	<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. GP referral required.	01 280 5862	<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	01 283 8735	<a href="http://www.donnybrooktherapy.com">www.donnybrooktherapy.com</a>
<b>Dublin Simon Counselling</b>	Freephone Crisis Support Line for those experiencing homelessness, Mon-Fri 8am-10pm, Sat-Sun 4.30pm-10pm	1800 844 600	
<b>Dublin Simon Visiting Support Project Worker Wicklow</b>		086 043 7562	
<b>Hillview Resource Centre</b>	Family support services and counselling	01 296 5025	<a href="http://www.hillviewrc.ie">www.hillviewrc.ie</a>
<b>Irish Advocacy Network</b>	Peer Advocacy in Mental Health	01 872 8648	<a href="http://www.irishadvocacynetwork.com">www.irishadvocacynetwork.com</a>
<b>Irish Association for Counselling &amp; Psychotherapy</b>	List of approved Counsellors and Psychotherapists	01 230 3536	<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. Also provides couples, relationship counselling and play therapy.	01 286 6729	<a href="http://www.livinglifecounselling.com">www.livinglifecounselling.com</a>
<b>CAMHS</b>	Child and Adolescent Mental Health Services (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.	01-557 4705	<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.	01 672 5886	<a href="http://www.legallaidboard.ie">www.legallaidboard.ie</a>
<b>FLAC (Free Legal Advice)</b>	A telephone information and referral line offering basic legal information, Mon-Fri 9.30am-1pm and Mon evenings from 7pm-9pm.	01 906 1010	<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>
<b>GROW Mental Health</b>	Providing weekly adult peer support groups nationwide	0818 474 474	<a href="http://www.grow.ie">www.grow.ie</a>
<b>Homeless FREEPHONE Dublin Region</b>	Central Placement Service (CPS) for access to emergency accommodation for the Dublin Region, 10.00am-10.00pm.	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	<a href="mailto:helpline@hse.ie">helpline@hse.ie</a>
<b>HSE LIVE Information &amp; Support Line</b>	An information service on health services and entitlements. Mon-Fri 8am-8pm. Sat- Sun 9am-5pm.	1800 700 700	
<b>Alcoholics Anonymous</b>		01 842 0700	<a href="http://www.alcoholicsanonymous.ie">www.alcoholicsanonymous.ie</a>
<b>Gamblers Anonymous</b>		01 872 1133/087 748 5878	<a href="http://www.gamblersanonymous.ie">www.gamblersanonymous.ie</a>
<b>Narcotics Anonymous Eastern Area (Leinster)</b>		086 862 9308/01 672 8000	<a href="http://www.naeasternarea.org">www.naeasternarea.org</a>
<b>Jigsaw</b>	Primary Level Mental Health Service and information for young people (12-25), their parents and guardians and those who work with young people.	01 524 0796 (Wicklow) / 01 658 3070 (Dublin)	<a href="http://www.jigsaw.ie">www.jigsaw.ie</a>
<b>MABS</b>	The State's money advice and budgeting service, guiding people through dealing with problem debt.	076 107 2000	<a href="http://www.mabs.ie">www.mabs.ie</a>
<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	<a href="http://www.mensaid.ie">www.mensaid.ie</a>
<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 1166	<a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a>
<b>MyMind</b>	Counselling/Psychotherapy online and Dublin 1, Dublin 6 and Dublin 8. Online counselling for people affected by Covid-19 is free (conditions apply).	076 680 1060	<a href="http://www.mymind.org">www.mymind.org</a>
<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, 9pm - 2:30am	1 800 793 793	<a href="http://www.niteline.ie">www.niteline.ie</a>
<b>Onefamily</b>	Support and information for people parenting alone, co-parenting or separating.	0818 662 212	<a href="http://www.onefamily.ie">www.onefamily.ie</a>
<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	<a href="http://www.oneinfour.ie">www.oneinfour.ie</a>
<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	01 873 3500	<a href="http://www.parentline.ie">www.parentline.ie</a>
<b>Dublin Outreach</b>	Support for adults who are rough sleeping. Mon-Fri 7am-1am/ Sat-Sun 9am-1am	01 872 0185	<a href="http://www.dubsimon.ie">www.dubsimon.ie</a>
<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	<a href="http://www.spunout.ie">www.spunout.ie</a>
<b>St. Vincent De Paul - East Region</b>	Fighting poverty through practical assistance to people in need.	01 855 0022	<a href="http://www.svp.ie">www.svp.ie</a>
<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	<a href="https://travellercounselling.ie/online-counselling">https://travellercounselling.ie/online-counselling</a>
<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	<a href="http://www.lgbt.ie">www.lgbt.ie</a>
<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	<a href="http://www.thirdageireland.ie/seniorline">www.thirdageireland.ie/seniorline</a>
<b>Shine</b>	Support for people affected by mental ill health.	01 541 3715	<a href="http://www.shine.ie">www.shine.ie</a>
<b>Suicide or Survive (SOS)</b>	Mental health and wellness workshops, programmes/ webinars	01 272 2158	<a href="http://www.suicideorsurvive.ie">www.suicideorsurvive.ie</a>
<b>Turn 2 Me (Over 18s)</b>	Free online counselling, peer support and online support groups for people 18+.		<a href="http://www.turn2me.org">www.turn2me.org</a>
<b>Unplanned Pregnancy</b>	HSE helpline, information and support on all your options	1 800 828 010	<a href="http://www2.hse.ie/unplanned-pregnancy">www2.hse.ie/unplanned-pregnancy</a>
<b>BEREAVEMENT SUPPORTS</b>			
<b>Anam Cara</b>	Support for 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.	085 288 8888 / 01 404 5378	<a href="http://www.anamcara.ie">www.anamcara.ie</a>
<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	<a href="mailto:bereavement@barnardos.ie">bereavement@barnardos.ie</a>
<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.	01 513 4048	<a href="http://www.hugg.ie">www.hugg.ie</a>
<b>The Irish Hospice Foundation</b>	Bereavement Support Line and online information to help understand more about the grieving process.	1800 80 70 77 (Mon-Fri 10am - 1pm)	<a href="https://hospicefoundation.ie/bereavement">https://hospicefoundation.ie/bereavement</a>
<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	

[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: October 2021. The information provided within is correct at time of printing but is subject to change.