

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 or Caredoc (South Wicklow) 0818 300 365 / 059 913 8100 www.caredoc.ie
- Go to your local Emergency Department: St Vincent's University Hospital (01) 221 4000 (24/7); St Michael's Hospital Dun Laoghaire 01 280 6901 (24/7); St Columcille's Hospital Loughlinstown, Local Injuries Unit, 01 211 5048.
- 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)

GP Out of Hours Service

EDOC (North East Wicklow, Dun Laoghaire and East Dublin) ... 01 223 4500 www.EDoc.ie

Caredoc (South Wicklow)..... 0818 300 365/ 059 913 8100 www.caredoc.ie

Support and information helplines

• Aware Support Line (Mon-Sun, 10am-10pm) 1800 80 48 48 www.aware.ie
(Listening service for people with depression or those concerned about a family member or friend)

• Alone.....0818 222 024 www.alone.ie (Support for older people. 8am-8pm)

• BeLonG To01 670 6223 www.belongto.org
(Support for Lesbian, Gay, Bisexual and Transgender Young People, Mon-Fri, 9am-5pm)

• BODYWHYS..... 01 210 7906 - alex@bodywhys.ie
(Support for people affected by eating disorders)

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

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

• Family Mediation (Legal Aid Board)..... 01 672 5886 www.legalaidboard.ie

• Farm & Rural Stress Helpline 1800 742 645 (Support for farmers and people who live in rural areas who may be feeling down, suffering from stress or depression or those concerned about someone. Daily 6pm-10pm)

• FLAC (Free Legal Advice).....01 906 1010 www.flac.ie

• Focus Ireland..... 01 881 5900 www.focusireland.ie
(Support for people who are homeless or at risk of homelessness)

• Grow Mental Health (Providing weekly adult peer support groups nationwide) 0818 474 474 info@grow.ie

• Homeless FREEPHONE Dublin Region (10.00am-10.00pm)..... 1800 707 707

• HSE Live National Information/Support 1800 700 700

• Irish Advocacy Network 01 547 0510 www.irishadvocacynetwork.com *(Peer advocacy in mental health)*

• LGBT Helpline1800 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) 076 107 2000 www.mabs.ie

• Men's Aid Ireland01 554 3811 www.mensaid.ie
(Support for men experiencing domestic violence ongoing or in the past)

• YourMentalHealth information line1800 111 888 (24/7)
(Information on available mental health supports and services and how to access them)

• Mental Health Ireland.....01 284 1166

• National Traveller Mental Health Service 01 872 1094 www.exchangehouse.ie

• Niteline 1800 793 793 www.niteline.ie
(An anonymous, non-judgemental 3rd level peer led student listening service, term time 9pm-2:30am)

• One Family0818 662 212 www.onefamily.ie
(Support for people parenting alone, co-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..... 01 873 3500 www.parentline.ie
(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 126 4606

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

• Senior Line (Confidential listening service for older people, 10am-10pm)..... 1800 804 591

• Shine (Support for people affected by mental ill health)..... 01 541 3715 www.shine.ie

• Dublin Outreach 01 872 0185 www.dubsimon.ie
(Support for adults who are rough sleeping, Mon-Fri 7am-1am/Sat-Sun 9am-1am)

• SpunOut (Ireland's Youth Information Website).....01 675 3554 www.spunout.ie

• St.Vincent De Paul East Region 01 855 0022 www.svp.ie

• Suicide or Survive01 272 2158 www.suicideorsurvive.ie
(Mental health and wellness workshops/webinars)

• Teenline (24/7) 1800 833 634 <https://www.ispcc.ie/teenline/>

• The Alzheimer Society of Ireland 1800 341 341 www.alzheimer.ie
(Dementia specific supports and services)

- Traveller Covid 19 helpline.....083 100 6300 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..... 1800 828 010
<https://www2.hse.ie/unplanned-pregnancy/> *(Information and support on all your options)*
- Women's Aid National Domestic Violence Helpline (24/7)1800 341 900 www.womensaid.ie
- Dublin Simon Counselling 1800 844 600 *(Freephone Crisis Support Line for those experiencing homelessness, Mon-Fri 8am-10pm, Sat-Sun 4.30pm-10pm)*
- Dublin Simon Visiting Support Project Worker Wicklow086 043 7562

Hospitals

- St. Vincent's University Hospital, Dublin 4 (24/7)..... 01 221 4000 (24/7)
- St. Michael's Hospital, Dun Laoghaire, Co Dublin..... 01 280 6901 (24/7)
- St. Columcille's Hospital, Loughlinstown, Co Dublin,
Local Injuries Unit..... 01 211 5048 (24/7)
- Childrens Health Ireland Crumlin (24/7) 01 409 6100
- Childrens Health Ireland Tallaght (24/7) 01 414 2000

Addiction Services

- HSE Drug & Alcohol Helpline 1800 459 459 helpline@hse.ie
- Alcoholics Anonymous..... 01 842 0700 www.alcoholicsanonymous.ie
- Gamblers Anonymous....01 872 1133 /087 748 5878 www.gamblersanonymous.ie
- Narcotics Anonymous..... 086 862 9308 /01 672 8000 www.naeasternarea.org

Bereavement Services

- Anam Cara.....085 288 8888 / 01 404 5378 www.anamcara.ie
(Support for parents after child bereavement)
- Barnardos' Children's Bereavement Helpline Service.....01 473 2110
(Support for 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.....085 870 6712
- The Irish Hospice Foundation Bereavement Support Line1800 80 70 77
(Care and Information hub for bereavement)

Local Counselling Services

- Counselling in Primary Care (CIPC) (GP referral required).....01 280 5862
- Connect Counselling1800 477 477
(Freephone counselling service extension of HSE National Counselling Service Wed-Sun 6pm-10pm)
- Crosscare Teen Counselling (12-18yrs).....01 557 4705 <https://teencounselling.ie/>
- Donnybrook Plus Blackrock Counselling..01 283 8735 www.donnybrooktherapy.com
- Hillview Resource Centre - Counselling01 296 5025 www.hillviewfrc.ie/
- Irish Association for Counselling and Psychotherapy (IACP)01 230 3536 www.iacp.ie
- Jigsaw 01 524 0796 (Wicklow) / 01 658 3070 (Dublin) www.jigsaw.ie
(Primary Level Mental Health Service and information for 12-25 yrs)
- Living Life Counselling Bray01 286 6729
- Living Life Counselling Arklow01 286 6729
- MyMind (Online and Dublin 1, Dublin 6 and Dublin 8) 076 680 1060 www.mymind.org
- Traveller Counselling Service.....086 308 1476
<https://travellercounselling.ie/online-counselling>

WEBSITES:

- www.askaboutalcohol.ie
- www.alustforlife.com
- www.connectcounselling.ie
- www.drugs.ie
- www.hse.ie
- www.jigsaw.ie
- www.lgbt.ie
- www.mentalhealthireland.ie
- www.niteline.ie
- www.positiveoptions.ie
- www.samaritans.org
- www.spunout.ie
- www.yourmentalhealth.ie

NUMBERS WHEN YOU NEED THEM

Help at your finger tips

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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