



Connecting for Life  
Cavan and Monaghan

If you are feeling low or distressed, please just talk about it with someone ...

## EMERGENCY / CRISIS NUMBERS:

**YOUR LOCAL GP  
OR NORTH EAST  
DOCTOR ON CALL**  
**1850 777 911**

**GARDAI /  
EMERGENCY  
SERVICES**  
**999 / 112**

**THE SAMARITANS**  
**116 123**  
TEXT 087 260 9090  
EMAIL:  
[jo@samaritans.org](mailto:jo@samaritans.org)

**DOMESTIC  
VIOLENCE SERVICE  
WOMEN'S AID  
NATIONAL  
HELPLINE**  
**1800 341 900**

**24/7 SUICIDE  
HELPLINE**  
**1800 247 247**  
TEXT: 'HELP' TO  
**51444**  
(PIETA HOUSE)

**AWARE  
SUPPORT LINE**  
**1800 80 48 48**  
Email:  
[supportmail@aware.ie](mailto:supportmail@aware.ie)

**NATIONAL RAPE  
CRISIS 24/7  
HELPLINE**  
**1800 778 888**  
Email:  
[counselling@rcc.ie](mailto:counselling@rcc.ie)

**CHILDLINE**  
**1800 666 666**  
TEXT: 'TALK' TO  
**50101**

**FARM AND  
RURAL STRESS  
HELPLINE**  
**1800 742 645**

## OTHER SUPPORTS:

**TEARMANN DOMESTIC  
ABUSE SERVICE**  
**047 72311**  
[tearmann dvs@eircom.net](mailto:tearmann dvs@eircom.net)  
[www.tearmann.net](http://www.tearmann.net)

**NATIONAL  
LGBT  
HELPLINE**  
**1890 929 539**

**MABS**  
(Money Advice  
& Budgeting Service)  
Helpline  
**0761 072 000**

**MENTALHEALTH  
IRELAND**  
[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

**SHINE**  
**086 852 5422**  
Supporting People Affected  
by Mental Ill Health  
[northeast@shine.ie](mailto:northeast@shine.ie)  
[www.shine.ie](http://www.shine.ie)

**ONLINE  
COUNSELLING**  
[www.turn2me.org](http://www.turn2me.org)

**GROW  
INFO LINE:**  
**1890 474 474**  
Supporting those experiencing  
mental health problems

**PARENT LINE**  
**1890 927 277**  
[www.parentline.ie](http://www.parentline.ie)

**PLEASE TAKE A PHOTO OF THIS POSTER**



Please scan the code to download the Connecting for Life Cavan Monaghan Suicide Prevention Plan

 Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

Learn about mental health and how to support yourself and those you love:  
[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)