

Focus Family Resource Centre, Killeshandra ... 049 436 4065
 Teach na Daoine Family Resource Centre, Monaghan .. 047 71398
 Teach Oscail Family Resource Centre, Cavan.. 049 437 2730
 Traveller Counselling Service 086 308 1476
 email: info@travellercounselling.ie

Private and Online Counselling

Addiction Counsellors of Ireland 01 797 9187
 www.addictioncounsellors.ie
 Irish Association of Counsellors 01 230 3536
 & Psychotherapists www.iacp.ie
 Irish Association of Humanistic 01 284 1665
 & Integrative Psychotherapy www.iahip.ie

My Mind Online Video Counselling..... 076 680 1060
 www.mymind.org
 The Psychological Society of Ireland..... 01 472 0105
 www.psychologicalsociety.ie
 Turn2Me Online Counselling www.turn2me.org
 & Support Groups

Addiction Services

Alcohol & Drugs Helpline..... 1800 459 459
 Alcoholics Anonymous 01 842 0700
 Cavan Drug & Alcohol Service 049 439 9160
 Cuan Mhuire 042 974 8533
 (addiction treatment & residential rehabilitation)

Family Addiction Support Network..... 042 935 5251
 (family support service)
 Gamblers Anonymous 01 872 1133
 HSE Primary Care Addiction Service 049 435 3190
 Monaghan Drug & Alcohol Service..... 047 75528

Bereavement Services

Anam Cara (Parental & Sibling Bereavement Support) .. 01 404 5378
 www.anamcara.ie
 Barnardos Children's Bereavement Service..... 01 473 2110,
 email: bereavement@barnardos.ie
 Pieta House Suicide Bereavement..... 1800 247 247
 text HELP to 51444

WEBSITES

www.alustforlife.com
 www.anamcara.ie
 www.askaboutalcohol.ie
 www.barnardos.ie/teenhelp
 www.bereaved.ie
 www.childhoodbereavement.ie
 www.childline.ie
 www.citizensinformation.ie
 www.connectcounselling.ie
 www.connectingforlifecavanmonaghan.ie
 www.drugs.ie
 www.healthpromotion.ie
 www.hse.ie
 www.jigsaw.ie
 www.lgbt.ie
 www.menssheds.ie/malehealth-ie
 www.mymind.org

**YOU'RE NOT ALONE,
 WE ARE HERE
 TO HELP!**
 yourmentalhealth.ie
 Information | Support | Services

Date of issue Nov 2018
 The information provided within is correct
 at time of printing but is subject to change



**NUMBERS WHEN
 YOU NEED THEM**
 CAVAN AND MONAGHAN



Urgent Help and Support

An Garda Síochána, Ambulance, 999 or 112

Fire and Irish Coast Guard

Garda Confidential Line 1800 666 111

North East Doctor On Call 1850 777 911

Cavan General Hospital 049 437 6000

Samaritans: 116 123 Email: jo@samaritans.ie Text: 087 2609090

My GP: _____

My other contacts: _____

Cavan Monaghan Mental Health Service

(accessed via GP referral)

Child & Adolescent Mental Health Service

Cavan: 049 437 8920 Monaghan: 047 74220

Adult Mental Health Service

Cavan: 049 435 3145 Monaghan: 047 95300

Community Rehabilitation Service

Cavan: 049 437 6475 Monaghan: 047 95300

Mental Health Service for the Elderly

Cavan: 049 437 6427 Monaghan: 047 95369

Mental Health Intellectual Disability

Cavan Monaghan Louth Meath: 042 966 3122

Resource Office for Suicide Prevention 086 171 7563

Support Numbers and Information Helplines

Aware Support Line... 1800 80 48 48, email supportmail@aware.ie
(support for people experiencing depression and anxiety)

Alone (supporting older people to age at home) 01 679 1032

AMEN 046 902 3718

(confidential support line for male victims of domestic abuse)

BeLonG To (supporting LGBTI+ young people) 01 670 6223

Bodywhys 1890 200 444, email: alex@bodywhys.ie

(support for people affected by eating disorders)

Childline 1800 666 666, text TALK to 50101

Citizens Information 0761 074 000

Crime Victims Helpline 116 006

Dundalk Simon 042 933 9583

(supporting homeless in Cavan & Monaghan)

Exchange House Ireland National Travellers Service 01 872 1094

Farm and Rural Stress Helpline 1800 742 645

GROW (support for adults with mental health problems) .. 1890 474 474

HSE National Information Helpline 1850 241 850

..... email: hselive@hse.ie

Irish Advocacy Network 01 872 8684

(peer advocacy in mental health)

Irish Men's Sheds Association 01 891 6150

ISPCC Parent Support Line 01 676 7960

LGBT Ireland Helpline 1890 929 539

MABS Helpline (Money and Budgeting Advice Service). 0761 072 000

Man2Man 01 873 4832

(HIV & sexual health information for gay & bisexual men)

Mental Health Ireland 01 284 1166

Migrant Rights Centre Ireland 01 889 7670

National Pregnancy Helpline 1850 49 50 51

National Rape Crisis Helpline 1800 778 888

..... email: counselling@rcc.ie

Niteline (student support helpline) 1800 793 793

Outcomers (support for LGBT people in North East). 042 932 9816

Parent Line 1890 927 277

Pieta House Suicide Helpline 1800 247 247

..... text HELP to 51444

Senior Line (listening service for older people) 1800 804 591

Shine (supporting people affected by mental ill health) 086 852 5422

St. Vincent de Paul Freephone 1800 677 777

Suicide or Survive 1890 577 577

Tearmann Domestic Abuse Service 047 72311

Teenline 1800 833 634

Transgender Equality Network Ireland 01 873 3575

Women's Aid Domestic Violence Helpline 1800 341 900

Counselling Services

BeLonG To LGBT+ Youth Counselling Service .. 01 462 4792

..... email: belongto@pieta.ie

Blayney Blades Counselling Service 042 975 3410/1/2

Connect Free Telephone Counselling & Support .. 1800 477 477

(for adults who have experienced abuse, trauma or neglect in childhood)

HSE National Counselling Service 1800 234 117

(for adults who have experienced abuse, trauma or neglect in childhood)

Clones Family Resource Centre 047 52919