

Need to talk?

Help is a phone call away



Free-phone 24/7 on **116 123**

Text **087 2609090** Email: jo@samaritans.ie



Call **1800 247 247** Email: info@pieta.ie



Free-phone 24/7 **1800 666 666**

Text "Talk" to **50101** Go to www.childline.ie

If you are in crisis please contact your local GP.

Out of hours, contact SouthDoc on **1850 335 999**
or your nearest Emergency Department.

Resource Officers for Suicide Prevention Cork & Kerry

Julieann Lane (Kerry)

Julieann.lane@hse.ie

T: 066 7184535

Martin Ryan (Cork)

Martin.ryan8@hse.ie

T: 021 4659746

Helena Cogan (Cork)

Helena.cogan@hse.ie

T: 021 4858596

All Training Request

sp.enquiries@hse.ie

For further information and a list of other supports please access:

www.yourmentalhealth.ie **www.bereaved.ie**

Issued by the HSE/Cork Kerry Community Healthcare