

NUMBERS WHEN YOU NEED THEM

Help at your finger tips



Connecting for Life
*Dublin South East, Dublin South
and Wicklow*

yourmentalhealth.ie

Information | Support | Services

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, contact E Doc (North Wicklow, South Dublin & Dun Laoghaire) 01 223 4500 www.edoc.ie ; Caredoc (South Wicklow) 1850 334 999;
- Go to your local Emergency Department; St Vincent's University Hospital, St Michael's Hospital Dun Laoghaire, St Columcille's Hospital, Loughlinstown;
- Contact the Emergency Services on 999 or 112;
- Call the Samaritans 24 hour Freephone listening service on 116 123;
- Visit www.yourmentalhealth.ie for information on mental health supports and services.

Crisis Supports

Gardaí, Fire Brigade, Ambulance 999 / 112

Garda Confidential line..... 1800 666 111

My GP: _____

My Mental Health Service: _____

My Mental Health key worker: _____

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

GP Out of Hours Service

EDoc (Nth Wicklow, Sth Dublin, Dun Laoghaire) Tel: 01 223 4500

- www.EDoc.ie

Caredoc (Sth Wicklow) www.caredoc.ie 1850 334 999

Support and information helplines

Aware Support Line.....	1800 80 48 48
<i>(support for people experiencing depression and anxiety)</i>	
Alone.....	01 679 1032
AMEN.....	(046) 902 3718
<i>(support for men suffering from domestic abuse)</i>	
BODYWHYS - alex@bodywhys.ie.....	1890 200 444
<i>(support for people affected by eating disorders)</i>	
Childline - Text 50101	1800 666 666
Crime Victims Helpline.....	116 006
Farm & Rural Stress Helpline.....	1800 742 645
FLAC (Free Legal Advice).....	1890 350 250
Focus Ireland <i>(support for homeless people)</i>	01 881 5900

Grow (<i>Support group for adults with mental health problems</i>)....	1890 474 474
Housing Homelessness (Out of hours helpline)	1800 707 707
HSE National Information Helpline.....	1850 241 850
Irish Advocacy Network (<i>peer advocacy in mental health</i>) ..	01 872 8684
LGBTI Helpline	1890 929 539
<i>(Lesbian, gay, bisexual, transgender and intersex helpline)</i>	
MABS (<i>Money advice and budgeting service</i>)	1890 283 438
Mediation Ireland (Family Mediation).....	01 634 4320
Mental Health Ireland.....	01 284 1166
National Pregnancy Helpline.....	1850 49 50 51
Niteline (<i>student support helpline</i>).....	1800 793 793
One Family (Parenting Alone).....	01 662 9212
One in Four (<i>Help for adults who have experienced childhood abuse</i>)..	01 662 4070

Parentline	1890 927 277
Pieta House Suicide Helpline...	1800 247 247 / Text help to 51444
Rape Crisis Centre.....	1800 778 888
Samaritans 116 123 Text: 0872609090	email: jo@samaritans.ie
<i>(support for anyone experiencing distress, despair or suicidal thoughts)</i>	
Senior Line <i>(listening service for older people)</i>	1800 804 591
Simon Community <i>(support for homeless people)</i>	01 671 2555
Shine <i>(support for people affected by mental ill health)</i>	01 860 1620
St. Vincent De Paul	01-855 0022
Suicide or Survive	1890 577 577
Teenline	1800 833 634
Women's Aid National Domestic Violence Helpline..	1800 341 900

Hospitals

St Vincent's University Hospital, Dublin 4	01 221 4000
St Micheal's Hospital, Dun Laoghaire, Co Dublin...	01 280 6901
St Columcille's Hospital, Loughlinstown, Co Dublin ...	01 282 5800
St James's Hospital, Dublin 8	01 410 3000
Tallaght Hospital	01 414 2000
<i>(The Adelaide and Meath Hospital, incorporating The National Children's Hospital, Dublin 24.)</i>	

Addiction Services

HSE Drug & Alcohol Helpline.....	1800 459 459
<i>(drug & alcohol info and support)</i>	
Alcoholics Anonymous.....	01 842 0700
Gamblers Anonymous.....	01 872 1133
Narcotics Anonymous.....	01 672 8000

Bereavement Services

Anam Cara <i>(Parental and Sibling Bereavement Support)</i> ...	01 404 5378
Barnardos Children's Bereavement Support Service...	01 473 2110
HUGG <i>(Suicide Bereavement Peer Support Group)</i> ...	01 513 4048
Pieta House Suicide Bereavement.....	1800 247 247
Suicide Bereavement Liaison Officer.....	085 8706712
Turas Le Cheile.....	086 0566 819

Local Counselling Services

Counselling in Primary Care (CIPC)	01 663 7403
Connect Counselling (<i>telephone counselling</i>)	1800 477 477
Donnybrook Counselling	01 283 8735
Hillview FRC - Counselling.....	087 116 0196
HSE National Counselling Service.....	1800 234 111
Irish Association for Counselling and Psychotherapy (IACP)	01 2303536
Jigsaw Dublin City (12-25 years)	01 658 3070
Living Life Counselling Bray	01 286 6729
Living Life Counselling Arklow	01 286 6729
MyMind Counselling Rathmines.....	076 680 1060
Traveller Counselling Service	086 308 1476
Traveller Counselling Service Bray	086 886 8824

WEBSITES:

www.askaboutalcohol.ie

www.alustforlife.com

www.connectcounselling.ie

www.Drugs.ie

www.hse.ie

www.jigsaw.ie

www.lgbtmentalhealth.ie

www.mentalhealthireland.ie

www.niteline.ie

www.pleasetalk.ie

www.positiveoptions.ie
Freetext List to 50444

www.ReachOut.ie

www.samaritans.org

www.Spunout.ie

www.Yourmentalhealth.ie

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The information provided within is correct at time of printing but is subject to change