

Domestic Abuse Services

ADAPT DOMESTIC ABUSE SERVICES

Domestic Abuse • No Excuse • Break the Silence

1 800 200 504



North Tipperary helpline from
9-5pm Monday to Friday

0505 23999



065 6822435
(24HRS A DAY)

Women's Aid



NATIONAL 24 HOUR HELPLINE
1 800 3 41 900

Developed by the
OFFICE FOR SUICIDE PREVENTION.
061 492 096

CRISIS SERVICE CARD

**If you're feeling alone, afraid
and unsure of what to do next:**

Ask for help -

If you feel you cannot confide in someone you know, please contact your G.P., ShannonDoc (**0818 123 500**) or one of the services listed on this card.

Don't be alone -

Try to have someone stay with you until you can access support.

Avoid alcohol and drugs -

These can affect your mood and way of thinking.

In emergencies call: 999 or 112



Dec 2022

You are not alone, help is at hand.

SAMARITANS

Call free day or night on

116 123

Email jo@samaritans.ie

ISPC
Childline

1800 66 66 66

(24 HRS A DAY, EVERYDAY)

Text TALK to 50101

Online chat – www.childline.ie



0818 072 000

9am to 8pm, Monday to Friday

pieta

Pieta provide a therapeutic service to people who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide.

Crisis: **1800 247 247** (24 HRS A DAY)

Bereavement: **085 8568081**

yourmentalhealth.ie

Information | Support | Services

1800 111 888

text about it

50808



drug and

alcohol

HELPLINE

1800 459 459 (24HRS A DAY)

helpline@hse.ie