



Help is at hand for your Emotional Wellbeing and Mental Health during COVID -19

Services availability during COVID 19 Circumstances –
Dated Jan 2021
Subject to change.



HSE Mid West
Community Healthcare

Talk to your GP or Samaritans



Your GP can make referrals to specialist services and also give you information about the supports available in your area.

Shannondoc	Urgent out of hours GP care - service operating as usual	1800 212 999 or 061 459 500 www.shannondoc.ie
Emergency Services	Garda Síochána, ambulance service, fire service and Irish Coast Guard - service operating as usual	112 or 999

24 HOURS A DAY

7 DAYS A WEEK

Emergency Department	University Hospital Limerick	061 301 111
Samaritans	Emotional support service as usual - service operating as usual but not face to face	116 123 (Free) email: jo@samaritans.ie www.samaritans.org
50808	50808 is a free 24/7 text service, providing everything from a calming chat to immediate support - service operating as usual	Free-text YMH to 50808 to begin
YourMentalHealth.ie	Information Helpline - service operating as usual	Freephone anytime to find supports and services near you 1800 111 888
Childline	A free and confidential 24-hour active listening service for children and young people up to the age of 18 in Ireland. - service operating as usual	1800 666 666 (Free) 24hrs Text: 50101 (Free) 10am-4am www.childline.ie webchat service
Teenline	A free and confidential 24-hour active listening service for young people up to the age of 18 in Ireland. - service operating as usual	1800 833 634 (Free) www.teenline.ie
Clare Suicide Bereavement Support	One to one befriending and family support - service operating as usual but not face to face.	086 056 5373/087 369 8315 www.claresuicidebereavementsupport.com
Pieta	CRISIS SERVICE - Free, therapeutic approach to people who are in suicidal distress and those who engage with self-harm	Mid West: 0818 111 126 Helpline: 1800 247 247 (Free) - 24hrs Text HELP: 51444 - 24hrs - 7 days a week email: mary@pieta.ie www.pieta.ie

MONDAY TO SUNDAY

ALONE National Helpline 8am – 8pm	ALONE is a national organisation that strives to enable older people to age at home, safely and securely while working with all older people, including those who are lonely, isolated, frail or ill, homeless, living in poverty, or are facing other difficulties. We provide Support Coordination, Practical Supports, Befriending, a variety of Phone Services, Social Prescribing, Housing with Support, and assistive technology. We aim to improve physical, emotional and mental wellbeing	0818 222 024 email: hello@alone.ie
MyMind	Counselling and psychotherapy available nationally online - service operating as usual	076 680 1060 Visit www.mymind.org email: hq@mymind.org
Aware Support line 10am to 10pm	Provides free support, education and information services for people impacted by anxiety, depression, or bipolar disorder – directly or as loved ones. Register online for Support & Self Care Groups and Wellbeing Programmes	1800 804 848 (Free) supportmail@aware.ie www.aware.ie
National LGBT Helpline Evenings only	LGBT Ireland is a national support service for Lesbian, Gay, Bisexual, and Transgender people, their families and friends. We offer information and support through the National Helpline, online chat service and our website.	1890 929 539 www.lgbt.ie - online chat service
Living Links (Tipperary)	Practical help, advice and support to persons bereaved by suicide - service operating as usual over phone but not face to face.	087 969 3021 www.tipperarylivinglinks.ie

MONDAY TO FRIDAY

Pieta 9am to 5pm	SUICIDE BEREAVEMENT LIAISON SERVICE - provides support/counselling to adults and children, family and friends who have lost someone close to suicide.	Suicide Bereavement Liaison Service 085 856 8081
HSE Drug & Alcohol Helpline 9.30am to 5.30pm	Drug and Alcohol information & support.	1800 459 459 (Free)
MABS 9am to 8pm	Money advice and budgeting service.	0761 072 000 www.mabs.ie
Shine 9am to 5pm	Provide remote support and an outreach service to people who use Shine services.	Ann Marie Flanagan Text: 087 7878 222 email: aflanagan@shine.ie
jigsaw	Provide free, relevant and accessible mental health support, education, advice and guidance to young people aged 12 to 25 years old, and/or their parents/concerned others who are resident in Limerick. Service operating as usual over phone and online video but not face to face.	1800 JIGSAW (544729) (Free) 1pm- 5pm Text: 086 180 3880 9am to 5pm email: help@jigsaw.ie 9am to 5pm 061 974510 limerick@jigsaw.ie
Grow 9.30am to 2.30pm	Free day and evening peer support groups (currently online) for over 18's who may be struggling with any aspect of their mental health- service operating as usual but not face to face.	1890 474 474 www.grow.ie

www.yourmentalhealth.ie
A place to learn about mental health and how to support yourself and others. You can find information regarding support services near you on this website.

www.spunout.ie
An interactive online community where young people (16-25) are empowered with the information they need to live active, happy, and healthy lives.

www.turn2me.ie
Peer support online, online support groups and counselling online.

www.connectingforlifemidwest.ie
Please check here for the most up to date version of this poster.