



Connecting for Life

Help is at hand for your emotional well-being and mental health

If you are experiencing distress or are worried about someone, please contact your GP, or nearest out of hours GP, or go to your local Emergency Department



yourmentalhealth.ie
Information | Support | Services
1800 111 888

24 hours a day

7 days a week

Emergency Services

Emergency Support

112 or 999

Emergency Services

Emergency Support

Cavan General Hospital: (049) 437 6000
Letterkenny University Hospital: (074) 912 3595
Sligo University Hospital: (071) 9171111

GP Out of Hours

Urgent out of hours GP Care

Cavan/Monaghan NEDoc: 1800 777 911
Donegal NoWDOC: 0818 400 911
South Leitrim NoWDOC: 0818 400 911
Sligo/North Leitrim/West Cavan Caredoc: 0818 365 399

Pieta House

24/7 Helpline for those in suicidal distress

1800 247 247 / Text HELP to 51444 / www.pieta.ie

Samaritans

Emotional Support Service

Freephone: 116 123 or email: jo@samaritans.ie

Text 50808

Free 24/7 anonymous messaging service for people in crisis

Text YMH to 50808, anytime day or night / www.text50808.ie

Mobile Apps

These mobile apps can help you manage anxiety and stress

Clear Fear

ClearFear uses CBT to focus on learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions

Get it in the App Store or on Google Play

Headspace

Headspace teaches meditation and easy to use mindfulness skills

Get it in the App Store or on Google Play

Mindshift

MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to take action

Get it in the App Store or on Google Play

Supports for young people

BeLonG To

Supporting Lesbian, Gay, Bisexual & Trans Young People in Ireland

(01) 670 6223 / email: info@belongto.org

Childline

Confidential phone and text support for children and young people up to 18yrs

1800 666 666 (24/7)
Free text 50101 or chat online at childline.ie

Jigsaw

Mental health support and advice for young people aged 12-25 years

1800 544 729 / www.jigsaw.ie

Spunout

Youth information website created by young people, for young people aged 16-25 yrs

www.spunout.ie

Teenline

National active listening service for children and young people up to 18 years

1800 833 634 Free (24/7) / www.teenline.ie

Counselling and other supports

ALONE

Covid-19 dedicated support line for older people

0818 222 024 (8am to 8pm Monday to Friday) / www.alone.ie

Aware Helpline

Listening service, support and information for those experiencing depression or bipolar disorder or those concerned about family and friends

Call Free: 1800 804 848 (10am-10pm) / www.aware.ie

Bereavement

Information and support

Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm)
www.bereaved.ie / www.childhoodbereavement.ie

Grow

Mental Health Recovery and Peer support

0818 474 474 / email: info@grow.ie

HSE - Drugs & Alcohol line

Drugs and Alcohol information and support

1800 459 459 (9.30am - 5.30pm)

MABS

Money Advice and Budgeting Service

0818 072 000 (Mon-Fri 9am to 8pm) / www.mabs.ie

Men's Aid

For men experiencing domestic abuse and violence

(01) 554 3811 (9am-5pm, Mon-Fri) / email: hello@mensaid.ie
Male Advice Line: Freephone number: 1800 816 588

Mental Health Ireland

Information and support for people who experience mental health difficulties

(01) 284 1166 (Mon-Fri 9am to 5pm) / mentalhealthireland.ie

Online Counselling

Peer support and counselling

www.turn2me.ie / www.mymind.org

Pieta House

Free therapeutic support for those in suicidal distress or those who engage in self harm

0818 111 126 / www.pieta.ie

SeniorLine

Confidential listening service for older people

1800 804 591 (10am to 10pm daily)

Sexual Violence Helpline

For men and women - experiencing sexual violence

1800 778 888

Suicide Bereavement Liasion Officer

Practical help, advice and support to persons bereaved by suicide

Cavan Monaghan: (085) 870 6591
Donegal: (085) 877 2028
Sligo Leitrim: (085) 253 8638

Suicide or Survive

Mental Health and wellness programmes and online webinars

(01) 272 2158 / email: info@suicideorsurvive.ie

Women's Aid

Support for women and children experiencing domestic abuse and violence

1800 341 900 (24/7) / www.womensaid.ie

Your Mental Health

Information on supports and services

1800 111 888 / www.yourmentalhealth.ie

For further information on managing your well-being and an updated list of Mental Health Services, please visit - www.yourmentalhealth.ie

TAKE A PHOTO