



Connecting for Life
Mid West

HSE Mid West
Community Healthcare



HSE Mental Health Services



Whatever you're
facing this
holiday season
We're here
to listen

Call free day or night on

116 123

Email
jo@samaritans.ie

SAMARITANS

samaritans.ie

A registered charity

Supports & Services over Christmas 2020

Are you, or someone you know, in crisis now and need someone to talk to?

If you are worried about yourself or someone you know, it is important to get help as soon as possible.

PLEASE DO NOT BE ALONE. Everyone needs help from time to time and in fact, asking for help is a sign of personal strength. Do one of the following:

| | |
|---|--|
| Your GP/Mental Health Team | Make contact with your own GP or Mental Health Team and let them know what's on your mind. |
| Shannondoc | If it is late in the evening or night time, call 1850 212 999 or 061 459500 |
| Local HSE Crisis Intervention Service. | <ul style="list-style-type: none"> • Clare: 065 6863208 / 087 7999857 • North Tipperary: 086 8306663 • Limerick: 061 482120 |
| Emergency Services | 999 / 112 |
| Pieta: Centre for suicide bereavement and the prevention of suicide or self-harm | <p>Helpline 1800 247 247 will operate all through Christmas 24 hours per day and is open to the person in crisis and also to family members who may be worried about somebody and need advice.</p> <p>Or text HELP to 51444 and a fully qualified psychotherapist will respond.</p> <p>Pieta will offer face to face/ video & phone counselling sessions on December 29th, 30th & 31st, to book an appointment contact their new national therapy services number on 0818 111 126.</p> |
| Suicide Bereavement Support | <p>Tipperary Living Links: 087 9693021</p> <p>Clare Suicide Bereavement Support: 087 3698315 086 0565373</p> <p>Pieta Suicide Bereavement Liaison Service: Call the Helpline 1800 247 247</p> |
| General Bereavement | Irish Hospice Foundation 1800 807 077 |
| Samaritans | <p>Listening service: 24/7 Freephone helpline 116 123 for Ireland/UK</p> <p>Email: jo@samaritans.org</p> |
| ISPCC Childline | <p>Listening service for children up to 18 years old</p> <p>24/7 Freephone helpline 1800 66 66 66 / Text TALK to 50101</p> |
| 50808 | 50808 is a free 24/7 text service providing everything from a calming chat to immediate support. Free: text YMH to 50808 to begin. |
| HSE Office for Suicide Prevention | <p>Signposting service:</p> <p>Call 061 461320 / 061 461262 / 061 461454 Open, 29th, 30th & 31st December 2020. Reopens on Monday 4th January 2021.</p> |
| Website | Information re services and mental health topics - www.yourmentalhealth.ie or call 1800 111 888 |