



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

Services availability
during **COVID 19**
Circumstances –
Dated 27.04.2020
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	1850 212 999 www.shannondoc.ie	As usual
Emergency Services	Garda Síochána, ambulance service, fire service and Irish Coast Guard	112 or 999	As usual
24 HOURS A DAY		7 DAYS A WEEK	
Emergency Department	University Hospital Limerick	061 482120	As usual – please ensure to call before you arrive if possible.
Samaritans	Emotional support service	116 123 (Free) email: jo@samaritans.ie www.samaritans.org	As usual over phone but not face to face.
Crisis Text Line	Free, 24/7, confidential messaging service for people in crisis	Text TALK: 086 1800 280	As usual
YourMentalHealth.ie	Information Helpline	Freephone anytime to find supports and services near you 1800 111 888	As usual
Childline	Confidential phone line for children and young people	1800 666 666 (Free) 24hrs Text: Talk 50101 (Free) 10am-4am www.childline.ie	As usual
Teenline	Confidential phone line for teenagers	1800 833 634 (Free) www.teenline.ie	As usual
Clare Suicide Bereavement Support	One to one befriending, family support	086 056 5373/087 369 8315 www.claresuicidebereavementsupport.com	As usual over phone/text but not face to face.
MONDAY TO SUNDAY			
ALONE	ALONE is the national charity for older people. You can contact ALONE if you are experiencing difficulties with physical and mental health, finance, loneliness and other challenges.	0818 222 024 email: hello@alone.ie	As usual
My Mind	Counselling and psychotherapy available nationally online	Visit www.mymind.org or email: hq@mymind.org	As usual online but not face to face
Aware Helpline	Listening service for people with depression or those concerned about family member or friend.	1800 804 848 (Free) www.aware.ie	As usual
National LGBT Helpline	Supporting, educating and connecting to enhance the lives of LGBT+ people and their family and friends.	1890 929 539 www.lgbt.ie	As usual
Living Links (Tipperary)	Practical help, advice and support to persons bereaved by suicide.	087 969 3021 www.tipperarylivinglinks.ie	As usual over phone but not face to face.
MONDAY TO SATURDAY			
Pieta House	CRISIS SERVICE - Free, therapeutic approach to people who are in suicidal distress and those who engage with self-harm	Mid West: 061 484 444 Helpline 1800 247 247 (Free) - 24hrs Text HELP: 51444 - 24hrs email: mary@pieta.ie www.pieta.ie	As usual over phone but not face to face.
	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	As usual over phone.
MONDAY TO FRIDAY			
HSE Drug & Alcohol Helpline	Drug and Alcohol information & support	1800 459 459 (Free)	As usual
MABS	Money advice and budgeting service	0761 072 000 www.mabs.ie	As usual over phone but not face to face.
Shine	Provide remote support and an outreach service to people who use Shine services.	Ann Marie Flanagan Text: 087 7878 222 email: aflanagan@shine.ie	As usual over phone, text or email, but not face to face.
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 the Republic of Ireland.	1800 JIGSAW (544729) (Free) 1pm- 5pm. Text: 086 180 3880 9am to 5pm. email: help@jigsaw.ie 9am to 5pm.	As usual over phone but not face to face.
Grow	Free day and evening peer support groups for over 18's who may be struggling with any aspect of their mental health	1890 474 474 www.grow.ie	As usual over phone.

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.org

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.

A message from Mid West Community Healthcare on looking after your mental health during COVID 19