

HSE Primary Care Psychology Services Athlone: 090 64 24813
Mullingar: 044 93 53763 Longford: 043 33 50170

NURTURE (Support in pregnancy, birth and post-natal for women) 085 861 9585

Online counselling: www.turn2me.ie / www.mymind.ie

PCI Counselling Service 0818 555 450

Private counselling services: www.iacp.ie/www.psychologicalsociety.ie

HSE Live Information Service Freephone 1800 700 700

Bereavement Support

Anam Cara Parental & Sibling 01 404 5378

Bereavement Support www.anamcara.ie

Barnardos Children's Bereavement Service 01 473 2110

Cancer Support Sanctuary LARCC 044 93 71971

HUGG (Healing Untold Grief Groups) 01 513 4048

support@hugg.ie/www.hugg.ie

Irish Childhood Bereavement Network 01 679 3188

Irish Hospice Foundation Bereavement Support: 1800 807 077
www.bereaved.ie

Pieta 24/7 Bereavement Support 1800 247 247

Rainbows Child Bereavement Support Enquiries: 01 473 4175

Suicide Bereavement Liaison Officer (Pieta) 086 418 0088
(Monday, Wednesday & Thursday)

Websites for information and support:
www.hospicefoundation.ie / www.childhoodbereavement.ie

Youth Supports

Barnardos Athlone Project: 090 64 76422
Mullingar Project: 044 93 35282

Childline Live Chat: childline.ie 1800 666 666

County Longford Youth Service

Longford Town email: smcnaboe@lclrl.ie 043 33 45555

Longford County email: mnoble@lclrl.ie 043 33 45555

Foróige Attic House, Longford 043 33 36183

Longford County Childcare Committee 043 33 42505

email: enquiries@longfordchildcare.ie

Mullingar Youth Pride info@mullingarpride.ie

LGBT+ young people aged 14 - 18 years

Teenline 1800 833 634

Tusla Midlands email: childfamily.midlands@tusla.ie 044 93 53999

Tusla Aftercare Drop-in Service Athlone: 090 64 83106/7

Phone in advance to make appointment Longford: 043 33 50584

Youth Work Ireland Midlands 090 64 77075

Youth information websites: spunout.ie / yourmentalhealth.ie

Support Numbers and Information Helplines

Active Retirement Ireland 01 873 3836

ADHD Ireland 01 874 8349

Adoption Authority of Ireland www.aai.gov.ie 01 230 9300

ALONE 0818 222 024

Belong To - LGBTQ+ Youth Ireland 01 670 6223

Bodywhys (Eating Disorder Assoc.) Helpline: 01 210 7906
email: alex@bodywhys.ie

Gambling Support gamblingcare.ie 1800 936 725

HSE Sexual Health Free Home Testing www.sh24.ie

LGBT Ireland Helpline 1800 929 539

Man2Man (HIV + sexual health information for men) 01 873 4832

Men's Sheds Shed Finder: www.menssheds.ie 01 891 6150

Missing Persons Helpline 1800 442 552

MOVE (Men Overcoming Violence) 065 684 8689

National Office for Victims of Abuse 1800 252 524

One Family Support Helpline 0818 662 212

Parentline 01 873 3500

Post Natal Depression Ireland 021 492 3162

Senior Helpline 1800 804 591

Treoir (Unmarried Parents Support) 01 670 0120

1800 111 888
www.yourmentalhealth.ie

To learn more about mental health and how to support yourself and those you love or may be concerned about and gain information on relevant support services



To access information on national and local suicide prevention resources/services, register for free online and face to face Training Workshops - 'Understanding Self-Harm', Suicide Prevention Skills and Bereavement Support for Professionals, please scan

Help & Support Information Card
You are not alone, we are here to help you!

Longford & Westmeath



Connecting for Life
Longford and Westmeath



Urgent Help and Support

Gardaí, Fire Brigade, Ambulance 999/112

Garda Confidential Line 1800 666 111

Caredoc (GP Out of Hours Service) 1800 302 702

Midland Regional Hospital Mullingar 044 93 40221

St. Loman's Hospital Mullingar 044 93 40191

St. Joseph's Care Centre Longford 043 33 50100

Pieta 24 hr Crisis Freephone Helpline 1800 247 247
Text HELP to 51444

Samaritans 24 hr Freephone Listening Service 116 123
Email: jo@samaritans.ie

spunout TEXT ABOUT IT 24/7 Free Text Support Service
Text 'YMH' to 50808 / www.textaboutit.ie

HSE Mental Health Services

Adult Community Mental Health Service Longford: 043 33 46992
Athlone: 090 64 24870 / 090 64 24880 Mullingar: 044 93 53840

Child & Adolescent Mental Health Service (CAMHS) 044 933 7400

Primary Care Centres Athlone: 090 642 4840
Mullingar: 044 93 53700 Longford: 043 333 9701

Young Adult Mental Health Service (YAMHS) 044 933 7402

Mental Health Supports and Helplines

AWARE (Supporting people experiencing depression/anxiety) 1800 804 848

GROW 057 93 51124 Info Line: 0818 474 474
(Support Groups for adults with mental health problems)

Mental Health Ireland Area Development Officer: 086 835 3387
National Office: 01 284 1166

SHINE: Info & Support Officer: 086 852 5281 Info Line: 01 860 1610
(Support for people with mental ill health) email: midlands@shine.ie

Pieta Helpline: 1800 247 247 Midlands: 090 64 24111
Therapy Enquiries: 0818 111 126

Other Local Supports and Services

Barnardos Family Support Service 090 64 98466

Citizens Information Centre Athlone: 0818 076 610
Mullingar: 0818 076 660 Longford: 0818 07 5890

County Library Longford 043 33 41124 Westmeath 044 93 32162

Domestic Violence Support Services

Esker House Athlone 090 64 74122

Westmeath Support Service Against Domestic Abuse 044 93 33868

Temporary Emergency Accommodation Midlands 087 294 0058

Bethany House, Longford 044 93 49340

Longford Women's Link www.lwl.ie 043 33 48136

Women's Aid National Helpline 043 33 41511

Men's Aid Ireland email: hello@mensaid.ie 1800 341 900

Family Carers Ireland Regional Office: 044 93 47922
National Careline: 1800 240 724

Family Resource Centres

Athlone: 085 251 2224 Cara Phort, Ballynacargy: 044 93 73060

Ballymahon L'ford: 090 64 32691 Granard L'ford: 043 66 60977

Midlands LGBT+ Project 086 075 7985
email: help@midlandslgbtproject.com

Midlands SIMON Community Reg Office: 090 64 44641

Emergency Accommodation Athlone 090 64 50280

Out of Hours Service 087 445 4542

MABS Helpline: (email: helpline@mabs.ie) 0818 072 000

MABS (Money Advice & Budgeting Service) Athlone: 0818 072 400
Mullingar: 0818 07 2700 Longford: 0818 07 2640

National Learning Network Athlone: 090 647 9293
Mullingar: 044 934 5117 Longford: 043 334 2255

Rape Crisis Centre Athlone: 1800 306 600

Tullamore: 1800 32 3232 24 Hr National Helpline: 1800 77 8888

Sexual Health Clinic and PrEP Service 087 710 4152

Regional Hospital Mullingar Appointment only Wed eve

Social Prescribing Service Athlone: 085 852 9019
Longford: 043 33 45555/ 087 458 1178

SVP North East & Midlands Region 1800 677 777

St. Martha's Mens Hostel, Longford 043 33 48062

'TEALLACH IOSA' Family Centre, Longford 043 33 46827

Traveller Services

Longford Primary Health Care Project 087 652 4767

Westmeath Primary Health Care Project 044 93 48571

Traveller Counselling Service 086 308 1476

Addiction Services

Alcoholics Anonymous 01 842 0700

Al Anon/ Alateen 01 873 2699

Drive Project www.driveproject.ie

(Drug Related Intimidation & Violence Engagement)

HSE CADS (Community Drug & Alcohol Service)

Athlone: 090 642 4820 Mullingar: 044 939 5200

HSE CADS U18 ADAPT email: CADS.adapt@hse.ie 087 451 8358

Adolescent Drug & Alcohol Prevention & Treatment Service

HSE Drug & Alcohol Helpline 1800 459 459
email support: helpline@hse.ie www.drugs.ie / askaboutalcohol.ie

Merchants Quay Ireland DATS Athlone 087 915 0329

(Drug & Alcohol Treatment Support) Longford 086 411 3628

Midland Regional Drug & Alcohol Task Force (MRDATF) 086 380 0517
email: mrdatf@hse.ie

Counselling Services

CARI (Child Sexual Abuse Counselling) 0818 924 567

CONNECT (Adult Abuse Counselling Service) 1800 477 477

Embrace Farm www.embracefarm.com 057 8510555/085 7709966

Support to Farm Families experiencing grief and loss through farm accidents, suspected suicide, sudden trauma or fatal illness

Counselling in Primary Care HSE 057 93 70605
(Counselling for over 18s with a Full Medical Card referral by GP)

HSE Adult Counselling Service (The Arches) 057 93 27141 Helpline: 1800 234 113
(For individuals who have experienced childhood sexual or physical abuse)