

Look after your mental health

Talk: Ask for help

Name of Organisation	Contact Number/Website
Family doctor (GP) Your GP can make referrals to specialist services and also give you information about the supports available in your area.	Website: www.icgp.ie
Shannodoc Urgent out of hours GP care throughout the Mid-West.	0818 123500
Adult Mental Health Crisis Intervention Service This is an out of hour's service available 7 days per week including bank holidays. This service is hospital based and can provide face-to-face assessment and telephone support running 24 Hrs 7 days in Limerick. In Co Clare the service is contactable from 4.30pm - 3.00am. In North Tipperary the Service is for existing service users is contactable from 4.30 pm to 3 am.	Limerick 061 301111 /061 482120 Clare 065 6863208/087 7999857 North Tipperary 086 8306663
Emergency Services (Gardai, Ambulance and Fire Services) can be activated in an emergency situation.	112/999
Pieta Pieta provides a free, therapeutic counselling service to someone who is experiencing thoughts of suicide and those who engage in self-harm along with family support. Pieta House also provides support to those who are bereaved by suicide.	061 484444 1800 247247
Pieta 24/7 National Suicide Helpline	1800 247 247
Pieta Suicide Bereavement Service	085 8568081
Samaritans 24 hour listening service	Free 24 hour helpline: 116 123 Website: www.samaritans.ie E mail jo@samaritans.ie
Childline 24 hour listening service	1800 666 666
Clare Suicide Bereavement Support	086 0565373 / 087 3698315
Crisis Text Line. You can text 50808 when in crisis, available 24/7. A trained crisis volunteer receives the text and responds.	Text 50808
AWARE Supporting those experiencing depression	1800 804848
GROW Supporting people affected by mental ill-health	061 318813/0818 474474
SHINE Supporting people affected by mental ill-health	087 7878 222
S.O.S (Suicide Or Survive) Education, therapeutic support and online wellness workshop	01 2722158 www.wellnessworkshop.ie
Jigsaw Limerick & Tipperary. This is a free, non-judgemental and confidential mental health support service for young people aged 12 - 25 living, working or studying in Limerick City /County and Tipperary. We offer up to 8 sessions and young people can self-refer.	Phone: 061 974 510 Website www.jigsaw.ie www.jigsawonline.ie Tipperary 0504 60023
Spunout.ie National Youth Website, 16-25years	www.spunout.ie
Office for Suicide Prevention, HSE Community Healthcare Mid West Information, Training & signposting	061 492096
YourMentalHealth.ie This website helps you learn about mental health and how to support yourself and others e.g. find resources and support services near you.	www.yourmentalhealth.ie