

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
Shannondoc Urgent out of hours GP care throughout the Mid-West.	1850 212 999
Crisis Intervention Service This is an out of hours 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 from 8.00am - 3.00am in Limerick and from 4.30pm - 3.00am in Clare and North Tipperary.	<i>Limerick</i> 061 301111 / 0876472354 <i>Clare</i> 065 6863208/087 7999857 <i>North Tipperary</i> 086 8306663
Emergency Services (Gardai, Ambulance and Fire Services) can be activated in an emergency situation.	112/999
Pieta House Pieta House 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.	<i>Limerick and Clare</i> 061 484444 <i>Roscrea</i> 0505 22568
Pieta House 24/7 National Suicide Helpline	1800 247 247
Pieta House 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
Living Links, Tipperary Suicide bereavement listening service	087 9693021
Living Links, Limerick Suicide bereavement listening service	087 7998427
AWARE Supporting those experiencing depression	1800 804848
GROW Supporting people affected by mental ill-health	061 318813/1890 474 474
SHINE Supporting people affected by mental ill-health	087 7878 222
S.O.S (Suicide Or Survive) Education, therapeutic support and online wellness workshop	1890 577 577 www.wellnessworkshop.ie
Jigsaw Limerick 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 and County. Jigsaw provides advice and guidance for anyone who is concerned about a young person in their life.	Phone: 061 974 510 Website www.jigsaw.ie www.jigsawonline.ie
Spunout.ie National Youth Website, 16-25years	www.spunout.ie
Office for Suicide Prevention, HSE Community Healthcare Mid West Information, Training & signposting	061 461454
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