

Information on local and national supports and services



Someone is always there to listen to you

ALL DAY EVERY DAY, 24 HRS A DAY

If it's an emergency, Dial 999/112

Emergency 24 hour Services

SAMARITANS
TALK IT THROUGH, WE'RE HERE TO LISTEN
116 123
jo@samaritans.ie www.samaritans.org

pieta
1800 247 247
TEXT HELP TO 51444 mary@pieta.ie
Pieta supports people and communities in crisis by providing freely accessible, professional services to all.
www.pieta.ie

text about it
TEXT HELLO 50808
A free 24/7 text service providing support for people going through a mental health or emotional crisis - 24/7 email
www.text50808.ie

ISPCCC Childline
1800 66 66 66
(24 HRS A DAY, EVERYDAY)
1st Jul 2019
Online chat - www.childline.ie

CONTACT YOUR GP OR GP OUT OF HOURS SERVICE
MIDOC 1850 302 702 **NEDOC** 1850 777 911

Other ongoing Supports

your mental health.ie
Information | Support | Services
1800 111 888
www.yourmentalhealth.ie

SPUNOUT
SpunOut.ie
SpunOutMedia
SpunOutMedia

turn2me
Online Therapy & Counselling

MyMind
Online Therapy & Counselling

Connecting for Life
Midlands, Louth and Meath

Download [‘Someone is always there to listen to you’](#)



Help is at hand for your emotional well-being and mental health during COVID-19

If you are experiencing distress or are worried about someone, please contact your GP, the local Emergency Department or call the Samaritans on Freephone 116 123 or email: jo@samaritans.ie

yourmentalhealth.ie
1800 111 888

The **YourMentalHealth.ie** website provides information and signposting on all mental health supports and services that are available nationally and locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services 1800 111 888 (any time, day or night). To get more information on Getting Through Covid-19 Together please visit: <https://www.gov.ie/en/campaigns/together>

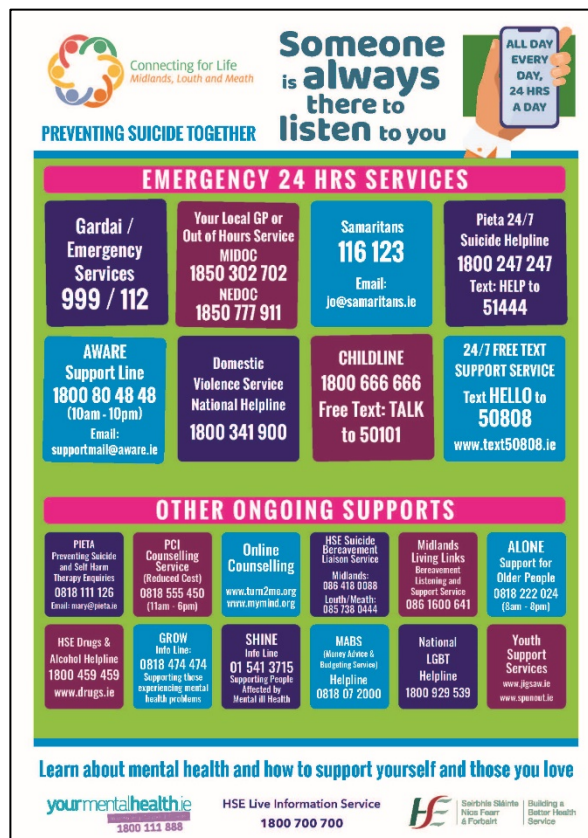
| EMERGENCY SERVICES | Emergency Support | CALL: 112 or 999 |
|---|--|--|
| Ambulance / Fire / Garda | Emergency Support | Midland Regional Hospital Tullamore: (057) 932 1501 Midland Regional Hospital Portlaoise: (057) 862 1364 Midland Regional Hospital Mullingar: (044) 934 0221 Our Lady's Hospital, Navan: (046) 907 8500 Our Lady of Lourdes Hospital, Drogheda: (041) 983 7601 |
| MIDOC / NEDOC GP OUT OF HOURS SERVICES | Urgent out of hours GP Care This service is available after 6.00pm | MIDOC: 1850 302 702 NEDOC: 1850 777 911 |
| HSE INFORMATION | Information and advice | CALLSAFE: 1850 241 850 / email: hselive@hse.ie email: mimpysocial@hse.ie |
| HSE PSYCHOLOGY SERVICE | Emotional support and advice | FREEPHONE: 116 123 or email: jo@samaritans.ie |
| SAMARITANS | Emotional Support Service | Text: YMH to 50808, anytime day or night Visit: www.text50808.ie for more information |
| CRISIS TEXT LINE | Free 24/7 text service providing support for people going through a mental health or emotional crisis | CALL FREE: 1800 804 848 (10am-10pm) www.aware.ie |
| AWARE HELPLINE | Listening service, support and information for those experiencing depression or bipolar disorder or those concerned about family and friends | CALL FREE: 1800 247 247 / Text HELP to 51444 www.pietahouse.ie |
| PIETA HOUSE | 24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm | CALL FREE: 1800 666 666 Free (24/7) Text Talk to 50101 (Free) 10am-4pm / www.childline.ie |
| CHILDLINE | Confidential line for children and young people | CALL FREE: 1800 459 459 (9.30am - 5.30pm) www.spunout.ie |
| HSE - DRUG & ALCOHOL LINE | Drug and Alcohol Information and support | OFFALY: 057 935 2871 / email: offaly@jigsaw.ie MEATH: 046 907 1702 / email: meath@jigsaw.ie www.jigsawonline.ie - peer to peer content, supportive chats, etc. |
| SPUNOUT / YOUTH SERVICES | Youth Information Website: 12-34yrs Young people's mental health | Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm) Suicide Bereavement Liaison Officer (PIETA) Midlands 086 418 0088 / Louth Meath 085 738 0444 www.bereaved.ie / www.childhoodbereavement.ie |
| JIGSAW / YOUTH SERVICES | Young people's mental health | www.turn2me.org / www.mymind.org / www.suicideorsurvive.ie |
| BEREAVEMENT | Information and support | CALL: (076) 107 2000 (Mon-Fri 9am to 8pm) / www.mabs.ie |
| ONLINE SUPPORT | Peer support and counselling | LOW CALL: 1890 474 474 www.grow.ie |
| MABS | Money Advice and Budgeting Service | email: midlands@shine.ie / Louth Meath: northeast@shine.ie |
| GROW | Peer support groups for over 18s who may struggle with any aspect of their mental health | CALL: 0818 222 024 (8am to 8pm Monday to Friday) |
| SHINE | Supporting people affected by mental health | CALL FREE: 1800 341 900 (24/7) / www.womensaid.ie |
| ALONE | Covid-19 support for older people | CALL: (01) 554 3811 / email: crisis@anyman.ie |
| WOMENS AID | Support for victims of domestic abuse and violence | Male Advice Line: Freephone number: 1800 816 588 |
| MEN'S AID | For men experiencing domestic abuse and violence | CALL FREE: 1800 778 888 |
| SEXUAL VIOLENCE HELPLINE | For men and women - experiencing sexual violence | |

For information on Covid-19 and managing your wellbeing at this time - www2.hse.ie/coronavirus

For an updated list of Mental Health Services during Covid-19 please visit:
<https://www.hse.ie/eng/services/list/4/mental-health-services/>

Connecting for Life
Midlands, Louth and Meath

Download [‘Help is at hand’ A4 Poster](#)



Download [‘Someone is always there to listen to you A4 Poster’](#)

Download;

- [Help and support information wallet card, for Laois](#)
- [Help and support information wallet card, for Offaly](#)
- [Help and support information wallet card, for Longford](#)
- [Help and support information wallet card, for Westmeath](#)
- [Help and support information document, for Louth, Meath](#)

Please don't hesitate to contact either of the following if you would like hard copies of any of the above to be sent to you:

Josephine Rigney

Resource Officer for Suicide Prevention
Laois/Offaly,
Email: josephine.rigney@hse.ie
Mobile: 086 815 7850.

Eddie Ward

Resource Officer for Suicide Prevention
Louth/Meath and Longford/Westmeath
Email: eddie.ward@hse.ie
Mobile: 086 380 1152.

Other leaflets

A range of other booklets and leaflets on suicide, self-harm and mental health are available from the HSE [National Office for Suicide Prevention](#), or partner agencies. Some of these are below, and you can also order printed copies from the Mental Health section of www.healthpromotion.ie/publications.

Suicide and self-harm

- [Concerned about suicide?](#)
 - [Concerned about suicide?](#) (Russian)
 - [Concerned about suicide?](#) (Polish)
- [Would you know what to do if someone told you they were thinking of suicide?](#)
- [Self-harm and young people](#): An information booklet for parents and concerned adults
- [Self-harm: Information for young people](#)

Mental health

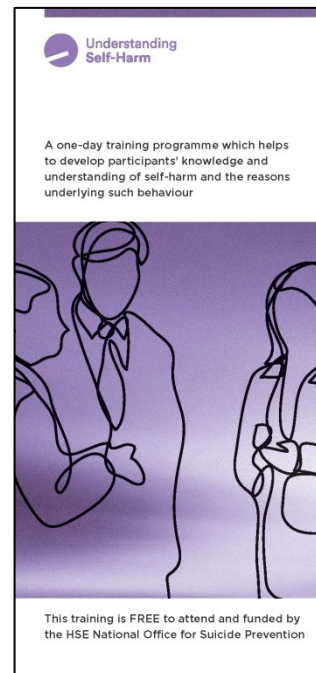
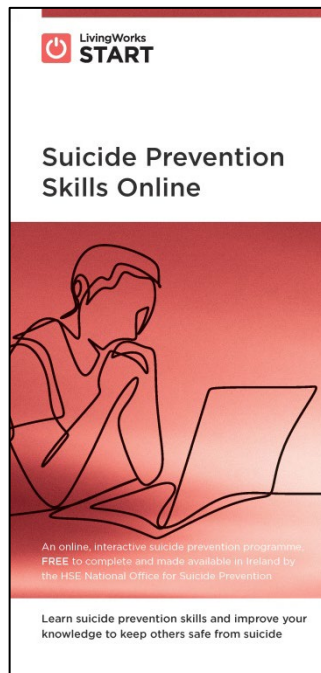
- [Looking after your mental health when you have financial difficulties](#)
 - [Looking after your mental health when you have financial difficulties](#) (Irish)
- [Looking after your mental health for LGBTI+ people](#)
 - [Looking after your mental health for LGBTI+ people](#) (Irish)
- [Looking after your mental health in later life](#)
 - [Looking after your mental health in later life](#) (Irish)
- [Farm and rural stress, help is at hand](#)

Suicide bereavement

- [National Suicide Bereavement Support Guide, You Are Not Alone](#): Support for people who have been bereaved by suicide
- [If you have been bereaved by suicide](#)
 - [If you have been bereaved by suicide](#) (Irish)
- [Supporting children and young people bereaved by suicide](#)
 - [Supporting children and young people bereaved by suicide](#) (Irish)
- [Supporting someone bereaved by suicide](#)
 - [Supporting someone bereaved by suicide](#) (Irish)

Training programmes

If would like to participate in any of the training programmes below, please contact us.



LivingWorks Start: a 90mins online suicide prevention programme targeted at anyone over the age of 18yrs who wants to develop the skills to help someone who may be at risk of suicide.

Understanding Self-Harm: a 2hr online programme that teaches you how to support and care for those in self-harm.



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