



Connecting for Life  
Midlands, Louth and Meath

## Information on local and national supports and services

### Someone is always there to listen to you

**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**  
HELLO 50808  
A free 24/7 text service, providing support for people going through a mental health or emotional crisis - 24hrs a week.  
www.text50808.ie

**ISOPCC Childline**  
1800 66 66 66  
(24 HRS A DAY, EVERYDAY) (incl. A & I calls) 01  
Online chat: www.dabline.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  
SpunOut  
SpunOutMedia  
Youth information website, funded by young people for young people.

**turn2me**  
Online Therapy & Counselling

**MyMind**  
Centre for Mental Health  
(+353) 818 650 800  
Online Therapy & Counselling

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

The [YourMentalHealth.ie](http://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>

**yourmentalhealth.ie**  
Information | Support | Services  
**1800 111 888**

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

For information on Covid-19 and managing your wellbeing at this time - [www2.hse.ie/coronavirus](http://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/>

Seirbhís Gláinte  
Níosa Fearr  
& Forbairt

Building a  
Better Health  
Service

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

March 2022

**Connecting for Life**  
Midlands, Louth and Meath

**Someone is always there to listen to you**

ALL DAY EVERY DAY, 24 HRS A DAY

**PREVENTING SUICIDE TOGETHER**

**EMERGENCY 24 HRS SERVICES**

<b>Gardai / Emergency Services</b> 999 / 112	<b>Your Local GP or Out of Hours Service</b> MIDOC 1850 302 702 NEDOC 1850 777 911	<b>Samaritans</b> 116 123 Email: jo@samaritans.ie	<b>Pieta 24/7 Suicide Helpline</b> 1800 247 247 Text: HELP to 51444
<b>AWARE Support Line</b> 1800 80 48 48 (10am - 10pm) Email: supportmail@aware.ie	<b>Domestic Violence Service National Helpline</b> 1800 341 900	<b>CHILDLINE</b> 1800 666 666 Free Text: TALK to 50101	<b>24/7 FREE TEXT SUPPORT SERVICE</b> Text HELLO to 50808 www.text50808.ie

**OTHER ONGOING SUPPORTS**

<b>PIETA</b> Preventing Suicide and Self-Harm Therapy Enquiries 0818 111 126 Email: marie@pieta.ie	<b>PCI Counselling Service (Reduced Cost)</b> 0818 555 450 (11am - 6pm)	<b>Online Counselling</b> www.tam2mo.org www.mymind.org	<b>HSE Suicide Bereavement Liaison Service</b> Midlands: 085 418 0308 Louth/Meath: 085 738 0444	<b>Midlands Living Links Bereavement Listening and Support Service</b> 086 1600 641	<b>ALONE Support for Older People</b> 0818 222 024 (8am - 6pm)
<b>HSE Drugs &amp; Alcohol Helpline</b> 1800 459 459 www.drugs.ie	<b>GROW Info Line</b> 0818 474 474 Supporting those experiencing mental health problems	<b>SHINE Info Line</b> 01 541 3715 Supporting People Affected by Mental Ill Health	<b>MABS (Mater Advice &amp; Bereavement Services) Helpline</b> 0818 07 2000	<b>National LGBT Helpline</b> 1800 929 539	<b>Youth Support Services</b> www.yss.ie www.sps.ie

Learn about mental health and how to support yourself and those you love

**yourmentalhealth.ie** 1800 111 888 | **HSE Live Information Service** 1800 700 700 | **HE** | **Sáirdeán Shártha Níosa Fearr & Fíorbheirne** | **Building a Better Health Service**

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 and Westmeath](#)
- [Help and support information document, for Louth, Meath](#)

If you would like hard copies of any of the above please contact:

**Josephine Rigney**

Resource Officer for Suicide Prevention

Laois/Offaly

Email: [josephine.rigney@hse.ie](mailto:josephine.rigney@hse.ie)

Mobile: 086 815 7850

## 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](http://www.healthpromotion.ie).

### 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](#)

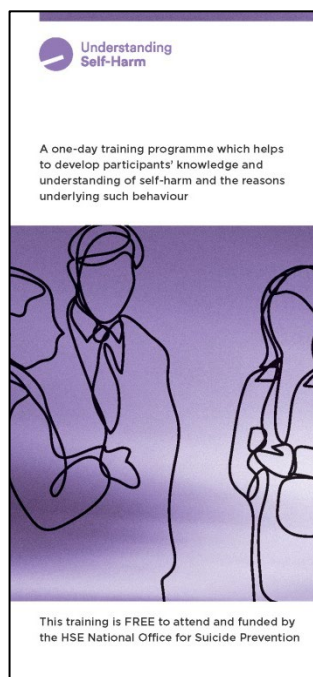
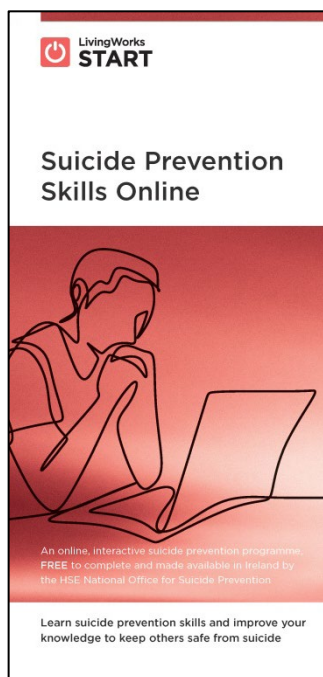
### Suicide bereavement

- [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

To participate in any training programmes (LivingWorks Start, safeTALK, ASIST, Understanding Self-Harm and Bereavement Support), in Midlands Louth Meath, visit

[www.bookwhen.com/suicidepreventiontrainingmidlands](http://www.bookwhen.com/suicidepreventiontrainingmidlands) for information and schedules.



**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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Mobile: 086 815 7850