



Information on local and national supports and services

NUMBERS IF YOU NEED THEM

If it's an emergency, Dial 999/112

SAMARITANS

TALK IT THROUGH, WE'RE HERE TO LISTEN

jo@samaritans.ie www.samaritans.org

116 123

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

your mental health.ie

Information | Support | Services

1800 111 888

www.yourmentalhealth.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 – big or small.

www.text50808.ie

ISPC Childline

1800 66 66 66

(24 HRS A DAY, EVERYDAY)

Text TALK to 50101

Online chat - www.childline.ie

SPUN OUT

SpunOut.ie

@SpunOut

SpunOutMedia

CONTACT YOUR GP OR GP OUT OF HOURS SERVICE

MIDOC

1850 302 702

NEDOC

1850 777 911

Download [‘Numbers if you need them’ A6 Postcard](#)

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

Information | Support | Services

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 / Gardai	Emergency Support	Midland Regional Hospital Tullamore: (057) 932 1501 Midland Regional Hospital Portlaoise: (057) 862 3364 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 CALLSAFE: 1850 241 850 / email: hselive@hse.ie email: mlmpsychosocial@hse.ie
HSE INFORMATION	Information and advice	FREEPHONE: 116 123 or email: jo@samaritans.ie
HSE PSYCHOLOGY SERVICE	Emotional support and advice	Text: YMH to 50808, anytime day or night Visit: www.text50808.ie for more information
SAMARITANS	Emotional Support Service	CALL FREE: 1800 804 848 (10am-10pm) www.aware.ie
CRISIS TEXT LINE	Free 24/7 text service providing support for people going through a mental health or emotional crisis	CALL FREE: 1800 247 247 / Text HELP to 51444 www.pietahouse.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 666 666 Free (24/7) Text Talk to 50101 (Free) 10am-4am / www.childline.ie CALL FREE: 1800 459 459 (9.30am - 5.30pm) www.spunout.ie
PIETA HOUSE	24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm	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.
CHILDLINE	Confidential line for children and young people	Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm) Suicide Bereavement Liaison Officer (PIETA) Midlands 085 418 0088 / Louth Meath 085 738 0444 www.bereaved.ie / www.childhoodbereavement.ie
HSE - DRUG & ALCOHOL LINE	Drug and Alcohol Information and support	www.turn2me.org / www.mymind.org / www.suicethoughts.ie
SPUNOUT / YOUTH SERVICES	Youth Information Website: 12-34yrs	CALL: (076) 107 2000 (Mon-Fri 9am to 8pm) / www.mabs.ie
JIGSAW / YOUTH SERVICES	Young people's mental health	LOW CALL: 1890 474 474 www.grow.ie email: midlands@shine.ie / Louth Meath: northeast@shine.ie
BEREAVEMENT	Information and support	CALL: 0818 222 024 (8am to 8pm Monday to Friday) CALL FREE: 1800 341 900 (24/7) / www.womensaid.ie
ONLINE SUPPORT	Peer support and counselling	CALL: (01) 554 3811 / email: crisis@anyman.ie Male Advice Line: Freephone number: 1800 816 588 CALL FREE: 1800 778 888
MABS	Money Advice and Budgeting Service	
GROW	Peer support groups for over 18s who may struggle with any aspect of their mental health	
SHINE	Supporting people affected by mental health	
ALONE	Covid-19 support for older people	
WOMENS AID	Support for victims of domestic abuse and violence	
MEN'S AID	For men experiencing domestic abuse and violence	
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/>

Seirbhís Gláinte Níon Fearsa & Forbairt Building a Better Health Service

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

 **Connecting for Life**
Louth and Meath

If you are feeling low or distressed, please just talk about it with someone ...

PREVENTING SUICIDE TOGETHER

EMERGENCY / CRISIS NUMBERS:

- YOUR LOCAL GP OR NEDOC OUT OF HOURS GP SERVICE**
1850 777 911
- GARDAI / EMERGENCY SERVICES**
999 / 112
- THE SAMARITANS**
116 123
TEXT 087 260 9090
EMAIL: jo@samaritans.ie
- DOMESTIC VIOLENCE SERVICE WOMEN'S AID NATIONAL HELPLINE**
1800 341 900
- AWARE SUPPORT LINE**
1800 80 48 48
Email: supportmail@aware.ie
- 24/7 SUICIDE HELPLINE**
1800 247 247
TEXT: 'HELP' TO **51444** (PIETA HOUSE)
- NATIONAL RAPE CRISIS 24/7 HELPLINE**
1800 778 888
Email: counselling@rcc.ie
- CHILDLINE**
1800 666 666
- FARM AND RURAL STRESS HELPLINE**
1800 742 645

OTHER SUPPORTS:

- JIGSAW Meath**
Free Support Service for Young People 15-25yrs
046 907 1702
meath@jigsaw.ie
- SHINE INFO LINE**
1890 621 631
Supporting People Affected by Mental Ill Health
- GROW INFO LINE**
1890 474 474
Supporting those experiencing mental health problems
- NATIONAL LGBT HELPLINE**
1890 929 539
- MABS (Money Advice & Budgeting Service) Helpline**
0761 072 000
- ONLINE COUNSELLING**
www.turn2me.org
- MENTALHEALTH IRELAND**
www.mentalhealthireland.ie
- PARENT LINE**
1890 927 277
www.parentline.ie

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

  Building a Safer Health Service | Saolta Síolta Níosa Feara & Forbairt

 **Connecting for Life**
Laois and Offaly

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PREVENTING SUICIDE TOGETHER

EMERGENCY / CRISIS NUMBERS:

- YOUR LOCAL GP OR MIDOC OUT OF HOURS GP SERVICE**
1850 302 702
- GARDAI / EMERGENCY SERVICES**
999 / 112
- THE SAMARITANS**
116 123
TEXT 087 260 9090
EMAIL: jo@samaritans.org
- 24/7 SUICIDE HELPLINE**
1800 247 247
TEXT: 'HELP' TO **51444** (PIETA HOUSE)
- AWARE SUPPORT LINE**
1800 80 48 48
Email: supportmail@aware.ie
- Domestic Violence Service National Helpline**
1800 341 900
- FARM AND RURAL STRESS HELPLINE**
1800 742 645
- CHILDLINE**
1800 666 666

OTHER SUPPORTS:

- PIETA HOUSE**
Preventing Suicide and Self Harm
01 601 0000
Pieta House Roscrea
0505 22568
Email: mary@pieta.ie
- PCI COUNSELLING SERVICE (REDUCED COST)**
0818 555 450 (11AM - 6PM)
- SHINE INFO LINE**
1890 621 631
Supporting People Affected by Mental Ill Health
- HSE SUICIDE BEREAVEMENT LIAISON SERVICE**
Co-ordinator: 086 418 0088
- ONLINE COUNSELLING**
WWW.TURN2ME.ORG
WWW.MYMIND.ORG
- PARENT LINE**
1890 927 277
WWW.PARENTLINE.IE
- GROW INFO LINE**
1890 474 474
Supporting those experiencing mental health problems
- Midlands Living Links**
Bereavement Listening and Support Services
086 1600 641
- MABS (Money Advice & Budgeting Service) Helpline**
0761 07 2000
- HSE DRUGS & ALCOHOL HELPLINE**
1800 450 450
WWW.DRUGS.IE
- NATIONAL LGBT HELPLINE**
1890 929 539
- YOUTH SUPPORT SERVICES**
www.guide.ie
www.opm.ie
www.ReachOut.com

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

  Building a Safer Health Service | Saolta Síolta Níosa Feara & Forbairt

Download 'If you are feeling low or distressed', [A4 Poster for Louth Meath](#) or [A4 Poster for Laois Offaly](#)

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

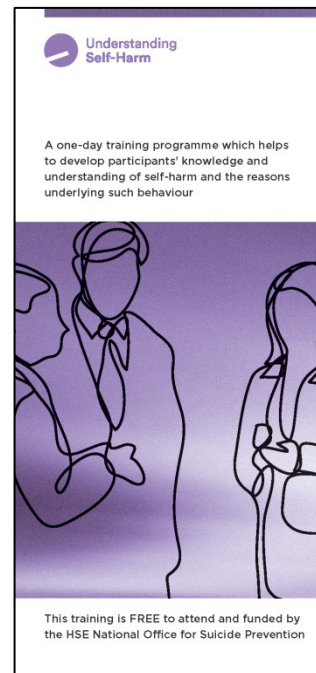
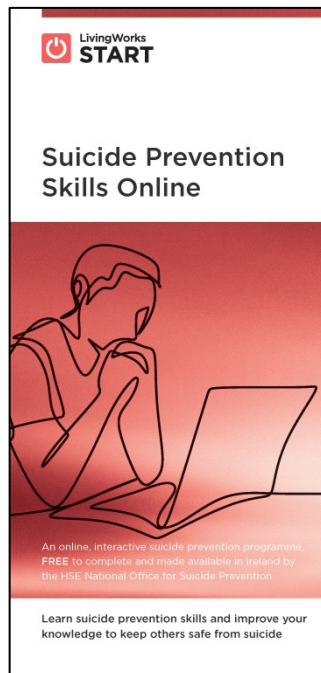
- [Looking after your mental health when you have financial difficulties](#)
 - [Looking after your mental health when you have financial difficulties](#) (Irish)
- [Looking after your mental health for LGBTI+ people](#)
 - [Looking after your mental health for LGBTI+ people](#) (Irish)
- [Looking after 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 you 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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