



Connecting for Life  
*Laois and Offaly*

**PREVENTING SUICIDE TOGETHER**

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

## 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](mailto: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](mailto: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](mailto: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  
LIASON SERVICE**

Co-Ordinator

**086 418 0088**

**ONLINE  
COUNSELLING**

[WWW.TURN2ME.ORG](http://WWW.TURN2ME.ORG)

[WWW.MYMIND.ORG](http://WWW.MYMIND.ORG)

**PARENT LINE**

**1890 927 277**

[WWW.PARENTLINE.IE](http://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 459 459**

[WWW.DRUGS.IE](http://WWW.DRUGS.IE)

**NATIONAL LGBT  
HELPLINE**

**1890 929 539**

**YOUTH  
SUPPORT  
SERVICES**

[www.jigsaw.ie](http://www.jigsaw.ie)  
[www.spunout.ie](http://www.spunout.ie)  
[www.ReachOut.com](http://www.ReachOut.com)

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

[yourmentalhealth.ie](http://yourmentalhealth.ie)  
Information | Support | Services



Building a  
Better Health  
Service

Seirbhís Sláinte  
Níos Fearr  
á Forbairt