



Connecting for Life
Louth and Meath

PREVENTING SUICIDE TOGETHER

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

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.

yourmentalhealth.ie
Information | Support | Services



Building a
Better Health
Service

Seirbhís Sláinte
Níos Fearr
á Forbairt