

Bereavement Support Anam Cara Parental & Sibling Bereavement Support01 404 5378 Barnardos Children's Bereavement Service01 473 2110 Cuisle Cancer Bereavement Support Service057 86 81492 Irish Hospice FoundationBereavement Support: 1800 807 077 www.bereaved.ie Midlands Living Links Suicide Bereavement Support Service: 086 1600 641 Portlaoise Parish Bereavement Support Service087 9878300 Pieta 24/7 Bereavement Support1800 247 247 Rainbows Child Bereavement SupportEnquiries: 01 473 4175 Suicide Bereavement Liaison Service (Pieta)086 418 0088 Websites for information and support: www.hospicefoundation.ie www.childhoodbereavement.ie		Youth Supports Youth Work Ireland Laois057 86 65010 Mountmellick Youth and Family Resource Centre057 86 24601 Youth information websites: www.spunout.ie / www.yourmentalhealth.ie Support Numbers and Information Helplines Active Retirement Ireland01 873 3836 ALONE01 679 1032 Helpline: 0818 222024 Al Anon/ Alateen01 873 2699 Alcoholics Anonymous01 842 0700 AWARE (email: supportmail@aware.ie) Support Line: 1800 80 4848 BeLonG To (LGBTI+ Support)01 6706223 Bodywhys (Eating Disorder Assoc.)Helpline: 01 210 7906 email: alex@bodywhys.ie CARI (Child Sexual Abuse Counselling)0818 924 567		CONNECT (Adult Abuse Counselling Service)1800 477 477 ChildlineFree Text TALK to 501011800 666 666 Gamblers Anonymous01 872 1133 / 087 748 5878 Garda Confidential Line1800 666 111 GROW (support for those with mental health problems)0818 474 474 HSE Drug & Alcohol Helpline1800 459 459 LGBT Ireland Helpline1800 929 539 MABS (Money Advice & Budgeting Service)0818 072 000 Man2Man (HIV + sexual health information for men)01 873 4832 Mental Health Ireland01 284 1166 Men's Sheds www.menssheds.ie01 891 6150 Laois: 086 262 4092 Missing Persons Helpline1800 442 552 MOVE (Men Overcoming Violence)085 874 8108 National Office for Victims of Abuse1800 252 524 One Family Support Helpline0818 662 212		Parentline01 873 3500 PietaHelpline: 1800 247 247 Post Natal Depression Ireland021 492 3162 Samaritans Ireland Freephone116 123 Email: jo@samaritans.ie Senior Helpline1800 804591 SHINE email: info@shine.ieInfo Line: 01 541 3715 Teenline1800 833 634 Treoir (Unmarried Parents Support)01 670 0120 Women's Aid National Helpline1800 341 900 yourmentalhealth.ie Information Support Services 1800 111 888 To learn about mental health and how to support yourself and those you love or may be concerned about and gain information on relevant support services.	
Help & Support Information Card You are not alone, we are here to help you! Laois  Connecting for Life Laois and Offaly 							

Urgent Help and Support Gardaí, Fire Brigade, Ambulance999/112 Garda Confidential Line1800 666 111 MiDOC (GP Out of Hours Service)1850 302 702 Midland Regional Hospital Portlaoise057 86 21364 Pieta 24 hr Freephone Helpline1800 247 247 Text HELP to 51444 Psychiatry Dept. MRH Portlaoise057 86 96396 Samaritans 24 hr Freephone Listening Service116 123 Email: jo@samaritans.ie 24/7 Free Text Support ServiceText HELLO to 50808 / www.text50808.ie		Child & Family Health Centre057 86 92567 Community Drug & Alcohol Service057 86 92516 Health Centre Portlaoise057 86 21135 Resource Office for Suicide Prevention086 8157 850 Access training: www.bookwhen.com/suicidepreventiontrainingmidlands Young Adult Mental Health Service057 86 96916 Mental Health Supports and Helplines AWARE (Supporting people experiencing depression/anxiety)1800 804 848 GROW057 93 51124 Info Line: 0818 474 474 (Support Groups for adults with mental health problems) Mental Health Ireland Area Development Officer: 086 835 3387 National Office: 01 284 1166 SHINE: Area Dev. Worker: 086 852 5281 Info Line: 01 541 3715 (Support for people with mental ill health) Pieta Helpline: 1800 247 247 Midlands: 090 64 24111 Roscrea: 061 48 4444 Therapy Enquiries: 0818 111 126		Other Local Supports and Services ACCORD Portlaoise057 86 61581 Barnardos Family Support Service1850 222 300 Citizens Information Centre Portlaoise0818 075 590 Cuisle Cancer Support Centre057 86 81492 Domestic Violence Services Laois Domestic Abuse Service057 86 71100 Women's Aid National Helpline1800 341 900 Men's Aid Ireland email: hello@mensaid.ie01 554 3811 Family Carers Ireland Regional Office: 057 93 22920 National Careline: 1800 240 724 Family Resource Centre Portlaoise057 86 86151 Family Resource Centre Mountmellick057 86 24601 Family Mediation Services Laois057 86 95730 Foróige (Regional Office)086 299 7677 Laois County Library057 86 22333 Laois Traveller Action Group057 86 82210 Midlands SIMON Community Reg Office: 090 64 44641 Emergency Accommodation Tullamore: 087 635 9760		Money Advice & Budgeting Service0818 072 620 MABS Helpline: (email: helpline@mabs.ie)0818 072 000 Portlaoise Parish Centre057 86 21142 Regional Sexual Abuse & Rape Crisis Centre1800 32 3232 24 Hr National Helpline1800 77 8888 St. Vincent de Paul Portlaoise057 86 60486 Addiction Services Alcoholics Anonymous01 842 0700 Al Anon/ Alateen01 873 2699 HSE Community Drug & Alcohol Service057 86 92516 HSE Drug & Alcohol Helpline1800 459 459 www.drugs.ie / www.drinkaware.ie Extern MYDAS (Midlands Youth Drug & Alcohol Support) Project057 93 51691 Merchants Quay Ireland Drug & Alcohol Treatment Support Project (Midlands)086 793 4920 Counselling Services BeLong To LGBTI+ Youth Counselling Service01 670 6223		CONNECT (National Adult Counselling Service)1800 477 477 (for those who have experienced abuse, neglect or trauma in childhood) Counselling in Primary Care HSE057 93 70605 (Counselling for over 18s with a Full Medical Card referral by GP) HSE Adult Counselling Service (The Arches) 057 93 27141 Helpline: 1800 234 113 (For individuals who have experienced childhood sexual or physical abuse) HSE Primary Care Psychology Services Laois057 86 92564 NURTURE085 861 9585 (Support in pregnancy, birth and post-natal for women) Online counselling: www.turn2me.ie / www.mymind.org PCI Counselling Service Midlands0818 555 450 (reduced cost) (11am-6pm) Private counselling services: www.iacp.ie / www.psychologicalsociety.ie Travellers Counselling Service086 308 1476 HSELive Information Service Callsave 1800 700 700/Email: hselive@hse.ie/LiveChat: @HSELive Team	
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