

Bodywhys (Eating Disorders Association) 01 283 4963
1890 200 444

CARI (Child Sexual Abuse Counselling):
Helpline 1890 924 567
Connect Adult Abuse Counselling Service 1800 477 477
Childline 1800 666 666
Cura (Crisis Pregnancy) 1850 622 626
Domestic Violence: National Helpline 1800 444 944
Farm and Rural Stress Helpline 1800 742 645
Garda Confidential Line 1800 666 111
Gay Switchboard 01 872 1055
LGBT Helpline 1890 929 539
HSE Information Helpline 1850 241 850
MOVE (Men Overcoming Violence) 090 647 2174
Missing Persons Helpline 1890 442 552
National Cancer Helpline 1890 200 700
National Office for Victims of Abuse 1800 252 524
Parentline 1890 927 277
One Parent Families Support Helpline 1890 662 212
Senior Helpline 1850 440 444
Rape Crisis Centre Helpline: Athlone (Midlands) 1800 306 600
Dublin 1800 778 888
Teenline Ireland Helpline (8pm-11pm) 1800 833 634
Treoir (Unmarried Parents Support) 1890 252 084
Women's Aid National Helpline 1800 341 900

BEREAVEMENT SUPPORT:

Anam Cara Parental & Sibling Bereavement Support 01 4045378
Barnardos Child Bereavement Support 01 4732110
Bethany Pastoral & Bereavement Support 087 6309 808
Bethany St. Camillus Bereavement Support 044 93 74196
24/7 Bereavement Support (Pieta House) 1800 247 247
Family Ministry Longford 043 33 46827
LARCC Bereavement Support Group:
Mullingar 044 93 71971
Callsave 1850 719 719
Midlands Living Links 086 1600641
(Suicide Bereavement Support Service)
Rainbows Child Bereavement Support www.rainbowsireland.com

HELP & SUPPORT Information Card

LONGFORD



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



If you are concerned that a family member, friend or colleague is in distress and may be having thoughts of ending their life, don't hesitate to discuss your concerns and get advice from your GP, the HSE Resource Office for Suicide Prevention (086) 380 1152 or any other relevant service.

Information Websites:

www.yourmentalhealth.ie; www.reachout.com; www.spunout.ie

SUPPORT AND INFORMATION RESOURCES

H.S.E. SERVICES:

Adult Counselling Service 057 93 27141
1800 234 113
Adult Homelessness (Liaison Nurse) 087 066 0161
Child & Adolescent Psychiatric Services 044 93 94219
Child and Family Resource Centre Mullingar 044 93 44877
Community Alcohol & Drug Service: Longford 043 33 46992
Community Mental Health Centre Longford 043 33 46992
Community Psychology Services 043 33 50170
Health Centre, Longford 043 33 50100
Health Promotion 057 93 57800
Midlands Crisis Pregnancy Counselling 1800 200 857
Midland Regional Hospital, Mullingar 044 93 40221
MiDoc Out of Hours GP Service 1850 302 702
Public Health Nursing, Longford 043 33 39701
Psychiatry Dept., St. Loman's Hospital 044 93 40191
St. Joseph's Hospital, Longford 043 33 46211
Social Work Services 043 33 50584
Resource Office for Suicide Prevention 086 380 1152

LOCAL ORGANISATIONS:

ACCORD Longford 043 33 47222
Acorn Community Development Project 043 33 47944
Barnardos Family Support Services:
Regional Office Athlone 090 64 33690
National Callsave 1850 222 300
Carer's Association: National Careline 1800 240 724

Citizens Information Centre: Longford 076 1075 890
Community Mothers Longford 043 33 48754
Domestic Violence Support Services:
National Helpline: 1800 444 924
Bethany House, Longford 043 33 48136
Longford Women's Link 043 33 41511
Temporary Emergency Accommodation Mullingar 044 93 48428
Family Resource Centres: Ballymahon 090 64 32691
Granard 043 66 60977
Gardai: Longford 043 33 50570
Ballymahon 090 64 32303
Edgeworthstown 043 66 71002
GROW: Regional Office 057 93 51124
Information Line 1890 474 474
Longford Youth Services 043 33 40907
L.E.A.P. Youth Project 043 33 42515
Mental Health Ireland: Regional Office 086 835 3387
National Office 01 284 1166
Midlands Simon Community:
Regional Office 090 64 44641
Emergency Accommodation 090 64 50280
Money Advice & Budgeting Service 0761 07 2620
M.A.B.S. Helpline 0761 07 2000
Email: helpline@mabs.ie
Shine: Regional Office 057 93 23111

Information Line 1890 621 631
St. Martha's Men's Hostel, Longford 043 33 48062
St. Vincent De Paul, Longford 043 33 42084
U18 Midland Youth Drug & Alcohol Support 086 468 2745
Counselling:
PCI Counselling Service (reduced cost) 0818 555 450
Free online counselling www.turn2me.org/engage
Longford Counselling Services 043 33 47477
www.longfordcounsellingservices.ie
Email: longfordcounselling@hotmail.com

NATIONAL ORGANISATIONS:

Samaritans Freephone 116 123
Text: 087 260 9090 Email: jo@samaritans.org
PIETA HOUSE 24/7 Suicide Helpline
Freephone: 1800 247 247
Text 'HELP' to 51444 for one-to-one text support.
Lucan 01 601 0000
Athlone 090 642 4111AI Anon
01 8732699
AMEN (Violence Against Men) 046 902 3718
Aware: Helpline 1800 804 848
Email Support wecanhelp@aware.ie
BeLong To (Gay, Lesbian, Bisexual & Transgendered) 01 670 6223
www.belongto.org