

Aware Support Line 1800 80 4848
 Email Support wecanhelp@aware.ie
 BeLonG To (Gay, Lesbian, Bisexual & Transgendered) 01 670 6223
 www.belongto.org
 Bodywhys (Eating Disorders Association) 01 283 4963
 1890 200 444
 1890 200 700
 Cancer National Helpline 1890 924 567
 CARl (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 Helpline 1800 444 944
 Drugs/HIV Helpline 1800 459 459
 Farm and Rural Stress Helpline 1800 742 645
 Gamblers Anonymous 01 872 1133
 Garda Confidential Line 1800 666 111
 Gay Switchboard 01 872 1055
 LGBT Helpline 1890 929 539
 HSE Information Helpline 1850 241 850
 Men's Sheds www.menssheds.ie
 Missing Persons Helpline 1890 442 552
 MOVE (Men Overcoming Violence) 090 647 2174
 National Office for Victims of Abuse 1800 252 524
 One Parent Families Support Helpline 1890 662 212
 Parentline 1890 927 277
 Pieta House (Prevention of Suicide & Self Harm):
 Dublin Centres 01 601 0000

Limerick Centre 061 484 444
 Roscrea Centre 0505 22568
 Senior Helpline 1850 440 444
 Rape Crisis Centre Helpline: Athlone (Midlands)
 Dublin 1800 306 600
 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 4045 378
 Barnardos Child Bereavement Support 01 4732 110
 Bethany Pastoral & Bereavement Support 087 6309 808
 Bethany St. Camillus Bereavement Support 044 93 74196
 24/7 Bereavement Support Pieta House) 1800 247 247
 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

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, MiDoc Out of Hours GP Service (1850 302 702), 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

HELP & SUPPORT Information Card

WESTMEATH



SUPPORT AND INFORMATION RESOURCES

H.S.E. SERVICES:

Adult Counselling Service 1800 234 113
 Midlands Office: (Victims of Abuse) 057 93 27141
 Adult Homelessness (Liaison Nurse) 087 0660161
 Child & Adolescent Psychiatric Services 044 93 94219
 Child & Family Resource Centre Mullingar 044 93 44877
 Community Alcohol & Drug Service: Athlone 090 64 24820
 Mullingar 044 93 95200
 Community Mental Health Centres: Athlone 090 64 24880
 Mullingar 044 935 3840
 Community Psychology Services: Athlone 090 64 24813
 Mullingar 044 93 39580
 Health Centres: Athlone 090 64 75301
 Mullingar 044 93 40221
 Public Health Nursing Services: Athlone 090 64 24811
 Mullingar 044 93 95078
 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
 Psychiatry Dept., St. Loman's Hospital 044 93 40191
 Resource Office for Suicide Prevention 086 380 1152

LOCAL ORGANISATIONS:

ACCORD: Athlone 090 64 75491
 Mullingar 044 93 48707
 Barnardos Family Support Information:
 Regional Office Athlone 090 64 33690

Mullingar 044 93 35282
 National Callsave 1850 222 300
 Carer's Association: Mullingar 044 93 47922
 National Careline 1800 240 724
 Citizens Information Centres: Athlone 076 1076 610
 Mullingar 076 1076 660
 Community Mothers Westmeath 044 93 48571
 Domestic Violence Support Services:
 National Helpline 1800 444 924
 Esker House Refuge, Athlone 090 64 74122
 Westmeath Service Against Domestic Abuse 044 93 33868
 087 133 6853
 044 93 49340
 Teach Fáilte, Mullingar
 Temporary Emergency
 Accommodation Mullingar 044 93 48428
 Family Resource Centres:
 Battery Heights Athlone 090 64 94336
 Ballynacargy, Mullingar 044 93 73060
 Foróige: Offaly/Westmeath Regional Youth Officer 086 96 72921
 Gardaí: 999 or 112 from Mobile
 GROW: Regional Office 057 93 51124
 Information Line 1890 474 474
 Mental Health Ireland: Regional Office 086 835 3387
 National Office 01 284 1166
 Midlands Regional Youth Services 090 64 77075
 Midlands Simon Community:
 Regional Office 090 64 44641

Emergency Accommodation 090 64 50280
 Money Advice & Budgeting Service:
 Athlone 0761 07 2400
 Mullingar 0761 07 2700
 National Helpline 0761 07 2000
 Email: helpline@mabs.ie
 Shine: Regional Office 057 93 23111
 Information Line 1890 621 631
 St. Vincent De Paul: Athlone 090 64 44041
 Mullingar 044 93 43868
 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
 Good2Talk 044 93 32531 or 087 608 8291
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 4111
 Active Retirement Information 01 873 3836
 Alcoholics Anonymous 01 842 0700
 Al Anon 01 873 2699
 AMEN (Violence Against Men) 046 902 3718