

NUMBERS IF YOU NEED THEM



Seirbhís Sláinte
Níos Fearr
á Forbairt | Building a
Better Health
Service



Connecting for Life
Midlands, Louth and Meath

If it's an emergency, Dial 999/112

SAMARITANS

TALK IT THROUGH,
WE'RE HERE TO LISTEN

jo@samaritans.ie



116 123

www.samaritans.org

pieta

1800 247 247

TEXT HELP TO 51444 mary@pieta.ie

Pieta supports people and communities in crisis by
providing freely accessible, professional services to all.

www.pieta.ie

your mental health.ie

Information | Support | Services

1800 111 888

www.yourmentalhealth.ie

text about it

TEXT
HELLO

50808

A free 24/7 text service, providing
support for people going through a
mental health or emotional crisis
—big or small.

www.text50808.ie

IS^{PC}CC Childline

1800 66 66 66

(24 HRS A DAY, EVERYDAY)

Text TALK to 50101

Online chat – www.childline.ie

SPUNOUT.ie

Twitter | Facebook [SpunOut.ie](https://www.facebook.com/SpunOut.ie)

@SpunOut

SpunOutMedia

CONTACT YOUR GP OR GP
OUT OF HOURS SERVICE

MIDOC

1850 302 702

NEDOC

1850 777 911