

# Need to talk?

Help is a phone call away

**SAMARITANS**

Freephone 24/7 on **116 123**

Email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

**pieta**

Call **1800 247 247**

Email: [info@pieta.ie](mailto:info@pieta.ie)

**Childline**

**ISPCC**

Freephone 24/7 **1800 666 666**

Text "Talk" to **50101**

[www.childline.ie](http://www.childline.ie)

**your  
mental  
health.ie**

Information | Support | Services

Tel: **1800 111 888**

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

**Cork**



[connectingforlifecork.ie](http://connectingforlifecork.ie)

**text about it**

**50808**

[hello@text50808.ie](mailto:hello@text50808.ie)

[www.text50808.ie](http://www.text50808.ie)

**Kerry**



[connectingforlifekerry.ie](http://connectingforlifekerry.ie)

If you are in crisis please contact your local GP. Out of hours, contact SouthDoc on 1850 335 999 or your nearest Emergency Department.

For further information and a list of other supports please access:

**[www.bereaved.ie](http://www.bereaved.ie)**

Issued by the HSE/Cork Kerry Community Healthcare