

Crisis Supports

Gardaí Fire Brigade, Ambulance 999 / 112

Garda Confidential line..... 1800 666 111

My GP: _____

My Mental Health Service: _____

My Mental Health key worker: _____

Samaritans 116 123 Text: 087 2609090 email:jo@samaritans.ie

GP Out of Hours Service

EAST DOC (Dublin South East)..... Tel: (01) 221 4021

DL DOC (Dun Laoghaire) Tel: (01) 663 9869

Caredoc (Wicklow)..... 1850 334 999

Hospitals

St Vincent's University Hospital, Dublin 4 01 277 4000

St Micheal's Hospital, Dun Laoghaire, Co Dublin... 01 280 6901

St Columcille's Hospital, Loughlinstown, Co Dublin ...01 282 5800

St James's Hospital, Dublin 8 01 410 3000

Tallaght Hospital 01 414 2000

(The Adelaide and Meath Hospital, incorporating The National

Children's Hospital, Dublin 24.)

Support and information helplines

Aware Support Line..... 1800 80 48 48

(support for people experiencing depression and anxiety)

Alone 01 679 1032

AMEN..... (046) 902 3718

(support for men suffering from domestic abuse)

BODYWHYS - alex@bodywhys.ie..... 1890 200 444

(support for people affected by eating disorders)

Childline 1800 666 666

Crime Victims Helpline..... 116 006

Dublin Rape Crisis Centre 1800 778 888

Focus Ireland *(support for homeless people)* 01 881 5900

Farm & Rural Stress Helpline..... 1800 742 645

Grow 1890 474 474

(Support group for adults with mental health problems)

HSE National Information Helpline..... 1850 241 850

Irish Advocacy Network 01 872 8684

(peer advocacy in mental health)

LGBTI Helpline 1890 929 539

(Lesbian, gay, bisexual, transgender and intersex helpline)

MABS *(Money advice and budgeting service)* 1890 283 438

Mental Health Ireland..... 01 284 1166

National Pregnancy Helpline..... 1850 49 50 51

Niteline *(student support helpline)*..... 1800 793 793

Pieta House Suicide Helpline... 1800 247 247 / Text help to 51444

Parentline 1890 927 277

Samaritans 116 123 Text: 0872609090 email: jo@samaritans.ie

(support for anyone experiencing distress, despair or suicidal thoughts)

Simon Community *(support for homeless people)* 01 671 2555

Shine *(support for people affected by mental ill health)* 01 860 1620

St. Vincent De Paul 01-855 0022

Senior Line *(listening service for older people)*..... 1800 804 591

Teenline 1800 833 634

Women's Aid National Domestic Violence Helpline.. 1800 341 900

Addiction Services

HSE Drug & Alcohol Helpline..... <i>(drug & alcohol info and support)</i>	1800 459 459
Alcoholics Anonymous.....	01 842 0700
Gamblers Anonymous.....	01 872 1133
Narcotics Anonymous.....	01 672 8000

Bereavement Services

Anam Cara.....	01 404 5378
Barnardos Children's Bereavement Service.....	01 473 2110
Pieta House.....	1800 247 247
Turas Le Cheile.....	086 0566 819

Local Counselling Services

Counselling in Primary Care (CIPC).....	01 663 7403
Connect Counselling <i>(telephone counselling)</i>	1800 477 477
Donnybrook Counselling.....	01 283 8735
HSE National Counselling Service.....	1800 234 111
Living Life Counselling Bray.....	01 286 6729
Living Life Counselling Arklow.....	01 286 6729
MyMind Counselling Ranelagh.....	076 680 1060
Traveller Counselling Service.....	086 308 1476
Traveller Counselling Service Bray.....	086 886 8824

Websites

www.askaboutalcohol.ie	www.ReachOut.ie
www.alustforlife.com	www.samaritans.org
www.connectcounselling.ie	www.Spunout.ie
www.Drugs.ie	www.Yourmentalhealth.ie
www.hse.ie	
www.jigsaw.ie	
www.lgbtmentalhealth.ie	
www.mentalhealthireland.ie	
www.niteline.ie	
www.pleasetalk.ie	
www.positiveoptions.ie - Freetext List to 50444	

**YOU'RE NOT ALONE,
WE ARE HERE
TO HELP!**

Date of issue Jan 2018

The information provided within is correct at time of printing but is subject to change

**NUMBERS WHEN
YOU NEED THEM**

Help at your finger tips



Connecting for Life
Dublin South East, Dublin South
and Wicklow