

Addiction Services

- Al-Anon & Al-Ateen.....01 873 2699 / www.al-anon.org
- HSE Drug & Alcohol /Sexual Health & HIV.....1800 459 459
helpline@hse.ie
- Alcoholics Anonymous.....01 842 0700
alcoholicsanonymous.ie
- Gamblers Anonymous.....01872 1133 / gamblersanonymous.ie
- Narcotics Anonymous.....086 862 9308 / naeasternarea.org

Bereavement Supports and Services

- Anam Cara.....085 288 8888 / 01 404 5378/ anamcara.ie
(supporting parents after child bereavement)
- Barnardo's Children's Bereavement Helpline.....01 473 2110
(supporting families to help children through grieving process)

- HUGG.....01 513 4048 / hugg.ie
(suicide bereavement peer support group)
- Pieta House Bereavement Services.....1800 247 247
Text HELP to 51444
- Suicide Bereavement Liaison Officer.....1800 247 247
Text HELP to 51444
- Irish Hospice Foundation Bereavement Support Line .. 1800 80 70 77

Homeless Specific Helplines

- Emergency Accommodation.....Freephone 1800 707 707
- Focus Ireland.....01 881 5900
- Peter McVerry Trust.....1800 140 244
- Simon Dublin Outreach Team.....01 872 0185
- Simon Support Worker, Wicklow.....086 7879542
- Simon Suicide Prevention Hotline.....1800 844 600
- Crosscare.....01 872 6775

Local Counselling / Psychotherapy Services

- Balallay Family Resource Centre.....01 295 2167 / balallyfrc.ie
- Irish Association of Humanistic & Integrative Psychotherapy.....01 284 1665
iahip.org
- Counselling in Primary Care.....01 280 5862 (GP referral required)
- Connect Counselling.....1800 477 477
- Crosscare Teen Counselling (12-18yo).....01 557 4705 / teencounselling.ie
- Greystones Family Resource Centre.....01 255 7528 / greystonesfrc.ie
- Hillview Resource Centre.....01 296 5025 / hillviewfrc.ie
- Irish Association for Counselling & Psychotherapy.....01 230 3536 iacp.ie
- Jigsaw (12-25yo)...01 6583070 (Dublin) / 01 5240796 (Wicklow) / jigsaw.ie
- Living Life Counselling Bray/Arklow.....01 286 6729
- MyMind.....0818 500 800/ mymind.org
- National Counselling Service HSE.....1800 234 111
- Rosemount Family Resource Centre.....01 216 6131 / rosemountfrc.ie
- Traveller Counselling Service.....086 308 1476
- Turn to me (online counselling).....turntome.org

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

yourmentalhealth.ie

Information | Support | Services

 **1800 111 888**



Date of issue July 2025

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



If you or someone you know is struggling or in crisis, help is available. Where to get help:

- GP, or an out-of-hours GP service
- Hospital Emergency Services
- Contact Emergency Services on **999** or **112** *(have eircode if possible)*
- Call the Samaritans 24 hr Freephone **116 123** / Email **jo@samaritans.ie**
- Pieta Suicide Helpline **1800 247 247** Text **HELP** to **51444** **www.pieta.ie**
- Crisis Text Line **Text HELLO to 50808**
- Call **1800 111 888** and visit **www.yourmentalhealth.ie**

My GP:

My Mental Health Service:

My Mental Health Key worker:

GP out-of-hours services

- EDOC (East Dublin, Dun Laoghaire, East Wicklow) 01 223 4500 / edoc.ie
- CareDoc (South Wicklow).....0818 300 365

Hospitals

- St Vincent’s University Hospital.....01 221 4504 (24/7)
- St Michael’s Hospital Dun Laoghaire 01 280 6901 (8am - 8pm)
- St Columcille’s Hospital Loughlinstown.... 01 211 5000 (8am - 6pm)
- Children’s Health Ireland at Crumlin (24/7).....01 409 6100
- Children’s Health Ireland at Tallaght (24/7).....01 414 2409

Helplines & websites

- Aware Listening Service 1800 804 848 **www.aware.ie**
- Alone 0818 222 024..... **www.alone.ie** *(supporting older people)*
- Alzheimer Society of Ireland..... 1800 341 341 / **alzheimer.ie**
- BODYWHYS 01 2107906 / **alex@bodywhys.ie** *(supporting eating disorders)*
- ChildLine Freephone..... 1800 66 66 66
- CARI Helpline0818 924 567 / **cari.ie** *(support and advice regarding child sexual abuse)*
- Crosscare.....01 872 6775 *(Supporting migrants, refugees, asylum seekers and people who are homeless)*
- Crime Victims Helpline..... 116 006 Text 085 133 7711

- Employee Assistance Programme0818 327 327 *(HSE staff counselling service)*
- HSE National Information / Support..... 1800 700 700
- LGBT Helpline..... 1800 929 539 / **lgbt.ie** *(supporting lesbian, gay, bisexual and transgender people)*
- MABS: Dublin South 0818 07 2530, Dundrum 0818 07 2310, Bray 0818 07 2250, Arklow 0818 072390 / **mabs.ie** *(Money advice & budgeting service)*
- Men’s Aid Ireland.....01 554 3811 / **mensaid.ie**
- Mental Health Ireland01 284 1166 / **mentalhealthireland.ie**
- Minding Creative Minds..... 1800 814 244 / **mindingcreativeminds.ie**
- National Traveller Mental Health Service.....01 872 1094 **exchangehouse.ie**

- One Family 0818 662 212 / **onefamily.ie** *(supporting people parenting alone, co-parenting or separating)*
- One in Four.....01 66 24070, **oneinfour.ie** *(supporting adult survivors of child sexual abuse)*
- Practitioner Health..... 085 760 1274 *(Supporting doctors, dentists & pharmacists)*
- Parentline.....018 733 500 / **parentline.ie**
- Rape Crisis Centre..... 1800 778 888 / **drcc.ie**
- Senior line..... 1800 804 591 *(listening service for older persons)*
- SpunOut.....01 675 3554 / **spunout.ie** Text 086 1800280
- St Vincent De Paul East Region.....01 855 0022 / **svp.ie**
- Unplanned Pregnancy My Options 1800 828 010 / **myoptions.ie**
- Women’s Aid Domestic Violence..... 1800 341 900 / **womensaid.ie**