

Help & Support

Longford & Westmeath

You are not alone, we are here to help you!



Connecting for Life
Longford and Westmeath



Urgent Help and Support

Gardaí, Fire Brigade, Ambulance	999/112
Garda Confidential Line	1800 666 111
Caredoc (GP Out of Hours Service)	1800 302 702
Midland Regional Hospital Mullingar	044 93 40221
St. Loman's Hospital Mullingar	044 93 40191
St. Joseph's Care Centre Longford	043 33 50100
Pieta 24 hr Crisis Freephone Helpline	1800 247 247
	Text HELP to 51444
Samaritans 24 hr Freephone Listening Service	116 123
	Email: jo@samaritans.ie
spunout TEXT ABOUT IT 24/7 Free Text Support Service	
	Text 'YMH' to 50808 / www.textaboutit.ie

HSE Mental Health Services

Adult Community Mental Health Service	Longford: 043 33 46992
	Athlone: 090 64 24870 / 090 64 24880 Mullingar: 044 93 53840
Child & Adolescent Mental Health Service (CAMHS)	044 933 7400
Primary Care Centres	Athlone: 090 642 4840
	Mullingar: 044 93 53700 Longford: 043 333 9701
Young Adult Mental Health Service (YAMHS)	044 933 7402

Mental Health Supports and Helplines

AWARE (Supporting people experiencing depression/anxiety)	1800 804 848
GROW	057 93 51124 Info Line: 0818 474 474
	(Support Groups for adults with mental health problems)
Mental Health Ireland	Area Development Officer: 086 835 3387
	National Office: 01 284 1166
SHINE: Info & Support Officer: 086 852 5281	Info Line: 01 860 1610
	(Support for people with mental ill health) email: midlands@shine.ie
Pieta	Helpline: 1800 247 247 Midlands: 090 64 24111
	Therapy Enquiries: 0818 111 126

Other Local Supports and Services

Barnardos Family Support Service	090 64 98466
Citizens Information Centre	Athlone: 0818 076 610
	Mullingar: 0818 076 660 Longford: 0818 07 5890
County Library	Longford 043 33 41124 Westmeath 044 93 32162
Domestic Violence Support Services	
Esker House Athlone	090 64 74122
Westmeath Support Service Against Domestic Abuse	044 93 33868
	087 294 0058
Temporary Emergency Accommodation Midlands	044 93 49340
Bethany House, Longford	043 33 48136
Longford Women's Link	www.lwl.ie 043 33 41511
Women's Aid National Helpline	1800 341 900
Men's Aid Ireland	email: hello@mensaid.ie 01 554 3811
Family Carers Ireland	Regional Office: 044 93 47922
	National Careline: 1800 240 724
Family Resource Centres	
Athlone: 085 251 2224	Cara Phort, Ballynacargy: 044 93 73060
Ballymahon L'ford: 090 64 32691	Granard L'ford: 043 66 60977
Midlands LGBT+ Project	086 075 7985
	email: help@midlandslgbtproject.com
Midlands SIMON Community	Reg Office: 090 64 44641
Emergency Accommodation Athlone	090 64 50280
Out of Hours Service	087 445 4542
MABS Helpline: (email: helpline@mabs.ie)	0818 072 000
MABS (Money Advice & Budgeting Service)	Athlone: 0818 072 400
	Mullingar: 0818 07 2700 Longford: 0818 07 2640
National Learning Network	Athlone: 090 647 9293
	Mullingar: 044 934 5117 Longford: 043 334 2255
Rape Crisis Centre	Athlone: 1800 306 600
Tullamore: 1800 32 3232	24 Hr National Helpline: 1800 77 8888
Sexual Health Clinic and PrEP Service	087 710 4152
Regional Hospital Mullingar	Appointment only Wed eve
Social Prescribing Service	Athlone: 085 852 9019
	Longford: 043 33 45555 / 087 458 1178
SVP North East & Midlands Region	1800 677 777
St. Martha's Mens Hostel, Longford	043 33 48062
'TEALLACH IOSA' Family Centre, Longford	043 33 46827
Traveller Services	
Longford Primary Health Care Project	087 652 4767
Westmeath Primary Health Care Project	044 93 48571
Traveller Counselling Service	086 308 1476

Addiction Services

Alcoholics Anonymous	01 842 0700
Al Anon/ Alateen	01 873 2699
Drive Project	www.driveproject.ie
	(Drug Related Intimidation & Violence Engagement)
HSE CADS (Community Drug & Alcohol Service)	
	Athlone: 090 642 4820 Mullingar: 044 939 5200
HSE CADS U18 ADAPT	email: CADS.adapt@hse.ie 087 451 8358
Adolescent Drug & Alcohol Prevention & Treatment Service	
HSE Drug & Alcohol Helpline	1800 459 459
email support: helpline@hse.ie	www.drugs.ie / askaboutalcohol.ie
Merchants Quay Ireland DATS	Athlone 087 915 0329
(Drug & Alcohol Treatment Support)	Longford 086 411 3628
Midland Regional Drug & Alcohol Task Force (MRDATF)	086 380 0517
	email: mrdatf@hse.ie

Counselling Services

CARI (Child Sexual Abuse Counselling)	0818 924 567
CONNECT (Adult Abuse Counselling Service)	1800 477 477
Embrace Farm www.embracefarm.com 057 8510555/085 7709966	
	Support to Farm Families experiencing grief and loss through farm accidents, suspected suicide, sudden trauma or fatal illness
Counselling in Primary Care HSE	057 93 70605
	(Counselling for over 18s with a Full Medical Card referral by GP)
HSE Adult Counselling Service (The Arches)	
	057 93 27141 Helpline: 1800 234 113
	(For individuals who have experienced childhood sexual or physical abuse)
HSE Primary Care Psychology Services	Athlone: 090 64 24813
	Mullingar: 044 93 53763 Longford: 043 33 50170
NURTURE (Support in pregnancy, birth and post-natal for women)	085 861 9585
Online counselling:	www.turn2me.ie / www.mymind.ie
PCI Counselling Service	0818 555 450
Private counselling services:	www.iacp.ie/www.psychologicalsociety.ie
HSE Live Information Service	Freephone 1800 700 700

Bereavement Support

Anam Cara Parental & Sibling Bereavement Support	01 404 5378
	www.anamcara.ie
Barnardos Children's Bereavement Service	01 473 2110
Cancer Support Sanctuary LARCC	044 93 71971
HUGG (Healing Untold Grief Groups)	01 513 4048
	support@hugg.ie/www.hugg.ie
Irish Childhood Bereavement Network	01 679 3188
Irish Hospice Foundation	Bereavement Support: 1800 807 077
	www.bereaved.ie
Pieta 24/7 Bereavement Support	1800 247 247
Rainbows Child Bereavement Support	Enquiries: 01 473 4175
Suicide Bereavement Liaison Officer (Pieta)	086 418 0088
	(Monday, Wednesday & Thursday)
Websites for information and support:	
	www.hospicefoundation.ie / www.childhoodbereavement.ie

Youth Supports

Barnardos	Athlone Project: 090 64 76422
	Mullingar Project: 044 93 35282
Childline	Live Chat: childline.ie 1800 666 666
County Longford Youth Service	
Longford Town	email: smcnaboe@lclr.ie 043 33 45555
Longford County	email: mnoble@lclr.ie 043 33 45555
Foróige Attic House, Longford	043 33 36183
Longford County Childcare Committee	043 33 42505
	email: enquiries@longfordchildcare.ie
Mullingar Youth Pride	info@mullingarpride.ie
	LGBT+ young people aged 14 - 18 years
Teenline	1800 833 634
Tusla Midlands	email: childfamily.midlands@tusla.ie 044 93 53999
Tusla Aftercare Drop-in Service	Athlone: 090 64 83106/7
	Phone in advance to make appointment Longford: 043 33 50584
Youth Work Ireland Midlands	090 64 77075
Youth information websites:	spunout.ie / yourmentalhealth.ie

Support Numbers and Information Helplines

Active Retirement Ireland	01 873 3836
ADHD Ireland	01 874 8349
Adoption Authority of Ireland	www.aai.gov.ie 01 230 9300
ALONE	0818 222 024
Belong To - LGBTQ+ Youth Ireland	01 670 6223
Bodywhys (Eating Disorder Assoc.)	Helpline: 01 210 7906
	email: alex@bodywhys.ie
Gambling Support	gamblingcare.ie 1800 936 725
HSE Sexual Health Free Home Testing	www.sh24.ie 1800 929 539
LGBT Ireland Helpline	01 873 4832
Man2Man (HIV + sexual health information for men)	01 891 6150
Men's Sheds	Shed Finder: www.menssheds.ie
Missing Persons Helpline	1800 442 552
MOVE (Men Overcoming Violence)	065 684 8689
National Office for Victims of Abuse	1800 252 524
One Family Support Helpline	0818 662 212
Parentline	01 873 3500
Post Natal Depression Ireland	021 492 3162
Senior Helpline	1800 804 591
Treoir (Unmarried Parents Support)	01 670 0120

1800 111 888
www.yourmentalhealth.ie

To learn more about mental health and how to support yourself and those you love or may be concerned about and gain information on relevant support services



To access information on national and local suicide prevention resources/services, register for free online and face to face Training Workshops - 'Understanding Self-Harm', Suicide Prevention Skills and Bereavement Support for Professionals, please scan