



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Are you, or someone you know, in crisis now and need someone to talk to?

Please do not be alone. If you are worried about yourself or someone you know it is important to get help as soon as possible. Everyone needs help from time to time. In fact, asking for help is a sign of personal strength.

- Your first point of contact is your local GP. If it is late in the evening or at the weekend, contact Dub Doc (Dublin South City) 01 454 5607; Luke Doc (Dublin South Central) 01 406 5158; TLC Doc (Tallaght and Clondalkin) 1890 20 22 24
- Go to the Emergency Department in Connolly or AMNCH Tallaght Hospital ;
- Contact the Emergency Services on 999 or 112;
- Call the Samaritans 24 hour Freephone listening service on 116 123;
- Visit [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) for information on mental health supports and services.

**Numbers When You Need Them, Clondalkin/Lucan**

My G.P. \_\_\_\_\_  
My Mental Health Service: \_\_\_\_\_  
My Mental Health Key Worker: \_\_\_\_\_

TALLAGHT HOSPITAL (AMNCH)	01 414 2000
CONNOLLY HOSPITAL	01 646 5000
NATIONAL CHILDRENS HOSPITAL (TALLAGHT)	01 414 2000
OUR LADIES CHILDRENS HOSPITAL CRUMLIN:	01 409 6100
Adult Mental Health Services, Clondalkin	01 457 0009
Adult Mental Health Services, Lucan	01 458 5744
Child and Adolescent Mental Health Services, Lucan	01 778 2080
Child and Adolescent Mental Health Services, Clondalkin	01 778 2151
Primary Care Psychology and Parenting Clinic	076 695 5292
Resource Officer for Suicide Prevention (Emma Freeman)	087 901 0541

**Local Counselling Services:**

Pieta House Lucan (suicide prevention and self harm adult and child)	01 601 0000
Beacon of Light Counselling Services	01 457 8700
Counselling in Primary Care (adult medical card holders)	01 458 5743
Crosscare Teencounselling	01 557 4705
Jigsaw Clondalkin (12-25 years)	01 538 0087
Clondalkin Addiction Support Programme	01 616 6750

**Support Numbers and Information Helplines Continued:**

Alone (elderly support)	01 6791032
AMEN(support for men suffering from domestic abuse)	046 9023718
AWARE (Depression and Anxiety)	1800 80 48 48
Bodywhys-(Eating disorders)	1890 200 444
Childline	1800 666 666
Citizens Information Centre	076 107 8340
Crime Victims Helpline	116 006
FLAC (Free Legal Advice)	1890 350 250
GROW(Support Group for adults with mental health problems)	1890 474 474
Housing Homelessness (Out of hours helpline)	1800 707 707/01 404 9009 (Mon-Fri 10am to 12 pm)
HSE National Information Helpline	1850 241 850
Irish Advocacy Network (Mental Health)	01 872 8684
LGBTI Helpline	1890 929 539
MABS (Money and budgeting Advice Service)	1890 929 539
Mediation Ireland (Family Mediation)	01 634 4320
National Pregnancy Helpline	1850 49 50 51
Niteline (Student Support Line)	1800 793 793
One Family (Parenting Alone)	01 662 9212
Parentline	1890 927277
Rape Crisis Centre	1800 778 888
St Vincent de Paul Tallaght	01 855 0022
Womens Aid (Domestic Abuse)	1800 341 900

**Addiction Services:**

Drugs & Alcohol/HIV Helpline,	1800 459 459
HSE Alcohol Services	01 451 6589
Alcoholics Anonymous	01 842 0700
Gamblers Anonymous	01 872 1133
Narcotics Anonymous	01 672 8000
Clondalkin Local Drugs and Alcohol Task Force	01 457 9445

([www.clondalkindrugstaskforce.ie](http://www.clondalkindrugstaskforce.ie) for directory of support services in Clondalkin)

**Bereavement Services:**

Pieta House Suicide Bereavement	01 601 0000
Anam Cara (Parental and Sibling Bereavement Support)	014045378
Barnardos Childrens Bereavement Service	01 473 2110