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.
My G.P: ____________________________
My Mental Health Service: ____________________________
My Mental Health Key Worker: ____________________________

TALLAGHT HOSPITAL (AMNCH) 01 414 2000
ST JAMES HOSPITAL 01 410 3000
NATIONAL CHILDRENS HOSPITAL (TALLAGHT) 01 414 2000
OUR LADIES CHILDRENS HOSPITAL CRUMLIN: 01 409 6100
Adult Mental Health Services, Crumlin 07669 57467
Adult Mental Health Services, Drimnagh 01 415 2100
Adult Mental Health Services, Ballyfermot 07669 56100
Child and Adolescent Mental Health Services, Lucena Clinic 01 492 3596
Child and Adolescent Mental Health Services, Linn Dara Ballyfermot 01 778 2122
Primary Care Psychology and Parenting Clinic 076 695 5292
Resource Officer for Suicide Prevention (Emma Freeman) 087 901 0541

Local Counselling Services:
Pieta House Ballyfermot (suicide prevention and self harm adult and child) 01 623 5606
Access Counselling (Crumlin) 01 524 0708
Counselling in Primary Care (adult medical card holders) 01 458 5743
Jigsaw Dublin City (12-25 years) 01 658 3070

Support Numbers and Information Helplines Continued:

Alone (elderly support) 01 679 1032
AMEN(support for men suffering from domestic abuse) 046 902 3718
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
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) 0761 072000
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 927 277
Rape Crisis Centre 1800 778 888
St Vincent De Paul 01 536 7864
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
Ballyfermot Local Drugs and Alcohol Task Force 01 623 8001
Dublin 12 Local Drugs and Alcohol Task Force 01 620 6457

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