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:  

ST VINCENTS HOSPITAL  01 221 4000  
ST JAMES HOSPITAL  01 410 3000  
TEMPLE STREET HOSPITAL  01 878 4200  
OUR LADIES CHILDRENS HOSPITAL CRUMLIN:  01 409 6100  
St Patricks Hospital  01 249 3200  
Adult Mental Health Services, Camac  01 471 6320/1  
Adult Mental Health Services, Drimnagh  01 415 2100  
Adult Mental Health Services, Owendoher  01 410 3148  
Child and Adolescent Mental Health Services, Lucena Clinic  01 492 3596  
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  
Teencounselling  01 557 4705  
My Mind Counselling  076 680 1060  
Counselling in Primary Care (adult medical card holders)  01 458 5743  
Jigsaw Dublin City (12-25 years)  01 658 3070  
Hesed House  01 454 9474  

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)  076 107 8340  
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  
Inchicore Outreach Centre (Domestic Violence)  01 454 5239  
Irish Advocacy Network (Mental Health)  01 872 8684  
LGBTI Ireland  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 927277  
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  
South Inner City Drugs Task Force  07669 55638  
Canal Community Drugs Task Force  01 473 2196  

Bereavement Services:  
Pieta House Suicide Bereavement  01 601 0000  
Anam Cara (Parental and Sibling Bereavement Support)  014045378