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 St James Hospital 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, Tallaght*

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

TALLAGHT HOSPITAL (AMNCH) 01 414 2000
NATIONAL CHILDREN'S HOSPITAL (TALLAGHT) 01 414 2000
OUR LADIES CHILDREN'S HOSPITAL CRUMLIN: 01 409 6100
Adult Mental Health Services, Sheaf House, Tallaght 01 463 5200
Adult Mental Health Services, Mary Mercer, Jobstown, Tallaght 01 458 5744
Child and Adolescent Mental Health Services, Lucena Clinic 01 452 6333
Resource Officer for Suicide Prevention (Emma Freeman) 087 901 0541

Local Counselling Services:
- Counselling in Primary Care (adult medical card holders) 01 458 5743
- Crosscare Teencounselling 01 557 4705
- Daughters of Charity Jobstown (Adults and Children) 01 458 5703
- HOPE – Suicide Prevention Drop in Centre Tallaght 087 136 3082
- Jigsaw Tallaght (12-25 years) 01 464 9350
- Pieta House Tallaght (suicide prevention and self harm adult and child) 01 620 0020
- St Catherines Counselling Service 01 451 3076
- Village Counselling services (adult and child) 087 904 9497

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) 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 Tallaght 01 403 1383
- 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
- Tallaght Local Drugs and Alcohol Task Force 01 464 9303
  (www.tallaghtdatf.ie for directory of support services in Tallaght)

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