



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 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 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 CHILDRENS HOSPITAL (TALLAGHT)	01 414 2000
OUR LADIES CHILDRENS 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 (Parental and Sibling Bereavement Support)	014045378
Barnardos Child Bereavement Service	01 473 2110