



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

Produced by the Kerry Suicide Response Forum

# HOW DO YOU GET HELP IF YOU ARE HAVING A MENTAL HEALTH CRISIS IN KERRY?

**STEP 1** Visit your local GP  
(or South Doc out of hours)

**STEP 2** Your GP will assess you and  
get you the help  
and safety you need

**STEP 3** If you need immediate help, go to your nearest  
Emergency Department or ring 999 and ask for help