

HSE Resource Office for Suicide Prevention Louth Meath Crisis Supports

Urgent Help and Support:

If you are experiencing distress or are worried about someone, please contact your GP, the local Emergency Department or the Samaritans.

NEDOC (North East GP Out of Hours Service)	1850 777 911
Our Lady's Hospital Navan (Accident and Emergency)	(046) 907 8500
Our Lady of Lourdes Hospital Drogheda (Accident and Emergency)	(041) 983 7601 (Ext 2318)
Samaritans (jo@samaritans.ie)	116 123
Gardai, Fire Brigade, Ambulance	999/112
Garda Confidential Line	1800 666 111

HSE Information/Services:

The HSELive team can answer your questions from 8am-8pm Monday to Friday and 10am-5pm on Saturdays. Callsave: 1850 241 850 / 041-685 0300 / Email: hselive@hse.ie

The YourMentalHealth.ie website provides information and signposting on all mental health supports and services that are available nationally and locally provided by the HSE and its funded partners. You can also call the 24hr Freephone YourMentalHealth Information Line on 1800 111 888 to find supports and services.

For information on accessing HSE Mental Health Services in Louth and Meath:

<http://www.hse/eng/services/list/1/lho/louth/mental-health-sevices/>
<http://www.hse/eng/services/list/1/lho/meath/mental-health-sevices/>

Bereavement Support:

Anam Cara	01 404 5378
Barnardos Children Bereavement Support	01 473 2110
Irish Hospice Foundation Helpline (10am-1pm) (www.bereaved.ie / www.childhoodbereavement.ie)	1800 807 077
Suicide Bereavement Liaison (SBL) Service	Louth Meath 085 738 0444

(The HSE funded Pieta SBL Service provides support and practical information immediately after a death by suicide. The SBL officer can support from 48 hour after a loss through suicide)

Mental Health Support Helplines:

Text 50808

(A free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis) Text HELLO to 50808 anytime day or night. Visit www.text50808.ie for more information

Samaritans

(Support for anyone experiencing distress, despair and suicidal thoughts) 116 123
Email: jo@samaritans.ie

Pieta

(Support for people and communities in crisis) 1800 247 247
Text HELP to 51444

Aware

(Supports people experiencing depression and anxiety) 1800 804 848

Grow

(Support group for adults with mental health problems) 1890 474 474

Mental Health Ireland

(Promoting Positive Mental Health, Wellbeing and Recovery) 086 835 3387

Shine

(Supporting People affected by Mental Ill Health) 086 8525422
Email: northeast@shine.ie

Irish Advocacy Network

(Peer Advocacy in mental health problems) 01 872 8684

Jigsaw Meath

(Free and confidential youth mental health support service for Young people aged 12-25 right in the heart of Navan) 046 907 1702

Post natal Depression Ireland

(Support for those suffering from postnatal depression) 021 492 3162

Local Counselling Services:

Meath HSE Primary Care Psychology Services

(For children and adolescents 0-18 years only) 046 909 8816

Louth HSE Primary Care Psychology Services, Drogheda

(For children and adolescents 0-18 years only) 041 980 9500

Louth HSE Primary Care Psychology Services, Dundalk

(For children and adolescents 0-18 years only) 042 682 0000

Counselling in Primary Care (CIPC) (For adults only)

1890 252 563

HSE National Counselling Service (Rian) for adults who have experienced abuse during childhood (Meath) 1800 234 110

HSE National Counselling Service (Rian) for adults who have experienced abuse during childhood (Navan, Louth) 1800 234 117

Dundalk Counselling Service (Individual and Group counselling also youth service exclusively for 13 to 23 years old) 042 933 8333

Dowdstown Counselling Service

(High quality, affordable counselling) 046 903 1196

Travellers Counselling Service

(Provision of a counselling service to members of the Traveller community) 086 308 1476

Private and Online Counselling:

The Psychological Society of Ireland	01 472 0105
www.psychologicalsociety.ie	
Irish Association for counselling and Psychotherapy www.iacp.ie	01 230 3536
My Mind Online Video Counselling	076 680 1060
www.mymind.org	
Turn2me Online Counselling &Support Groups	www.turn2me.org

Other Support and Information Helplines

Men's Aid (Support for men affected by domestic abuse)	01 554 3811
BODYWHYS (Support for people affected by eating disorders)	1890 200 444
Childline	1800 666 666
Crime Victims Helpline	116 006
Connect Counselling (Free telephone counselling / support for adults who have experienced abuse during childhood)	1800 477 477
Dundalk Outcomers Support for LGBTI people aged between 14and 23)	042 932 9816
Dundalk Simon Community (Support for those that are homeless)	042 933 9583
Drogheda Homeless Aid (Support for those that are homeless)	041 983 4492
Drogheda Women's and Children Refuge (Support for women and children who are homeless)	041 984 4550
HSE National Information Helpline	1850 241 850
LGBTI Helpline (Lesbian, Gay, Bisexual, Transgender and Intersex Helpline)	1890 929 539
MABS (Money advice and budgeting service)	0761 07 2000
Meath Women's Refuge (Support for women and their children who experience domestic violence)	046 902 2393
National Pregnancy Helpline	1850 495 051
NiteLine (Student support helpline)	1800 793 793
Parentline	1890 927 277
Rape Crisis (North East)	1800 212 122
Resource Office for Suicide Prevention	086 3801152
Senior Helpline	046 955 7766
Sexual Violence Helpline – For men and women experiencing sexual violence	1800778 888
Third Age (Support for older people)	1800 804 591
Teenline	1800 833 634
Women's Aid National Domestic Violence Helpline	1800 314 900
Youth Work Ireland Meath (Support for young people)	046 909 3402
Trim Family Resource Centre	046 943 8850
Kells People's Resource Centre	046 924 7161
Connect Family Resource Centre, Drogheda	041 984 6608

Addiction Services

HSE Drug & Alcohol Helpline	1800 459 459
Alcoholics Anonymous	01 842 0700
Al Anon/Alateen	01 873 2699
Turas (Provision of free, confidential supports to people at all stages of addiction)	042 933 8221 /933 8224
Meath Community Drugs & Alcohol Response (MCDAR)	087 0933 759

Websites

www.alustforlife.com
www.anamcara.ie
www.askaboutalcohol.ie
www.aware.ie
www.bereaved.ie
www.bodywhys.ie
www.bookwhen.com/suicidepreventiontraininglouthmeath
www.childhoodbereavement.ie
www.drugs.ie
www.grow.ie
www.lgbt.ie
www.menssheds.ie/malehealth-ie
www.mentalhealthireland.ie
www.mymind.org
www.nosp.ie
www.pieta.ie
www.pleasetalk.ie
www.positiveoptions.ie
www.reachout.com
www.samaritans.org
www.shine.org
www.spunout.ie
www.suicideorsurvive.ie
www.text50808.ie
www.turn2me.ie
www.youmatter.ie