

If you or someone you know is struggling or in crisis, help is available. Where to get help:

- GP, or an out-of-hours GP service
- Hospital Emergency Services
- Contact Emergency Services on **999** or **112** (have eircode if possible)
- Call the Samaritans 24 hr Freephone **116 123** / Email **jo@samaritans.ie**
- Pieta Suicide Helpline **1800 247 247** Text **HELP** to **51444 24/7** **www.pieta.ie**
- Crisis Text Line **Text HELLO to 50808 24/7**
- Call **1800 111 888** and visit **www.yourmentalhealth.ie**
(information on mental health supports & services)

My GP: _____

My Mental Health Service: _____

My Mental Health Key worker: _____

GP out-of-hours service

- EDOC (East Dublin, Dun Laoghaire, East Wicklow).... 01 223 4500 / edoc.ie
- CareDoc (South Wicklow)0818 300 365

Hospitals

- St Vincent's University Hospital01 221 4504 (24/7)
- St Michael's Hospital Dun Laoghaire01 280 6901 (8am - 8pm)
- St Columcille's Hospital Loughlinstown(01) 211 5000 (8am - 6pm)
- Children's Health Ireland at Crumlin (24/7)01 409 6100
- Children's Health Ireland at Tallaght (24/7)01 414 2409

Helplines & websites

- Aware Listening Service..... 1800 804 848 www.aware.ie
- Alone 0818 222 024.....www.alone.ie (supporting older people)
- Alzheimer Society of Ireland1800 341 341 / alzheimer.ie
- BODYWHYS.....01 2107906 / alex@bodywhys.ie (supporting eating disorders)
- ChildLine Freephone.....1800 66 66 66
Free text the word 'Talk' to 50101 (24/7)
- CARI Helpline..... 0818 924 567 / cari.ie (support and advice regarding child sexual abuse)
- Crosscare.....01 872 6775 (Supporting migrants, refugees, asylum seekers and people who are homeless)
- Crime Victims Helpline.....116 006 Text 085 133 771

- Employee Assistance Programme 0818 327 327 (HSE staff counselling service)
- HSE National Information / Support 1800 700 700
- LGBT Helpline 1800 929 539 / lgbt.ie (supporting lesbian, gay, bisexual and transgender people)
- MABS: Dublin South 0818 07 2530, Dundrum 0818 07 2310
Bray 0818 07 2250, Arklow 0818 072390 / mabs.ie (Money advice & budgeting service)
- Men's Aid Ireland 01 554 3811 / mensaid.ie
- Mental Health Ireland.....01 284 1166 / mentalhealthireland.ie
- Minding Creative Minds 1800 814 244 / mindingcreativeminds.ie
- National Traveller Mental Health Service01 872 10934
exchangehouse.ie
- One Family..... 0818 662 212 / onefamily.ie (supporting people parenting alone, co-parenting or separating)

- One in Four01 6624070 / oneinfour.ie (supporting adult survivors of child sexual abuse)
- Practitioner Health085 760 1274 (Supporting doctors, dentists & pharmacists)
- Parentline.....018 733 500 / parentline.ie
- Rape Crisis Centre1800 778 888 / drcc.ie
- Senior line.....1800 804 591 (listening service for older persons)
- SpunOut01 675 3554 / spunout.ie
Freetext SPUNOUT to 50808
- St Vincent De Paul East Region01 855 0022 / svp.ie
- Unplanned Pregnancy My Options 1800 828 010 / myoptions.ie
- Women's Aid Domestic Violence1800 341 900 / womensaid.ie

Addiction Services

- Al-Anon & Al-Ateen.....01 873 2699 / www.al-anon.org
- HSE Drug & Alcohol /Sexual Health & HIV1800 459 459
helpline@hse.ie
- Alcoholics Anonymous..... 01 842 0700 / 086 216 9818
alcoholicsanonymous.ie
- Gamblers Anonymous.....01872 1133 / gamblersanonymous.ie
- Narcotics Anonymous.....086 862 9308 / naeasternarea.org

Bereavement Supports and Services

- Anam Cara.....085 288 8888 / 01 404 5378 / anamcara.ie
(supporting parents after child bereavement)
- Barnardo's Children's Bereavement Helpline01 473 2110
(supporting families to help children through grieving process)

- HUGG..... 01 513 4048 / hugg.ie
(suicide bereavement peer support group)
- Pieta House Bereavement Services.....1800 247 247
Text HELP to 51444
- Suicide Bereavement Liaison Officer.....085 870 6712
- Irish Hospice Foundation Bereavement Support Line....1800 80 70 77

Homeless Specific Helplines

- Emergency Accommodation..... Freephone 1800 707 707
- Focus Ireland..... 01 881 5900
- Peter McVerry Trust..... 1800 140 244
- Simon Dublin Outreach Team..... 01 872 0185
- Simon Support Worker, Wicklow..... 086 043 7562
- Simon Suicide Prevention Hotline..... 1800 844 600
- Crosscare 01 872 6775

Local Counselling / Psychotherapy Services

- Balallay Family Resource Centre..... 01 295 2167 / balallyfrc.ie
- Irish Association of Humanistic & Integrative Psychotherapy 01 284 1665
https://iahip.org/
- Counselling in Primary Care.....01 280 5862 (GP referral required)
- Connect Counselling 1800 477 477
- Crosscare Teen Counselling (12-18yo) 01 557 4705 / teencounselling.ie
- Greystones Family Resource Centre.....01 255 7528 / greystonesfrc.ie
- Hillview Resource Centre01 296 5025 / hillviewfrc.ie
- Irish Association for Counselling & Psychotherapy01 230 3536 iacp.ie
- Jigsaw (12-25yo) .. 01 6583070 (Dublin) / 01 5240796 (Wicklow) / jigsaw.ie
- Living Life Counselling Bray/Arklow 01 286 6729
- MyMind 0818 500 800 / mymind.org
- National Counselling Service HSE..... 1800 234 111
- Rosemount Resource Centre.....01 216 6131 / rosemountfrc.ie
- Traveller Counselling Service..... 086 308 1476
- Turn to me (online counselling).....turntome.org

**YOU'RE NOT ALONE,
WE ARE HERE TO HELP!**

yourmentalhealth.ie

Information | Support | Services

1800 111 888



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The information provided within is correct at time of printing but is subject to change

**NUMBERS WHEN
YOU NEED THEM**

Help at your finger tips

