



Connecting for Life  
Cork / Kerry

## NUMBERS WHEN YOU NEED THEM -

# Help at your fingertips

Dated: 11.04.23

Subject to change

If you are experiencing distress or worried about someone else please contact your GP, your Emergency Department or call the Samaritans for support on Freephone: 116 123 or email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

The [YourMentalHealth.ie](http://www.YourMentalHealth.ie) website provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services **1800 111 888** (any time, day or night).

For more information visit: <http://www.gov.ie/en/campaigns/together> / For information on COVID-19? Go to: [www.hse.ie/coronavirus](http://www.hse.ie/coronavirus)

### EMERGENCY SERVICES

Ambulance Service,  
Fire Service, Garda Siochana

Emergency Support

CALL: 112 OR 999

### HOSPITAL EMERGENCY DEPARTMENTS

Emergency Support

Cork University Hospital: (021) 492 0200  
Mercy Hospital Cork: (021) 493 5241  
Kerry General Hospital: (066) 718 4000

### SOUTH DOC GP - OUT OF HOURS SERVICES

Urgent out of hours GP Care  
*This service is available after 6.00pm*

Cork: 0818 335 999  
Kerry: 0818 335 999  
*Available after 6.00pm*

### SAMARITANS

Emotional Support Service

FREEPHONE: 116 123  
or email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

### TEXT SUPPORT SERVICE

A free 24/7 text service, providing support for people going through a mental health or emotional crisis – big or small

TEXT HELLO 50808  
Email: [HELLO@TEXT50808.IE](mailto:HELLO@TEXT50808.IE) / Visit: [WWW.TEXT50808.IE](http://WWW.TEXT50808.IE)

### LGBT IRELAND

Low call helpline support service that provides confidential, listening, support and information service to lesbian, gay, bisexual and transgender (LGBT) people.

1800 929 539  
Email: [INFO@LGBT.IE](mailto:INFO@LGBT.IE)  
Visit: [WWW.LGBT.IE](http://WWW.LGBT.IE)

### AWARE HELPLINE

Listening service for people with depression or those concerned about family or friends

CALL FREE: 1800 804 848 (10am-10pm)  
[www.aware.ie](http://www.aware.ie)

### PIETA

24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm

CALL FREE: 1800 247 247 / Text HELP to 51444  
To book a free counselling session phone: 0818 111 126  
[www.pieta.ie](http://www.pieta.ie)

### CHILDLINE

Confidential line for children and young people

CALL FREE: 1800 666 666 Free (24/7)  
Text Talk to 50101 (Free) 10am-4am / [www.childline.ie](http://www.childline.ie)

### HSE LIVE National Information/ Support

The HSE Live phone line is a non-emergency service for enquiries re: COVID-19 vaccine registration and results or to answer general questions about the health service.

CALL FREE: 1800 700 700  
7 days a week (Mon-Fri 8am to 8pm, Sat-Sun 9am to 5pm)  
For more information go to [www.2.hse.ie](http://www.2.hse.ie)

### HSE - DRUG AND ALCOHOL LINE

Drug and Alcohol information and support

CALL FREE: 1800 459 459 (9.30am - 5.30pm)

### BEREAVEMENT SUPPORT

Helpline to assist people during the COVID-19 pandemic. Operated by the Irish Hospice Foundation in conjunction with the HSE

FREE Phone: 1800 80 70 77  
available Monday to Friday from 10am to 1pm  
[hse.ie/grief](http://hse.ie/grief) / [hospicefoundation.ie](http://hospicefoundation.ie) / #Copingwithgrief

### MABS

Money Advice and Budgeting Service

CALL: (076) 107 2000 (Mon-Fri 9am to 8pm)  
Or email: [cork@mabs.ie](mailto:cork@mabs.ie) / [kerry@mabs.ie](mailto:kerry@mabs.ie) / [www.mabs.ie](http://www.mabs.ie)

### GROW

Peer support groups for over 18s who may struggle with any aspect of their mental health

LOW CALL: 0818 474 474  
[www.grow.ie](http://www.grow.ie)

### ALONE

Covid-19 support for older people

CALL: 0818 222 024 (8am to 8pm Monday to Friday)

### SUPPORT FOR OLDER PEOPLE

Elder Abuse Helpline – for older people experiencing abuse and violence

LOW CALL: 1850 24 1850

### WOMENS AID

Support for victims of domestic abuse and violence

CALL FREE: 1800 341 900 (24/7) / [www.womensaid.ie](http://www.womensaid.ie)

### ANYMAN

For men experiencing domestic abuse and violence

CALL: (01) 554 3811

### MALE ADVICE LINE

For men experiencing domestic abuse and violence

CALL FREE: 1800 816 588

### SEXUAL VIOLENCE HELPLINE

For men and women – experiencing sexual violence

CALL FREE: 1800 77 88 88

For an updated list of Mental Health Services please visit - [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

My Eircode:

My GP:

