

Need to talk?

Help is a phone call away



Free-phone 24/7 on **116 123**

Text **087 2609090**

Email: jo@samaritans.ie



Call **1800 247 247**

Email: info@pieta.ie



Free-phone 24/7 **1800 666 666**

Text "Talk" to **50101**

Go to www.childline.ie

If you are in crisis please contact your local GP. Out of hours, contact SouthDoc on 1850 335 999 or your nearest Emergency Department.

For further information and a list of other supports please access:

www.yourmentalhealth.ie

www.bereaved.ie

Issued by the HSE/Cork Kerry Community Healthcare