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SUPPORT NUMBERS *(continued)*

Pieta (support for people who are suicidal or self harming)
Helpline: 1800 247247 / Text HELP to 51444 Free (24/7)
Ballyfermot: (01) 6235606 / Lucan: (01) 6010000 /
Dublin South: (01) 4624792 / www.pieta.ie

Pieta Suicide Bereavement Liaison Service
(Dublin South and Kildare West Wicklow) 085 8706606

Womens Aid (Support for victims of Domestic Violence)
1800 341900 Free (24/7) / **www.womensaid.ie**

National Traveller Counselling Service 01 8685761 /
086-3081476 or email: info@travellercounselling.ie

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Bodywhys (support with eating disorders)
(01) 2107906 or email: alex@bodywhys.ie

Irish Hospice Foundation (Bereavement support) **1800 807077**

COUNSELLING AND BEREAVEMENT SERVICES

For information on counselling or bereavement services
in your area please visit **yourmentalhealth.ie** or call the
YourMentalHealth Information Line on 1800 111888 (24/7).

Date of issue Nov 2021.
The information provided within is correct at time of printing but is subject to change.

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

yourmentalhealth.ie
Information | Support | Services

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**NUMBERS WHEN
YOU NEED THEM**
HELP AT YOUR FINGERTIPS



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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: 116123** or **email: jo@samaritans.ie**

Text50808 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 YMH to 50808**, anytime day or night. Visit **www.text50808.ie** for more information.

Visit **yourmentalhealth.ie** or call the your mental health information line on **1800 111 888** (24/7) for information on all mental health supports and services provided by the HSE and funded partners in your area.

EMERGENCY CONTACTS

Ambulance / Garda / Fire _____ **999 / 112**

EMERGENCY DEPARTMENTS

Naas _____ **045 849899**

Portlaoise _____ **057 8621364**

Tallaght _____ **01 4142000**

Connolly Hospital _____ **01 6465000**

OL Childrens Hospital Crumlin _____ **01 4096100**

St James Hospital _____ **01 4103000**

GP OUT OF HOURS SERVICE

North Kildare Doc (Celbridge, Maynooth) _ **01 4539333 / 5130100**

KDoc (rest of Kildare and West Wicklow) _____ **045 848701**

Caredoc (South Wicklow) _____ **059 9138100**

Luke Doc (Rathfarnham, Templeogue) _____ **01 4065158**

TLC Doc (Rest of Dublin South) _____ **045 848707**

Dub Doc (Dublin South City) _____ **01 4545607**

ONLINE SUPPORTS

Mymind.org _____ **Jigsawonline.ie** _____

Turn2me.ie _____ **Spunout.ie** _____

SUPPORT NUMBERS

Aware (support with depression) - **1800 804848** (10am-10pm)
www.aware.ie

Grow (Support with mental health) - **1890 474474** **www.grow.ie**

Alone (Support for older people) - **0818 222024**
or email **hello@alone.ie**

Childline (Support for young people) - **1800 666666** Free (24/7)
Text Talk to 50101 (Free) 10am-4am **www.childline.ie**

HSE Drugs and Alcohol - **1800 459459** (9.30am – 5.30pm)

MABS (Money Advice and Budgeting Service) **0818 072000** Mon-Fri/9am-8pm

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