

Someone is always there to listen to you



ALL DAY
EVERY
DAY,
24 HRS
A DAY

If it's an emergency,
Dial 999/112

CONTACT YOUR GP OR GP OUT OF HOURS SERVICE
MIDOC 1800 302 702



Connecting for Life
Midlands

National Support Services

SAMARITANS

TALK IT THROUGH,
WE'RE HERE TO LISTEN

jo@samaritans.ie

116 123

www.samaritans.org

pieta

1800 247 247

TEXT HELP TO 51444

Pieta supports people and communities in crisis by providing freely accessible, professional services to all.

www.pieta.ie

spunout

text about it

Text About It is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support for our mental health & emotional wellbeing

Text: **Free-text HELLO**
to 50808 to start a conversation
Website: textaboutit.ie

HUGG

HEALING UNTOLD GRIEF GROUPS

Free Suicide Bereavement
Peer Support

01 5134048

info@hugg.ie www.hugg.ie

Other ongoing Supports

your mental health.ie

Information | Support | Services

1800 111 888

www.yourmentalhealth.ie

MyMind

Centre for Mental Wellbeing
(+353) 818 500 800

Online Therapy & Counselling

SPUNOUT

SpunOut.ie

@SpunOut

SpunOutMedia

Youth information website
created by young people for young people



turn2me
professional mental health
support online

Online Therapy & Counselling

Help & Support Information Card

You are not alone, we
are here to help you!



Longford/Westmeath



LAOIS & OFFALY



Most people are surprised to learn that they are more likely to encounter someone who is thinking about suicide than someone who needs CPR. With the right suicide prevention skills training, everyone can help save a life

Let's Talk About Suicide



Online

Duration: 60 mins.
Online suicide prevention training programme. Available to all over 18 years that helps people to develop their skills to keep others safe from suicide

Introduction to Self-Harm

Online

Online 2- hour programme for those who seek to develop their knowledge and understanding of self-harm.

safeTALK

In-person

Half-day suicide prevention skills training prepares participants to recognise and engage with people who may be having thoughts of suicide and to connect them to suicide first aid resources.



Understanding Self-Harm

In-person

1-day training
The training is suitable for those who seek to understand more about self-harm and the reasons underlying self-harm behaviours



ASIST

In-person

2-day suicide prevention skills training
Programme is mainly directed at 'gatekeepers' (staff and volunteers) working within our communities)



Suicide Bereavement

In-person

1-day Workshop for professionals and key contact people providing support to those bereaved through suicide.

To access free online and face to face self-harm, suicide prevention and bereavement support training, please scan QR Code or visit: www.bookwhen.com/suicidepreventiontrainingmidlands



RGGP Training Programmes