

Someone is always there to listen to you



ALL DAY
EVERY
DAY,
24 HRS
A DAY

If it's an emergency,
Dial 999/112

Emergency 24 hour 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 mary@pieta.ie

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 YMH**
to 50808 to start a conversation
Website: textaboutit.ie

ISPC
Childline

1800 66 66 66

(24 HRS A DAY, EVERYDAY)

Text TALK to 50101

Online chat - www.childline.ie

CONTACT YOUR GP OR GP OUT OF HOURS SERVICE

MIDOC

1800 302 702

NEDOC

1800 777 911



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service

Other ongoing
Supports

your
mental
health.ie

Information | Support | Services

1800 111 888

www.yourmentalhealth.ie

SPUNOUT.ie

SpunOut.ie

@SpunOut

SpunOutMedia

Youth information website
created by young people for young people



turn2me
professional mental health
support online

Online Therapy & Counselling

MyMind
Centre for Mental Wellbeing
(+353) 818 500 800

Online Therapy & Counselling



Connecting for Life
Midlands, Louth and Meath