



Connecting for Life
Midlands

Someone
is **always**
there to
listen to you



REDUCING SUICIDE TOGETHER

NATIONAL SUPPORT SERVICES

If it's an emergency
DIAL
999 / 112

Contact your GP or
out of hours GP Service
MIDOC **1800 302 702**

SAMARITANS
TALK IT THROUGH,
WE'RE HERE TO LISTEN
jo@samaritans.ie www.samaritans.org
116 123

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

Traveller Counselling Service
Landline: 01 868 5761 Mobile: 096 308 1476
Email: info@travellercounselling.ie
www.travellercounselling.ie

OTHER ONGOING SUPPORTS

your mental health.ie
Information | Support | Services
1800 111 888
www.yourmentalhealth.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

turn2me
professional mental health
support online
Online Therapy & Counselling

MyMind
Centre for Mental Wellbeing
(+353) 818 500 800
Online Therapy & Counselling

SPUNOUT.ie
SpunOut.ie
@SpunOut
SpunOutMedia
Youth information website
created by young people for young people

Mind Your Neck!
Mental Health Information for Young Pavees
www.youngpavees.ie



Longford & Westmeath

Help & Support Information Card

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

Scan QR codes for information
on Local Services



Laois & Offaly

SUICIDE BEREAVEMENT SUPPORT SERVICES

pieta **Suicide Bereavement
Liaison Service**
The Suicide Bereavement Liaison (SBL)
Service offers guidance, practical
information, and emotional support to
anyone affected in the immediate
aftermath of a death by suicide.
t: 0818 111 126
e: sblo.referrals@pieta.ie

HUGG
HEALING UNTOLD GRIEF GROUPS
Free Suicide Bereavement
Peer Support
01 5134048
info@hugg.ie www.hugg.ie

Safe Harbour
Safe Harbour is an
illustrated
storybook for
children who have
been bereaved by
suicide.
[www.childhoodbereavement.ie/
safeharbour](http://www.childhoodbereavement.ie/safeharbour)

MY MENTAL HEALTH PLAN

My mental health plan is for people age 18 and older.
It can help you find ways to improve stress, anxiety,
low mood or sleep problems. For more information please visit:

<https://www2.hse.ie/mental-health/my-mental-health-plan/> Or scan:

My Mental Health Plan is not an assessment of your mental health.
It cannot help with urgent or long-term mental health issues.

If you, or someone you know is at immediate risk of harm, go to or call the Emergency Department of your local general hospital.
You can also contact the Emergency Services on 112 or 999 anytime, day or night.



You can call HSE YourMentalHealth Line anytime, day or night. YourMentalHealth Line is not a counselling service, a member of the team can provide information on:

- mental health supports and services available to you
- how to access different services provided by the HSE and services the HSE funds

yourmentalhealth.ie
Information Line
1800 111 888

Learn about mental health and how
to support yourself and others.

