

# YOU'RE NOT ALONE, WE ARE HERE TO HELP!

[yourmentalhealth.ie](http://yourmentalhealth.ie)

Information | Support | Services

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My GP/Care Worker Contact Details.....

## Mental Health

- Aware Support Line ..... 1800 804 848  
*(support for depression and anxiety)*
- Bodywhys ..... 01 210 7906  
*(support for people affected by eating disorders)*
- Galway Community Café ..... 087 108 5134
- GROW *(support for adults with mental health problems)*..... 0818 474 474
- Irish Advocacy Network ..... 01 872 8684  
*(peer advocacy in mental health)*
- Jigsaw: *(mental health supports for young people, 12-25 years)*
  - Galway ..... 091 549 252
  - Roscommon..... 090 66 43010
- Mindspace Mayo ..... 094 90 67001
- Pieta:
  - Galway ..... 091 502 921
  - Tuam ..... 093 25586
  - Ballina ..... 093 25586
- Recovery Colleges:
  - Galway..... 087 213 9508

- Mayo ..... 086 029 4901
- Roscommon/East Galway ..... 086 130 4869
- Shine *(supporting people affected by mental ill health)*..... 01 860 1610

## Other Support Numbers

- Cairde Mayo LGBTI+ Youth Group..... 087 771 4967
- Citizens Information ..... 1818 074 000
- ISPCC:
  - Galway ..... 091 549 100
  - Mayo..... 094 90 25254
- Mayo Women's Support Services *(refuge and support)*... 094 90 27519
- Men's Aid Ireland ..... 01 554 3811  
*(supporting men and their families experiencing domestic violence)*
- Men's Development Network Client Support Worker .. 083 475 3760
- Nowdoc..... 0818 400 911  
*(North Roscommon, out of hours family doctor service)*
- Roscommon University Hospital..... 090 66 26200

- Roscommon Women's Network (RWN) ..... 094 96 21690
- Sexual Health West (formerly Aids West)..... 091 566 266
- shOUT!*(LGBT and questioning, ages 14-17 and 18-21 years)*... 087 659 5534
- Social Prescribing Service:
  - Galway City ..... 083 196 9370
  - Galway Co. (Tuam, Athenry, Loughrea) ..... 087 475 9547
  - Mayo (Flourish)..... 087 185 7280
  - Roscommon (Well Connected)..... 086 176 5381
- St. Vincent de Paul Freephone..... 1800 677 777
- Transgender Equality Network Ireland ..... 01 873 3575
- Transgender Family Support Line ..... 01 907 3707
- Westdoc..... 0818 360 000  
*(out of hours family doctor service for participating GPs)*

## Apps

- Galway Safe App ..... [www.wrdatf.ie](http://www.wrdatf.ie)  
*(personal safety around waterways in Galway City at night-time)*

## Websites

- [www.anamcara.ie](http://www.anamcara.ie)
- [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)
- [www.barnardos.ie](http://www.barnardos.ie)
- [www.bereaved.ie](http://www.bereaved.ie)
- [www.childhoodbereavement.ie](http://www.childhoodbereavement.ie)
- [www.childline.ie](http://www.childline.ie)
- [www.citizensinformation.ie](http://www.citizensinformation.ie)
- [www.connectcounselling.ie](http://www.connectcounselling.ie)
- [www.drugs.ie](http://www.drugs.ie)
- [www.healthpromotion.ie](http://www.healthpromotion.ie)
- [www.hospicefoundation.ie](http://www.hospicefoundation.ie)
- [www.hse.ie](http://www.hse.ie)
- [www.hugg.ie](http://www.hugg.ie)
- [www.jigsaw.ie](http://www.jigsaw.ie)
- [www.lgbt.ie](http://www.lgbt.ie)
- [www.mensnetwork.ie](http://www.mensnetwork.ie)
- [www.menssheds.ie](http://www.menssheds.ie)
- [www.mindspacemayo.ie](http://www.mindspacemayo.ie)
- [www.nosp.ie](http://www.nosp.ie)
- [www.outcomers.org](http://www.outcomers.org)
- [www.parentline.ie](http://www.parentline.ie)
- [www.pieta.ie](http://www.pieta.ie)
- [www.samaritans.org](http://www.samaritans.org)
- [www.sexualhealthwest.ie](http://www.sexualhealthwest.ie)
- [www.spunout.ie](http://www.spunout.ie)
- [www.suicideorsurvive.ie](http://www.suicideorsurvive.ie)
- [www.turn2me.org](http://www.turn2me.org)
- [www.usi.ie](http://www.usi.ie)
- [www.westbewell.ie](http://www.westbewell.ie)
- [www.widow.ie](http://www.widow.ie)
- [www.youmatter.ie](http://www.youmatter.ie)
- [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

The information provided within is correct at time of printing but is subject to change

# NUMBERS IF YOU NEED THEM

## GALWAY, MAYO AND ROSCOMMON



## Urgent Help and Support – 24 hours

Emergency Services	999 or 112
Childline	1800 666 666, text TALK to 50101
Domestic Violence Refuge and Support, Galway	091 565 985
Garda Confidential Line	1800 666 111
Hospitals:	
Emergency Department, Galway	091 524 222
Emergency Department, Mayo	094 90 21733
Emergency Department, Portlucan	090 96 48248
Pieta Suicide Helpline	1800 247 247 text HELP to 51444
Samaritans	116 123
Sexual Assault Treatment Unit, Galway	091 765 751
Text About It	text HELLO to 50808 <i>(providing everything from a calming chat to immediate support)</i>
YourMentalHealth Information Line	1800 111 888 <i>(mental health supports/services)</i>

## Addiction Services

Al-Anon & Al-Ateen <i>(if someone's drinking is bothering you)</i>	01 873 2699
Alcohol & Drugs Helpline	1800 459 459
Alcoholics Anonymous (day time)	01 842 0700
Drugs Service:	
Galway	091 864 450
Mayo	094 90 49222
Roscommon	087 222 0380 / 087 653 8201
U18 Years Drugs Service Galway/Mayo/Roscommon	094 90 49233
Galway City Alcohol Service	091 864 450
Gamblers Anonymous	01 872 1133
SMART Recovery, Galway & Roscommon <i>(support group)</i>	www.smartrecovery.ie

## Bereavement Services

Anam Cara <i>(Parental &amp; Sibling Bereavement Support)</i>	01 404 5378
Barnardos Children's Bereavement Service	01 473 2110
HUGG <i>(Suicide Bereavement Support Groups)</i>	01 513 4048
Irish Hospice Foundation Bereavement Support Line	1800 80 70 77
Suicide Bereavement Liaison Service:	
Galway	0818 111 126
Mayo	087 217 2866
Roscommon	085 740 7856

## Counselling Services

APSI, Adult Psychological Service, Roscommon	090 66 65020
Boyle Family Resource Centre, Roscommon	071 96 63000
Curam, Claremorris	094 93 62096
Family Centre, Castlebar, Co. Mayo	094 90 25900
Galway Diocesan Pastoral Service	091 565 066

Galway Diocesan Youth Service	091 568 483
Helplink	0818 99 88 80 / <a href="mailto:helplinksupport@helplink.ie">helplinksupport@helplink.ie</a>
HSE Counselling in Primary Care	091 583 682
HSE National Counselling Service	1800 234 114 <i>(for adults who have experienced abuse, trauma or neglect in childhood)</i>
Knock Counselling Service, Mayo	094 93 75032
My Mind	0818 500 800 / <a href="http://www.mymind.org">www.mymind.org</a>
Tacu Family Resource Centre, Ballinrobe	087 285 9973
Turn2Me (free online counselling)	<a href="http://www.turn2me.org">www.turn2me.org</a>
Vita House, Roscommon	090 66 25898
Westport Family Resource Centre	098 24419
Youth Work Ireland, Youth Counselling Service	086 024 7763 <a href="mailto:counselling@youthworkgalway.ie">counselling@youthworkgalway.ie</a>

## Families

HSE Child & Adolescent Psychology Department:	
Galway	091 546 050
Mayo	094 90 42281
Roscommon	090 66 65020
Parent Line	01 873 3500
Tusla, Family Support Services:	
Galway	091 546 297
Mayo	094 90 42510
North Roscommon (Boyle)	071 96 73606
South Roscommon (Monksland)	090 64 98504
Tusla, Social Work Department:	
Galway	091 546 366
Mayo	094 90 49137
Roscommon	090 66 65228 / 090 66 37851

## Helplines

Alone <i>(supports older people to age at home)</i>	0818 222 024
Crime Victims Helpline	116 006
HSE National Information Helpline <i>(HSE Live)</i>	1800 700 700
LGBT National Helpline	1800 929 539
MABS Helpline <i>(Money and Budgeting Advice Service):</i>	
Ballina	0818 07 2660
Castlebar	0818 07 2670
Galway	0818 07 2570
Roscommon	0818 07 2720
Male Advice Line <i>(National support for male victims of domestic abuse)</i>	1800 816 588
Rape Crisis Centre:	
Galway	1800 355 355 / 091 56 4800
Mayo	1800 234 900
National	1800 778 888
Senior Line <i>(listening service for older people)</i>	1800 804 591
Women's Aid Domestic Violence Helpline	1800 341 900