

Connecting for Life
Galway, Mayo & Roscommon



MENTAL HEALTH SUPPORT
Galway, Mayo & Roscommon
www.westbewell.ie



My Eircode:

My GP:



For more information:
www.westbewell.ie

NUMBERS IF YOU NEED THEM



www.westbewell.ie

If it's an emergency
Dial 999

SAMARITANS

TALK IT THROUGH,
WE'RE HERE TO LISTEN



116 123

jo@samaritans.ie
www.samaritans.org

pieta

1800 247 247

TEXT HELP TO 51444 info@pieta.ie

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

Galway Centre: 091 502921

Tuam Centre: 093 25586

Athlone Centre: 090 642 4111

www.pieta.ie

Childline

by ISPCC

Reach out for any reason, anytime.
Childline is always here
for every child and young person.

1800 666 666

Instant messaging service
available on
www.childline.ie

spunout

text about it

SCAN ME



A free, anonymous, 24/7 messaging service
providing everything from a calming chat
to immediate support
for people's mental health
and emotional wellbeing.

www.textaboutit.ie