

YOU'RE NOT ALONE, WE ARE HERE TO HELP



Information | Support | Services



SCAN ME

Date of issue July 2026

My GP/Care Worker Contact Details

.....

Scan for HSE suicide prevention training programmes

Mental Health	
Aware Support Line (<i>support for depression and anxiety</i>)...	1800 804 848
Bodywhys (<i>support for people affected by eating disorders</i>) ...	01 210 7906
Galway Solace Café	087 108 5134
GROW (<i>support for adults with mental health problems</i>).....	0818 474 474
Irish Advocacy Network (<i>peer advocacy in mental health</i>) ...	01 872 8684
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 (<i>mental health support, advocacy and education</i>).....	01 860 1610
Young People	
ISPCC:	
Galway	091 549 100
Mayo.....	094 90 25254

Jigsaw: (<i>mental health supports for young people, 12-25 years</i>)	
Galway	091 549 252
Roscommon.....	090 66 43010
Mindspace Mayo	094 90 67001
Spunout Navigator (<i>online tool for personalised mental health information and support</i>)	https://spunout.ie/navigator/
Other Support Numbers	
Cairde Mayo LGBTI+ Youth Group.....	087 771 4967
Citizens Information	1818 074 000
Mayo Women's Support Services (<i>refuge and support</i>)...	094 90 27519
Men's Aid Ireland	01 554 3811
(<i>supporting men and their families experiencing domestic violence</i>)	
Men's Development Network Client Support Worker ..	083 475 3760
Nowdoc.....	0818 400 911
(<i>North Roscommon, out of hours family doctor service</i>)	
Roscommon University Hospital.....	090 66 26200

Roscommon Women's Network (RWN)	094 96 21690
Sexual Health West (formerly Aids West).....	091 566 266
shOUT! (<i>LGBT and questioning, ages 14-17 and 18-21 years</i>)...	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
(<i>out of hours family doctor service for participating GPs</i>)	
Apps	
Galway Safe App	www.wrdatf.ie
(<i>personal safety around waterways in Galway City at night-time</i>)	

Websites	
www.anamcara.ie	www.mensnetwork.ie
www.askaboutalcohol.ie	www.menssheds.ie
www.barnardos.ie	www.mindspacemayo.ie
www.bereaved.ie	www.mymind.org
www.childhoodbereavement.ie	www.nosp.ie
www.childline.ie	www.parentline.ie
www.citizensinformation.ie	www.pieta.ie
www.connectcounselling.ie	www.samaritans.org
www.drugs.ie	www.sexualhealthwest.ie
www.healthpromotion.ie	www.spunout.ie
www.hospicefoundation.ie	www.suicideorsurvive.ie
www.hse.ie	www.travellercounselling.ie
www.hugg.ie	www.turn2me.org
www.jigsaw.ie	www.westbewell.ie
www.lgbt.ie	www.yourmentalhealth.ie




Connecting for Life
Galway, Mayo and Roscommon

NUMBERS IF YOU NEED THEM

GALWAY, MAYO AND ROSCOMMON

WEST BE WELL



MENTAL HEALTH SUPPORT

Galway, Mayo & Roscommon

www.westbewell.ie



SCAN ME

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

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, Portluc.....090 96 48248
Pieta Suicide Helpline.....1800 247 247 text HELP to 51444
Samaritans 116 123
Sexual Assault Treatment Unit, Galway091 765 751
Text About It text HELLO to 50808
 (providing everything from a calming chat to immediate support)
Togetherall *(free online support, 16-30 years)*
 www.togetherall.com/en-ie/join/ireland/
YourMentalHealth Information Line1800 111 888

Addiction Services

Al-Anon & Al-Ateen *(if someone's drinking is bothering you)*....01 873 2699
Alcohol & Drugs Helpline.....1800 459 459
Alcoholics Anonymous (day time).....01 842 0700
Drugs Service:
 Galway091 864 450
 Mayo094 90 49222
 Roscommon087 222 0380 / 087 653 8201
U18 Years Drugs Service Galway/Mayo/Roscommon...094 90 49233
Galway City Alcohol Service.....091 864 450
Gamblers Anonymous01 872 1133
SMART Recovery, Galway & Roscommon
 (support group) www.smartrecovery.ie

Bereavement Services

Anam Cara *(Parental & Sibling Bereavement Support)*01 404 5378
Barnardos Children's Bereavement Service.....01 473 2110
HUGG *(Suicide Bereavement Support Groups)*01 513 4048
Irish Hospice Foundation Bereavement Support Line 1800 80 70 77
Suicide Bereavement Liaison Service:
 Galway0818 111 126
 Mayo087 217 2866
 Roscommon085 740 7856

Counselling Services

APSI, Adult Psychological Service, Roscommon090 66 65020
Aware *(free online counselling)*.....01 661 7211
Boyle Family Resource Centre.....071 96 63000
Curam, Claremorris094 93 62096
Family Centre, Castlebar, Co. Mayo094 90 25900

Galway Diocesan Pastoral Service091 565 066
Galway Diocesan Youth Service.....091 568 483
Helplink.....0818 99 88 80 / helplinksupport@helplink.ie
HSE Counselling in Primary Care091 583 682
HSE National Counselling Service1800 234 114
 (for adults who have experienced abuse, trauma or neglect in childhood)
Knock Counselling Service, Mayo.....094 93 75032
My Mind *(free sessions for men)*0818 500 800
Tacu Family Resource Centre, Ballinrobe087 285 9973
Traveller Counselling Service *(in person & online)*01 868 5761
Turn2Me *(free online counselling)* www.turn2me.org
Vita House, Roscommon.....090 66 25898
Westport Family Resource Centre098 24419
Youth Work Ireland, Youth Counselling Service086 024 7763
 counselling@youthworkgalway.ie

Families

HSE Child & Adolescent Psychology Department:
 Galway091 546 050
 Mayo094 90 42281
 Roscommon090 66 65020
Parent Line01 873 3500
Tusla, Family Support Services:
 Galway091 546 297
 Mayo094 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 *(supports older people to age at home)*0818 222 024
Crime Victims Helpline116 006
HSE National Information Helpline *(HSE Live)*1800 700 700
LGBT National Helpline1800 929 539
MABS Helpline *(Money and Budgeting Advice Service)*:
 Ballina0818 07 2660
 Castlebar0818 07 2670
 Galway.....0818 07 2570
 Roscommon.....0818 07 2720
Male Advice Line *(National support for male victims of domestic abuse)*1800 816 588
Rape Crisis Centre:
 Galway1800 355 355 / 091 56 4800
 Mayo.....1800 234 900
 National1800 778 888
Senior Line *(listening service for older people)*1800 804 591
Women's Aid Domestic Violence Helpline1800 341 900