

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

yourmentalhealth.ie

Information | Support | Services



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

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 Community 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
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
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>(supporting people affected by mental ill health)</i>	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 <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 <i>(out of hours family doctor service for participating GPs)</i>	0818 360 000
Apps	
Galway Safe App <i>(personal safety around waterways in Galway City at night-time)</i>	www.wrdatf.ie

Websites	
www.anamcara.ie	www.mindspacemayo.ie
www.askaboutalcohol.ie	www.nosp.ie
www.barnardos.ie/teenhelp	www.outcomers.org
www.bereaved.ie	www.parentline.ie
www.childhoodbereavement.ie	www.pieta.ie
www.childline.ie	www.samaritans.org
www.citizensinformation.ie	www.sexualhealthwest.ie
www.connectcounselling.ie	www.smartrecovery.ie
www.drugs.ie	www.spunout.ie
www.healthpromotion.ie	www.suicideorsurvive.ie
www.hospicefoundation.ie	www.turn2me.org
www.hse.ie	www.usi.ie
www.hugg.ie	www.westbewell.ie
www.jigsaw.ie	www.widow.ie
www.lgbt.ie	www.youmatter.ie
www.mensnetwork.ie	www.yourmentalhealth.ie
www.menssheds.ie	

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, Portlincourt	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 & 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	085 856 8082
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 / helplinksupport@helplink.ie
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 / www.mymind.org
Tacu Family Resource Centre, Ballinrobe	087 285 9973
Turn2Me (free online counselling)	www.turn2me.org
Vita House, Roscommon	090 66 25898
Westport Family Resource Centre	098 24419
Youth Work Ireland, Youth Counselling Service	086 024 7763 counselling@youthworkgalway.ie

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