



Connecting for Life
Galway, Mayo and Roscommon



My Eircode:

My GP:

www.westbwell.ie



For more information
www.westbwell.ie



NUMBERS IF YOU NEED THEM



If it's an emergency
Dial 112 or 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

Providing freely accessible, professional services to
those impacted by suicide and self-harm

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 mental health
and emotional
wellbeing support

www.textaboutit.ie



togetherall

For free, anonymous online
mental health support
for 16 to 30 year olds,
visit:

[www.togetherall.com/en-ie/
join/ireland/](http://www.togetherall.com/en-ie/join/ireland/)