

Urgent Help and Support – 24 hours	Addiction Services	Bereavement Services	Families	Helpines
				Galway Diocesan Pastoral Service 091 565066
Emergency Services 999 or 112	Al-Anon & Al-Ateen (<i>if someone's drinking is bothering you</i>) 01 873 2699	Anam Cara (<i>Parental & Sibling Bereavement Support</i>) 01 404 5378	HSE Child & Adolescent Psychology Department:	Alone (<i>supports older people to age at home</i>) 0818 222044
Childline 1800 666 666, text TALK to 50101	Alcohol & Drugs Helpline 091 564 650	Barnardos Children's Bereavement Service 01 473 2110	Galway Diocesan Youth Service 091 568483	Galway Diocesan Youth Service 0818 222044
Domestic Violence Refuge and Support, Galway 091 565 985	Alcoholics Anonymous (day time) 01 842 0700	Hugg (Suicide Bereavement Support Groups) 01 513 4048	Crime Victims Helpline 01 600 1666	Crime Victims Helpline 01 600 1666
Garda Confidential Line 1800 666 111	Drugs Service:	HSE National Information Helpline (HSElive) 0810 700700	Helpink 0818 998880 / helpinksupport@helpink.ie	Hugg (Suicide Bereavement Support Groups) 01 513 4048
Hospitals:	Galway 091 234 114	HSE Counselling in Primary Care 091 583682	Mayo 094 90 4221	Helpink 0818 998880 / helpinksupport@helpink.ie
Emergency Department, Galway 091 524 222	Galway 091 864 450	Roscommon 090 6665020	Roscommon 091 564 650	HSE National Information Helpline (HSElive) 0810 700700
Emergency Department, Mayo 094 90 21733	Mayo 094 90 49222	Parent Line 01 873 3500	Galway 091 564 650	HSE National Information Helpline (HSElive) 0810 700700
Emergency Department, Portlaoise 090 96 48248	Roscommon 087 222 0380 / 087 653 8201	Tuam Family Support Services 091 546 297	Helpines 0818 222044	HSE National Information Helpline (HSElive) 0810 700700
Pieta Suicide Helpline 1800 247 247 text HELP to 51444	U18 Years Drugs Service Galway/Mayo/Roscommon 094 90 49233	Knock Counselling Service, Mayo 094 93 75032	Galway 0818 111126	Alone (<i>supports older people to age at home</i>) 0818 222044
Samaritans 116 123	Galway City Alcohol Service 091 864 450	North Roscommon (Boyle) 071 967366	Galway 0818 111126	Alone (<i>supports older people to age at home</i>) 0818 222044
Sexual Assault Treatment Unit, Galway 091 765 751	Gamblers Anonymous 01 872 1133	South Roscommon (Moylard) 090 6498504	Galway 0818 111126	Alone (<i>supports older people to age at home</i>) 0818 222044
Text About It text HELLO to 50808 <i>(providing everything from a calming chat to immediate support)</i>	SMART Recovery, Galway & Roscommon 094 93 62096	APSI, Adult Psychological Service, Roscommon 090 66 65020	Galway 0818 111126	Alone (<i>supports older people to age at home</i>) 0818 222044
YourMentalHealth Information Line 1800 111 888 <i>(mental health supports/services)</i>	(support group) 086 024 7733	Aware (<i>free online counselling</i>) 01 661 7211	Galway 0818 111126	Alone (<i>supports older people to age at home</i>) 0818 222044
	www.smartrecovery.ie	Boyle Family Resource Centre, Roscommon 071 96 63000	Galway 0818 111126	Alone (<i>supports older people to age at home</i>) 0818 222044
		Curam, Claremorris 094 93 62096	Mayo 094 90 49137	Alone (<i>supports older people to age at home</i>) 0818 222044
		Family Centre, Castlebar, Co. Mayo 094 90 25900	Roscommon 090 666528 / 090 663781	Alone (<i>supports older people to age at home</i>) 0818 222044
				Women's Aid Domestic Violence Helpline 0818 410990