

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

yourmentalhealth.ie

Information | Support | Services

Date of issue August 2025

My GP/Care Worker Contact Details.....

Mental Health

Aware Support Line (*support for depression and anxiety*)... 1800 804 848
 Bodywhys (*support for people affected by eating disorders*) ... 01 210 7906
 Galway Solace Café 087 108 5134
 GROW (*support for adults with mental health problems*)..... 0818 474 474
 Irish Advocacy Network (*peer advocacy in mental health*) ... 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 (*supporting people affected by mental ill health*)..... 01 860 1610

Young People

ISPCC:
 Galway 091 549 100
 Mayo..... 094 90 25254

Jigsaw: (*mental health supports for young people, 12-25 years*)
 Galway 091 549 252
 Roscommon..... 090 66 43010
 Mindspace Mayo 094 90 67001
 Spunout Navigator (*online tool for personalised mental health information and support*) <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 (*refuge and support*)... 094 90 27519
 Men's Aid Ireland 01 554 3811
 (*supporting men and their families experiencing domestic violence*)
 Men's Development Network Client Support Worker .. 083 475 3760
 Nowdoc..... 0818 400 911
 (*North Roscommon, out of hours family doctor service*)
 Roscommon University Hospital..... 090 66 26200

Roscommon Women's Network (RWN) 094 96 21690
 Sexual Health West (formerly Aids West)..... 091 566 266
 shOUT! (*LGBT and questioning, ages 14-17 and 18-21 years*)... 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
 (*out of hours family doctor service for participating GPs*)

Apps

Galway Safe App www.wrdatf.ie
 (*personal safety around waterways in Galway City at night-time*)

Websites

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| www.anamcara.ie | www.menssheds.ie |
| www.askaboutalcohol.ie | www.mindspacemayo.ie |
| www.barnardos.ie | www.nosp.ie |
| www.bereaved.ie | www.outcomers.org |
| www.childhoodbereavement.ie | www.parentline.ie |
| www.childline.ie | www.pieta.ie |
| www.citizensinformation.ie | www.samaritans.org |
| www.connectcounselling.ie | www.sexualhealthwest.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 |

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

NUMBERS IF YOU NEED THEM

GALWAY, MAYO AND ROSCOMMON



SCAN ME



Connecting for Life
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, Portluc 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
 (providing everything from a calming chat to immediate support)
YourMentalHealth Information Line 1800 111 888
 (mental health supports/services)

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:
 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
 (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:
 Galway 0818 111 126
 Mayo 087 217 2866
 Roscommon 085 740 7856

Counselling Services

APSI, Adult Psychological Service, Roscommon 090 66 65020
Aware *(free online counselling)* 01 661 7211
Boyle Family Resource Centre, Roscommon 071 96 63000
Curam, Claremorris 094 93 62096
Family Centre, Castlebar, Co. Mayo 094 90 25900

Families

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
 (for adults who have experienced abuse, trauma or neglect in childhood)
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

Helplines

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

Helpines

Alone *(supports older people to age at home)* 0818 222 024
Crime Victims Helpline 116 006
HSE National Information Helpline *(HSE Live)* 1800 700 700
LGBT National Helpline 1800 929 539
MABS Helpline *(Money and Budgeting Advice Service)*:
 Ballina 0818 07 2660
 Castlebar 0818 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:
 Galway 1800 355 355 / 091 56 4800
 Mayo 1800 234 900
 National 1800 778 888
Senior Line *(listening service for older people)* 1800 804 591
Women's Aid Domestic Violence Helpline 1800 341 900