

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

[yourmentalhealth.ie](http://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
Eden Programme <i>(psychoeducation programme)</i> .....	091 528 030
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 Galway ..... <i>(mental health supports for young people, 15-25 years)</i>	091 549 252
Jigsaw 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 Galway.....	0818 077 600
Flourish, Castlebar <i>(social prescribing)</i> .....	087 185 7280
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..... <i>(supporting men and their families experiencing domestic violence)</i>	01 554 3811

Nowdoc.....	0818 400 911
<i>(North Roscommon, out of hours family doctor service)</i>	
Roscommon Women's Network .....	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
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  
*(personal safety around waterways in Galway City at night-time)*  
Go to Google Play Store to download the app.

Websites	
<a href="http://www.anamcara.ie">www.anamcara.ie</a>	<a href="http://www.outcomers.org">www.outcomers.org</a>
<a href="http://www.askaboutalcohol.ie">www.askaboutalcohol.ie</a>	<a href="http://www.parentline.ie">www.parentline.ie</a>
<a href="http://www.barnardos.ie/teenhelp">www.barnardos.ie/teenhelp</a>	<a href="http://www.pieta.ie">www.pieta.ie</a>
<a href="http://www.bereaved.ie">www.bereaved.ie</a>	<a href="http://www.positiveoptions.ie">www.positiveoptions.ie</a>
<a href="http://www.childhoodbereavement.ie">www.childhoodbereavement.ie</a>	<a href="http://www.samaritans.ie">www.samaritans.ie</a>
<a href="http://www.childline.ie">www.childline.ie</a>	<a href="http://www.sexualhealthwest.ie">www.sexualhealthwest.ie</a>
<a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a>	<a href="http://www.smartrecovery.ie">www.smartrecovery.ie</a>
<a href="http://www.connectcounselling.ie">www.connectcounselling.ie</a>	<a href="http://www.spunout.ie">www.spunout.ie</a>
<a href="http://www.drugs.ie">www.drugs.ie</a>	<a href="http://www.suicideorsurvive.ie">www.suicideorsurvive.ie</a>
<a href="http://www.healthpromotion.ie">www.healthpromotion.ie</a>	<a href="http://www.turn2me.org">www.turn2me.org</a>
<a href="http://www.hse.ie">www.hse.ie</a>	<a href="http://www.usi.ie">www.usi.ie</a>
<a href="http://www.jigsaw.ie">www.jigsaw.ie</a>	<a href="http://www.westbewell.ie">www.westbewell.ie</a>
<a href="http://www.lgbt.ie">www.lgbt.ie</a>	<a href="http://www.widow.ie">www.widow.ie</a>
<a href="http://www.menssheds.ie">www.menssheds.ie</a>	<a href="http://www.youmatter.ie">www.youmatter.ie</a>
<a href="http://www.mindspace.ie">www.mindspace.ie</a>	<a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a>
<a href="http://www.nosp.ie">www.nosp.ie</a>	

# NUMBERS IF YOU NEED THEM

GALWAY, MAYO AND ROSCOMMON



## Urgent Help and Support – 24 hours

Emergency Services Gardaí, Ambulance, Fire  
and Irish Coast Guard ..... 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:  
Galway University Hospital ..... 091 524 222  
Mayo University Hospital ..... 094 90 21733  
Roscommon University Hospital..... 090 66 26200  
Pieta Suicide Helpline..... 1800 247 247 text HELP to 51444  
Text 50808 ..... text HELLO to 50808  
(for those going through a mental health or emotional crisis, big or small)  
Samaritans ..... 116 123  
Sexual Assault Treatment Unit, Galway ..... 091 765 751

YourMentalHealth Information Line ..... 1800 111 888  
(mental health supports/services)

My GP: \_\_\_\_\_

My other contacts: \_\_\_\_\_

## 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  
Gamblers Anonymous ..... 01 872 1133  
SMART Recovery, Galway (support group)..... www.smartrecovery.ie

## Bereavement Services

Anam Cara (Parental & Sibling Bereavement Support) ..... 01 404 5378  
Barnardos Children's Bereavement Service..... 01 473 2110  
Suicide Bereavement Liaison Service:  
Galway..... 085 856 8082  
Mayo..... 087 217 2866  
Roscommon ..... 085 740 7856

## Counselling Services

APSI, Adult Psychological Service, ..... 090 66 65020  
Roscommon  
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 and ..... 091 583 682  
COVID-19 Online Counselling  
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  
MyMind (free online counselling COVID-19) ..... www.mymind.org  
Tacu Family Resource Centre, Ballinrobe ..... 087 285 9973  
Traveller Counselling Service, Galway ..... 087 637 9074  
Turn2Me Online Counselling ..... www.turn2me.org  
& Support Groups  
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 &..... 091 546 050  
Adolescent Psychology Department, Galway  
HSE Child &..... 094 90 42281  
Adolescent Psychology Department, Mayo  
HSE Child & ..... 090 66 65020  
Adolescent Psychology Department, Roscommon  
Parent Line ..... 01 873 3500  
Tusla, Family Support Services, Galway ..... 091 546 297  
Tusla Family Support Services, Mayo ..... 094 90 42510  
North Roscommon Family Support Services (Boyle) .071 96 73606  
South Roscommon Family Support Services (Monksland) .090 64 98504  
Tusla, Social Work Department  
Galway..... 091 546 366  
Mayo..... 094 90 49137  
Roscommon ..... 090 66 65228 / 090 66 37851

## Helplines

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  
Rape Crisis Centre, Galway ..... 1800 355 355 / 091 56 4800  
Rape Crisis Centre, Mayo ..... 1800 234 900  
Rape Crisis Centre, National ..... 1800 778 888  
Senior Line (listening service for older people) ..... 1800 804 591  
Women's Aid Domestic Violence Helpline ..... 1800 341 900