



Help is at hand for your Emotional Wellbeing and Mental Health

Services availability during **COVID 19** Circumstances –
Dated Sept 2020
Subject to change.



HSE Mid West
Community Healthcare

Talk to your GP or Samaritans



Your GP can make referrals to specialist services and also give you information about the supports available in your area.

Shannondoc Urgent out of hours GP care - service operating as usual **0818 123500 or 061 459 500**
www.shannondoc.ie

Emergency Services Garda Síochána, ambulance service, fire service and Irish Coast Guard - service operating as usual **112 or 999**

24 HOURS A DAY

7 DAYS A WEEK

Emergency Department University Hospital Limerick **061 482120**

Samaritans Emotional support service as usual - service operating as usual but not face to face
116 123 (Free)
email: jo@samaritans.ie
www.samaritans.org

50808 50808 is a free 24/7 text service, providing everything from a calming chat to immediate support - service operating as usual **Free-text YMH to 50808 to begin**

YourMentalHealth.ie Information Helpline - service operating as usual **Freephone anytime to find supports and services near you**
1800 111 888

Childline A free and confidential 24-hour active listening service for children and young people up to the age of 18 in Ireland. - service operating as usual **1800 666 666 (Free) 24hrs**
Text: 50101 (Free) 10am-4am
www.childline.ie webchat service

Teenline A free and confidential 24-hour active listening service for young people up to the age of 18 in Ireland. - service operating as usual **1800 833 634 (Free)**
www.teenline.ie

Clare Suicide Bereavement Support One to one befriending and family support - service operating as usual but not face to face. **086 056 5373/087 369 8315**
www.claresuicidebereavementsupport.com

Pieta CRISIS SERVICE - Free, therapeutic approach to people who are in suicidal distress and those who engage with self-harm **Mid West: 061 484 444 Helpline 1800 247 247 (Free) - 24hrs Text HELP: 51444 - 24hrs - 7 days a week email: mary@pieta.ie**
www.pieta.ie

MONDAY TO SUNDAY

ALONE National Helpline 8am – 8pm **0818 222 024**
email: hello@alone.ie

MyMind Counselling and psychotherapy available nationally online - service operating as usual **0818 500 800 Visit www.mymind.org or email: hq@mymind.org**

Aware Support line 10am to 10pm **1800 804 848 (Free)**
www.aware.ie

National LGBT Helpline Evenings only **1800 929 539**
www.lgbt.ie - online chat service

Living Links (Tipperary) Practical help, advice and support to persons bereaved by suicide - service operating as usual over phone but not face to face. **087 969 3021**
www.tipperarylivinglinks.ie

MONDAY TO FRIDAY

Pieta 9am to 5pm **SUICIDE BEREAVEMENT LIAISON SERVICE - provides support/counselling to adults and children, family and friends who have lost someone close to suicide.** **Suicide Bereavement Liaison Service**
085 856 8081

HSE Drug & Alcohol Helpline 9.30am to 5.30pm **Drug and Alcohol information & support.** **1800 459 459 (Free)**

MABS 9am to 8pm **Money advice and budgeting service.** **0818 07 2000**
www.mabs.ie

Shine 9m to 5pm **Provide remote support and an outreach service to people who use Shine services.** **Ann Marie Flanagan Text: 087 7878222**
email: aflanagan@shine.ie

Jigsaw Provide free, relevant and accessible mental health support, education, advice and guidance to young people aged 12 to 25 years old, and/or their parents/concerned others who are resident in Limerick. - service operating as usual over phone, face to face and online video. **1800 JIGSAW (544729) (Free) 1pm- 5pm**
Text: 086 180 3880 9am to 5pm
email: help@jigsaw.ie 9am to 5pm
[061 974510_limerick@jigsaw.ie](mailto:061_974510_limerick@jigsaw.ie)

Grow 9.30am to 2.30pm **Free day and evening peer support groups (currently online) for over 18's who may be struggling with any aspect of their mental health- service operating as usual but not face to face.** **0818 474 474**
www.grow.ie

www.yourmentalhealth.ie

A place to learn about mental health and how to support yourself and others. You can find information regarding support services near you on this website.

www.spunout.ie

An interactive online community where young people (16-25) are empowered with the information they need to live active, happy, and healthy lives.

www.turn2me.ie

Peer support online, online support groups and counselling online.

www.connectingforlifemidwest.ie

Please check here for the most up to date version of this poster.