

# NUMBERS WHEN YOU NEED THEM

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## North County Dublin



Connecting for Life  
*Dublin North City and County*

## Crisis Supports

Gardaí, Fire Brigade, Ambulance and Coast Guard...999 / 112

My GP: .....

My Mental Health Service.....

My Key Worker .....

Samaritans 24 hour Freephone Listening Service ..... 116 123

.....email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

Childline (24 hr free service) ..... Text: 50101 Call: 1800 666 666

Text About It ..... Text 'HELLO' to 50808

## GP Out of Hours Service

D-DOC (North Dublin) .....0818 22 44 76 / 041 685 0720

## Hospitals

Beaumont Hospital.....	01 809 3000
Children's Health Ireland at Temple Street.....	01 878 4200
Connolly Hospital, Blanchardstown.....	01 646 5000
The Mater Misericordiae University Hospital.....	01 803 2000

## Support and Information Helplines

Alone.....	0818 222 024
Alzheimer Society of Ireland .....	1800 341 341
Aware Support Line (depression and anxiety).....	1800 80 48 48
Bodywhys .....	email: alex@bodywhys.ie Call: 01 210 7906
Care Line (Family Carers Ireland).....	1800 240 724

Citizens Information Centre .....	0818 07 4000
Connect (for adults who experienced abuse/trauma/neglect in childhood).....	1800 477 477
Crime Victims Helpline.....	116 006
Dublin Rape Crisis Centre .....	1800 778 888
Dublin Regional Homelessness Executive .....	1800 707 707
Exchange House National Travellers Service.....	01 872 1094
FLAC (free legal advice).....	01 906 1010
Focus Ireland (support for homeless people).....	01 881 5900
Garda Confidential Line.....	1800 666 111
Gender Identity Family Support Line.....	01 907 3707
GROW (supporting mental health recover).....	0818 474 474

HSE HIV and Sexual Health Helpline.....	1800 459 459
HSELive (National Information Line).....	1800 700 700
Immigration Helpline .....	01 674 0200
LGBT Helpline .....	1800 929 539
MABS (Money Advice and Budgeting Service) .....	0818 07 2000
My Options (Unplanned pregnancy support) .....	1800 828 010
National Learning Network (info line Swords) .....	01 840 4120
Niteline (student support line) .....	1800 793 793
Peer Advocacy in Mental Health.....	01 547 0510
Pieta Helpline (suicide and self-harm) .....	1800 247 247
Pieta Text Support .....	text 'HELP' to 51444

Pieta Booking Enquiries (Freephone).....	0818 111 126
Seniorline.....	1800 804 591
Shine Brief Information and Support Line .....	01 860 1610
St Vincent de Paul .....	01 855 0022
YourMentalHealth.ie 24/7 Information Line.....	1800 111 888

## **Bereavement Services**

Anam Cara.....	01 404 5378
Barnardos Children's Bereavement Service .....	01 473 2110
Bereavement Support Line .....	1800 80 70 77
Bethany (Parish based service).....	087 990 5299
Firstlight.....	1800 391 391

HSE CIPC - Bereavement Service.....	01 795 7170
HUGG (bereaved by suicide) .....	01 513 4048
Suicide Bereavement Liaison Officer – Pieta .....	085 870 6574

## Counselling Services

Crosscare Teen Counselling (12-18 free) .....	01 557 4705
Fingal Counselling Service (16+ free).....	01 890 2596
MyMind (low cost) .....	0818 500 800
Northside Counselling Service (free).....	01 848 4789
Pieta North Dublin and Skerries Outreach (free) .....	01 883 1000
Traveller Counselling Service .....	01 868 5761/086 308 1476
Turn2me (online counselling) .....	<a href="http://www.turn2me.ie">www.turn2me.ie</a>

your  
mental  
health.ie

Information | Support | Services

1800 111 888



## Addiction Services

Alcoholics Anonymous.....	01 842 0700
Crosscare Drug & Alcohol Programme (12 – 18) .....	01 836 0911
Gamblers Anonymous.....	01 872 1133
HSE Drugs & Alcohol Helpline .....	1800 459 459
Narcotics Anonymous.....	01 672 8000
National Family Support Network .....	01 898 0148
North Dublin Drugs Task Force (Office: option 1, Fingal Families: option 2, Community Care: option 3) .....	01 223 3493
SASSY (HSE support service for under 18s).....	01 778 5980
Soilse.....	01 872 4922

## Domestic Abuse Services

Male Advice Line .....	1800 816 588
Mens Aid (support for men) .....	01 554 3811
Women's Aid .....	Text: 087 959 7980 or Call: 1800 341 900

## Young People's Services

BeLonG To LGBTQ+ Youth Ireland .....	01 670 6223
Childline .....	Text: 50101 or Call: 1800 666 666
Jigsaw North Fingal, (12-25) .....	01 960 3020
Rainbows (support for 7-13 experiencing loss) .....	01 473 4175
SAMH Youth Counselling (12-24) .....	086 781 5072
Skerries Youth Support Service (12-24) .....	089 616 7222
TeenLine .....	1800 833 634

## Family Services

Aster Family Resource Centre, Balbriggan .....	01 223 3242
Daughters of Charity Child and Family Service.....	01 842 5100
Family Mediation.....	01 811 8650
HSE Primary Care Parent Advice Clinic Balbriggan (2nd and 4th Tuesday of the month (9am- 9:30am)).....	01 921 3204
One Family (parenting alone).....	01 662 9212
Parentline.....	01 873 3500

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

