

your
mental
health.ie

Information | Support | Services

1800 111 888

Traveller Counselling Service.....01 868 5761 / 086 308 1476

Turn2me (online counselling).....www.turn2me.ie

Addiction Services

Alcoholics Anonymous.....01 842 0700

Gamblers Anonymous.....01 872 1133

HSE Drugs & Alcohol Helpline.....1800 459 459

Narcotics Anonymous.....01 672 8000

National Family Support Network.....01 898 0148

SAOL.....01 855 3391

SASSY (HSE support service for under 18s).....01 856 6837

Soilse.....01 872 4535

Domestic Abuse Services

Male Advice Line.....1800 816 588

Men's Aid.....01 554 3811

Women's Aid.....text: 087 959 7980 or call: 1800 341 900

Young People's Services

BeLonG To Youth Service (LGBTI+).....01 670 6223

Childline Text Support.....Text 'Talk' to 50101

Childline.....1800 666 666

Jigsaw Dublin City (12- 25).....01 658 3070

Rainbows (support for 7-13 experiencing loss).....01 473 4175

TeenLine.....1800 833 634

Family Services

Baldoyle Family Resource Centre.....01 832 6115

Daughters of Charity Child and Family Service.....01 842 5100

HSE Primary Care Parent Advice Clinic: Coolock.....01 921 3204

Mediation Ireland (family mediation).....01 634 4320

One Family (parenting alone).....01 662 9212

Parentline.....01 873 3500

Tus Nua Artane/Coolock Family Resource Centre.....01 8512 289

Date of issue December 2022
The information provided within is correct at time of printing
but is subject to change.

Websites

www.askaboutalcohol.ie

www.alustforlife.com

www.drugs.ie

www.hse.ie

www.jigsaw.ie

www.lgbt.ie

www.mentalhealthireland.ie

www.mymind.org

www.niteline.ie

www.samaritans.org

www.spunout.ie

www.turn2me.ie

NUMBERS WHEN
YOU NEED THEM

Dublin 5, 13 and 17



Connecting for Life
Dublin North City and County

text about it

50808

Crisis Supports

Gardaí, Fire Brigade, Ambulance & 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
Childline (24 hour free service) 1800 666 666
50808 (24 hour crisis text service) Text HELLO to 50808

GP Out of Hours Service

D-DOC0818 22 44 76 / 041 685 0720

Hospitals

Beaumont Hospital01 809 3000
Children's Health Ireland at Temple Street01 878 4200

Support and Information Helplines

Alone0818 222 024
Alzheimer Society of Ireland 1800 341 341
Aware Support Line (depression & anxiety) 1800 80 48 48
Bodywhysemail: alex@bodywhys.ie01 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
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 Line01 907 3707
GROW (supporting mental health recovery)0818 474 474
HSE HIV and Sexual Health Helpline 1800 459 459
HSELive (National Information Service) 1800 700 700

Immigrant Council of Ireland01 674 0200
Irish Advocacy Network (mental health)01 8728 684
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/Rehab01 205 7200
Niteline (student support line) 1800 793 793
Pieta Helpline (suicide and self-harm) 1800 247 247
Pieta Text Support text 'HELP' to 51444
Pieta Booking Enquiries (Freephone)0818 111 126

Senior Line 1800 80 45 91
Shine Brief Information and Support Line01 860 1610
St Vincent de Paul01 855 0022
YourMentalHealth.ie 24 hr Information Line 1800 111 888

Bereavement Services

Anam Cara01 404 5378
Barnardos Children's Bereavement Service01 473 2110
Bereavement Support Line 1800 80 70 77
Bethany (Parish based service)087 990 5299
FirstLight 1800 391 391

HSE CIPC - Bereavement Service01 795 7170
HUGG (bereaved by suicide)01513 4048
Suicide Bereavement Liaison Officer – Pieta085 870 6574

Counselling Services

Crosscare Teen Counselling (12-18)01 557 4705
Doras Buí Lone Parents Counselling Service01 848 4811
MyMind (low cost)0818 500 800
Northside Counselling Service01 848 4789
Pieta (suicide and self-harm) 1800 247 247
Target Counselling01 867 1967
The Listen Project Youth Counselling (12–21) 1800 303 638