

# NUMBERS WHEN YOU NEED THEM

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Dublin 1, 3 and 9



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 hour free service) ..... 1800 666 666

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

## GP Out of Hours Service

D-DOC ..... 1850 22 44 77

## Hospitals

Beaumont Hospital.....01 809 3000

Children's Health Ireland at Temple Street.....01 878 4200

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](mailto: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.....	Text: 085 133 7711 or Call: 116 006
Dublin Rape Crisis Centre .....	1800 778 888
Dublin Regional Homelessness Executive .....	1800 707 707
Exchange House National Travellers Service.....	01 872 1094
First Fortnight (support for homeless people).....	086 777 7222
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 recovery) .....	0818 474 474
HSE HIV and Sexual Health Helpline.....	1800 459 459
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/Rehab .....	01 205 7200
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 Service .....	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 .....	01 884 8200
YourMentalHealth.ie 24 hr Information Line.....	1800 111 888

## **Bereavement Services**

Anam Cara.....	085 2888 888 / 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

HSE CIPC - Bereavement Service.....	01 795 7170
HUGG (bereaved by suicide) .....	01 513 4048
Oasis – Deora Counselling (low cost).....	01 836 4524
Suicide Bereavement Liaison Officer – Pieta .....	085 870 6574

## Counselling Services

Crosscare Teen Counselling, (12-18, free).....	01 557 4705
MyMind (low cost) .....	0818 500 800
Oasis Centre (low cost) .....	01 836 4524
Pieta Helpline (suicide and self-harm) .....	1800 247 247
Traveller Counselling Service, .....	086 308 1476 / 01 868 5761
Turn2me (online counselling) .....	<a href="http://www.turn2me.ie">www.turn2me.ie</a>

your  
mental  
health.ie

Information | Support | Services

1800 111 888



What's Up BRYR Counselling Service (10 – 24 years old, free)

..... Text: 085 876 6618 or call: 01 866 7600

## Addiction Services

Alcoholics Anonymous.....01 842 0700

Ana Liffey Drug Project..... 1800 78 68 28

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 Community Care.....01 2233493

North Inner City Drug & Alcohol Task Force .....01 836 6592

SAOL Project .....01 855 3391

SASSY (HSE support service for under 18s).....01 778 5980

HSE Soilse .....01 872 4922

## Domestic Abuse Services

Male Advice Line .....	1800 816 588
Men's Aid .....	01 554 3811
Women's Aid.....	Text: 087 959 7980 Call: 1800 341 900

## Young People's Services

BeLonG To Youth Service (LGBTI+).....	01 670 6223
Childline .....	Text 'Talk' to 50101 Call: 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

Ballymun Child & Family Resource Centre Adult Counselling/ Child Psychotherapy Service (low cost).....	01 852 7183
Daughters of Charity Child and Family Service.....	01 842 5100

Family Mediation.....	01 874 7446
Hill St Family Resource Centre.....	01 874 6810
HSE Primary Care Psychology Parent Advice Clinics:	
Ballymun .....	01 846 7109
Summerhill .....	01 9211 501
Vernon Avenue.....	01 853 9500
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.

## WEBSITES

[www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)

[www.alustforlife.com](http://www.alustforlife.com)

[www.drugs.ie](http://www.drugs.ie)

[www.hse.ie](http://www.hse.ie)

[www.jigsaw.ie](http://www.jigsaw.ie)

[www.lgbt.ie](http://www.lgbt.ie)

[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

[www.mymind.org](http://www.mymind.org)

[www.niteline.ie](http://www.niteline.ie)

[www.samaritans.org](http://www.samaritans.org)

[www.spunout.ie](http://www.spunout.ie)

[www.turn2me.ie](http://www.turn2me.ie)