



## Help is at hand in Cavan and Monaghan for your emotional well-being and mental health



If you are experiencing distress or are worried about someone, please contact your GP, or out of hours North East Doc on Call, or go to your local Emergency Department

**yourmentalhealth.ie**  
Information | Support | Services  
**1800 111 888**

### 24 hours a day

### 7 days a week

|                                    |   |  |
|------------------------------------|---|--|
| <b>Cavan General Hospital E.D.</b> | Emergency Support   | Call: (049) 437 6000   |
| <b>Emergency Services</b>          | Emergency Support   | Call: 112 or 999   |
| <b>North East Doctor on Call</b>   | Urgent out of hours GP Care. 6pm - 8 am, Mon - Fri and 24 hrs at weekends                     | Call: 1800 777 911   |
| <b>Pieta House</b>                 | 24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm | Call Free: 1800 247 247 / Text HELP to 51444<br>www.pieta.ie |
| <b>Samaritans</b>                  | Emotional Support Service   | Freephone: 116 123 or email: jo@samaritans.ie                |
| <b>Text 50808</b>                  | Free 24/7 anonymous messaging service for people in crisis                                    | Text YMH to 50808, anytime day or night / www.text50808.ie   |

### Mobile Apps

### These mobile apps can help you manage anxiety and stress

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|-------------------|---|---|
| <b>Clear Fear</b> | ClearFear uses CBT to focus on learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions | Get it in the App Store or on Google Play |
| <b>Headspace</b>  | Headspace teaches meditation and easy to use mindfulness skills   | Get it in the App Store or on Google Play |
| <b>Mindshift</b>  | MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to take action   | Get it in the App Store or on Google Play |

### Supports for young people

|                  |  |  |
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| <b>BeLonG To</b> | Supporting Lesbian, Gay, Bisexual & Trans Young People in Ireland                    | Call: 01 670 6223 / email: info@belongto.org                                     |
| <b>Childline</b> | Confidential phone and text support for children and young people up to 18yrs        | Call Free: 1800 666 666 (24/7)<br>Free text 50101 or chat online at childline.ie |
| <b>Jigsaw</b>    | Mental health support and advice for young people aged 12-25 years                   | Call Free: 1800 544 729 / www.jigsaw.ie  |
| <b>Spunout</b>   | Youth information website created by young people, for young people aged 16-25 years | www.spunout.ie   |
| <b>Teenline</b>  | National active listening service for children and young people up to 18 years       | Call Free: 1800 833 634 Free (24/7) / www.teenline.ie                            |

### Counselling and other supports

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| <b>ALONE</b>                               | Covid-19 dedicated support line for older people   | Call: 0818 222 024 (8am to 8pm Monday to Friday) www.alone.ie  |
| <b>Aware Helpline</b>                      | Listening service, support and information for those experiencing depression or bipolar disorder or those concerned about family and friends | Call Free: 1800 804 848 (10am-10pm) / www.aware.ie   |
| <b>Bereavement</b>                         | Information and support  | Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm)<br>www.bereaved.ie / www.childhoodbereavement.ie          |
| <b>Grow</b>                                | Mental Health Recovery and Peer support  | Call: 0818 474 474 / email: info@grow.ie   |
| <b>HSE - Drugs &amp; Alcohol line</b>      | Drugs and Alcohol information and support  | Call Free: 1800 459 459 (9.30am - 5.30pm)  |
| <b>LGBT Ireland</b>                        | National support service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends                                   | Call: 1800 929 539 / email: info@lgbt.ie   |
| <b>MABS</b>                                | Money Advice and Budgeting Service   | Call: 0818 072 000 (Mon-Fri 9am to 8pm) / www.mabs.ie  |
| <b>Men's Aid</b>                           | For men experiencing domestic abuse and violence   | Call: (01) 554 3811 (9am-5pm, Mon-Fri) / email: hello@mensaid.ie<br>Male Advice Line: Freephone number: 1800 816 588 |
| <b>Mental Health Ireland</b>               | Information and support for people who experience mental health difficulties   | Call: (01) 284 1166 (Mon-Fri 9am to 5pm) / mentalhealthireland.ie  |
| <b>Online Counselling</b>                  | Peer support and counselling   | www.turn2me.ie / www.mymind.org  |
| <b>Pieta House (Cavan Monaghan)</b>        | Free therapeutic support for those in suicidal distress or those who engage in self harm   | Call: 0818 111 126 / www.pieta.ie  |
| <b>SeniorLine</b>                          | Confidential listening service for older people  | Call Free: 1800 804 591 (10am to 10pm daily)   |
| <b>Sexual Violence Helpline</b>            | For men and women - experiencing sexual violence   | Call Free: 1800 778 888  |
| <b>Shine</b>                               | Supporting people affected by mental ill-health  | Call: (086) 852 5422   |
| <b>Suicide Bereavement Liasion Officer</b> | Practical help, advice and support to persons bereaved by suicide  | Call: (085) 870 6591   |
| <b>Suicide or Survive</b>                  | Mental Health and wellness programmes and online webinars  | Call: (01) 272 2158 / email: info@suicideorsurvive.ie  |
| <b>Women's Aid</b>                         | Support for women and children experiencing domestic abuse and violence  | Call Free: 1800 341 900 (24/7) / www.womensaid.ie  |
| <b>Your Mental Health</b>                  | Information on supports and services   | Callsave: 1800 111 888 / www.yourmentalhealth.ie   |

For further information on managing your well-being and an updated list of Mental Health Services, please visit - [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

**TAKE A PHOTO**