



Connecting for Life  
Donegal

## Help is at hand for your emotional well-being

If you are experiencing distress or are worried about someone, please contact your GP, the local Emergency Department or call the Samaritans on Freephone 116 123 or email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

# TAKE A PHOTO



Seirbhís Sláinte  
Níos Fearr  
á Forbairt | Building a  
Better Health  
Service

[yourmentalhealth.ie](http://yourmentalhealth.ie)  
Information | Support | Services

### 24 Hours A Day

#### Emergency Services

Ambulance / Fire / Gardaí

#### Letterkenny University Hospital E.D.

#### NowDoc - GP Out of Hours Services

#### Pieta

#### Samaritans

Text 50808

### 7 Days A Week

#### Emergency Support

#### Emergency Support

Urgent out of hours GP Care. 6pm-8am, Mon-Fri and 24hrs at weekends

24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm

#### Emotional Support Service

Free 24/7 anonymous messaging service for people in crisis

Call: 112 or 999

Call: (074) 912 3537

Call: 0818 400 911

Call Free: 1800 247 247 / Text HELP to 51444  
[www.pieta.ie](http://www.pieta.ie)

Freephone: 116 123 or email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

Text YMH to 50808, anytime day or night / [www.text50808.ie](http://www.text50808.ie)

### Mobile Apps

### These Mobile Apps Can Help You Manage Anxiety

#### Clear Fear

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

#### Headspace

Headspace teaches meditation and easy to use mindfulness skills

Get it in the App Store or on Google Play

#### Mindshift

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

#### BeLoNG To Youth Services

Supporting Lesbian, Gay, Bisexual & Trans Young People in Ireland

Call: 01 670 6223 / email: [info@belongto.org](mailto:info@belongto.org)

#### Childline

Confidential phone and text support for children and young people up to 18yrs

Call Free: 1800 666 666 (24/7)

Free text 50101 or chat online at [childline.ie](http://childline.ie)

#### Jigsaw Donegal

Free youth mental health support service 12-25yrs

Call: (074) 9726920 / email: [donegal@jigsaw.ie](mailto:donegal@jigsaw.ie) / [www.jigsaw.ie](http://www.jigsaw.ie)

#### Spunout

Youth information website created by young people, for young people aged 16-25 years

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

#### Teenline

National active listening service for children and young people up to 18 years

Call Free: 1800 833 634 Free (24/7) / [www.teenline.ie](http://www.teenline.ie)

### Counselling And Other Supports

#### ALONE

Dedicated support line for older people

Call: 0818 222 024 (8am to 8pm Monday to Friday) [www.alone.ie](http://www.alone.ie)

#### Aware Helpline

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](http://www.aware.ie)

#### Bereavement

Information and support

Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm)  
[www.bereaved.ie](http://www.bereaved.ie) / [www.childhoodbereavement.ie](http://www.childhoodbereavement.ie)

#### Grow

Mental Health Recovery and Peer support

Call Free: 0818 474 474

#### HSE - Drug & Alcohol line

Drug and Alcohol information and support

Call Free: 1800 459 459 (9.30am - 5.30pm)

#### INSIGHT Inishowen

Counselling, Listening Ear, Signposting

Call: (087) 170 8743 / [insightinishowen@gmail.com](mailto:insightinishowen@gmail.com)

#### LGBT Ireland

National support service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends

Call Free: 1800 929 539 / email: [info@lgbt.ie](mailto:info@lgbt.ie)

#### MABS

Money Advice and Budgeting Service

Call: 0818 07 2650 (National Helpline 0818 07 2000) / [www.mabs.ie](http://www.mabs.ie)

#### Men's Aid

For men experiencing domestic abuse and violence

Call: (01) 554 3811 (9am-5pm, Mon-Fri) / email: [hello@mensaid.ie](mailto:hello@mensaid.ie)  
Male Advice Line: Freephone number: 1800 816 588

#### Mental Health Ireland

Information and support for people who experience mental health difficulties

Call: (01) 284 1166 (Mon-Fri 9am to 5pm) / [mentalhealthireland.ie](http://mentalhealthireland.ie)

#### Online Counselling

Peer support and counselling

[www.turn2me.org](http://www.turn2me.org) / [www.mymind.org](http://www.mymind.org)

#### Pieta (Donegal)

Free therapeutic support for those in suicidal distress or those who engage in self harm

Call: (074) 9126594 / 0818 111126  
[www.pieta.ie](http://www.pieta.ie)

#### Seniorline

Confidential listening service for older people

Call Free: 1800 804 591 (10am to 10pm daily)

#### Sexual Violence Helpline

For men and women - experiencing sexual violence

Call Free: 1800 778 888

#### Shine

Supporting people affected by mental ill-health

Call: (01) 541 3715

#### Suicide Bereavement Liasion Officer

Practical help, advice and support to persons bereaved by suicide

Call: (087) 911 5498

#### Suicide or Survive

Mental Health and wellness programmes and online resources

Call: 01 272 2158 / email: [info@suicideorsurvive.ie](mailto:info@suicideorsurvive.ie)

#### Women's Aid

Support for women and children experiencing domestic abuse and violence

Call Free: 1800 341 900 (24/7) / [www.womensaid.ie](http://www.womensaid.ie)

#### Your Mental Health

Information on supports and services

Callsave: 1800 111 888 / [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

HUGG Suicide Bereavement Support is a peer support group organisation for those bereaved by suicide. HUGG provide face to face Support Groups facilitated by people who have been bereaved by suicide. HUGG also provide online Support Groups for both Adults and Young People (18 and 25 years)

For more information on all HUGG Support Groups - Call 01 513 4048 / email [support@hugg.ie](mailto:support@hugg.ie) [www.HUGG.ie](http://www.HUGG.ie)