



Numbers When You Need Them; Talk To Someone About It...



Talk to your **GP** or '**Out of hours GP**'

Caredoc / NowDOC	Urgent out of hours GP Care	0818365399 / 1850400911
Hospital Emergency	Emergency Support Sligo University Hospital	(071) 9171111
Emergency Services	An Garda Siochána, Ambulance Service, Fire Service	112 or 999

24 HOURS A DAY 7 DAYS A WEEK

HSE Crisis Text Line	Messaging service providing everything from a calming chat to immediate support	Text 50808
Samaritans	Emotional Support Service	116 123
Childline	Confidential phone line for children and young people	1800666666 Text 'Talk' to 50101
Northwest STOP	Helpline for people who are in suicidal distress and access to free counselling	0867772009
Pieta House	Helpline for people who are in suicidal distress and access to therapeutic support	1800247247 Text 'HELP' to 51444
Your Mental Health Information Line	Helpline to give information on mental health supports available to you	1800111888

MONDAY TO SUNDAY

Aware Helpline	Listening service for people with depression or those concerned about a family member or friend	1800 804 848 www.aware.ie
Teenline	Confidential phone line for teenagers	1800 833 634 www.teenline.ie
National LGBT Helpline	Supporting, educating and connecting to enhance the lives of LGBT+ people and their family and friends	1890 929 539 www.lgbt.ie
Farm & Rural Stress Helpline	Confidential listening ear, support and advice for farmers and people living in rural areas	1800 742 645

MONDAY TO FRIDAY

HSE National Counselling Service	Provides support for clients to improve quality of life and reduce psychological distress	(071) 9142161
GRASP Life	Provides outreach counselling service throughout Sligo and Leitrim and a crisis helpline service	0863905999
HSE Drug & Alcohol Helpline	Drug and Alcohol information & support	1800 459 459
MABS	Money advice and budgeting service	0761 072 000 www.mabs.ie
Grow	Peer support groups for over 18's who may be struggling with any aspect of their mental health	1890 474 474 www.grow.ie
Suicide Bereavement Liaison Service	Practical help and support for persons bereaved or affected by suicide	085 2538 638
Domestic Violence Advocacy Service	Free and confidential support for women experiencing abuse in their relationship	(071) 9141515



For information on Suicide Prevention Training:
<http://www.nosp.ie/training>

www.yourmentalhealth.ie

A place to learn about mental health and how to support yourself and others.

