



NUMBERS WHEN YOU NEED THEM

CAVAN AND MONAGHAN

Urgent Help and Support

- **An Garda Síochána, Ambulance, Fire and Irish Coast Guard**999 or 112
- **Garda Confidential Line** 1800 666 111
- **North East Doctor On Call** 1800 777 911
- **Cavan General Hospital**049 437 6000
- **Samaritans: Freephone 24/7:** 116 123, jo@samaritans.ie
- **Pieta: Freephone 24/7:** 1800 247 247, Text HELP to 51444
- **Text 50808: Free Text 24/7:** Text HELLO to 50808, www.text50808.ie

Cavan Monaghan Mental Health Service

(accessed via GP referral)

- **Child & Adolescent Mental Health Service** Cavan:049 437 8920 Monaghan:047 95444
South Cavan/Monaghan047 95455
- **Adult Mental Health Service** Cavan:049 435 3145 Monaghan:047 95300
- **Community Rehabilitation Service** Cavan:049 437 6475 Monaghan:047 95300
- **Mental Health Service for the Elderly** Cavan:049 437 6427 Monaghan:047 95369
- **Mental Health Intellectual Disability** Cavan Monaghan and Louth Meath:042 966 3122
- **Suicide Crisis Assessment Nurse (SCAN) Service** – accessed via GP referral in both Cavan and Monaghan

Support Numbers and Information Helplines

- Alone (supporting older people to age at home) 0818 222 024
- Aware Support Line 0818 222 024
..... E: supportmail@aware.ie
(support for people experiencing depression or bipolar disorder)
- BeLonG To (supporting LGBTI+ young people) 01 670 6223
- Bodywhys 01 210 7906, E: alex@bodywhys.ie
(support for people affected by eating disorders)
- Cavan & Monaghan Rainbow Youth (CAMRY) 087 219 3904
..... E: info@camry.ie
- Childline 1800 666 666, Text: TALK to 50101
- Citizens Information 0818 074 000
- Crime Victims Helpline 116 006
- Dundalk Simon 042 933 9583
(supporting homeless in Cavan & Monaghan)
- Embrace Farm (farm accident support network) 085 770 9966,
..... E: info@embracefarm.com
- Exchange House Ireland National Travellers Service 01 872 1094
- Gender Identity Family Support Line 01 907 3707
- GROW (support for adults with mental health problems) 0818 474 474
- HSE National Information Helpline (HSE Live) 1800 700 700
..... E: hselive@hse.ie
- Irish Men's Sheds Association 01 891 6150
- ISPC Parent Support Line 01 522 4300
- LGBT Ireland Helpline 1800 929 539, E: info@lgbt.ie
- MABS Helpline (Money and Budgeting Advice Service) 0818 072 000
- Man2Man 01 873 4832
(HIV & sexual health information for gay & bisexual men)
- Mens Aid 01 554 3811, E: hello@mensaid.ie
- Mental Health Ireland 01 284 1166
- Migrant Rights Centre Ireland 083 075 5387
- My Options Unplanned Pregnancy Helpline 1800 828 010
- National Rape Crisis Helpline 1800 778 888
..... E: counselling@rcc.ie
- Niteline (student support helpline) 1800 793 793
- Outcomers (support for LGBT people in North East) 042 932 9816
..... E: info@outcomers.org
- Parent Line 1800 927 277
- Peer Advocacy in Mental Health 01 547 0510
- Postnatal Depression Ireland 021 492 2083,
..... E: support@pnd.ie
- Resource Office for Suicide Prevention 086 171 7563
- Senior Line (listening service for older people) 1800 804 591
- Sexual violence helpline 1800 778 888
- Shine (supporting people affected by mental ill health) 086 852 5422
- St. Vincent de Paul Freephone 1800 677 777
- Suicide or Survive 01 272 2158
- Tearmann Domestic Abuse Service 047 72311
- Teenline 1800 833 634
- Transgender Equality Network Ireland 01 873 3575
- Women's Aid Domestic Violence Helpline 1800 341 900

Bereavement Services

- Anam Cara (Parental & Sibling Bereavement Support) 01 404 5378
..... www.anamcara.ie
- Barnardos Children's Bereavement Service 01 473 2110
..... E: bereavement@barnardos.ie
- HUGG Suicide Bereavement Peer Support Groups 01 513 4048
..... E: support@hugg.ie
- Irish Hospice Foundation Bereavement Support Line 1800 807 077
..... (10 am – 1 pm)
- Pieta Cavan Monaghan 0818 111 126
Suicide Bereavement Counselling Service
- Pieta Suicide Bereavement Liaison Officer 085 870 6591
(Cavan Monaghan)

YOU'RE NOT ALONE, WE ARE HERE TO HELP!

your
mental
health.ie
Information | Support | Services
1800 111 888



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Counselling Services & Psychosocial Supports

- BeLonG To LGBT+ Youth Counselling Service 01 462 4792
.....E: belongto@pieta.ie
- Blayney Blades Counselling Service, Castleblayney 042 975 3410
- Clanwilliam Institute 01 205 5010
(Individual, couple & family therapy online)
- Clones Family Resource Centre 047 52919
- Connect Free Telephone Counselling & Support 1800 477 477
(for adults who have experienced abuse, trauma or neglect in childhood)
- Counselling in Primary Care - CIPC (for adults only) 1800 252 563
- Exchange House Ireland National 01 872 1094
Traveller Mental Health Service
- Focus Family Resource Centre, Killeshandra 049 436 4065
- Helplink (free/low-cost counselling services online) . 0818 99 88 80
- HSE National Counselling Service 1800 234 117
(for adults who have experienced abuse, trauma or neglect in childhood)
- HSE Primary Care Psychology (GP referral needed)
..... 049 435 3166 (Cavan)
..... 047 95580 (Monaghan)
- Pieta Crisis Counselling Service 0818 111 126
- SilverCloud Health Online CBT (referral through GP)
..... www.silvercloudhealth.com/ie/
- Social Prescribing - Teach Oscail FRC, Cavan 049 437 2730
..... or 085 250 0605
- Social Prescribing - Clones FRC 086 140 7848
- Social Prescribing - Teach na Daoine FRC, Monaghan 085 841 5842
- Teach na Daoine Family Resource Centre, Monaghan 047 71398
- Teach Oscail Family Resource Centre, Cavan 049 437 2730
- Traveller Counselling Service 086 308 1476
.....E: info@travellercounselling.ie
- WCI/Monaghan (formerly Dochas) 047 62573 / 087 150 7056
- YouThrive 042 967 4915
(HSE Cavan Monaghan Early Intervention Youth Mental Health Service, 12 – 25 year olds)

Private and Online Counselling

- Addiction Counsellors of Ireland 01 797 9187
..... www.addictioncounsellors.ie
- Irish Association of Counsellors & Psychotherapists 01 230 3536
..... www.iacp.ie
- Irish Association of Humanistic 01 284 1665
& Integrative Psychotherapy www.iahip.ie
- My Mind Online Video Counselling 0818 500 800
..... www.mymind.org
- The Psychological Society of Ireland 01 472 0105
..... www.psychologicalsociety.ie
- Turn2Me Online Counselling www.turn2me.ie
& Support Groups

Online Wellbeing Support

- **'Stories of Recovery'**
podcast series - <https://audioboom.com/channels/5013394>
- **Minding Your Wellbeing**
<https://www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html>
- **Stress Control** online class - www.stresscontrol.ie
- Search for **Cavan Monaghan Wellbeing & Recovery** on facebook
- **Innovation Recovery** - Free mental health promotional workshops:
www.mymentalhealthrecovery.com
- **Mental Health Ireland** - mental health promotion, webinars,
mindfulness & meditation: www.mentalhealthireland.ie
- **Suicide or Survive (SOS)** - Free online wellness workshops and
programmes: www.suicideorsurvive.ie
- **Minding Your Mental Health** - A series of multilingual video messages:
www.translateireland.ie

Addiction Services

- Alcohol & Drugs Helpline 1800 459 459
- Alcoholics Anonymous 01 842 0700
- Al Anon/Alateen 01 873 2699
- Cuan Mhuire 042 974 8533
(addiction treatment & residential rehabilitation)
- Family Addiction Support Network 087 904 6405,
(family support service) E: info.fasn@gmail.com
- Gamblers Anonymous 01 872 1133
- HSE Primary Care Addiction Service 049 435 3190
- MaCYSS – 085 744 2857
Monaghan and Cavan Youth Substance Support
..... E: macyss@alcoholforum.org
- MQI CAMDAS 049 437 9160
(Cavan & Monaghan Drug & Alcohol Service)
..... E: info.cavan.monaghan@mqi.ie

Websites

- www.alustforlife.com
- www.anamcara.ie
- www.askaboutalcohol.ie
- www.aware.ie
- www.barnardos.ie/teenhelp
- www.bereaved.ie
- www.bodywhys.ie
- www.cavanmonaghanservices.ie
- www.childhoodbereavement.ie
- www.childline.ie
- www.citizensinformation.ie
- www.connectcounselling.ie
- www.grow.ie
- www.healthpromotion.ie
- www.helplink.ie
- www.hospicefoundation.ie
- www.hse.ie
- www.ispcc.ie/teenline/
- www.jigsaw.ie
- www.lgbt.ie
- www.menssheds.ie/malehealth-ie
- www.mentalhealthireland.ie
- www.mqi.ie/help/cavan-monaghan-drug-alcohol-service/
- www.mymentalhealthrecovery.com
- www.mymind.org
- www.niteline.ie
- www.nosp.ie
- www.outcomers.org
- www.parentline.ie
- www.pieta.ie
- www.pleasetalk.ie
- www.positiveoptions.ie
- www.reachout.com
- www.samaritans.ie
- www.shine.ie
- www.spunout.ie
- www.stresscontrol.ie
- www.suicideorsurvive.ie
- www.teenline.ie
- www.text50808.ie
- www.turn2me.ie
- www.usi.ie
- www.widow.ie
- www.youmatter.ie
- www.grow.ie
- www.yourmentalhealth.ie
- www.youth.ie

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