



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



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

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| Caredoc / NoWDOC | Urgent out of hours GP Care | 0818 365 399 / 0818 400 911 |
| Hospital Emergency | Emergency Support Sligo University Hospital | (071) 9171111 |
| Emergency Services | An Garda Síochána, Ambulance Service, Fire Service | 112 or 999 |

24 HOURS A DAY 7 DAYS A WEEK

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| 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 | 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

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| 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

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| 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.

