

NUMBERS WHEN YOU NEED THEM

CAVAN AND MONAGHAN



Connecting for Life
Cavan and Monaghan

Urgent Help and Support

An Garda Síochána, Ambulance, 999 or 112
Fire and Irish Coast Guard

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 House: 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/Monaghan..... 047 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

Support Numbers and Information Helplines

Alone (<i>supporting older people to age at home</i>)	0818 222 024
AMEN	046 902 3718
<i>(confidential support line for male victims of domestic abuse)</i>	
Aware Support Line	0818 222 024
<i>(support for people experiencing depression or bipolar disorder)</i>	
BeLonG To (<i>supporting LGBTI+ young people</i>)	01 670 6223
Bodywhys	01 210 7906, email: alex@bodywhys.ie
<i>(support for people affected by eating disorders)</i>	
Cavan & Monaghan Rainbow Youth (CAMRY)	087 219 3904
.....email: 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
<i>(supporting homeless in Cavan & Monaghan)</i>	
Farm and Rural Stress Helpline	1800 742 645
Gender Identity Family Support Line.....	01 907 3707
GROW <i>(support for adults with mental health problems)</i>	0818 474 474
HSE National Information Helpline (HSE Live)....	1800 700 700
.....	email hselive@hse.ie
Irish Advocacy Network <i>(peer advocacy in mental health)</i> .	01 872 8684
Irish Men's Sheds Association	01 891 6150
ISPCC Parent Support Line.....	01 676 7960
Jigsaw	1800 544 729
LGBT Ireland Helpline.....	1800 929 539
MABS Helpline <i>(Money and Budgeting Advice Service)</i> ..	0818 072 000
Man2Man	01 873 4832
<i>(HIV & sexual health information for gay & bisexual men)</i>	

Mental Health Ireland	01 284 1166
Migrant Rights Centre Ireland.....	01 889 7670
My Options Unplanned Pregnancy Helpline...	1800 828 010
National Rape Crisis Helpline.....	1800 778 888
.....	email counselling@rcc.ie
Niteline (<i>student support helpline</i>)	1800 793 793
Outcomers (<i>support for LGBT people in North East</i>) ..	042 932 9816
Parent Line	1800 927 277
Postnatal Depression Ireland	083 485 0689
Resource Office for Suicide Prevention	086 171 7563
Senior Line (<i>listening service for older people</i>)	1800 804 591
Sexual violence helpline	1800 778 888
Shine (<i>supporting people affected by mental ill health</i>) ...	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 (<i>Parental & Sibling Bereavement Support</i>) ...	01 404 5378
.....	www.anamcara.ie
Barnardos Children's Bereavement Service	01 473 2110
.....	email bereavement@barnardos.ie
Irish Hospice Foundation Bereavement Support Line	
.....	1800 807 077 (10 am – 1 pm)
Pieta House Suicide Bereavement Counselling	0818 111 126
.....	text HELP to 51444
Pieta Suicide Bereavement Liaison Officer	085 870 6591
<i>(Cavan Monaghan)</i>	

Counselling Services

BeLonG To LGBT+ Youth Counselling Service 01 462 4792

..... email: belongto@pieta.ie

Blayney Blades Counselling Service, *Castleblayney* 042 975 3410

Clanwilliam Institute 01 205 5010

(Individual, couple & family therapy online)

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

Helplink *(free/low-cost counselling services online)*.. 0818 99 88 80

HSE National Counselling Service	1800 234 117
<i>(for adults who have experienced abuse, trauma or neglect in childhood)</i>	
HSE Primary Care Psychology (GP referral needed).....	
.....	049 435 3166 (Cavan)
.....	047 95580 (Monaghan)
Clones Family Resource Centre.....	047 52919
Focus Family Resource Centre, Killeshandra ...	049 436 4065
Pieta House Crisis Counselling Service	0818 111 126
Teach na Daoine Family Resource Centre, Monaghan ...	047 71398
Teach Oscail Family Resource Centre, Cavan..	049 437 2730
Traveller Counselling Service	086 308 1476
.....	email: info@travellercounselling.ie

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	

Addiction Services

Alcohol & Drugs Helpline.....	1800 459 459
Alcoholics Anonymous	01 842 0700
Al Anon/Alateen	01 873 2699
Cuan Mhuire	042 974 8533
<i>(addiction treatment & residential rehabilitation)</i>	
Family Addiction Support Network <i>(family support service)</i> .	042 935 5251
Gamblers Anonymous	01 872 1133
HSE Primary Care Addiction Service	049 435 3190
MaCYSS – <i>Monaghan and Cavan Youth Substance Support</i> .	085 744 2857
.....	Email: macyss@alcoholforum.org
MQI CAMDAS <i>(Cavan & Monaghan Drug & Alcohol Service)</i> ..	049 437 9160
.....	Email: 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.mentalheathireland.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

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

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

**your
mental
health.ie**

Information | Support | Services

1800 111 888



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The information provided within is correct at time of printing but is subject to change