

## If you or someone you know is struggling or in crisis, help is available. Where to get help:

- GP, or an out-of-hours GP service
- Hospital Emergency Services
- Contact Emergency Services on **999** or **112** (have eircode if possible)
- Call the Samaritans 24 hr Freephone **116 123** / Email **jo@samaritans.ie**
- Pieta Suicide Helpline **1800 247 247** Text **HELP** to **51444** 24/7 **www.pieta.ie**
- Crisis Text Line **Text HELLO to 50808 24/7**
- Call **1800 111 888** and visit **www.yourmentalhealth.ie**  
(information on mental health supports & services)

My GP: \_\_\_\_\_

My Mental Health Service: \_\_\_\_\_

My Mental Health Key worker: \_\_\_\_\_

## GP out-of-hours service

- EDOC (East Dublin, Dun Laoghaire, East Wicklow).....01 223 4500 / edoc.ie
- CareDoc (South Wicklow) .....0818 300 365

## Hospitals

- St Vincent's University Hospital .....01 221 4504 (24/7)
- St Michael's Hospital Dun Laoghaire .....01 280 6901 (8am - 8pm)
- St Columcille's Hospital Loughlinstown ....(01) 211 5000 (8am - 6pm)
- Children's Health Ireland at Crumlin (24/7) .....01 409 6100
- Children's Health Ireland at Tallaght (24/7) .....01 414 2409

## Helplines & websites

- Aware Listening Service..... 1800 804 848 [www.aware.ie](http://www.aware.ie)
- Alone 0818 222 024.....[www.alone.ie](http://www.alone.ie) (supporting older people)
- Alzheimer Society of Ireland ..... 1800 341 341 / [alzheimer.ie](http://alzheimer.ie)
- BODYWHYS.....01 2107906 / [alex@bodywhys.ie](mailto:alex@bodywhys.ie)  
(supporting eating disorders)
- ChildLine Freephone.....1800 66 66 66  
Free text the word 'Talk' to 50101 (24/7)
- CARI Helpline..... 0818 924 567 / [cari.ie](http://cari.ie)  
(support and advice regarding child sexual abuse)
- Crosscare.....01 872 6775  
(Supporting migrants, refugees, asylum seekers and people who are homeless)
- Crime Victims Helpline..... 116 006 Text 085 133 771

- Employee Assistance Programme 0818 327 327 (HSE staff counselling service)
- HSE National Information / Support ..... 1800 700 700
- LGBT Helpline ..... 1800 929 539 / [lgbt.ie](http://lgbt.ie)  
(supporting lesbian, gay, bisexual and transgender people)
- MABS: Dublin South 0818 07 2000, Bray 0818 07 2250,  
Arklow 0818 072390 / [mabs.ie](http://mabs.ie) (Money advice & budgeting service)
- Men's Aid Ireland ..... 01 554 3811 / [mensaid.ie](http://mensaid.ie)
- Mental Health Ireland.....01 284 1166 / [mentalhealthireland.ie](http://mentalhealthireland.ie)
- Minding Creative Minds .... 1800 814 244 / [mindingcreativeminds.ie](http://mindingcreativeminds.ie)
- National Traveller Mental Health Service .....01 872 10934  
exchangehouse.ie
- One Family ..... 0818 662 212 / [onefamily.ie](http://onefamily.ie)  
(supporting people parenting alone, co-parenting or separating)

- One in Four .....[oneinfour.ie](http://oneinfour.ie)  
(supporting adult survivors of child sexual abuse)
- Practitioner Health .....085 760 1274  
(Supporting doctors, dentists & pharmacists)
- Parentline.....018 733 500 / [parentline.ie](http://parentline.ie)
- Rape Crisis Centre.....1800 778 888 / [drcc.ie](http://drcc.ie)
- Senior line.....1800 804 591  
(listening service for older persons)
- SpunOut .....01 675 3554 / [spunout.ie](http://spunout.ie)  
Freetext SPUNOUT to 50808
- St Vincent De Paul East Region ..... 01 855 0022 / [svp.ie](http://svp.ie)
- Unplanned Pregnancy My Options .... 1800 828 010 / [myoptions.ie](http://myoptions.ie)
- Women's Aid Domestic Violence .....1800 341 900 / [womensaid.ie](http://womensaid.ie)

## Addiction Services

- Al-Anon & Al-Ateen.....01 873 2699 / www.al-anon.org
- HSE Drug & Alcohol /Sexual Health & HIV .....1800 459 459  
helpline@hse.ie
- Alcoholics Anonymous..... 01 842 0700 / 086 216 9818  
alcoholicsanonymous.ie
- Gamblers Anonymous.....01872 1133 / gamblersanonymous.ie
- Narcotics Anonymous.....086 862 9308 / naeasternarea.org

## Bereavement Supports and Services

- Anam Cara.....085 288 8888 / 01 405 5378 / anamcara.ie  
(supporting parents after child bereavement)
- Barnardo's Children's Bereavement Helpline .....01 473 2110  
(supporting families to help children through grieving process)

- HUGG..... 01 513 4048 / hugg.ie  
(suicide bereavement peer support group)
- Pieta House Bereavement Services.....1800 247 247  
Text HELP to 51444
- Suicide Bereavement Liaison Officer.....1800 247 24
- Irish Hospice Foundation Bereavement Support Line....1800 80 70 77

## Homeless Specific Helplines

- Emergency Accommodation..... Freephone 1800 707 707
- Focus Ireland..... 01 881 5900
- Peter McVerry Trust..... 1800 140 244
- Simon Dublin Outreach Team..... 01 872 0185
- Simon Support Worker, Wicklow..... 086 043 7562
- Simon Suicide Prevention Hotline..... 1800 844 600
- Crosscare..... 01 872 6775

## Local Counselling / Psychotherapy Services

- Balallay Family Resource Centre..... 01 295 2167 / balallyfrc.ie
- Blackrock/Donnybrook Counselling..... 01 283 8735
- Counselling in Primary Care.....01 280 5862 (GP referral required)
- Connect Counselling ..... 1800 477 477
- Crosscare Teen Counselling (12-18yo) ... 01 557 4705 / teencounselling.ie
- Greystones Family Resource Centre.....01 255 7528 / greystonesfrc.ie
- Hillview Resource Centre .....01 296 5025 / hillviewfrc.ie
- Irish Association for Counselling & Psychotherapy .....01 230 3536 iacp.ie
- Jigsaw (12-25yo) 01 6583070 (Dublin) / 01 5240796 (Wicklow) / jigsaw.ie
- Living Life Counselling Bray/Arklow ..... 01 286 6729
- MyMind ..... 0818 278 604 / mymind.org
- National Counselling Service HSE..... 1800 234 111
- Rosemount Resource Centre.....01 216 6131 / rosemountfrc.ie
- Traveller Counselling Service ..... 086 308 1476
- Turn to me (online counselling).....turntome.org

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

**yourmentalhealth.ie**  
Information | Support | Services



## 1800 111 888



Date of issue June 2023

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

# NUMBERS WHEN YOU NEED THEM

Help at your finger tips



Connecting for Life  
Dublin South East, Dublin South  
and Wicklow

