** LOUTH/MEATH **

**PERSONAL AND COMMUNITY**

**INFORMATION AND SUPPORT DIRECTORY**

(Compiled by HSE Midlands/Louth Meath Resource Service for Suicide Prevention)

**LOCAL GP or in Emergency:** Telephone: 999 or 112. **If you are experiencing distress or are worried about someone, please contact your GP, the local Emergency Department or the Samaritans.**

**NEDOC:** Urgent Family Doctor Out-of-Hours Service: LoCall: 1850 777 911

Hours of Operation: Monday - Friday: 6.00pm -8.00am; Weekends/Public Holidays: 8.00am - 8.00am.

# HSE Information/Crisis Lines:

* The HSELive: 8am - 8pm Monday to Friday and 10am - 5pm on Saturdays.

Callsave: **1800 700 700** / Email: hselive@hse.ie

* **24/7 Text Support Service:** Text **‘Hello’ to 50808** – Anytime / Anywhere
* **YourMentalHealth Information Line: 1800 111 888**

**Gardai, Fire Brigade, Ambulance** 999/112

**Garda Confidential Line** 1800 666 111

**HSE SERVICES:**

**Our Lady’s Hospital Navan (ED Dept.) (**046) 907 8500

**Our Lady of Lourdes Hospital Drogheda (ED Dept.)** (041) 983 7601 (Ext 2318)

**Meath HSE Primary Care Psychology Services**

(For children and adolescents 0-18 years only) 046 909 8816

**Louth HSE Primary Care Psychology Services, Drogheda**

(For children and adolescents 0-18 years only) 041 980 9500

**Louth HSE Primary Care Psychology Services, Dundalk**

(For children and adolescents 0-18 years only) 042 682 0000

**HSE National Counselling Service** (Rian)

 (for adults who experienced abuse during childhood) 1800 234 110 / 1800 234 117

**RESOURCE SERVICE FOR SUICIDE PREVENTION:**

To access suicide prevention training: <https://bookwhen.com/suicidepreventiontrainingmidlands>

**NATIONAL COUNSELLING SERVICES:**

**24/7 Suicide Helpline /Pieta**  - Freephone: 1800 247 247 / Therapy enquiries: 0818 111 126;

Text ‘HELP’ to 51444 for one-to-one text support; Email: mary@pieta.ie; [www.pieta.ie](http://www.pieta.ie)

**CONNECT**: (National Adult Counselling Service) Freephone: 1800 477477 (Wed-Sun. 6pm – 10 pm).

 Email: [www.connectcounselling.ie](http://www.connectcounselling.ie)

**SAMARITANS:** Freephone: 116 123 / Email: jo@samaritans.ie Web: [www.samaritans.ie](http://www.samaritans.ie)

 *(Listening Service/Emotional Support 24 hours a day, 7 days a week)*

**Travellers Counselling Service: 086 308 1476** Provision of a counselling service to members of the Traveller

 community

[**MyMind**](http://www.mymind.org)**:** ( [www.mymind,org](http://www.mymind,org)) ‘e-psychology’ service – online counselling.

**NURTURE**: 085 861 9585; Email: info@nurtuecharity.org, Website: [www.nurturecharity.org](http://www.nurturecharity.org)

Provides support to women’s experiencing fertility difficulties, depression in pregnancy, post-natal depression and distress following miscarriage or traumatic birth.

**Turn2me.org**. Free online counselling: Book: [www.turn2me.org/engage](http://www.turn2me.org/engage). *moderated peer support forums, online support groups, access to Thought Catcher - a mood measuring tool - and one to one online counselling.*

**LOCAL COUNSELLING SERVICES:**

**Dundalk Counselling Service** 042 933 8333

 (Individual and Group counselling also youth service exclusively for 13 to 23 years old)

**Dowdstown Counselling Service** 046 903 1196

(High quality, affordable counselling)

**Private counselling services**: See [www.pschologicalsociety.ie](http://www.pschologicalsociety.ie) or www,iacp.ie for a list of accredited counsellors.

**FAMILY RESOURCE CENTRES:**

**Trim Family Resource Centre** 046 943 8850

**Kells People’s Resource Centre** 046 924 7161

**Connect Family Resource Centre, Drogheda** 041 984 6608

**SUPPORT ORGANISATIONS:**

**AWARE:** 72 Lower Leeson St., Dublin 2. Helpline: 1800 80 4848;

Email Support Service: supportmail@aware.ie ; Online Support Groups held regularly – see website: [www.aware.ie](http://www.aware.ie);

**ACTIVE RETIREMENT IRELAND:** Tel: 01 873 3836

**ALONE**: Helpline: 0818 222 024 / 01 679 1032

**ALCOHOLICS ANONYMOUS**: Tel: 01-842 0700. Alateen/Al-Anon: Tel: 01-873 2699.

**CARI**: Helpline: 0818 924567 [www.cari.ie](http://www.cari.ie) Child sexual abuse counselling.

**GAMBLERS ANONYMOUS:** Tel: 01-8721133. Email: info@gamblersanonymous.ie .

**GROW:**. Info Line: 0818 474 474. [www.grow.ie](http://www.grow.ie) Local Support Groups.

**LGBT Ireland:** Helpline: 0818 929 539: / [www.lgbt.ie](http://www.lgbt.ie) / Email: info@lgbt.ie Website: [www.lgbt.ie](http://www.lgbt.ie)

**One-in-Four**: Tel: 01-662 4070 [www.oneinfour.org](http://www.oneinfour.org) (*Support for adult survivors of childhood sexual abuse)*

**One Family Support Helpline:** LoCall Helpline: 1890 662212 [www.onefamily.ie](http://www.onefamily.ie) /

Support email: support@onefamily.ie  *(Support and information for One Parent families).*

**MENTAL HEALTH IRELAND:** Regional Development Officer, Tel: 086-8353387 [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

**SHINE:** Tel: 018601610 or 0860407702. (Supporting people affected by mental health)

Email support service: phil@shine.ie; Regional email: northeast@shine.ie. / info@shine.ie; Website: [www.shine.ie](http://www.shine.ie)

**TREOIR:** Tel: 01 6700 120 [www.treoir.ie](http://www.treoir.ie)  *Services for Unmarried Parents and their Children.*

**Irish Advocacy Network**

(Peer Advocacy in mental health problems) 01 872 8684

**Jigsaw Meath** 046 907 1702

(Confidential youth mental health support service for young people 12-25yrs)

**Post natal Depression Ireland**

(Support for those suffering from postnatal depression) Tel: 021 492 2083 / Support Number: 083 485 0689.

**BEREAVEMENT SUPPORT:**

**ANAM CARA PARENTAL AND SIBLING BEREAVEMENT SUPPORT:** Tel: 01-404 5378

 [www.anamcara.ie](http://www.anamcara.ie) (Satellite support groups throughout the country).

**BARNARDOS CHILDREN’S BEREAVEMENT SERVICE:** Tel:01 4732110. [www.barnardos.ie](http://www.barnardos.ie);

**HSE / Pieta House Suicide Bereavement Liaison Service (Louth/Meath):** Liaison Officer: 085 738 0444

 Email: marian.king@pieta.ie *(providing support, information and practical help to individuals and families*

 *following a suicide death)*

**IRISH HOSPICE FOUNDATION / Bereavement Support Helpline:** 1800 807 077 / [www.bereaved.ie](http://www.bereaved.ie)

**PIETA:** Helpline: 1800 247 247. / Therapy Enquiries: 0818 111 126. ([www.pieta.ie](http://www.pieta.ie) Email: mary@pieta.ie ).

**Websites for information and support:** [**www.hospicefoundation.ie**](http://www.hospicefoundation.ie)**; [www.childhoodbereavement.ie](http://www.childhoodbereavement.ie);**

**YOUTH INFORMATION AND SUPPORT SERVICES:**

**24/7 Text Support Service:** Text **‘Hello’ to 50808** – Anytime / Anywhere

(Listening Support Service for 12 – 34 yrs age range)

**Spunout :** Youth information website created by young people**.** [**www.spunout.ie**](http://www.spunout.ie)

**CHILDLINE:** 1800 666 666 [www.childline.ie](http://www.childline.ie) **TEENTXT**: (Free/confidential) **Text:’Talk’ to 50101**

**BODYWHYS** – Eating Disorders Assoc of Ireland. Helpline: 01 210 7906; Email: alex@bodywhys.ie

 [www.bodywhys.ie](http://www.bodywhys.ie)

**BeLonG To:** Tel: 01-670 6223 [www.belongto.org](http://www.belongto.org) LGBTI+ support.

**HSE Drug & Alcohol Support Helpline**: 1800 459 459/ [www.drugs.ie](http://www.drugs.ie) / [www.drinkaware.ie](http://www.drinkaware.ie)

**JIGSAW Meath:** Tel: 046 907 1702 [www.jigsaw.ie](http://www.jigsaw.ie/offaly)

Jigsaw promotes and supports positive mental health for young people (12-25 yrs).

**LGBT Ireland:** Helpline: 1800 929 539: / [www.lgbt.ie](http://www.lgbt.ie) / Email: info@lgbt.ie Website: [www.lgbt.ie](http://www.lgbt.ie)

**National Youth Council of Ireland** [www.youth.ie](http://www.youth.ie)

**Youth Information** [www.spunout.ie](http://www.spunout.ie) *Youth led media initiative covering all aspects of youth info, health,*

 *lifestyle and activism.*

**Websites:** [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) *General information/ advice on looking after your mental health.*

**OTHER SUPPORT AND INFORMATION HELPLINES:**

**Men’s Aid**

(Support for men affected by domestic abuse) 01 554 3811

**BODYWHYS**

(Support for people affected by eating disorders) 01 210 7906

**Childline** 1800 666 666

**Crime Victims Helpline** 116 006

**Connect Counselling** (Free telephone counselling / support for adults who have experienced abuse during childhood) 1800 477 477

**Dundalk Outcomers**

Support for LGBTI people aged between 14and 23) 042 932 9816

**Dundalk Simon Community**

(Support for those that are homeless) 042 933 9583

**Drogheda Homeless Aid**

(Support for those that are homeless) 041 983 4492

**Drogheda Women’s and Children Refuge**

(Support for women and children who are homeless) 041 984 4550

**HSE National Information Helpline** 1800 700 700

**LGBTI Helpline**

(Lesbian, Gay, Bisexual, Transgender and Intersex Helpline) 1890 929 539

**MABS** (Money advice and budgeting service) 0818 07 2000

**Meath Women’s Refuge** (Support for women and their children who experience domestic violence)

 046 902 2393

**Crisis Prenancy Support/My Options:** 1800 828 010

**NiteLine** (Student support helpline) 1800 793 793

**Parentline** 1890 927 277

**Rape Crisis** (North East) 1800 212 122

**Senior Helpline** 1800 80 4591

**Sexual Violence Helpline** – For men and women 1800 778 888

 experiencing sexual violence

**Third Age** (Support for older people) 1800 804 591

**Women’s Aid National Domestic Violence Helpline** 1800 314 900

**Youth Work Ireland Meath**

 (Support for young people) 046 909 3402

**Addiction Services**

**HSE Drug & Alcohol Helpline** 1800 459 459

**Alcoholics Anonymous** 01 842 0700

**Al Anon/Alateen** [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie) 01 873 2699

**Turas**

(Provision of  free, confidential supports

to people at all stages of addiction) 042 933 8221

 /933 8224

**Meath Community Drugs & Alcohol Response** (MCDAR) 087 0933 759

Women’s Aid National Freephone Helpline: 1800 341 900