

PREVENTING SUICIDE TOGETHER



Someone is always there to listen to you



EMERGENCY 24 HRS SERVICES

**Gardaí /
Emergency
Services**
999 / 112

**Your Local GP or
Out of Hours Service**
NEDOC
1800 777 911

Samaritans
116 123
Email: jo@samaritans.ie

**Pieta 24/7
Suicide Helpline**
1800 247 247
Text: HELP to
51444

**24/7 FREE TEXT
SUPPORT SERVICE**
Text HELLO to
50808
www.text50808.ie

**Women's Aid
National Helpline**
1800 341 900

CHILDLINE
1800
666 666

**AWARE
Support Line**
1800 80 48 48
(10am - 10pm)
Email: supportmail@aware.ie

OTHER ONGOING SUPPORTS

PIETA
Preventing Suicide
and Self Harm
Therapy Enquiries
0818 111 126

**PCI
Counselling
Service**
(Reduced Cost)
0818 555 450
(9am-5.30pm)

**Online
Counselling**
www.turn2me.ie

**HSE Suicide
Bereavement
Liaison Service**
085 738 0444
Louth/Meath:

ALONE
Support for
Older People
0818 222 024
(8am - 8pm)

**HSE Drugs &
Alcohol Helpline**
1800 459 459
www.drugs.ie

**GROW
Info Line:**
0818 474 474
Supporting those
experiencing mental
health problems

**SHINE
Info Line**
01 541 3715
Supporting People
Affected by
Mental Ill Health

**MABS
(Money Advice &
Budgeting Service)**
Helpline
0818 07 2000

**National
LGBT
Helpline**
1800 929 539

**Youth
Support
Services**
www.jigsaw.ie
www.spunout.ie



yourmentalhealth.ie
Information | Support | Services
1800 111 888

HSE Live Information Service
1800 700 700

Learn about mental health and how to support yourself and those you love