



HSE Mid West  
Community Healthcare

# Distressed or Suicidal?

You are not alone, help is at hand

Talk to your GP or Samaritans



Services availability  
during **COVID 19**  
Circumstances –  
Dated 13.03.2020  
Subject to change.



Your GP can make referrals to specialist services and also give you information about the supports available in your area.

<b>Shannondoc</b>	Urgent out of Hours GP care	1850 212 999 <a href="http://www.shannondoc.ie">www.shannondoc.ie</a>	As usual
<b>Emergency Services</b>	Garda Síochána, ambulance service, fire service and Irish Coast Guard	112 or 999	As usual
<b>24 HOURS A DAY      7 DAYS A WEEK</b>			
<b>Emergency Department</b>	University Hospital Limerick	061 482120	As usual
<b>Samaritans</b>	Emotional support service	116 123 (Free) Text 087 260 9090 email: <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a> <a href="http://www.samaritans.org">www.samaritans.org</a>	As usual over phone but not face to face.
<b>Crisis Text Line</b>	Free, 24/7, confidential messaging service for people in crisis	Text TALK to 086 1800 280	As usual
<b>YourMentalHealth.ie</b>	Information Helpline	Freephone anytime to find supports and services near you 1800 111 888	As usual
<b>Childline</b>	Confidential phone line for children and young people	1800 666 666 (Free) 24hrs Text: Talk 50101 (Free) 10am-4am <a href="http://www.childline.ie">www.childline.ie</a>	As usual
<b>Clare Suicide Bereavement Support</b>	One to one befriending, family support, healing programme and monthly support meeting	086 056 5373/087 369 8315 <a href="http://www.claresuicidebereavementsupport.com">www.claresuicidebereavementsupport.com</a>	As usual over phone/text but not face to face.

## MONDAY TO SUNDAY

<b>My Mind</b>	Counselling and psychotherapy available nationally online	Visit <a href="http://www.mymind.org">www.mymind.org</a> or email <a href="mailto:hq@mymind.org">hq@mymind.org</a>	As usual online but not face to face
<b>Aware Helpline</b> 10am to 10pm	Listening service for people with depression or those concerned about family member or friend.	1800 804 848 (Free) <a href="http://www.aware.ie">www.aware.ie</a>	As usual
<b>Teenline</b> 8pm to 11pm	Confidential phone line for teenagers	1800 833 634 (Free) <a href="http://www.teenline.ie">www.teenline.ie</a>	As usual
<b>National LGBT Helpline</b> Evenings only	Supporting, educating and connecting to enhance the lives of LGBT+ people and their family and friends.	1890 929 539 <a href="http://www.lgbt.ie">www.lgbt.ie</a>	As usual
<b>Living Links (Tipperary)</b>	Practical help, advice and support to persons bereaved by suicide.	087 969 3021 <a href="http://www.tipperarylivinglinks.ie">www.tipperarylivinglinks.ie</a>	As usual over phone. Face to face determined by situation.

## MONDAY TO SATURDAY

<b>Pieta House</b>	Free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm.	Mid West: 061 484 444 Helpline 1800 247 247 (Free) - 24hrs Text HELP to 51444 - 24hrs email: <a href="mailto:mary@pieta.ie">mary@pieta.ie</a> <a href="http://www.pieta.ie">www.pieta.ie</a>	As usual over phone but not face to face.
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## MONDAY TO FRIDAY

<b>HSE Drug &amp; Alcohol Helpline</b> 9.30am to 5.30pm	Drug and Alcohol information & support	1800 459 459 (Free)	As usual
<b>MABS</b> 9am to 8pm	Money advice and budgeting service	0761 072 000 <a href="http://www.mabs.ie">www.mabs.ie</a>	As usual over phone but not face to face.
<b>Grow</b> 9.30am to 2.30pm	Free day and evening peer support groups for over 18's who may be struggling with any aspect of their mental health	1890 474 474 <a href="http://www.grow.ie">www.grow.ie</a>	As usual over phone.

### [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

A place to learn about mental health and how to support yourself and others. You can find information regarding support services near you on this website.

### [www.spunout.ie](http://www.spunout.ie)

An interactive online community where young people (16-25) are empowered with the information they need to live active, happy, and healthy lives.

### [www.turn2me.org](http://www.turn2me.org)

Peer support online, online support groups and counselling online.

### [www.connectingforlifemidwest.ie](http://www.connectingforlifemidwest.ie)

Please check here for the most up to date version of this poster.