



# Distressed or in Crisis?

## You are not alone, help is at hand

### Talk to your GP or Samaritans



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

<b>Emergency Services</b>	Garda Síochána, National Ambulance Service, Fire Service and Irish Coast Guard	112 or 999
<b>D-Doc</b>	Urgent out of hours GP care	1850 22 44 77
<b>24 HOURS A DAY</b>	<b>7 DAYS A WEEK</b>	
<b>Emergency Departments</b>	<b>Beaumont Hospital</b>	01 809 3000
	<b>Connolly Hospital</b>	01 646 5000
	<b>Mater Hospital</b>	01 803 2000
	<b>Children's Health Ireland at Temple Street</b>	01 878 4200
<b>Samaritans</b>	<b>Emotional support service (branch visits closed)</b>	116 123 (helpline) or <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a>
<b>Pieta</b>	Pieta House provides telephone and text-based support counselling for people who are suicidal or engaging in self-harm. Telephone, video and in-person counselling available. Contact your local Pieta for details or call <b>0818 111 126</b> to make an appointment with a therapist.	1800 247 247 or Text HELP to 51444 Pieta Collins Avenue: 01 884 0532 Pieta Dublin North: 01 883 1000 <a href="http://www.pieta.ie">www.pieta.ie</a>
<b>Childline</b>	Ireland's 24-hour national listening service for young people up to the age of 18.	1800 666 666 (anytime) Text 'Talk' to 50101 (10am-4am) Chat online at <a href="http://www.childline.ie">www.childline.ie</a> (anytime)
<b>50808 (Crisis Text Line)</b>	A free text service, providing immediate support for people going through a mental health or emotional crisis.	Text 'HELLO' to 50808
<b>Counselling and other supports</b>		
<b>Turn 2 Me (Over 18s)</b>	Free online counselling and online support groups for people 18+.	<a href="http://www.turn2me.org">www.turn2me.org</a>
<b>My Mind</b>	Most appointments are currently carried out as phone call or video call (online) therapy sessions due to COVID-19. Limited face-to-face appointments are available. FREE online counselling for people that have been affected by Covid-19.	<a href="http://www.mymind.org">www.mymind.org</a> or <a href="http://www.mymind.org/covid19-project">www.mymind.org/covid19-project</a> email: <a href="mailto:hq@mymind.org">hq@mymind.org</a>
<b>Jigsaw</b>	Mental health information and support for young people (12 – 25), their parents and guardians, and those who work with young people. Online group chat, 1:1 chat service and phone support and webinars also available. See their website for more details.	1800 544729 (Mon – Fri: 9am-5pm) 01 960 3020 (North Fingal) 01 890 5810 (Dublin 15) 01 658 3070 (Dublin City) <a href="http://www.jigsawonline.ie">www.jigsawonline.ie</a>
<b>Shine</b>	<b>Shine Regional Information and Support Services</b> provides telephone, email and text support alongside face-to-face support for people with self-experience of mental ill health and their relatives / supporters. Support meetings by prior appointment only. <b>Shine Counselling Service</b> provides telephone and face-to-face counselling sessions for people with self-experience of mental ill health and their relatives / supporters by prior appointment only. <b>Shine Recovery Resource Centre</b> provides confidential individual recovery planning and support for people with self-experience of mental ill health by telephone, e-mail and text support. Face-to-face recovery support by prior appointment only.	Phone: 086 014 2112 Email: <a href="mailto:east@shine.ie">east@shine.ie</a>  Phone: 083 800 4039 Email: <a href="mailto:counsellingdublin@shine.ie">counsellingdublin@shine.ie</a>  Phone: 01 860 1611
<b>Suicide or Survive (SOS)</b>	Free online wellness workshops and programmes available.	<a href="http://www.suicideorsurvive.ie">www.suicideorsurvive.ie</a>
<b>What's Up BRYR Counselling service</b>	Counselling service for young people in the Ballymun area. Face to face services are closed; phone, text and online supports available.	01 8667 600 <a href="http://www.bryr.ie">www.bryr.ie</a>
<b>Fingal Counselling Service</b>	Offers a safe and confidential counselling service. The service is open for both Face to Face and remote counselling.	01 890 2596 <a href="http://www.counsellingatfingal.com">www.counsellingatfingal.com</a> <a href="mailto:info@counsellingatfingal.com">info@counsellingatfingal.com</a>
<b>Genesis Therapy</b>	Professional, low cost, community based therapy and support in Dublin 15. Online, phone + limited face-to-face services are available.	01 820 2764 <a href="http://www.genesistherapy.ie">www.genesistherapy.ie</a>
<b>Target Counselling</b>	Telephone service offering confidential, one to one non directive counselling. This service is offered by counsellors trained to listen support and counsel; bereavement support service also available.	01 867 0279 <a href="http://www.targeteducation.ie">www.targeteducation.ie</a>
<b>Northside Counselling Service</b>	Provides a professional voluntary and community based counselling service. Telephone/video counselling support available.	01 848 4789
<b>The Mind It Project</b>	Free counselling service for 12–21 year olds in the D5, 7, 13 & 17 area.	1800 303 638
<b>Teenline</b>	Confidential phone line for teenagers. As of March 13 <sup>th</sup> the helpline is operating between 6-9pm every evening.	1800 833 634 or Text TEEN to 839863 <a href="http://www.teenline.ie">www.teenline.ie</a>

<b>CAMHS</b>	CAMHS provides the assessment and treatment of young people (up to 18) who are experiencing moderate to severe mental health presentations. GP referral only.	<a href="http://www.hse.ie/CAMHS">www.hse.ie/CAMHS</a>
<b>GROW Mental Health Recovery</b>	Information line and a six-week guide on coping with COVID19, consisting of podcasts, practical resources and information. See website for more details.	1890 474 474 <a href="mailto:info@grow.ie">info@grow.ie</a> <a href="http://www.grow.ie">www.grow.ie</a>
<b>Crosscare Teen Counselling</b>	Professional counselling service for teenagers aged 12-18 and their parents /carers. Limited face-to-face services are being provided. On-line counselling using Microsoft Teams is also in operation along with telephone counselling.	Referral forms are available on <a href="http://www.teencounselling.ie">www.teencounselling.ie</a> <a href="mailto:teencounselling@crosscare.ie">teencounselling@crosscare.ie</a> 01-5574705
<b>Spunout.ie</b>	An interactive online community where young people (16-25) are empowered with the information they need to live happy, active and healthy lives.	086 1800 280 <a href="http://www.spunout.ie">www.spunout.ie</a>
<b>Exchange House Ireland National Traveller Mental Health Service</b>	Provides Traveller specific mental health and suicide prevention services. Face to face and group services closed, telephone and online services are still available.	01 872 1094 <a href="http://www.exchangehouse.ie">www.exchangehouse.ie</a> <a href="mailto:info@exchangehouse.ie">info@exchangehouse.ie</a>
<b>Traveller and Roma Covid-19 Helplines</b>	These are information helplines specifically for the Traveller and Roma community with questions /concerns in relation to Covid-19.	Travellers: Phone or text: 083 100 6300 Roma: 087 126 4606
<b>Traveller Counselling Service</b>	A community based counselling service for the Traveller community. Phone and online counselling available.	01 868 5761 or 086-308 1476 <a href="mailto:info@travellercounselling.ie">info@travellercounselling.ie</a> <a href="http://www.travellercounselling.ie">www.travellercounselling.ie</a>
<b>Bodywhys</b>	The national voluntary organisation supporting people affected by eating disorders. Helpline operating Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm).	1890 200 444 <a href="http://www.bodywhys.ie">www.bodywhys.ie</a> <a href="mailto:alex@bodywhys.ie">alex@bodywhys.ie</a>
<b>Aware Support Line</b>	Listening service for people with depression or those concerned about a family member or friend. Phone-in support and self-care groups available: register on-line. Support line 7 days: 10am-10pm.	1800 804 848 (free) <a href="http://www.aware.ie">www.aware.ie</a> <a href="mailto:supportmail@aware.ie">supportmail@aware.ie</a>
<b>Alone</b>	Alone provide a COVID-19 support line for older people from 8am to 8pm, seven days a week.	0818 222 024 <a href="http://www.alone.ie">www.alone.ie</a>
<b>Seniorline</b>	Confidential listening service for older people provided by trained older volunteers. Lines are open every day from 10am to 10pm).	1800 804 591 <a href="http://www.thirdageireland.ie/seniorline">www.thirdageireland.ie/seniorline</a>
<b>HSE Drug &amp; Alcohol Helpline</b>	This service provides a confidential Freephone helpline for information and guidance to services: Mon-Fri: 9:30am-5:30pm.	1800 459 459 <a href="mailto:helpline@hse.ie">helpline@hse.ie</a>
<b>LGBT Ireland</b>	National support service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends. Online peer support available as well as instant messaging and a helpline. See website for details.	1890 929 539 <a href="mailto:info@lgbt.ie">info@lgbt.ie</a> <a href="http://www.lgbt.ie">www.lgbt.ie</a>
<b>BeLonG To Text Support</b>	Crisis Text Line available (anytime day or night). Youth groups, information, referral and advice are available face-to-face or digitally. See website for more details.	Text LGBTI+ to 50808 <a href="http://www.belongto.org">www.belongto.org</a>
<b>Healthcare Worker Helpline</b>	A dedicated phone line for all healthcare workers is available from Mon to Fri: 9am - 6pm and from Sat - Sun: 10am – 4pm.	1850 420 420
<b>Bereavement Supports</b>		
<b>Anam Cara</b>	Provides information, resources and bereavement support after the death of a child of any age and through all circumstances to all bereaved parents. Parent evenings cancelled.	085 288 8888 <a href="mailto:info@anamcara.ie">info@anamcara.ie</a> <a href="http://www.anamcara.ie">www.anamcara.ie</a>
<b>Oasis – Deora Counselling</b>	This is a specialised counselling and crisis intervention service working with bereavement and suicide loss. Face-to-face services are closed, phone, online and SMS supports available.	01 836 4524 <a href="mailto:info@oasiscentre.ie">info@oasiscentre.ie</a> <a href="http://www.oasiscentre.ie">www.oasiscentre.ie</a>
<b>Barnardos Children’s Bereavement Service</b>	Information, advice and therapeutic support for bereaved children, young people and their families. Face to face services are closed. Helpline: Monday-Thursday between 10am-12pm.	01 473 2110 (Helpline) 01 8134100 (Reception) <a href="mailto:bereavement@barnardos.ie">bereavement@barnardos.ie</a>
<b>HUGG-Suicide Bereavement Peer Support Group.</b>	Provide a safe, confidential environment in which those bereaved by suicide can share their experiences, feelings and gain support from others. Support groups available online alongside telephone support.	01 513 4048 <a href="mailto:info@hugg.ie">info@hugg.ie</a> <a href="http://www.hugg.ie">www.hugg.ie</a>
<b>Friends Of Suicide Loss (FOSL)</b>	This service offers educational programmes, workshops, presentations, lectures and resources for the suicide bereaved. Group meetings are closed, Skype, online and telephone support available.	01 492 7476 <a href="http://www.friendsofsuicidloss.ie">www.friendsofsuicidloss.ie</a> <a href="mailto:info@fosl.ie">info@fosl.ie</a>
<b>Irish Hospice Foundation</b>	Bereavement Support Line open. Information materials available online to inform, support and reassure people during the Covid-19 crisis particularly in the area of bereavement and loss.	1800 80 70 77 (Mon-Fri 10am – 1pm) <a href="https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/">https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/</a>

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie): information and signposting on all mental health supports and services available nationally and locally provided by the HSE and funded partners.

Call (Freephone) YourMentalHealth Information line to find supports and services 1800 111 888 (24 hours).