



Connecting for Life
Louth and Meath

PREVENTING SUICIDE TOGETHER

If you are feeling low or distressed, please just talk about it with someone ...

EMERGENCY / CRISIS NUMBERS:

**YOUR LOCAL GP OR
NEDOC OUT OF
HOURS GP SERVICE
1850 777 911**

**GARDAI /
EMERGENCY
SERVICES
999 / 112**

**THE SAMARITANS
116 123
TEXT 087 260 9090
EMAIL:
jo@samaritans.ie**

**DOMESTIC
VIOLENCE SERVICE
WOMEN'S AID
NATIONAL
HELPLINE
1800 341 900**

**AWARE
SUPPORT LINE
1800 80 48 48
Email:
supportmail@aware.ie**

**24/7 SUICIDE
HELPLINE
1800 247 247
TEXT: 'HELP' TO
51444
(PIETA HOUSE)**

**NATIONAL RAPE
CRISIS 24/7
HELPLINE
1800 778 888
Email:
counselling@rcc.ie**

**CHILDLINE
1800
666 666**

**FARM AND
RURAL STRESS
HELPLINE
1800 742 645**

OTHER SUPPORTS:

JIGSAW Meath
Free Support
Service for Young
People 15-25yrs
046 907 1702
meath@jigsaw.ie

**SHINE
INFO LINE
1890 621 631
Supporting People
Affected by Mental
Ill Health**

**GROW
INFO LINE:
1890 474 474
Supporting those
experiencing mental
health problems**

**NATIONAL
LGBT
HELPLINE
1890 929 539**

**MABS
(Money Advice
& Budgeting Service)
Helpline
0761 072 000**

**ONLINE
COUNSELLING
www.turn2me.org**

**MENTALHEALTH
IRELAND
www.mentalhealthireland.ie**

**PARENT LINE
1890 927 277
www.parentline.ie**

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

yourmentalhealth.ie
Information | Support | Services



Building a
Better Health
Service

Seirbhís Sláinte
Níos Fearr
á Forbairt