



Help is at hand for your emotional well-being and mental health during COVID-19



If you are experiencing distress or are worried about someone, please contact your GP, the local Emergency Department or call the Samaritans on Freephone 116 123 or email: jo@samaritans.ie

The **YourMentalHealth.ie** website provides information and signposting on all mental health supports and services that are available nationally and locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services **1800 111 888** (any time, day or night). To get more information on Getting Through Covid-19 Together please visit: <https://www.gov.ie/en/campaigns/together>

yourmentalhealth.ie
Information | Support | Services
1800 111 888

EMERGENCY SERVICES Ambulance / Fire / Gardai	Emergency Support	CALL: 112 or 999
HOSPITAL EMERGENCY DEPARTMENTS	Emergency Support	Midland Regional Hospital Tullamore: (057) 932 1501 Midland Regional Hospital Portlaoise: (057) 862 1364 Midland Regional Hospital Mullingar: (044) 934 0221 Our Lady's Hospital, Navan: (046) 907 8500 Our Lady of Lourdes Hospital, Drogheda: (041) 983 7601
MIDOC / NEDOC GP OUT OF HOURS SERVICES	Urgent out of hours GP Care <i>This service is available after 6.00pm</i>	MIDOC: 1850 302 702 NEDOC: 1850 777 911
HSE INFORMATION	Information and advice	CALLSAVE: 1850 241 850 / email: hselive@hse.ie
HSE PSYCHOLOGY SERVICE	Emotional support and advice	email: mlmpsychosocial@hse.ie
SAMARITANS	Emotional Support Service	FREEPHONE: 116 123 or email: jo@samaritans.ie
CRISIS TEXT LINE	Free 24/7 text service providing support for people going through a mental health or emotional crisis	Text: YMH to 50808, anytime day or night Visit www.text50808.ie for more information
AWARE HELPLINE	Support, information and listening service for those experiencing depression or bipolar depression.	CALL FREE: 1800 804 848 (10am-10pm) www.aware.ie
PIETA HOUSE	24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm	CALL FREE: 1800 247 247 / Text HELP to 51444 www.pietahouse.ie
CHILDLINE	Confidential line for children and young people	CALL FREE: 1800 666 666 Free (24/7) Text Talk to 50101 (Free) 10am-4am / www.childline.ie
LGBT HELPLINE	Non-judgemental listening and support service	CALL: 1890 929 539 / email: www.lgbt.ie
HSE - DRUG & ALCOHOL LINE	Drug and Alcohol information and support	CALL FREE: 1800 459 459 (9.30am - 5.30pm)
SPUNOUT / YOUTH SERVICES	Youth Information Website: 12-34yrs	www.spunout.ie
JIGSAW / YOUTH SERVICES	Young people's mental health	OFFALY: 057 935 2871 / email: offaly@jigsaw.ie MEATH: 046 907 1702 / email: meath@jigsaw.ie www.jigsawonline.ie - peer to peer content, supportive chats, etc.
BEREAVEMENT	Information and support	Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm) Suicide Bereavement Liaison Officer (PIETA): Midlands 086 418 0088 / Louth Meath 085 738 0444 www.bereaved.ie / www.childhoodbereavement.ie
ONLINE SUPPORT	Peer support and counselling	www.turn2me.org / www.mymind.org / www.suicideorsurvive.ie
MABS	Money Advice and Budgeting Service	CALL: (076) 107 2000 (Mon-Fri 9am to 8pm) / www.mabs.ie
GROW	Peer support groups for over 18s who may struggle with any aspect of their mental health	LOW CALL: 1890 474 474 www.grow.ie
SHINE	Supporting people affected by mental health	email: midlands@shine.ie / Louth Meath: northeast@shine.ie
ALONE	Covid-19 support for older people	CALL: 0818 222 024 (8am to 8pm Monday to Friday)
WOMENS AID	Support for victims of domestic abuse and violence	CALL FREE: 1800 341 900 (24/7) / www.womensaid.ie
MEN'S AID	For men experiencing domestic abuse and violence	CALL: (01) 554 3811 / email: crisis@anyman.ie Male Advice Line: Freephone number: 1800 816 588
SEXUAL VIOLENCE HELPLINE	For men and women - experiencing sexual violence	CALL FREE: 1800 778 888

For information on Covid-19 and managing your wellbeing at this time - www2.hse.ie/coronavirus

For an updated list of Mental Health Services during Covid-19 please visit: <https://www.hse.ie/eng/services/list/4/mental-health-services/>

CONTACT josephine.rigney@hse.ie Resource Officer for Suicide Prevention Laois/Offaly
QUERIES eddie.ward@hse.ie Resource Officer for Suicide Prevention Longford/Westmeath and Louth/Meath

