

Mental Health Supports and Services over Christmas 2024

Call free on
116 123

We're here if you
need to talk today.

SAMARITANS

Are you, or someone you know, in crisis or in need of someone to talk to?

If so, it is important to get help as soon as possible. Please do not be alone. Everyone needs help from time to time, asking for help is a sign of personal strength.

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| Your GP/Mental Health Team | Contact your GP or Mental Health Team and let them know what's on your mind. |
| Shannondoc GP / Urgent out of hours | 0818 123500 6pm – 8am Mon-Fri, 24 hours weekends and public holidays |
| Emergency Services | 999/112 |
| Domestic abuse services: | Adapt Limerick: 1800 200504, 24/7 Clare Haven: 065 682 2435 , throughout Christmas Ascend, Tipperary: Helpline 1800 200 504 24/7 , closed 24th Dec – 2nd Jan |
| Local HSE Mental Health out of hours | Clare: 065 686 3208/087 799 9857 , 4.30pm - 3.30am Limerick: Contact Shannon Doc. 0818 123500 or go to emergency department Tipperary: 086 830 6663 , 4.30pm - 3.30am, current service users only |
| Pieta | Helpline 1800 247 247 , 24/7 throughout Christmas Text HELP to 51444 and a qualified psychotherapist will respond For appointments: 0818 111 126 |
| Suicide Bereavement Support: | Clare Suicide Bereavement Support: 087 369 8315 / 086 056 5373 Pieta Suicide Bereavement Liaison Service: Helpline 1800 247 247 HUGG (Healing Untold Grief Group) 01 513 4048 , email info@hugg.ie |
| General Bereavement | Irish Hospice Foundation 1800 807 077 |
| Samaritans listening service | 24/7 Freephone helpline 116 123 for Ireland/UK email jo@samaritans.ie |
| ISPCC Childline | 24/7 Freephone helpline 1800 66 66 66 Text Talk to 50101 Listening service for children up to 18 years old |
| 50808 | Free 24/7 text service providing everything from a calming chat to immediate support Text YMH to 50808 to begin |
| National LGBT+ Helpline | Freephone 1800 929 539 Mon -Thurs, 6.30pm - 10pm Fri, 4pm - 10pm , Weekends, 4pm – 6pm |
| HSE Drugs and Alcohol Helpline support service | 1800 459 459 , email helpline@hse.ie |
| Website | See yourmentalhealth.ie , call 1800 111 888 for information about services and mental health |
| Counselling MyMind low cost | 0818 500 800 , mymind.org |

