



Connecting for Life
Mid West



text about it

50808



Whatever you're
facing this
holiday season
We're here
to listen

Call free day or night on

116 123

Email
jo@samaritans.ie

SAMARITANS

samaritans.ie

Supports & Services over Christmas 2023

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

If you are worried about yourself or someone you know, it is important to get help as soon as possible.

PLEASE DO NOT BE ALONE. Everyone needs help from time to time and in fact, asking for help is a sign of personal strength. Do one of the following:

Your GP/Mental Health Team	Make contact with your own GP or Mental Health Team and let them know what's on your mind.
Shannondoc	Out of Hours GP Service 0818 123500
Domestic Abuse Services	<ul style="list-style-type: none"> • Adapt - Limerick. Open all over Christmas 1800 200504 (24 Hr) • Clare Haven - Clare. Open all over Christmas 065 6822435 • Ascend - Tipperary. Closed from 22nd Dec to Jan 2nd 2024. Helpline 1800 200 504
Local HSE Mental Health Crisis Intervention Service.	<ul style="list-style-type: none"> • Clare: 065 6863208 / 087 7999857 (4.30pm to 3.30 am) • Limerick: 061 482120 (24hrs) • Tipperary 086 830 6663 (4.30 pm to 3.30 am - for current service users only)
Emergency Services	999 / 112
Pieta:	Helpline 1800 247 247 will operate all through Christmas 24 hours per day Or text HELP to 51444 and a fully qualified psychotherapist will respond. To make an appointment contact 0818 111 126 .
Suicide Bereavement Support	Clare Suicide Bereavement Support: 087 3698315 086 0565373 Pieta Suicide Bereavement Liaison Service: Call the Helpline 1800 247 247 HUGG (Healing Untold Grief Group) 01 513 4048. 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	Listening service for children up to 18 years old 24/7 Freephone helpline 1800 66 66 66 / Text TALK to 50101
50808	50808 is a free 24/7 text service providing everything from a calming chat to immediate support. Free: text YMH to 50808 to begin.
National LGBT+ HelpLine	Freephone 1800 929 539 Monday to Thursday: 6:30pm to 10:00pm, Fridays: 4:00pm to 10:00pm, Weekends: 4:00pm to 6:00pm Closed 25th & 26th December & January 1st
HSE Drugs & Alcohol Helpline	1800 459 459 email support service (helpline@hse.ie)
Website	Information re services and mental health topics - www.yourmentalhealth.ie or call 1800 111 888
Counselling MyMind low cost	0818 500 800 / https://mymind.org