



Mental Health Supports and Services over Christmas 2025

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.

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 throughout Christmas
	Clare Haven:	065 682 2435, throughout Christmas
	Ascend, Tipperary:	Helpline 0505 23 999 24/7, closed 24 th Dec – 5 th 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 North Tipperary: 086 830 6663, 4.30pm - 3am, current service users only Other queries contact Shannondoc 0818 123 500.	
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 0818 111 126
	HUGG (Healing Untold Grief Group)	01 513 4048, email info@hugg.ie
General Bereavement	Irish Hospice Foundation 1800 807 077 10am to 1pm Mon- Fri. Closed December 24 th , 25 th 26 th and January 1 st .	
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 Live Chat www.childline.ie 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 Closed December 25 th and Jan 1 st .	
HSE Drugs and Alcohol Helpline support service	1800 459 459, email helpline@hse.ie Monday – Friday 09.30 to 5pm.Closed December 25 th & 26 th and Jan 1 st .	

See yourmentalhealth.ie , call 1800 111 888 for information about Services and Mental Health.