



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



yourmentalhealth.ie
#littletthings

Look after your mental health

Talk: ask for help

If you have immediate concern for another person's safety i.e. risk of suicide is expressed or suspected, it is important to communicate this clearly with the service provider upon contact, as an emergency appointment may be required. Practical support and /or guidance from the service provider may also be needed or requested at this time.

Immediate support services

Crisis Intervention Service is an out of hour's service available 7 days per week including bank holidays. This service is hospital based and can provide face-to-face assessment and telephone support running from 08.00am-03.00am in Limerick and from 4.30pm - 3.00am in Clare and North Tipperary	Clare 065 6863208 /087 7999857, North Tipperary 086 8306663 Limerick 061 301111
Emergency Department of your nearest general hospital if someone is in immediate danger	University Hospital Limerick 061 301111
Emergency Services (Gardai, Ambulance and Fire Services) can be activated in an emergency situation	112 or 999
Family doctor (GP) can make referrals to specialist services and also give you information about the supports available in your area	Website: www.icgp.ie or Golden Pages
HSE Mental Health Services If you or someone you have concern for is involved with a specialist mental health team you can contact this service directly and request guidance and/or an emergency appointment. If not, you will need a referral letter from your GP to access this service. HSE Mental health services use a multidisciplinary and community based approach, whereby a number of professionals offer their particular skills in a co-ordinated and complementary way e.g. Psychiatrist, Social Worker, Psychologist and Mental Health Nurse	Child and Adolescent Mental Health Services (CAMHS) Adult Mental Health Services or Mental Health Services for Older People requires GP referral
Pieta House provides a free, therapeutic counselling service to someone who is experiencing thoughts of suicide and those who engage in self-harm along with family support. Pieta House also provides support to those who are bereaved by suicide	Free 24 hour helpline: 1800 247 247 Limerick and Clare 061 484444 North Tipperary 0505 22568. Website www.pieta.ie
Private counselling services list many counsellors and therapists across Ireland who may be able to offer an immediate appointment. To see a list of accredited counsellors in your area check the following: Psychological Society of Ireland; Irish Association for Counselling and Psychotherapy; Irish Council for Psychotherapy; Irish Association of Behavioural and Cognitive Psychotherapies; Association for agency-based Counselling in Ireland	(PSI) www.psihq.ie ; (IACP) www.irish-counselling.ie ; (ICP) www.psychotherapyCouncil.ie ; (IABCP) www.iabcp.com ; (AACI) www.aaci.ie
Samaritans is available 24 hours a day, 7 days a week and provides confidential, non-judgemental emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts	Free 24 hour helpline 116 123 Website: www.samaritans.ie
Shannondoc Out of hours medical care throughout the Mid-West	Phone: 1850 212 999
www.yourmentalhealth.ie gives information on mental health and supports and services throughout the country	Website: www.yourmentalhealth.ie

General mental health support

3Ts Self Help eLibrary has produced a series of self-help booklets together with the National Health Service that are available to download for free and are intended as a 'first step' towards recovery across a range of mental health topics. Each booklet is 20 to 30 pages long and contains information, tips and techniques for coping with and managing a particular issue	Website: www.3ts.ie
Aware is a national voluntary organisation providing support for depression. Aware provides face-to-face, phone and online support for people experiencing mild to moderate depression, as well as friends and families who are concerned for a loved one	Helpline: 1890 303 302 (Monday to Sunday, 10am to 10pm) Website: www.aware.ie
Grow is a mental health organisation which helps people who have suffered, or are suffering, from mental health problems	Phone: 1890 474 474 GROW Mid-West: 061 318813 Website: www.grow.ie
Le Chéile is for people who are having difficulty coping, under the care of the mental health services, or are experiencing social isolation, and or loneliness as a result	Phone: 061 446786
Mental Health Ireland promotes positive mental health and wellbeing to all individuals and communities and support people who experience mental health difficulties on their journey of recovery	Phone: 085 8768522 (Mid West) 01 2841166 (National) Website: www.mentalhealthireland.ie
MentalHelp.ie is an online directory run by Mental Health Reform (MHR), the national coalition of organisations promoting improved mental health services. The directory includes information on helplines, websites, support groups, training, benefits, housing, inpatient care, counselling, complaints, advocacy, rights and recovery	Website: www.mentalhelp.ie
MyMind provides a range of accessible and affordable community mental health services including face-to-face and an 'e-psychology' service. Online services include email exchange with health professionals and online counselling using Skype while more serious mental health difficulties are responded to face to face	Phone: 076 680 1060 Website: www.mymind.org
Nurture is an Irish charity offering timely and affordable professional counselling and support around depression in pregnancy and during the post natal period, difficulties during childbirth, fertility issues, mental health and emotional wellbeing for women, their partners and families	Phone: 01 843 0930 Website: www.nurturecharity.org
Shine supports people with mental ill health and their families and friends with general information and a listening ear	Phone: 1890 621 631 (Monday to Friday, 9am to 4pm) Website: www.shine.ie
Suicide or Survive SOS endeavors to challenge the stigma attached to mental illness and provide a range of educational and therapeutic programmes that increase understanding of suicide and play an active role in its prevention	Phone: 1890 577 577 Website: www.suicideorsurvive.ie
Turn2Me provides peer support forums with a moderator, online support groups, access to Thought Catcher (a mood measuring tool) and one-to-one online counselling	Website: www.turn2me.org

Money and debt management

MABS The Money and Budgeting Service (MABS) is a free, confidential service which guides people through dealing with problem debt. Advisers can give you advice and support on many money management and debt issues as well as free self-help materials.	Phone: Helpline 0761 07 2000 Monday – Friday 9am to 8pm Website: www.mabs.ie/contact-mabs
Citizens Information offers information on all aspects of public services and entitlements for people living in Ireland e.g. employment, social welfare, housing, money and tax	Information Phone Service: 0761 07 4000 Monday to Friday 9am to 8pm Mortgage Arrears Information Helpline: 0761 07 4050 Monday to Friday, 9.30am to 5pm Website: www.citizensinformation.ie

Abuse and domestic violence support

AMEN provides a confidential helpline, support service and information to male victims of domestic abuse.	Helpline: 046 902 3718 (Monday to Friday, 9am to 5pm)
Children at Risk in Ireland (CARI) is a specialised, confidential national service for professionals seeking referral advice and parents who either have just learned that their child has suffered sexual abuse or are concerned about their child's sexualised behaviour.	Helpline: 1890 924 567 (Monday to Friday, 9.30am to 5.30pm)
Dublin Rape Crisis Centre is a national organisation offering a wide range of services to women and men affected by rape, sexual assault, sexual harassment or childhood sexual abuse. The services include a national 24-hour helpline, one-to-one counselling, court accompaniment, outreach services, training, awareness-raising and lobbying.	National helpline: 1800 77 88 88 (24 hours a day, 365 days a year) To find a centre in your area, visit www.drcc.ie/get-help-and-information/centres-around-ireland .
Women's Aid is a voluntary organisation offering free and confidential support to women and their children who are experiencing domestic violence in the Republic of Ireland.	Free Helpline: 1800 341 900 (10am to 10pm daily except Christmas Day)
ADAPT Domestic Abuse Services provides a wide range of supports to women survivors of domestic abuse and their children across Limerick City and County. ADAPT runs the largest refuge in the country providing emergency accommodation for women and children who have to leave their homes because of domestic abuse.	Helpline: 1800 200 504 Phone: 061 412354 Website: http://www.adaptservices.ie/
Ascend Domestic Abuse Service for Women , (North Tipperary) provides support and information to women who have or are experiencing domestic abuse in their intimate relationships.	Phone: 0505 23379 Confidential Number: 0505 23999 Website: http://www.ntlp.ie/programme/ascend-violence-women/
Clare Haven Services offers assistance to those experiencing domestic abuse which inhibits women making their own choices.	Phone: 065 6842646 24 Hour Helpline :065 6822435 Website: http://clarehaven.ie/
MOVE (Men Overcoming Violence) is a voluntary organisation offering group work programmes to men who are violent and abusive in their intimate relationships with women.	Phone: 065 684 8689 Website: www.moveireland.ie
Rape Crisis Centre Midwest provides comprehensive information, professional support and a quality counselling service for survivors of sexual abuse and violence throughout the Mid West region	Phone: 061 311 511 Website: https://www.rapecrisis.ie

Advocacy

Irish Advocacy Network has peer advocates in most HSE areas who regularly attend psychiatric units and day centres. Their main job is to give support and information to people with mental health difficulties by befriending them and offering a confidential listening ear or peer advocacy (support and or advice from people their own age).	Phone: 01 8728684 Website: http://irishadvocacynetwork.com/wp/
SHINE (Limerick, Clare and North Tipperary) is the national organisation who provides a range of information, support, advocacy and other professional services for both its membership, the general public and other service providers.	Phone: 065 6844874 Information Helpline: 1890 621 631 Website: www.shineonline.ie & www.recover.ie

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Bereavement Support (Adults)

<p>You Are Not Alone A directory of bereavement support services</p>	<p>Website: https://www.healthpromotion.ie/hp-files/docs/HSP00494.pdf</p>
<p>Pieta Suicide Bereavement Liaison Service Limerick/North Tipperary/Clare, anyone affected by suicide is welcome to contact a Suicide Bereavement Liaison Officer, who can meet with a bereaved family (at their request) as a group or individually.</p>	<p>Phone: 085 856 8081 Website: http://www.pieta.ie/ive-been-bereaved-by-suicide/</p>
<p>Living Links Limerick Trained volunteers are available to offer confidential, practical support and information to families who have experienced a death by suicide. At the request of the family, the Suicide Outreach Support Person can call to the home or meet at a location appointed by the family.</p>	<p>Phone: 087 7998427 Website: http://livinglinks.ie/aboutlimerick</p>
<p>Living Links Tipperary Trained volunteers are available to offer confidential, practical support and information to families who have experienced a death by suicide. At the request of the family, the Suicide Outreach Support Person can call to the home or meet at a location appointed by the family.</p>	<p>Phone: 087 4122052 Website: http://livinglinks.ie/abouttipperary</p>
<p>Clare Suicide Bereavement Support is a group of trained, non-professional volunteers who befriend and support individuals, families and communities bereaved by suicide. The suicide may be recent or in the past. CSBS provide one to one befriending at home or an agreed location, family support, healing programme and a monthly support meeting.</p>	<p>Phone: 086 0565373 or 087 3698315 Website: http://www.claresuicidebereavementsupport.com/</p>

Bereavement support (Children)

<p>The Irish Childhood Bereavement Network provides support to those working with grieving children and young people.</p>	<p>Phone: 01 6793188 Website: www.childhoodbereavement.ie</p>
<p>Barnardos Children's Bereavement Service is a service for children and young people who have lost someone close to them – like a parent or a sibling - through death. While we can't shield children from the reality of death and the pain of loss, we can help them to understand, to grieve and to cope a little better.</p>	<p>Barnardos Bereavement Helpline Service: 01 473 2110 Monday to Thursday 10am to 12 noon. Website: https://www.barnardos.ie/what-we-do/our-services/specialist-services/bereavement-counselling.html</p>
<p>Rainbows Ireland is a dedicated free service for children and young people. The Rainbows programme supports children and young people affected by loss because of bereavement, separation or divorce. The service is available in local communities throughout Ireland.</p>	<p>Phone: 01 4734175 Website: http://www.rainbowsireland.ie/</p>
<p>The Children's Grief Project is a support service for school-aged children and young people affected by loss through death, separation or divorce. It provides a safe and supportive place for children and young available to anyone in the Mid-West</p>	<p>Phone: 061 224627 Website: http://www.childrengriefproject.ie/</p>

Drug, alcohol and addiction support

Drugs.ie provides Ireland's only online interactive information and support service. It also has a national database of treatment, rehabilitation, information, support, counselling, and education and training services.	Website: http://www.drugs.ie/
HSE Drugs and Alcohol Helpline provide support, information, guidance and referral to anyone with a question or concern related to drug and alcohol use, and HIV and sexual health.	Helpline: 1800 459 459 (Monday to Friday, 9.30am and 5.30pm) Email support: helpline@hse.ie
HSE Mid-West Limerick Drug and Alcohol Service.	Phone: 061 318633 Website: www.hse.ie
HSE Mid-West Clare Drug and Alcohol Service.	Phone: 065 6865852 Website: http://www.hse.ie
HSE Mid-West North Tipperary Drug and Alcohol Service.	Phone: 067 46512 Website: http://www.hse.ie
CSMT (Community Substance Misuse Team) aims to assist youths, families and communities to develop effective and supportive coping strategies to deal with substance misuse in the Mid West	Phone: 061 317688 Website: www.csmt.ie
Alcoholics Anonymous	Phone : 01 8420700 Website: www.alcoholicsanonymous.ie

Support for children and young people

Limerick Youth Services provides a variety of quality programmes for young people.	Phone: 061 412 444 Website: http://www.limerickyouthservice.com/
Clare Youth Services provides a variety of quality programmes for young people.	Phone: 065 6845350 Website: http://www.clareyouthservice.org/
Youth Work Ireland Tipperary delivers an integrated youth service across Tipperary and East Limerick, working with young people aged between 8 and 25 years, their families and communities.	Phone : 0504 23426 Website: http://youthworktipperary.ie/
Alateen provides support for Teenagers of alcoholic parents	Phone : 01 8732699 Website : www.al-anon-ireland.org
Childline is a part of the ISPC (The Irish Society for the Prevention of Cruelty to Children).	<i>Free Helpline 1800 666 666 24/7/365</i> <i>Online chat : https://www.childline.ie/</i> If you have been affected by bullying you may access support by texting the word 'Bully' to 50101. You may also contact Teentext by texting 'Talk' to 50101 (10am to 4am daily)
ReachOut.com is an online youth mental health service. It helps young people through tough times and was, in fact, the first of its kind in the world.	Website: http://ie.reachout.com/
SpunOut.ie provide information on a range of different topics broken down into sections; education, employment, health, life and opinion.	http://spunout.ie/
Teenbetween.ie provide support for teenagers of separated parents	Phone: 01 678 5256 Website : http://spunout.ie/help/service/teen-between
Teenline is committed to helping improve the social and emotional health and wellbeing of all young people, regardless of race, religion or sexuality by providing them with a friendly, confidential, non-judgemental helpline and support service. Teenline Ireland is a free-phone and free text service dedicated to teenagers. Lines are open every day of the year from 8pm to 11pm. All calls are confidential.	Freephone: 1800 833 634 Free text service: Text "TEEN" to 50015. Website: http://www.teenline.ie/
Jigsaw Limerick is a free, non-judgemental and confidential mental health support service for young people aged 12 - 25 living, working or studying Limerick City and County. They provide guidance and support for young people who are going through a difficult or distressing time. They also provide advice and guidance for anyone who is concerned about a young person in their life.	Phone: 061 974 510 Website www.jigsaw.ie (Monday to Thursday, 9.00am and 5.30pm and Friday, 9.00am and 5.00pm)

Family and parent support

Barnardos works directly with the children and families who need us most, providing services and support in 40 centres around the country.	Phone: 01 453 0355 / Callsave: 1850 222 300 Website: https://www.barnardos.ie/
Children in Hospital Ireland promotes the welfare and rights of sick children in hospital	Phone: 01 290 3510 Website: www.childreninhospital.ie
Families (Families and Men In Life Experiencing Separation) is a support & information group in Limerick, Waterford and Mallow and they support the surrounding areas.	Phone: 087 260 3603 Website: http://www.families.ie/
ISPCC work on children's rights information and training and provide Childline	Phone: 061 400077 Website: https://www.ispcc.ie/
One Family provide high-quality, much-needed services to the many different one-parent families in Ireland and the professionals working with them	Helpline: 1890 662212 Website: https://onefamily.ie/
Parentline provides a confidential helpline for parents and guardians with support, guidance and information on all aspects of being a parent	Helpline: 1890 927277
ReachOutParents.com provides reliable information for parents about how to support their children's mental health and wellbeing.	http://ie.reachout.com/parents/about-reachoutparents/

Support for older people

Senior Helpline A national peer to peer confidential listening service for older people provided by older volunteers, for the price of a local call.	Senior Help Line: Free phone 1800 804591 Website: http://www.thirdageireland.ie/seniorline
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Support in rural areas

Farm and Rural Stress	Helpline: 1800 742 645
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Support for eating disorders

Bodywhys is the National Eating Disorder Association of Ireland who provide a variety of supports for people affected by eating disorders including online support groups.	National helpline: Lo call, 1890 200444
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Legal Aid

FLAC is an independent human rights organisation dedicated to the realisation of equal access to justice for all.	Phone :Information and referral line 1890 350250 (Monday to Thursday 9am to 5.30 pm and Friday 9am to 5pm)
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Support after homicide

Support after Homicide is a national voluntary organisation which provides emotional support and practical information to people whose lives have been affected by homicide.	Phone: 087 983 7322 www.supportafterhomicide.ie
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Resources for Teachers and Workplaces

Walkinmyshoes.ie is a St Patrick's Mental Health Services' awareness and education campaign focusing on education settings and the workplace.	Website: http://www.walkinmyshoes.ie/
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