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| **Distressed or in Crisis?**  cfl-fullcol-stacked-dub-ncity-county.png  HSE Logo (new).gif  **You are not alone, help is at hand**  **Talk to your GP or Samaritans** | | | |
| **Your GP can make referrals to specialist services and also give you information about the supports available in your area.** | | | |
| **Emergency Services** | | Garda Síochána, National Ambulance Service, Fire Service and Irish Coast Guard | **112 or 999** |
| **D-Doc** | | Urgent out of hours GP care | **1850 22 44 77** |
| **24 HOURS A DAY** | | **7 DAYS A WEEK** |  |
| **Emergency** | | **Beaumont Hospital** | **01 809 3000** |
| **Departments** | | **Connolly Hospital** | **01 646 5000** |
|  | | **Mater Hospital** | **01 803 2000** |
|  | | **Children’s Health Ireland at Temple Street** | **01 878 4200** |
| **Samaritans** | | Emotional support service (branch visits closed) | **116 123 (helpline) or** [**jo@samaritans.ie**](mailto:jo@samaritans.ie) |
| **Pieta** | | Pieta House provides telephone and text-based support counselling for people who are suicidal or engaging in self-harm. Telephone appointments will be provided to replace face to face appointments – contact your local Pieta for details. | **1800 247 247**  **Text ‘HELP’ to 51444** [**www.pieta.ie**](http://www.pieta.ie) |
| **Childline** | | Confidential phone line for children and young people. | **1800 666 666**  **Text ‘Talk’ to 50101 (10am-4am)**  [**www.childline.ie**](http://www.childline.ie) |
| **Crisis Text Line Ireland** | | A confidential 24 hour messaging support service. | **Text ‘TALK’ to 086 1800 280** |
| **Counselling and other supports** | | |  |
| **Turn 2 Me** | Free online counselling and online support groups for people over 18. | | [**www.turn2me.org**](http://www.turn2me.org) |
| **My Mind** | Online counselling service available. | | [**www.mymind.org**](http://www.mymind.org/)**or** [**hq@mymind.org**](mailto:hq@mymind.org) |
| **Jigsaw** | Mental health information and a Q&A service for young people (12 – 25), their parents and guardians, and those who work with young people.  Jigsaw also offers an online group chat service and daily Instagram live information sessions taking place at 3pm. | | **Phone: 1800 544 729**  **Text: 086 180 3880**  [**help@jigsaw.ie**](mailto:help@jigsaw.ie)  [**www.jigsawonline.ie**](http://www.jigsawonline.ie) |
| **Shine** | Shine are currently providing remote support and an outreach service to people experiencing mental health problems and their families and supporters by phone and email. | | **01 860 1620 (Resource Centre)**  **086 0142 112 (Info Support Officer)** [**east@shine.ie**](mailto:east@shine.ie) [**phil@shineonline.ie**](mailto:phil@shineonline.ie)  [**counsellingdublin@shine.ie**](mailto:counsellingdublin@shine.ie) |
| **Suicide or Survive** | Free online wellness workshops and programmes available from SOS. | | [**www.suicideorsurvive.ie**](http://www.suicideorsurvive.ie/) |
| **What’s Up BRYR Counselling service** | Counselling service for young people in the Ballymun area. Face to face services are closed; phone, text and online supports available. | | **01 8667 600**  [**www.bryr.ie**](http://www.bryr.ie) |
| **Fingal Counselling Service** | Offers a safe and confidential counselling service. Face to face service closed. For urgent support, please ring and leave a message and a counsellor will be in contact with you. | | **01 890 2596**  [**www.counsellingatfingal.com**](http://www.counsellingatfingal.com)  [**info@counsellingatfingal.com**](mailto:info@counsellingatfingal.com) |
| **Genesis Therapy** | Provides professional, low cost, community based therapy and support to Dublin 15. Face to face and phone services are available. | | **01 820 2764**  [**www.genesistherapy.ie**](http://www.genesistherapy.ie) |
| **Target Counselling** | Telephone service offering confidential, one to one non directive counselling. This service is offered by counsellors trained to listen support and counsel; bereavement support service also available. | | **01 867 0279**  [**www.targeteducation.ie**](http://www.targeteducation.ie) |
| **Northside Counselling Service** | Provides a professional voluntary and community based counselling service. Telephone/video counselling support available. | | **01 848 4789** |
| **CAMHS** | Provides assessment and treatment for young people and their families who are experiencing moderate to severe mental health difficulties. Due to COVID-19, CAMHS is only taking on urgent cases that must have a GP referral. | | [**www.hse.ie/CAMHS**](http://www.hse.ie/CAMHS) |
| **GROW Mental Health Recovery** | Provides support around emotional and mental wellbeing. Information line operating as normal. | | **1890 474 474**  [**info@grow.ie**](mailto:info@grow.ie)  [**www.grow.ie**](http://www.grow.ie) |
| **Teenline** | Confidential phone line for teenagers. As of March 13th the helpline is operating between 6-9pm every evening. | | **1800 833 634**  **Text TEEN to 839863**  [**www.teenline.ie**](http://www.teenline.ie) |
| **Spunout.ie** | An interactive online community where young people (16-25) are empowered with the information they need to live happy, active and healthy lives. | | **086 1800 280**  [**www.spunout.ie**](http://www.spunout.ie) |
| **Exchange House Ireland: National Traveller Mental Health Service** | Provides Traveller specific mental health and suicide prevention services. Face to face and group services closed, telephone and online services are still available. | | **01 872 1094**  [**www.exchangehouse.ie**](http://www.exchangehouse.ie)  [**info@exchangehouse.ie**](mailto:info@exchangehouse.ie) |
| **Traveller and Roma Covid-19 Helplines** | These are information helplines specifically for the Traveller and Roma community with questions /concerns in relation to Covid-19. | | **Travellers: Phone or text:**  **083 100 6 300**  **Roma: 087 126 4606** |
| **Traveller Counselling Service** | A community based counselling service for the Traveller community. Phone support and online counselling available (<https://travellercounselling.ie/online-counselling/>) | | **01 868 5761 or 086-308 1476**  [**info@travellercounselling.ie**](mailto:info@travellercounselling.ie) |
| **Bodywhys** | The national voluntary organisation supporting people affected by eating disorders. Helpline operating Monday, Wednesday and Sunday from 7.30pm to 9.30pm and Saturday from 10.30am to 12.30pm). | | **1890 200 444**  [**www.bodywhys.ie**](http://www.bodywhys.ie)  [**alex@bodywhys.ie**](mailto:alex@bodywhys.ie) |
| **Aware Support Line** | Listening service for people with depression or those concerned about a family member or friend. Phone-in support and self care groups available (register on aware.ie). Support line available Monday to Sunday from 10am-10pm. | | **1800 804 848 (free)**  [**www.aware.ie**](http://www.aware.ie)  [**supportmail@aware.ie**](mailto:supportmail@aware.ie) |
| **Alone** | Alone provide a COVID-19 support line for older people from 8am to 8pm, seven days a week. | | **0818 222 024**  [**www.alone.ie**](http://www.alone.ie/) |
| **Seniorline** | Confidential listening service for older people provided by trained older volunteers. Lines are open every day from 10am to 10pm). | | **1800 804 591** |
| **HSE Drug & Alcohol Helpline** | This service provides a confidential Freephone helpline for information and guidance to services from Monday to Friday between 9:30am and 5:30pm. | | **1800 459 459**  [**helpline@hse.ie**](mailto:helpline@hse.ie) |
| **LGBT Ireland** | National support service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends**.** Face to face services are currently closed but an instant messaging service is available. | | **1890 929 539**  [**info@lgbt.ie**](mailto:info@lgbt.ie) |
| **BeLonG To Text Support** | Crisis Text Line available (anytime day or night, standard SMS rates may apply). Face to face services are closed, information, referral and advice for LGBTI+ youth (14-23) will be provided digitally, by email, SMS, phone or video. | | Text **LGBTI+** to **086 1800 280**  [**www.belongto.org**](http://www.belongto.org) |
| **Healthcare Worker Helpline** | A dedicated phone line for all healthcare workers is available from Mon to Fri: 8am - 8pm and from Sat - Sun: 9am – 5pm. | | **1850 420 420** |
| **Bereavement Supports** | | |  |
| **Suicide Bereavement Liaison Service** | | Pieta’s Suicide Bereavement Liaison Service provides support and practical information to anyone impacted by a death by suicide. | **085 870 6574**  [**www.pieta.ie**](http://www.pieta.ie) |
| **Anam Cara** | | Provides information, resources and bereavement support after the death of a child of any age and through all circumstances to all bereaved parents. Parent evenings cancelled during April 2020. | **085 288 8888**  [**www.anamcara.ie**](http://www.anamcara.ie) |
| **Oasis – Deora Counselling** | | This is a specialised counselling and crisis intervention service working  with bereavement and suicide loss. Face to face services are closed, phone, online and SMS supports available. | **01 836 4524**  [**info@oasiscentre.ie**](mailto:info@oasiscentre.ie)  [**www.oasiscentre.ie**](http://www.oasiscentre.ie) |
| **Barnardos Children’s Bereavement Service** | | Information, advice and therapeutic support for bereaved children, young people and their families. Face to face services are closed. Helpline: Monday-Thursday between 10am-12pm. | **01 473 2110 (Helpline)**  **01 8134100 (Reception)**  [**bereavement@barnardos.ie**](mailto:bereavement@barnardos.ie) |
| **HUGG-Suicide Bereavement**  **Peer Support Group.** | | Provide a safe, confidential environment in which those bereaved by suicide can share their experiences, feelings and gain support from others. Group meetings cancelled, online supports are available. | **01 513 4048**  [**info@hugg.ie**](mailto:info@hugg.ie)  [**www.hugg.ie**](http://www.hugg.ie) |
| **Friends Of Suicide Loss (FOSL)** | | This service offers educational programmes, workshops, presentations, lectures and resources for the suicide bereaved. Group meetings are closed, Skype, online and telephone support available. | **01 492 7476**  [**www.friendsofsuicideloss.ie**](http://www.friendsofsuicideloss.ie)  [**info@fosl.ie**](mailto:info@fosl.ie) |
| **The Irish Hospice Foundation**  [**www.yourmentalhealth.ie**](http://www.yourmentalhealth.ie): *information and signposting on all mental health supports and services available*  *nationally and locally provided by the HSE and funded partners. Call* **1800 111 888 (24 hours).** | | The Irish Hospice Foundation - a suite of materials available to inform, support and reassure people during the Covid-19 particularly in the area of bereavement and loss. | **01 679 3188**  [**www.hospicefoundation.ie/bereavement**](http://www.hospicefoundation.ie/bereavement) |