



## Help is at hand for your emotional well-being and mental health during COVID-19



If you are experiencing distress or are worried about someone, please contact your GP, the local Emergency Department or call the Samaritans on Freephone 116 123 or email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

The [YourMentalHealth.ie](http://YourMentalHealth.ie) website provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners.

You can also call the freephone YourMentalHealth Information Line to find supports and services **1800 111 888** (any time, day or night).

TO GET MORE INFORMATION ON GETTING THROUGH COVID-19 TOGETHER PLEASE VISIT: <https://www.gov.ie/en/campaigns/together>

<b>EMERGENCY SERVICES</b> Ambulance / Fire / Gardaí	Emergency Support	<b>CALL: 112 or 999</b>
<b>HOSPITAL EMERGENCY DEPARTMENTS</b>	Emergency Support	Midland Regional Hospital Tullamore: (057) 932 1501 Midland Regional Hospital Portlaoise: (057) 862 1364 Midland Regional Hospital Mullingar: (044) 934 0221 Our Lady's Hospital, Navan: (046) 907 8500 Our Lady of Lourdes Hospital, Drogheda: (041) 983 7601
<b>MIDOC / NEDOC GP OUT OF HOURS SERVICES</b>	Urgent out of hours GP Care <i>This service is available after 6.00pm</i>	<b>MIDOC: 1850 302 702</b> <b>NEDOC: 1850 777 911</b>
<b>HSE INFORMATION</b>	Information and advice	<b>CALLSAVE: 1850 241 850 / email: <a href="mailto:hselive@hse.ie">hselive@hse.ie</a></b>
<b>HSE PSYCHOLOGY SERVICE</b>	Emotional support and advice	<b>email: <a href="mailto:mimpsychosocial@hse.ie">mimpsychosocial@hse.ie</a></b>
<b>SAMARITANS</b>	Emotional Support Service	<b>FREEPHONE: 116 123 or email: <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a></b>
<b>AWARE HELPLINE</b>	Listening service, support and information for those experiencing depression or bipolar disorder or those concerned about family and friends	<b>CALL FREE: 1800 804 848 (10am-10pm)</b> <a href="http://www.aware.ie">www.aware.ie</a>
<b>PIETA HOUSE</b>	24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm	<b>CALL FREE: 1800 247 247 / Text HELP to 51444</b> <a href="http://www.pietahouse.ie">www.pietahouse.ie</a>
<b>CHILDLINE</b>	Confidential line for children and young people	<b>CALL FREE: 1800 666 666 Free (24/7)</b> Text Talk to 50101 (Free) 10am-4am / <a href="http://www.childline.ie">www.childline.ie</a>
<b>HSE - DRUG &amp; ALCOHOL LINE</b>	Drug and Alcohol information and support	<b>CALL FREE: 1800 459 459 (9.30am – 5.30pm)</b>
<b>SPUNOUT / YOUTH SERVICES</b>	Youth Information Website: 12-34yrs	<b>CRISIS TEXT LINE: text Spunout to 086 180 0280 / <a href="http://www.spunout.ie">www.spunout.ie</a></b>
<b>JIGSAW / YOUTH SERVICES</b>	Young people's mental health	<b>OFFALY: 057 935 2871 / email: <a href="mailto:offaly@jigsaw.ie">offaly@jigsaw.ie</a></b> <b>MEATH: 046 907 1702 / email: <a href="mailto:meath@jigsaw.ie">meath@jigsaw.ie</a></b>
<b>BEREAVEMENT</b>	Information and support	<b>Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm)</b> <b>Suicide Bereavement Liaison Officer (PIETA):</b> Midlands 086 418 0088 / Louth Meath 085 738 0444 <a href="http://www.bereaved.ie">www.bereaved.ie</a> / <a href="http://www.childhoodbereavement.ie">www.childhoodbereavement.ie</a>
<b>ONLINE SUPPORT</b>	Peer support and counselling	<b><a href="http://www.turn2me.org">www.turn2me.org</a> / <a href="http://www.mymind.org">www.mymind.org</a> / <a href="http://www.suicideorsurvive.ie">www.suicideorsurvive.ie</a></b>
<b>MABS</b>	Money Advice and Budgeting Service	<b>CALL: (076) 107 2000 (Mon-Fri 9am to 8pm) / <a href="http://www.mabs.ie">www.mabs.ie</a></b>
<b>GROW</b>	Peer support groups for over 18s who may struggle with any aspect of their mental health	<b>LOW CALL: 1890 474 474</b> <a href="http://www.grow.ie">www.grow.ie</a>
<b>SHINE</b>	Supporting people affected by mental health	<b>email: <a href="mailto:midlands@shine.ie">midlands@shine.ie</a> / Louth Meath: <a href="mailto:northeast@shine.ie">northeast@shine.ie</a></b>
<b>ALONE</b>	Covid-19 support for older people	<b>CALL: 0818 222 024 (8am to 8pm Monday to Friday)</b>
<b>WOMENS AID</b>	Support for victims of domestic abuse and violence	<b>CALL FREE: 1800 341 900 (24/7) / <a href="http://www.womensaid.ie">www.womensaid.ie</a></b>
<b>MEN'S AID</b>	For men experiencing domestic abuse and violence	<b>CALL: (01) 554 3811 / email: <a href="mailto:crisis@anyman.ie">crisis@anyman.ie</a></b> <b>Male Advice Line: Freephone number: 1800 816 588</b>
<b>SEXUAL VIOLENCE HELPLINE</b>	For men and women – experiencing sexual violence	<b>CALL FREE: 1800 778 888</b>

For information on Covid-19 and managing your wellbeing at this time - [www2.hse.ie/coronavirus](http://www2.hse.ie/coronavirus)

For information on accessing HSE mental health services:  
<https://www.hse.ie/eng/services/list/1/lho/louth/mental-health-services/>  
<https://www.hse.ie/eng/services/list/1/lho/meath/mental-health-services/>  
<https://www.hse.ie/eng/services/list/1/lho/longford-westmeath/mental-health-services/>  
<https://www.hse.ie/eng/services/list/1/lho/laois-offaly/mental-health-services/>



Seirbhís Sláinte  
Níos Fearr  
á Forbairt | Building a  
Better Health  
Service