



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

The 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>

EMERGENCY SERVICES Ambulance / Fire / Gardaí	Emergency Support	CALL: 112 or 999
HOSPITAL EMERGENCY DEPARTMENTS	Emergency Support	Midland Regional Hospital Tullamore: (057) 932 1501 Midland Regional Hospital Portlaoise: (057) 862 1364
MI DOC - GP OUT OF HOURS SERVICES	Urgent out of hours GP Care <i>This service is available after 6.00pm</i>	LOW CALL: 1850 302 702
HSE INFORMATION	Information and advice	CALLSAVE: 1850 241 850 / email: hselive@hse.ie
HSE PSYCHOLOGY SERVICE	Emotional support and advice	email: mlmpsychosocial@hse.ie
SAMARITANS	Emotional Support Service	FREEPHONE: 116 123 or email: jo@samaritans.ie
AWARE HELPLINE	Listening service for people with depression or those concerned about family or friends	CALL FREE: 1800 804 848 (10am-10pm) www.aware.ie
PIETA HOUSE	24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm	CALL FREE: 1800 247 247 / Text HELP to 51444 www.pietahouse.ie
CHILDLINE	Confidential line for children and young people	CALL FREE: 1800 666 666 Free (24/7) Text Talk to 50101 (Free) 10am-4am / www.childline.ie
HSE - DRUG & ALCOHOL LINE	Drug and Alcohol information and support	CALL FREE: 1800 459 459 (9.30am - 5.30pm)
SPUNOUT / YOUTH SERVICES	Youth Information Website: 12-34yrs	CRISIS TEXT LINE: text Spunout to 086 180 0280
JIGSAW / YOUTH SERVICES	Young people's mental health	CALL: 057 935 2871 / email: offaly@jigsaw.ie
BEREAVEMENT	Information and support	Suicide Bereavement Liaison Officer (PIETA): 086 418 0088
IRISH HOSPICE FOUNDATION	Bereavement support	CALL: 076 680 5278
ONLINE SUPPORT	Peer support and counselling	www.turn2me.org / www.mymind.org / www.suicideorsurvive.ie
MABS	Money Advice and Budgeting Service	CALL: (076) 107 2000 (Mon-Fri 9am to 8pm) Or email: offaly@mabs.ie / portlaoise@mabs.ie / www.mabs.ie
GROW	Peer support groups for over 18s who may struggle with any aspect of their mental health	LOW CALL: 1890 474 474 www.grow.ie
SHINE	Supporting people affected by mental health	email: midlands@shine.ie / www.shine.ie
ALONE	Covid-19 support for older people	CALL: 0818 222 024 (8am to 8pm Monday to Friday)
WOMENS AID	Support for victims of domestic abuse and violence	CALL FREE: 1800 341 900 (24/7) / www.womensaid.ie
ANYMAN	For men experiencing domestic abuse and violence	CALL: (01) 554 3811 / email: crisis@anyman.ie
SEXUAL VIOLENCE HELPLINE	For men and women - experiencing sexual violence	CALL FREE: 1800 778 888