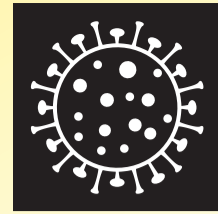




Connecting for Life  
Midlands, Louth and Meath

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



Coronavirus  
**COVID-19**  
Public Health  
Advice

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** website provides information and signposting on all mental health supports and services that are available nationally and 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>

**yourmentalhealth.ie**  
Information | Support | Services  
**1800 111 888**

### 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  
Midland Regional Hospital Mullingar: (044) 934 0221  
Our Lady's Hospital, Navan: (046) 907 8500  
Our Lady of Lourdes Hospital, Drogheda: (041) 983 7601

### MIDOC / NEDOC GP OUT OF HOURS SERVICES

Urgent out of hours GP Care  
*This service is available after 6.00pm*

MIDOC: 1850 302 702  
NEDOC: 1850 777 911

### HSE INFORMATION

Information and advice

CALLSAVE: 1850 241 850 / email: [hselive@hse.ie](mailto:hselive@hse.ie)

### HSE PSYCHOLOGY SERVICE

Emotional support and advice

email: [mlmpsychosocial@hse.ie](mailto:mlmpsychosocial@hse.ie)

### SAMARITANS

Emotional Support Service

FREEPHONE: 116 123 or email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

### CRISIS TEXT LINE

Free 24/7 text service providing support for people going through a mental health or emotional crisis

Text: YMH to 50808, anytime day or night  
Visit [www.text50808.ie](http://www.text50808.ie) for more information

### AWARE HELPLINE

Listening service, support and information for those experiencing depression or bipolar disorder or those concerned about family and friends

CALL FREE: 1800 804 848 (10am-10pm)  
[www.aware.ie](http://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](http://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](http://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

[www.spunout.ie](http://www.spunout.ie)

### JIGSAW / YOUTH SERVICES

Young people's mental health

OFFALY: 057 935 2871 / email: [offaly@jigsaw.ie](mailto:offaly@jigsaw.ie)  
MEATH: 046 907 1702 / email: [meath@jigsaw.ie](mailto:meath@jigsaw.ie)  
[www.jigsawonline.ie](http://www.jigsawonline.ie) - peer to peer content, supportive chats, etc.

### BEREAVEMENT

Information and support

Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm)  
Suicide Bereavement Liaison Officer (PIETA):  
Midlands 086 418 0088 / Louth Meath 085 738 0444  
[www.bereaved.ie](http://www.bereaved.ie) / [www.childhoodbereavement.ie](http://www.childhoodbereavement.ie)  
[www.turn2me.org](http://www.turn2me.org) / [www.mymind.org](http://www.mymind.org) / [www.suicideorsurvive.ie](http://www.suicideorsurvive.ie)

### ONLINE SUPPORT

Peer support and counselling

### MABS

Money Advice and Budgeting Service

CALL: (076) 107 2000 (Mon-Fri 9am to 8pm) / [www.mabs.ie](http://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](http://www.grow.ie)

### SHINE

Supporting people affected by mental health

email: [midlands@shine.ie](mailto:midlands@shine.ie) / Louth Meath: [northeast@shine.ie](mailto:northeast@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](http://www.womensaid.ie)

### MEN'S AID

For men experiencing domestic abuse and violence

CALL: (01) 554 3811 / email: [crisis@anyman.ie](mailto:crisis@anyman.ie)  
Male Advice Line: Freephone number: 1800 816 588

### SEXUAL VIOLENCE HELPLINE

For men and women - experiencing sexual violence

CALL FREE: 1800 778 888

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

For an updated list of Mental Health Services during Covid-19 please visit:  
<https://www.hse.ie/eng/services/list/4/mental-health-services/>



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service