

# Help & Support Laois & Offaly

You are not alone, we are here to help you!



## Urgent Help and Support

<b>Gardaí, Fire Brigade, Ambulance</b>	999/112
<b>Garda Confidential Line</b>	1800 666 111
<b>MiDOC (GP Out of Hours Service)</b>	1800 302 702
<b>Midland Regional Hospital Portlaoise</b>	057 86 21364
<b>Midland Regional Hospital Tullamore</b>	057 93 21501
<b>Pieta 24 hr Freephone Helpline Text HELP to 51444</b>	1800 247 247
<b>Psychiatry Dept. MRH Portlaoise</b>	057 86 96396
<b>Samaritans email: jo@samaritans.ie</b>	116 123
<b>24/7 Free Text Support Service Text HELLO to 50808 / www.textaboutit.ie</b>	

## HSE Mental Health Services

<b>ADHD Service Laois/Offaly</b>	057 86 92834
<b>Adult Community Mental Health Service</b>	
Birr: 057 91 20576 Tullamore: 057 93 15900 Portlaoise: 057 86 22925	
<b>Child &amp; Adolescent Mental Health Service</b>	
Portlaoise: 057 86 96152 Tullamore: 057 93 19400	
<b>Primary Care Centres</b> Portlaoise: 057 86 21135 Tullamore: 057 93 19599	
<b>Young Adult Mental Health Service</b>	057 86 96916

## Mental Health Supports and Helplines

<b>AWARE (Supporting people experiencing depression/anxiety)</b>	1800 804 848
<b>GROW</b> 057 93 51124 Info Line: 0818 474 474	
<i>(Support Groups for adults with mental health problems)</i>	
<b>Mental Health Ireland</b> Area Development Officer: 086 835 3387	
National Office: 01 284 1166	
<b>SHINE</b> Area Dev. Worker: 086 852 5281	
<i>(Support for people with mental ill health)</i> Info Line: 01 860 1610	
<b>Pieta</b> Helpline: 1800 247 247 Therapy Enquiries: 0818 111 126	

## Other Local Supports and Services

<b>ACCORD</b> Portlaoise 059 91 42590 Tullamore 057 93 41831	
<b>Barnardos Family Support Service</b> 01 453 0355	
Edenderry: email: info@edenderry.barnardos.ie 046 97 32463	
Tullamore: email: info@tullamore.barnardos.ie 057 93 26803	
<b>Citizens Information Centres</b> Portlaoise: 0818 075 590 Birr: 0818 076 260	
Edenderry: 0818 076 280 Tullamore: 0818 076 290	
<b>Cuise Cancer Support Centre Laois</b> 057 86 81492	
<b>Dóchas Offaly Cancer Care Centre</b> 057 93 28268	
<b>Domestic Violence Services</b>	
Laois Domestic Abuse Service 057 86 71100	
Offaly Domestic Violence Support Service 057 93 51886	
Temporary Emergency Accom. Midlands 044 93 49340	
Women's Aid National Helpline 1800 341 900	
Men's Aid Ireland email: hello@mensaid.ie 01 554 3811	
<b>Family Carers Ireland</b> Reg. Office: 057 93 70225 Nat. Careline: 1800 240 724	
<b>Family Resource Centre</b> Clara: 057 93 31928 Tullamore: 057 93 20598	
Portlaoise: 057 86 86151 Mountmellick: 057 86 24601	
<b>County Libraries</b> Portlaoise: 057 86 22333 Tullamore: 057 93 46834	
<b>Midlands SIMON Community</b> Reg Office: 090 64 44641	
<b>Emergency Accommodation</b> Tullamore: 087 635 9760	
<b>Out of Hours Service:</b> 087 445 4542	
<b>Midlands LGBT+ Project</b> help@midlandslgbtproject.com 086 075 7985	
<b>Money Advice &amp; Budgeting Service</b> Laois: 0818 072 620/Offaly: 0818 072 710	
<b>MABS Helpline:</b> (email: helpline@mabs.ie) 0818 072 000	
<b>National Learning Network Centres</b> Laois: 057 86 21263 / Offaly: 057 93 18300	
<b>Regional Sexual Abuse &amp; Rape Crisis Centre</b> 1800 32 3232	
<b>24 Hr National Helpline</b> 1800 77 8888	
<b>Sexual Health Clinic and PrEP Service</b> 087 710 4152	
<i>(Regional Hospital Mullingar: Apt only Wed evening)</i>	
<b>Social Prescribing Service</b> Offaly: 087 747 0562 / Laois: 087 406 8095	
<b>SVP Regional Offices</b> Laois: 051 350725 / Offaly: 061 317327	
<b>Traveller Services</b>	
Laois Traveller Action Group: 057 86 82210	
Offaly Traveller Movement: 057 93 52438	
Traveller Counselling Service: 086 308 1476	

## Addiction Services

<b>Alcoholics Anonymous</b>	01 842 0700
<b>Al Anon/ Alateen</b>	01 873 2699
<b>Drive Project - www.driveproject.ie (Drug Related Intimidation &amp; Violence Engagement)</b>	
<b>HSE CADS (Community Alcohol &amp; Drug Service)</b>	
email: sec.cadspportlaoise@hse.ie Portlaoise: 057 86 92516	
email: sec.cadstullamore@hse.ie Tullamore: 057 93 15801	
<b>HSE CADS ADAPT (Adolescent Drug &amp; Alcohol Prevention &amp; Treatment) Service</b>	
email: cads.adapt@hse.ie Tel: 087 451 8358	
<b>HSE Drug &amp; Alcohol Helpline</b> 1800 459 459	
email: helpline@hse.ie / www.drugs.ie / www.askaboutalcohol.ie	
<b>Merchant Quay Ireland (Drug &amp; Alcohol Treatment Support) Project</b>	
email: dats@mqi.ie Laois/Offaly: 086 793 4920	
<b>Midland Regional Drug &amp; Alcohol Task Force</b> 086 380 0517	
email: mrdatf@hse.ie	

## Counselling Services

<b>BeLoNG To LGBT+ Youth Counselling Service</b>	01 670 6223
<b>CARI (Child Sexual Abuse Counselling)</b>	0818 924 567
<b>CONNECT (National Adult Counselling Service)</b>	1800 477 477
<i>(for those who have experienced abuse, neglect or trauma in childhood)</i>	
<b>Counselling in Primary Care HSE</b>	057 93 70605
<i>(Counselling for over 18s with a Full Medical Card referral by GP)</i>	
<b>Embrace Farm</b> www.embracefarm.com 057 851 0555 / 085 770 9966	
<i>Support to Farm Families experiencing grief /accidents/illness</i>	
<b>HSE Adult Counselling Service (The Arches)</b>	Helpline: 1800 234 113
<i>(For individuals who have experienced childhood sexual or physical abuse)</i> 057 9327141	
<b>HSE Primary Care Psychology Services</b>	
Laois: 057 86 92564 / Offaly: 057 93 19556	
<b>Nurture</b> email: info@nurturehealth.ie / www.nurturehealth.ie 085 861 9585	
<i>(Mental health support for women/partners in the perinatal period)</i>	
<b>Online counselling:</b> www.turn2me.ie / www.mymind.org	
<b>PCI Counselling Service Midlands</b>	0818 555 450
<i>(reduced cost) (9am-5.30pm)</i> info@pcicounselling.ie	
<b>Private counselling services:</b> www.iacp.ie / www.psychologicalsociety.ie	

## Bereavement Support

<b>Anam Cara Parental &amp; Sibling Bereavement Support</b>	
www.anamcara.ie	01 404 5378
<b>Barnardos Children's Bereavement Service</b>	01 473 2110
<b>HUGG (Healing Untold Grief Groups)</b>	01 513 4048
<i>(Suicide bereavement support)</i> support@hugg.ie / www.hugg.ie	
<b>Irish Childhood Bereavement Network</b>	01 679 3188
<b>Irish Hospice Foundation</b>	Bereavement Support: 1800 807 077
	www.bereaved.ie
<b>Pieta 24/7 Bereavement Support</b>	1800 247 247
<b>Rainbows Child Bereavement Support</b>	Enquiries: 01 473 4175
	email: ask@rainbowsireland.ie
<b>Suicide Bereavement Liaison Service (Pieta)</b>	086 418 0088
<b>Websites for information and support:</b>	
www.hospicefoundation.ie / www.childhoodbereavement.ie	

## Youth Supports

<b>Barnardos Family Support Service</b>	01 453 0355
<b>Childline:</b> Live Chat: www.childline.ie	1800 666 666
<b>Foróige Regional Youth Officer</b> Laois: 086 299 7677 / Offaly: 086 204 3599	
<b>Jigsaw Laois/Offaly (Support for young people)</b>	057 93 52871
<b>Teenline</b>	1800 833 634
<b>Tusla Midlands</b> email: childfamily.midlands@tusla.ie	
<b>Youth Centres:</b>	
<b>Laois: Mountmellick Youth/Family Centre:</b>	057 86 24601
<b>Youth Work Ireland Laois:</b>	057 86 65010
<b>Offaly: St. Mary's Youth Centre, Tullamore:</b>	057 93 22963
<b>Youth Work Ireland Tullamore:</b>	086 795 5357
<b>Youth information websites:</b> www.spunout.ie / www.yourmentalhealth.ie	

## Support Numbers and Information Helplines

<b>Active Retirement Ireland</b>	01 873 3836
<b>ADHD Ireland:</b>	01 874 8349
<b>Adoption Authority of Ireland</b> www.aai.gov.ie	01 230 9300
<b>ALONE</b> Regional Supp. Co-Ordinators: www.alone.ie	Helpline: 0818 222 024
<b>Bodywhys (Eating Disorder Assoc.)</b>	Helpline: 01 210 7906
	email: alex@bodywhys.ie
<b>Gambling Support</b> www.gamblingcare.ie	1800 936725
<b>Garda Confidential Line</b>	1800 666 111
<b>LGBT Ireland Helpline</b>	1800 929 539
<b>Man2Man (HIV + sexual health information for men)</b>	01 873 4832
<b>Men's Sheds</b> Shed Finder: www.menssheds.ie	01 891 6150
<b>Missing Persons Helpline</b>	1800 442 552
<b>MOVE (Men Overcoming Violence)</b> www.moveireland.ie	085 874 8108
<b>National Office for Victims of Abuse</b>	1800 252 524
<b>One Family Support Helpline</b>	0818 662 212
<b>Parentline</b>	01 873 3500
<b>Post Natal Depression Ireland</b>	021 492 3162
<b>Senior Helpline</b>	1800 804 591
<b>Treoir (Unmarried Parents Support)</b>	01 670 0120

## HSE Live Information Service Freephone 1800 700 700

**YourMentalHealth: www.yourmentalhealth.ie / 1800 111 888**  
*(information about mental health and how to support yourself and those you love or may be concerned about)*



To access information on national and local suicide prevention resources/services, register for free online and face to face Training Workshops - 'Understanding Self-Harm', Suicide Prevention Skills and Bereavement Support for Professionals, please scan