



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 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 <i>This service is available after 6.00pm</i>	MIDOC: 1850 302 702 NEDOC: 1850 777 911
HSE INFORMATION	Information and advice	CALLSAVE: 1850 241 850 / email: hselive@hse.ie
HSE PSYCHOLOGY SERVICE	Emotional support and advice	email: mimpsychosocial@hse.ie
SAMARITANS	Emotional Support Service	FREEPHONE: 116 123 or email: jo@samaritans.ie
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
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 / www.spunout.ie
JIGSAW / YOUTH SERVICES	Young people's mental health	OFFALY: 057 935 2871 / email: offaly@jigsaw.ie MEATH: 046 907 1702 / email: meath@jigsaw.ie
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 / www.childhoodbereavement.ie
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) / 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 / Louth Meath: 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
MEN'S AID	For men experiencing domestic abuse and violence	CALL: (01) 554 3811 / email: 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

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/>



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Níos Fearr
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Service