

KEEP WELL

Help is at Hand

for your emotional wellbeing and mental health during COVID-19

Laois Community Call Helpline - 1800 832 010

EMERGENCY SERVICES

Ambulance / Fire / Gardaí: **CALL: 112 or 999**

HOSPITAL EMERGENCY DEPARTMENT:

Midland Regional Hospital Portlaoise: **057 86 21364**

MIDOC GP OUT OF HOURS SERVICES: **1850 302 702**

NATIONAL SUPPORTS

SAMARITANS (emotional Support service)

FREEPHONE: 116 123 or email: 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 | www.text50808.ie

PIETA 24/7 Free therapeutic support: **1800 247 247 / Text HELP to 51444 / www.pietahouse.ie**

AWARE HELPLINE: **1800 804 848 (10am-10pm)**
www.aware.ie

ALONE support for older people: **0818 222 024**

LGBT Ireland Helpline: **1890 929 539 / www.lgbt.ie**

LOCAL SUPPORTS

Midland SIMON Community: www.midlandssimon.com
Regional Office: **090 644 4641 /**
Tullamore Accommodation Centre: **087 6359 760**

Citizens Advice Centre: Portlaoise Centre: **076 1075 590**

Family Resource Centres: www.familyresource.ie
Portlaoise Centre: **057 86 86151 /**
Mountmellick Centre: **057 86 24601**

SVP Laois: Portlaoise: **057 86 60486 /**
Mountrath: **086 6616270**

Laois Traveller Action Group: **057 86 82210 / www.ltag.ie**

Laois Partnership Company: www.laoispartnership.ie
Portlaoise: **057 86 61900**

MABS Money Advice and Budgeting Service:
076 107 2620 / www.mabs.ie

MENTAL HEALTH SUPPORT ORGANISATIONS

GROW: **1890 474 474 www.grow.ie**

SHINE: midlands@shine.ie

HSE INFORMATION AND ADVICE

Covid-19: **1850 241 850 / email: hselive@hse.ie**

Mental Health: **1800 111 888 / www.yourmentalhealth.ie**

HSE - DRUG & ALCOHOL LINE: **1800 459 459 / www.drug.ie/**
www.prinkaware.ie/ / email: helpline@hse.ie

HSE PSYCHOLOGY SERVICE (emotional support and advice)
email: mlmpsychosocial@hse.ie

COUNSELLING SUPPORT

Teac Tom Counselling Support: Stradbally: **056 779 6592**
www.thethomashayestrum.com

ONLINE Support and counselling www.turn2me.org/
www.mymind.org/ / www.suicideorsurvive.ie

CHILDREN AND YOUTH SERVICES

JIGSAW Offaly: **057 93 52871 / email: offaly@jigsaw.ie /**
www.jigsawonline.ie (outreach service to Laois)

Youth Work Ireland Laois: **057 86 65010 / www.ywilaois.ie**

CHILDLINE: **1800 666 666 Free (24/7)**
Text 'Talk' to 50101 / www.childline.ie

Spunout: youth information website: www.spunout.ie

BEREAVEMENT SUPPORT

Irish Hospice Foundation: **1800 807 077 (10am-1pm)**

Midland Living Links: **086-1600 641**
www.bereaved.ie/ / www.childhoodbereavement.ie

Suicide Bereavement Liaison Officer (PIETA):
Midlands: **086 418 0088**

SEXUAL VIOLENCE SUPPORT

SEXUAL VIOLENCE HELPLINE (men and women)
1800 778 888

WOMENS AID: **1800 341 900 (24/7) / www.womensaid.ie**

MEN'S AID: **(01) 554 3811 / email: crisis@aryman.ie**

Domestic Violence Service: National Helpline: **1800 341 900**

Laois Domestic Violence Support Service:
057 86 71100 / www.laoisdomesticabuseservice.ie