

# NUMBERS IF YOU NEED THEM



If it's an emergency, Dial 999/112

**SAMARITANS**

TALK IT THROUGH,  
WE'RE HERE TO LISTEN

jo@samaritans.ie

116 123

www.samaritans.org

**pieta**

1800 247 247

TEXT HELP TO 51444 mary@pieta.ie

Pieta supports people and communities in crisis by providing freely accessible, professional services to all.

www.pieta.ie

**your  
mental  
health.ie**

Information | Support | Services

1800 111 888

www.yourmentalhealth.ie

**text about it**

TEXT  
HELLO 50808

A free 24/7 text service, providing support for people going through a mental health or emotional crisis –big or small.

www.text50808.ie

**ISPCCC  
Childline**

1800 66 66 66

(24 HRS A DAY, EVERYDAY)

Text TALK to 50101

Online chat – www.childline.ie

**SPUN OUT.ie**

SpunOut.ie

@SpunOut

SpunOutMedia



Seirbhís Stáinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service



Connecting for Life  
Midlands, Louth and Meath

**CONTACT YOUR GP OR GP  
OUT OF HOURS SERVICE**

**MIDOC**

**1850 302 702**

**NEDOC**

**1850 777 911**