



Connecting for Life
Midlands, Louth and Meath

Someone
is always
there to
listen to you



PREVENTING SUICIDE TOGETHER

EMERGENCY 24 HRS SERVICES

**Gardai /
Emergency
Services**
999 / 112

**Your Local GP or
Out of Hours Service**
MIDOC
1850 302 702
NEDOC
1850 777 911

The Samaritans
116 123

Email:
jo@samaritans.ie

**Pieta 24/7
Suicide Helpline**
1800 247 247

Text: HELP to
51444

**AWARE
Support Line**
1800 80 48 48
(10am - 10pm)

Email:
supportmail@aware.ie

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

CHILDLINE
1800 666 666

Free Text: TALK
to 50101

**24/7 FREE TEXT
SUPPORT SERVICE**

Text HELLO to
50808

www.text50808.ie

OTHER ONGOING SUPPORTS

PIETA
Preventing Suicide
and Self Harm
Therapy Enquiries
0818 111 126
Email: mary@pieta.ie

**PCI
Counselling
Service**
(Reduced Cost)
0818 555 450
(11am - 6pm)

**Online
Counselling**

www.turn2me.org
www.mymind.org

**HSE Suicide
Bereavement
Liaison Service**

Midlands:
086 418 0088
Louth/Meath:
085 738 0444

**Midlands
Living Links
Bereavement
Listening and
Support Service**
086 1600 641

ALONE
Support for
Older People
0818 222 024
(8am - 8pm)

**HSE Drugs &
Alcohol Helpline**
1800 459 459
www.drugs.ie

**GROW
Info Line:**
0818 474 474
Supporting those
experiencing mental
health problems

**SHINE
Info Line**
01 541 3715
Supporting People
Affected by
Mental ill Health

MABS
(Money Advice &
Budgeting Service)
Helpline
0818 07 2000

**National
LGBT
Helpline**
1800 929 539

**Youth
Support
Services**
www.jigsaw.ie
www.spunout.ie

Learn about mental health and how to support yourself and those you love