



# Help is at hand for your Emotional Wellbeing and Mental Health during COVID -19

Services availability during COVID 19 Circumstances – Dated Sept 2020 Subject to change.



HSE Mid West Community Healthcare

## Talk to your GP or Samaritans



**Your GP can make referrals to specialist services and also give you information about the supports available in your area.**

<b>Shannondoc</b>	Urgent out of hours GP care - service operating as usual	1850 212 999 or 061 459 500 <a href="http://www.shannondoc.ie">www.shannondoc.ie</a>
<b>Emergency Services</b>	Garda Síochána, ambulance service, fire service and Irish Coast Guard - service operating as usual	112 or 999

### 24 HOURS A DAY

### 7 DAYS A WEEK

<b>Emergency Department</b>	University Hospital Limerick	061 482120
<b>Samaritans</b>	Emotional support service as usual - service operating as usual but not face to face	116 123 (Free) email: <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a> <a href="http://www.samaritans.org">www.samaritans.org</a>
<b>50808</b>	50808 is a free 24/7 text service, providing everything from a calming chat to immediate support - service operating as usual	Free-text YMH to 50808 to begin
<b>YourMentalHealth.ie</b>	Information Helpline - service operating as usual	Freephone anytime to find supports and services near you 1800 111 888
<b>Childline</b>	A free and confidential 24-hour active listening service for children and young people up to the age of 18 in Ireland. - service operating as usual	1800 666 666 (Free) 24hrs Text: 50101 (Free) 10am-4am <a href="http://www.childline.ie">www.childline.ie</a> webchat service
<b>Teenline</b>	A free and confidential 24-hour active listening service for young people up to the age of 18 in Ireland. - service operating as usual	1800 833 634 (Free) <a href="http://www.teenline.ie">www.teenline.ie</a>
<b>Clare Suicide Bereavement Support</b>	One to one befriending and family support - service operating as usual but not face to face.	086 056 5373/087 369 8315 <a href="http://www.claresuicidebereavementsupport.com">www.claresuicidebereavementsupport.com</a>
<b>Pieta House</b>	CRISIS SERVICE - Free, therapeutic approach to people who are in suicidal distress and those who engage with self-harm	Mid West: 061 484 444 Helpline 1800 247 247 (Free) - 24hrs Text HELP: 51444 - 24hrs - 7 days a week email: <a href="mailto:mary@pieta.ie">mary@pieta.ie</a> <a href="http://www.pieta.ie">www.pieta.ie</a>

### MONDAY TO SUNDAY

<b>ALONE</b> National Helpline 8am – 8pm	ALONE is a national organisation that supports and empowers older people to age happily and securely at home. We support individuals and their families, work with other organisations, and campaign nationwide to improve the lives of older people. We work with all older people, including those who are lonely, isolated, homeless, living in poverty, or are experiencing other difficulties. We support them through these challenges to help them find long term solutions	0818 222 024 email: <a href="mailto:hello@alone.ie">hello@alone.ie</a>
<b>MyMind</b>	Counselling and psychotherapy available nationally online - service operating as usual	076 680 1060 Visit <a href="http://www.mymind.org">www.mymind.org</a> or email: <a href="mailto:hq@mymind.org">hq@mymind.org</a>
<b>Aware Support line</b> 10am to 10pm	Listening service for people with depression or those concerned about family member or friend. Register online for peer groups	1800 804 848 (Free) <a href="http://www.aware.ie">www.aware.ie</a>
<b>National LGBT Helpline</b> Evenings only	LGBT Ireland is a national support service for Lesbian, Gay, Bisexual, and Transgender people, their families and friends. We offer information and support through the National Helpline, online chat service and our website.	1890 929 539 <a href="http://www.lgbt.ie">www.lgbt.ie</a> - online chat service
<b>Living Links (Tipperary)</b>	Practical help, advice and support to persons bereaved by suicide - service operating as usual over phone but not face to face.	087 969 3021 <a href="http://www.tipperarylivinglinks.ie">www.tipperarylivinglinks.ie</a>

### MONDAY TO FRIDAY

<b>Pieta House</b> 9am to 5pm	SUICIDE BEREAVEMENT LIAISON SERVICE - provides support/counselling to adults and children, family and friends who have lost someone close to suicide.	Suicide Bereavement Liaison Service 085 856 8081
<b>HSE Drug &amp; Alcohol Helpline</b> 9.30am to 5.30pm	Drug and Alcohol information & support.	1800 459 459 (Free)
<b>MABS</b> 9am to 8pm	Money advice and budgeting service.	0761 072 000 <a href="http://www.mabs.ie">www.mabs.ie</a>
<b>Shine</b> 9m to 5pm	Provide remote support and an outreach service to people who use Shine services.	Ann Marie Flanagan Text: 087 7878 222 email: <a href="mailto:aflanagan@shine.ie">aflanagan@shine.ie</a>
<b>Jigsaw</b>	Provide free, relevant and accessible mental health support, education, advice and guidance to young people aged 12 to 25 years old, and/or their parents/concerned others who are resident in Limerick. - service operating as usual over phone, face to face and online video.	1800 JIGSAW (544729) (Free) 1pm- 5pm Text: 086 180 3880 9am to 5pm email: <a href="mailto:help@jigsaw.ie">help@jigsaw.ie</a> 9am to 5pm 061 974510 <a href="mailto:limerick@jigsaw.ie">limerick@jigsaw.ie</a>
<b>Grow</b> 9.30am to 2.30pm	Free day and evening peer support groups (currently online) for over 18's who may be struggling with any aspect of their mental health- service operating as usual but not face to face.	1890 474 474 <a href="http://www.grow.ie">www.grow.ie</a>

#### [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

A place to learn about mental health and how to support yourself and others. You can find information regarding support services near you on this website.

#### [www.spunout.ie](http://www.spunout.ie)

An interactive online community where young people (16-25) are empowered with the information they need to live active, happy, and healthy lives.

#### [www.turn2me.ie](http://www.turn2me.ie)

Peer support online, online support groups and counselling online.

#### [www.connectingforlifemidwest.ie](http://www.connectingforlifemidwest.ie)

Please check here for the most up to date version of this poster.