

# Feeling alone - Who can help me



**A PHONE  
CALL CAN  
SAVE A LIFE**

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## 24 Hour Services: If you, or someone you know needs help:

Emergency Services	999 or 112
Childline / ISPCC	1800 666 666
Pieta Crisis Helpline	1800 247 247
Garda Confidential Line	1800 666 111
Rape Crisis Centre	1800 778 888
Samaritans (listening service for the lonely, despairing and suicidal)	116 123
Text 50808 (for people going through mental health or emotional crisis)	<b>Text Hello to 50808</b>
Women's Aid National Domestic Violence Helpline (for people going through a mental health or emotional crisis)	1800 341 900
Your Mental Health Information Line (mental health supports and services available)	1800 111 888

## If you, or someone you know needs help, you can call these services for support: Monday to Friday Services (Office Hours)

Alcoholics Anonymous	01 842 0700
Barnardos Bereavement Helpline (service for children and young people)	01 473 2110
Cancer Nurseline	1800 200 700
GROW Infoline (group support for mental health problems)	1890 474 474
Missing Persons Helpline	1890 442 552

[www.webwise.ie](http://www.webwise.ie) [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) [www.turn2me.org](http://www.turn2me.org) [www.shine.ie](http://www.shine.ie)  
[www.spunout.ie](http://www.spunout.ie) [www.jigsaw.ie](http://www.jigsaw.ie) [www.pleasetalk.com](http://www.pleasetalk.com) (college students)

## Other Support Services

Aware Support Line (depression & anxiety)	1800 804 848
Bereavement Support Line 10am to 1pm, Mon/Fri. (for those affected by bereavement during the COVID 19 pandemic)	1800 80 70 77
Bodywhys (eating disorders)	1890 200 444
Drugs and Alcohol/HIV Helpline., HSE	1800 459 459
HSE Information (Health services and entitlements)	1850 241 850
LGBTI National Helpline (Lesbian, Gay, Bisexual, Transgender, Intersex)	1890 929 539
Money Advice & Budgeting Service (MABS)	076 107 2000
National Poisons Information Centre	01 809 2166
Parentline (support to parents under stress)	1890 927 277
Seniorline. (10am to 10pm) (Confidential listening service provided by trained older volunteers)	1800 804 591