

# 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:**

|   |                            |
|---|----------------------------|
| <b>Emergency Services</b>   | <b>999 or 112</b>          |
| <b>Childline / ISPCC</b>  | <b>1800 666 666</b>        |
| <b>Pieta 24 Hour Support</b>  | <b>1800 247 247</b>        |
| <b>Garda Confidential Line</b>  | <b>1800 666 111</b>        |
| <b>Rape Crisis Centre</b>   | <b>1800 778 888</b>        |
| <b>Samaritans</b><br>(listening service for the lonely, despairing and suicidal)              | <b>116 123</b>             |
| <b>Text About It 50808</b><br>(for people going through mental health or emotional crisis)    | <b>Text Hello to 50808</b> |
| <b>Women's Aid National Domestic Violence Helpline</b>  | <b>1800 341 900</b>        |
| <b>Your Mental Health Information Line</b><br>(Mental health supports and services available) | <b>1800 111 888</b>        |

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

|  |                      |
|--|----------------------|
| <b>Alcoholics Anonymous</b>  | <b>01 842 0700</b>   |
| <b>Drugs and Alcohol/HIV Helpline. HSE</b>                                       | <b>1800 459 459</b>  |
| <b>Irish Hospice Foundation - Bereavement support</b>                            | <b>1800 80 70 77</b> |
| <b>Barnardos Bereavement Helpline</b><br>(service for children and young people) | <b>01 473 2110</b>   |
| <b>Cancer Support Line</b>   | <b>1800 200 700</b>  |
| <b>GROW Infoline</b><br>(group support for mental health problems)               | <b>0818 474 474</b>  |
| <b>Missing Persons Helpline</b>  | <b>1800 442 552</b>  |

*[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.mymind.org](http://www.mymind.org)*

## **Other Support Services**

|   |                     |
|---|---------------------|
| <b>Aware Support Line (depression &amp; anxiety)</b>  | <b>1800 804 848</b> |
| <b>Bodywhys (eating disorders)</b>  | <b>01 210 7906</b>  |
| <b>LGBTI National Helpline</b><br>(Lesbian, Gay, Bisexual, Transgender, Intersex)                         | <b>1800 929 539</b> |
| <b>Money Advice &amp; Budgeting Service (MABS)</b>  | <b>0818 072 000</b> |
| <b>National Poisons Information Centre</b>  | <b>01 809 2166</b>  |
| <b>HSE Live (Health services and entitlements)</b>  | <b>1800 700 700</b> |
| <b>Parentline</b><br>(support to parents under stress)  | <b>01 873 3500</b>  |
| <b>Seniorline (10am to 10pm)</b><br>(Confidential listening service provided by trained older volunteers) | <b>1800 804 591</b> |