

Feeling alone - Who can help me



**A PHONE
CALL CAN
SAVE A LIFE**

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**If you, or someone you know needs help,
you can call these services for support:**

24 Hour Services

Emergency Services	999 or 112
Childline / ISPCC (Text the word "Talk" to 50101) or call	1800 666 666
Pieta House, Suicide 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

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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
Shine Helpline (supporting people affected by mental ill-health)	www.shine.ie

www.webwise.ie www.yourmentalhealth.ie www.reachout.com
www.spunout.ie www.jigsaw.ie www.pleasetalk.com (college student)

Other Support Services

Aware Support Line (depression & anxiety)	1800 80 48 48
Bodywhys (eating disorders)	1890 200 444
Drugs/HIV Helpline, HSE	1800 459 459
HSE Information (Health services and entitlements)	1850 241 850
LGBT National Helpline (Lesbian, Gay, Bisexual, Transgender)	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
Senior Helpline (listening service for older people, run by older people)	1800 80 45 91
Women's Aid National Domestic Violence Helpline	1800 341 900
Mind our Farm Families Helpline	1890 130 022