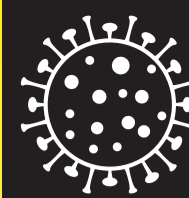




Connecting for Life  
Dublin South

## NUMBERS WHEN YOU NEED THEM - Help at your fingertips during COVID-19

If you are experiencing distress or worried about someone else please contact your GP, your Emergency Department or call the Samaritans for support on Freephone: 116 123 or email: [jo@samaritans.ie](mailto:jo@samaritans.ie)



Coronavirus  
**COVID-19**  
Public Health  
Advice

### Availability of services during COVID-19 circumstances

Dated: 07.09.20

Subject to change

The [YourMentalHealth.ie](http://YourMentalHealth.ie) website provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services **1800 111 888** (any time, day or night).

TO GET MORE INFORMATION ON GETTING THROUGH COVID-19 TOGETHER PLEASE VISIT:

<https://www.gov.ie/en/campaigns/together>

<b>EMERGENCY SERVICES</b> Ambulance Service, Fire Service, Garda Síochána	Emergency Support	112 OR 999
<b>EMERGENCY DEPARTMENT</b>	Emergency Support	Connolly Hospital: (01) 646 5000 OL Childrens Hospital Crumlin: (01) 409 6100 Tallaght: (01) 414 2000 St James Hospital: (01) 410 3000
<b>GP - OUT OF HOURS SERVICES</b>	Urgent out of hours GP Care	Luke Doc (Rathfarnham, Templeogue): (01) 406 5158 TLC Doc (Rest of South Dublin): 1890 202 224 Dub Doc (Dublin South City): (01) 454 5607
<b>SAMARITANS</b>	Emotional Support Service	Freephone: 116 123 (24/7) or email: <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a>
<b>TEXT 50808</b>	A free 24/7 text service, providing support for people going through a mental health or emotional crisis	Text YMH to 50808, anytime day or night. Visit <a href="http://www.text50808.ie">www.text50808.ie</a> for more information
<b>SDCC COMMUNITY CALL</b>	Practical support for people cocooning	Helpline: 1800 240 519
<b>DCC COMMUNITY CALL</b>	Practical support for people cocooning	Helpline: (01) 222 8555
<b>PIETA</b>	Free therapeutic support for those in suicidal distress or those who engage in self harm	Helpline: 1800 247 247 Free (24/7) / Text HELP to 51444 (24 hrs) Ballyfermot: (01) 6235606 / Lucan: (01) 6010000 Dublin South: (01) 4624792 / <a href="http://www.pieta.ie">www.pieta.ie</a>
<b>PIETA Suicide Bereavement Liaison Service</b>	Bereavement support	085 870 6606
<b>CHILDLINE</b>	Confidential line for children and young people	1800 666 666 Free (24/7) Text Talk to 50101 (Free) 10am-4am / <a href="http://www.childline.ie">www.childline.ie</a>
<b>WOMENS AID</b>	Support for victims of domestic violence	Freephone Helpline: 1800 341 900 (24/7) / <a href="http://www.womensaid.ie">www.womensaid.ie</a>
<b>AWARE HELPLINE</b>	Listening service for people with depression or those concerned about family or friends	1800 804 848 (10am-10pm) <a href="http://www.aware.ie">www.aware.ie</a>
<b>HSE - DRUG AND ALCOHOL LINE</b>	Drug and Alcohol information and support	1800 459 459 (9.30am - 5.30pm)
<b>MABS</b>	Money Advice and Budgeting Service	Tallaght: (087) 612 3010 Email: <a href="mailto:tallaght@mabs.ie">tallaght@mabs.ie</a> Clondalkin: (087) 222 1829 Email: <a href="mailto:clondalkin@mabs.ie">clondalkin@mabs.ie</a> / <a href="http://www.mabs.ie">www.mabs.ie</a>
<b>GROW</b>	Peer support groups for over 18s who may struggle with any aspect of their mental health	1890 474 474 <a href="http://www.grow.ie">www.grow.ie</a>
<b>ALONE</b>	Support for older people	0818 222 024 Email: <a href="mailto:hello@alone.ie">hello@alone.ie</a> <a href="http://www.alone.ie">www.alone.ie</a>
<b>IRISH HOSPICE FOUNDATION</b>	Bereavement support	Bereavement support line : 1800 807 077
<b>TRAVELLER HELPLINE</b>	National Traveller COVID Helpline	Helpline: (083) 100 6300

#### Spunout.ie

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

#### Turn2me.ie

Peer support online, online support groups and online counselling

#### Jigsawonline.ie

For young people aged 12-25: anonymous messaging, live chats, supportive content. For parents and guardians: Live webinars, Peer to Peer content, online courses.

For an updated list of Mental Health Services during COVID-19 please visit - [www.hse.ie/coronavirus](http://www.hse.ie/coronavirus)

your  
mental  
health



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service