

## Some Useful Resources



(Information Postcard Developed by Office of Suicide Prevention Laois Offaly)

## More Useful Resources

### HOSPITAL EMERGENCY DEPARTMENTS

- Emergency Support Midland Regional Hospital Tullamore: (057) 932 1501
- Midland Regional Hospital Portlaoise: (057) 862 1364
- Midland Regional Hospital Mullingar: (044) 934 0221
- Our Lady's Hospital, Navan: (046) 907 8500
- Our Lady of Lourdes Hospital, Drogheda: (041) 983 7601

### HSE INFORMATION - *Information and advice*

CALLSAVE: 1850 241 850 / email: [hselive@hse.ie](mailto:hselive@hse.ie)

### HSE PSYCHOLOGY SERVICE - *Emotional support and advice*

email: [mlmpsychosocial@hse.ie](mailto:mlmpsychosocial@hse.ie)

### CRISIS TEXT LINE - *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: [www.text50808.ie](http://www.text50808.ie) for more information



**AWARE HELPLINE** - *Listening service, support and information for those experiencing depression or bipolar disorder or those concerned about family and friends.*

CALL FREE: 1800 804 848 (10am-10pm) [www.aware.ie](http://www.aware.ie)

**ALONE** - *Covid-19 support for older people*

CALL: 0818 222 024 (8am to 8pm Monday to Friday)

**SHINE** - *Supporting people affected by mental health*

Midlands email: [midlands@shine.ie](mailto:midlands@shine.ie)

Louth Meath: [northeast@shine.ie](mailto:northeast@shine.ie)

**WOMENS AID** - *Support for victims of domestic abuse and violence*

CALL FREE: 1800 341 900 (24/7) / [www.womensaid.ie](http://www.womensaid.ie)

**MEN'S AID**- *For men experiencing domestic abuse and violence*

CALL: (01) 554 3811 / email: [crisis@anyman.ie](mailto:crisis@anyman.ie)

Male Advice Line: Freephone number: 1800 816 588

**HSE - DRUG & ALCOHOL LINE** - *Drug and Alcohol information and support*

CALL FREE: 1800 459 459 (9.30am – 5.30pm)

**MABS** - *Money Advice and Budgeting Service*

CALL: (076) 107 2000 (Mon-Fri 9am to 8pm) / [www.mabs.ie](http://www.mabs.ie)

**ONLINE SUPPORT** - *Peer support and counselling*

[www.turn2me.org](http://www.turn2me.org)

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

[www.suicideorsurvive.ie](http://www.suicideorsurvive.ie)

**BEREAVEMENT** - *Information and support*

- Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm)
- Suicide Bereavement Liaison Officer (PIETA): Midlands 086 418 0088 / Louth Meath 085 738 0444
- [www.bereaved.ie](http://www.bereaved.ie)
- [www.childhoodbereavement.ie](http://www.childhoodbereavement.ie)

**SEXUAL VIOLENCE HELPLINE** - *For men and women – experiencing sexual violence*

CALL FREE: 1800 778 888