



# Kilkenny GAA

## Promoting Health & Wellbeing in our Clubs

### Numbers You May Need:

**A & E**

Kilkenny 056 7785000  
Waterford 051 848000



Féidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

Department of Psychiatry  
Kilkenny 056 7785000  
Waterford 051 848000



1850 334 999

In Case Of  
EMERGENCY  
**999 or 112**



Health & Wellbeing is Everyone's business,  
Know where to get Support.



**TALK TO US**  
If things are getting to you  
**116 123** FREE  
This number is FREE to call round the clock  
**SAMARITANS**

Pieta House  
1800 247 247

yourmentalhealth.ie  
#littletings

**TÚSLA**  
An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency  
National Office 01 7718500  
Kilkenny 056 7784713  
Waterford 051 842827

**Childline**  
Listens to Children  
1800 666 666

**BODYWHYS**  
The Eating Disorders Association of Ireland  
1800 200 444

**Aware**  
Your supporting light through depression  
1800 80 48 48

**mabs**  
Money Advice & Budgeting Service  
076 1072610

**Citizens Information**  
Kilkenny 076 1077910  
Waterford 076 1076580

**SVP**  
Society of St. Vincent de Paul  
051 350725

**THE ALZHEIMER SOCIETY of IRELAND**  
1800 341 341  
Kilkenny 056 7771230  
Waterford 051 856831

**Gamblers Anonymous Ireland**  
For Anyone Who Wants To Stop Gambling  
01 8721133  
0871850294

**Drug & Alcohol Helpline**  
Freephone  
1800 459 459  
Email Support  
helpline@hse.ie

**Alcoholics Anonymous**  
01 8420700

**amber**  
056 7771404

**LGBT HELPLINE**  
1890  
929 539

**Family Carers Ireland**  
Fairness for Carers  
1800 240724  
Kilkenny 056 7721424  
Waterford 051 394566

**Shine**  
SUPPORTING PEOPLE AFFECTED BY MENTAL ILL HEALTH  
086 8525562  
086 8525747  
www.shine.ie

**dementia**  
under stand together  
1800 341 341