

## NATIONAL SUPPORTS AND SERVICES

Alone <a href="http://www.alone.ie">www.alone.ie</a> .....	0818 222 024
Anam Cara <a href="http://www.anamcara.ie">www.anamcara.ie</a> .....	01 404 5378
Aware <a href="http://www.aware.ie">www.aware.ie</a> .....	1800 80 48 48
Barnardos Children's Bereavement Service <a href="http://www.barnardos.ie">www.barnardos.ie</a> .....	01 813 4100
BeLonGTo <a href="http://www.belongto.org">www.belongto.org</a> .....	01 670 6223
Bereavement Support Line.....	1800 80 70 77
Bodywhys <a href="http://www.bodywhys.ie">www.bodywhys.ie</a> .....	01 2107906
Childline <a href="http://www.childline.ie">www.childline.ie</a> .....	1800 666 666
CIC <a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a> .....	0818 07 4000
Connect Counselling Helpline <a href="http://www.connectcounselling.ie">www.connectcounselling.ie</a> .....	1800 477 477
Crime Victims Helpline <a href="http://www.crimevictim.ie">www.crimevictim.ie</a> .....	116 006
HSE Drugs and Alcohol Helpline <a href="http://www.drugs.ie">www.drugs.ie</a> .....	1800 459 459
Focus Ireland <a href="http://www.focusireland.ie">www.focusireland.ie</a> .....	01 881 5900
First Light <a href="http://www.firstlight.ie">www.firstlight.ie</a> .....	01 873 2711 / 1800 391 391
Foróige <a href="http://www.foroige.ie">www.foroige.ie</a> .....	01 630 1560
Garda Confidential Line.....	1800 666 111
Grow <a href="http://www.grow.ie">www.grow.ie</a> .....	0818 474 474
Institute of Guidance Counsellors <a href="http://www.igc.ie">www.igc.ie</a> .....	01 676 1975
Irish Childhood Bereavement Network <a href="http://www.irishchildhoodbereavementnetwork.ie">www.irishchildhoodbereavementnetwork.ie</a> .....	01 679 3188
Irish Hospice Foundation <a href="http://www.hospicefoundation.ie">www.hospicefoundation.ie</a> .....	01 679 3188
Jigsaw <a href="http://www.jigsaw.ie">www.jigsaw.ie</a> .....	01 472 7010
LGBTI Helpline <a href="http://www.lgbt.ie">www.lgbt.ie</a> .....	1800 929 539
Men's Aid <a href="http://www.mensaid.ie">www.mensaid.ie</a> .....	01 554 3811
Men's Shed Association <a href="http://www.menssheds.ie">www.menssheds.ie</a> .....	01 891 6150
Mental Health Ireland <a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a> .....	01 284 1166
Money Advice and Budgeting Services (MABS) <a href="http://www.mabs.ie">www.mabs.ie</a> .....	0818 07 2000
MyMind <a href="http://www.mymind.org">www.mymind.org</a> .....	0818 500 800
National Educational Psychological Services (NEPS) <a href="http://www.education.ie">www.education.ie</a> .....	01 889 2492

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Parentline <a href="http://www.parentline.ie">www.parentline.ie</a> .....	01 873 3500
Rainbows <a href="http://www.rainbowsireland.ie">www.rainbowsireland.ie</a> .....	01 473 4175
Seniorline <a href="http://www.thirdageireland.ie">www.thirdageireland.ie</a> .....	1800 804 591
Spunout.....	<a href="http://www.spunout.ie">www.spunout.ie</a>
Suicide or Survive (SOS) .....	01 272 2158
<a href="http://www.suicideorsurvive.ie">www.suicideorsurvive.ie</a>	
Teenline.....	1800 833 634
Transgender Equality Network Ireland (TENI) <a href="http://www.teni.ie">www.teni.ie</a> .....	01 873 3575
Turn2Me.....	<a href="http://www.turn2me.org">www.turn2me.org</a>
Women's Aid National Domestic Violence Helpline <a href="http://www.womensaid.ie">www.womensaid.ie</a> .....	1800 341 900
Your Mental Health Information Line <a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a> .....	1800 111 888

### THE HSE REGIONAL SUICIDE RESOURCE OFFICE

051 874 013

The HSE Regional Suicide Resource Office works in the area of suicide prevention, intervention and postvention.

The HSE Regional Suicide Resource Office also provides the HSE Bereavement Counselling Service for Traumatic Deaths, for more information email: [bereavement.SRO@hse.ie](mailto:bereavement.SRO@hse.ie)

Training provided by the HSE Regional Suicide Resource Office includes;

**START** *Suicide Prevention Online Skills Training (1.5 hour)*

**safeTALK** *Suicide Alertness Training (3.5 hour)*

**ASIST** *Applied Suicide Intervention Skills Training (2 day)*

**Understanding Self-Harm (1 day)**

**Suicide Bereavement Workshop for Professionals (1 day)**

**Suicide Bereavement Community Information (2 hour)**

To book a place on the programmes listed above please email [trainingSRO@hse.ie](mailto:trainingSRO@hse.ie) or visit [www.bookwhen.com/sro](http://www.bookwhen.com/sro)

**YOU ARE NOT  
ALONE,  
WE ARE HERE  
TO HELP!**

**NUMBERS WHEN  
YOU NEED THEM  
HELP AT YOUR  
FINGERTIPS**



**Connecting for Life**  
*South East Community  
Healthcare*

**50808, 24 Hour Crisis Text Service**  
Text HELLO to 50808

**Pieta, 24 Hour Suicide Helpline**  
Freephone 1800 247 247 or Text HELP to 51444

**Samaritans 24 Hour National Listening Service**  
Freephone 116 123

**If you, a member of your family or someone you know is in distress or needs someone to talk to; help, support and advice is available.**

**In the first instance contact your GP, if it is late in the evening or at the weekend call CAREDOC on 0818 300 365. If you or someone is in immediate danger go to the Emergency Department of your nearest hospital or call the Emergency Services on 999 or 112.**



## REGIONAL SERVICES

Counselling in Primary Care (CIPC).....	051 359 088
Focus Ireland.....	051 879 810 / 056 779 4565
HSE Bereavement Counselling Service for Traumatic Deaths .....	051 874 013
HSE National Counselling Service (COMHAR).....	051 359 017 Freephone 1800 234 118
Recovery College South East.....	056 770 3666
Self-Harm Intervention Programme (SHIP).....	051 359 088
Shine.....	086 852 5747
Simon South East.....	052 617 2742 / 051 872 693
South East Region Family Support Network (SERFSN) .....	086 604 5805 / 051 357 767
Suicide Bereavement Liason Service.....	085 807 3040 Helpline 1800 247 247

## WATERFORD

ACCEPT (Mental Health/Substance Misuse).....	051 355 418
Barnardos, Waterford.....	051 844 140 Dungarvan.....058 45331
Bereavement Pastoral Support.....	051 858 772
HSE Psychology Service.....	051 842 938
HSE Substance Misuse Service.....	051 848 658
The Men's Development Network.....	051 844 260
OASIS House Women's Refuge.....	051 370 367 Helpline 1800 929 539
Pieta Waterford.....	051 858 510
Samaritans Waterford.....	051 872 114
Social Prescribing City.....	089 250 1413 / County 089 491 7360
University Hospital Waterford.....	051 848 000
Waterford and South Tipperary Community Youth Service (WSTCYS).....	051 872 710
Waterford Parent's Hub.....	085 873 7414
Waterford Rape and Sexual Abuse Centre.....	051 873 362 Helpline 1800 296 296

### Family Resource Centres

Brill FRC.....	051 350 100
Sacred Heart FRC.....	051 306 728
St Brigid's FRC.....	051 375 261

## WEXFORD

Barnardos.....	053 923 6342
Cornmarket Project.....	053 915 5817
Ferns Diocesan Youth Service (FDYS).....	053 912 3262
The Ford Counselling and Psychotherapy Centre .....	053 912 3086 / 087 136 4886
Gorey Youth Needs.....	053 9422611
HSE Psychology Service.....	053 918 5683
HSE Substance Misuse Service.....	053 925 9825
Pieta Wexford.....	053 912 2787
Wexford General Hospital.....	053 915 3000
Wexford Parent's Hub.....	053 923 6343
Wexford Rape Crisis.....	1800 330 033
Wexford Social Prescribing Service.....	087 212 4244
Wexford Women's Refuge.....	053 912 1876
Youth New Ross.....	051 425 415

### Family Resource Centres (FRC)

Gorey FRC.....	053 948 9017
Raheen FRC.....	051 442 888
Southend FRC.....	053 912 6027
Southwest Wexford FRC.....	051 389 418
Taghmon FRC.....	053 913 4465

## CARLOW

Barnardos.....	059 913 2868
Carlow and South Leinster Rape Crisis and Counselling Centre .....	Freephone 1800 727 737
Carlow Regional Youth Services (CRYS).....	059 913 0476
Carlow Social Prescribing.....	086 414 7511
Carlow Women's Aid.....	059 917 3552
Folláine Youth Counselling Service (CRYS).....	059 913 0476
HSE Psychology Service.....	056 773 2018
HSE Substance Misuse Service.....	1800 464 600
St Luke's General Hospital.....	056 778 5000 Helpline 1800 444 944

### Community and Family Resource Centres (CRC/FRC)

Bagenalstown FRC.....	059 972 2028
Forward Steps FRC.....	059 915 2776
St Catherine's Community Services Centre.....	059 913 8700

## KILKENNY

Amber Kilkenny Women's Refuge.....	056 777 1404 Helpline 0818 42 42 44
HSE Ardú Substance Misuse Service.....	056 778 4638
HSE Psychology Service.....	056 778 4613
Kilkenny Bereavement Support.....	056 775 6538
Kilkenny Rape and Sexual Abuse Counselling.....	056 775 1555 Helpline 1800 478 478
Kilkenny Social Prescribing Service.....	086 065 4694
St Luke's General Hospital.....	056 778 5000
Teac Tom.....	056 779 6592
<b>Family Resource Centres (FRC)</b>	
Droichead FRC.....	056 775 5660
Fr McGrath Centre.....	056 775 1988
The Mill FRC.....	056 883 8466
Newpark Close FRC.....	056 772 3309

## SOUTH TIPPERARY

Barnardos Clonmel Family Support Project.....	052 617 0665
Clonmel Social Prescribing Service.....	052 612 9143
Community Suicide Awareness Workers (C-Saw).....	052 617 2477
Cuan Saor Women's Refuge.....	052 612 7557 Helpline 1800 57 67 57
HSE Psychology Service.....	052 617 7911
HSE Substance Misuse Service.....	052 617 7900
Jigsaw Tipperary.....	0504 60023
Pieta Roscrea.....	0818 111 126
South Tipperary General Hospital.....	052 617 7000
Waterford and South Tipperary Community Youth Service (WSTCYS).....	051 872 710
Youth Work Ireland Tipperary (YWIT).....	0504 23426
<b>Community and Family Resource Centres (CRC/FRC)</b>	
Carrick on Suir CRC.....	051 642 418
Clonmel CRC.....	052 612 9143
Knockanraway CRC.....	062 52688
Millennium FRC.....	052 915 7992
Spafield FRC.....	062 63622
Three Drives FRC.....	062 80831