

**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.

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
Family Resource Centres (FRC)	
Droichead FRC.....	056 775 5660
Fr McGrath Centre.....	056 775 1988
The Mill FRC.....	056 883 8466
Newpark Close FRC.....	056 772 3309

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

NATIONAL SERVICES

Alone www.alone.ie	0818 222 024
Aware www.aware.ie	1800 80 48 48
BeLonGTo www.belongto.org	01 670 6223
Bereavement Support Line.....	1800 80 70 77
Bodywhys www.bodywhys.ie	01 2107906
Childline www.childline.ie	1800 666 666
CIC www.citizensinformation.ie	0818 07 4000
HSE Drugs and Alcohol Helpline www.drugs.ie	1800 459 459
Garda Confidential Line.....	1800 666 111
Grow www.grow.ie	0818 474 474
Irish Hospice Foundation www.hospicefoundation.ie	01 679 3188
Jigsaw www.jigsaw.ie	01 472 7010
LGBTI Helpline www.lgbt.ie	1800 929 539
Men's Aid www.mensaid.ie	01 554 3811
Mental Health Ireland www.mentalhealthireland.ie	01 284 1166
Money Advice and Budgeting Services (MABS) www.mabs.ie	0818 07 2000
MyMind www.mymind.org	0818 500 800
Parentline www.parentline.ie	01 873 3500
Rainbows www.rainbowsireland.ie	01 473 4175
Seniorline www.thirdageireland.ie	1800 804 591
Spunout.....	www.spunout.ie
Suicide or Survive (SOS)	01 272 2158
www.suicideorsurvive.ie	
Teenline.....	1800 833 634
Transgender Equality Network Ireland (TENI) www.teni.ie	01 873 3575
Turn2Me.....	www.turn2me.org
Women's Aid National Domestic Violence Helpline www.womensaid.ie	1800 341 900
Your Mental Health Information Line www.yourmentalhealth.ie	1800 111 888

The HSE Regional Suicide Resource Office:

provides support, advice and training to organisations and communities in the area of suicide prevention, intervention and postvention. For more information, call 051-874013 or visit www.bookwhen.com/sro

