



If you are feeling low or distressed, please just talk about it with someone ...

EMERGENCY / CRISIS NUMBERS:

**YOUR LOCAL GP
OR NORTH EAST
DOCTOR ON CALL**
1850 777 911

**GARDAI /
EMERGENCY
SERVICES**
999 / 112

THE SAMARITANS
116 123
TEXT 087 260 9090
EMAIL:
jo@samaritans.org

**DOMESTIC
VIOLENCE SERVICE
WOMEN'S AID
NATIONAL
HELPLINE**
1800 341 900

**24/7 SUICIDE
HELPLINE**
1800 247 247
TEXT: 'HELP' TO
51444
(PIETA HOUSE)

**AWARE
SUPPORT LINE**
1800 80 48 48
Email:
supportmail@aware.ie

**NATIONAL RAPE
CRISIS 24/7
HELPLINE**
1800 778 888
Email:
counselling@rcc.ie

CHILDLINE
1800 666 666
TEXT: 'TALK' TO
50101

**FARM AND
RURAL STRESS
HELPLINE**
1800 742 645

OTHER SUPPORTS:

**TEARMANN DOMESTIC
ABUSE SERVICE**
047 72311
tearmann dvs@eircom.net
www.tearmann.net

**NATIONAL
LGBT
HELPLINE**
1890 929 539

MABS
(Money Advice
& Budgeting Service)
Helpline
0761 072 000

**MENTALHEALTH
IRELAND**
www.mentalhealthireland.ie

SHINE
086 852 5422
Supporting People Affected
by Mental Ill Health
northeast@shine.ie
www.shine.ie

**ONLINE
COUNSELLING**
www.turn2me.org

**GROW
INFO LINE:**
1890 474 474
Supporting those experiencing
mental health problems

PARENT LINE
1890 927 277
www.parentline.ie

PLEASE TAKE A PHOTO OF THIS POSTER



Please scan the code to
download the Connecting
for Life Cavan Monaghan
Suicide Prevention Plan