

Need to talk?

Help is a phone call away



SAMARITANS

Freephone 24/7 on **116 123**

Email: jo@samaritans.ie



pieta

Call **1800 247 247**

Email: info@pieta.ie



Childline

ISPCC

Freephone 24/7 **1800 666 666**

Text "Talk" to **50101**

www.childline.ie



**your
mental
health.ie**

Information | Support | Services

Tel: **1800 111 888**

www.yourmentalhealth.ie

Cork



connectingforlifecork.ie

text about it

50808

hello@text50808.ie

www.text50808.ie

Kerry



connectingforlifekerry.ie

If you are in crisis please contact your local GP. Out of hours, contact SouthDoc on 1850 335 999 or your nearest Emergency Department.

For further information and a list of other supports please access:

www.bereaved.ie

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