



Finding Support



Health and
Social Care

Take a picture



A guide to crisis and suicide prevention services offering help, hope and support across Fermanagh, Leitrim, Sligo, Cavan and Monaghan areas

Northern Ireland

Lifeline

0808 808 8000
www.lifelinehelpline.info



Lifeline

☎ 0808 808 8000

Textphone – 18001 0808 808 8000

Free 24/7 crisis helpline answered by trained counsellors

www.mindingyourhead.info

Mental health support, guidance, crisis resources and wellbeing advice



https://bereaved.hscni.net

Support and guidance for grieving individuals and their carers

Republic of Ireland

Pieta 24/7 Crisis Helpline

☎ 1800 247 247

Text “Help” to 51444

Free crisis intervention support for anyone experiencing suicidal thoughts, engaging in self-harm or bereaved through suicide

www.yourmentalhealth.ie

Free Phone ☎ 1800 111 888

For information, support, and advice about your mental health and wellbeing

www.HSE.ie/Grief

Phone, online and in-person bereavement supports and services



Available across both Northern Ireland and Republic of Ireland



Samaritans / Samaritans Ireland

☎ 116 123

Free 24/7 confidential, non-judgmental, listening ear support for those in distress



Local Emergency Department

Access urgent psychiatric or medical care in crisis

Emergency Services

☎ 999 or 112

For urgent medical or mental health emergencies



GP / Out of Hours GP

Northern Ireland – WHSCT - ☎ 028 7186 5195

Republic of Ireland – www2.hse.ie/services/find-urgent-emergency-care/
First point of contact for mental health support and referral



Services specific to Northern Ireland



WHSCT Bereaved by Suicide Service

☎ 07841569000

Postvention support for individuals and families



Bereavement
Support

Cruse Bereavement Support

☎ 0808 808 1677

Specialist grief counselling available locally



Action Mental Health - Enniskillen

☎ 028 6632 3630

Recovery-focused programmes and counselling

HOPELINE247

0800 068 41 41

Papyrus HOPELINE247

☎ 0800 068 4141 ☒ Free Text: 88247

Dedicated to preventing young suicide (under 35)
24 hours, 7 days a week

Childline

☎ 0800 1111 / online chat service

Free 24/7 confidential support for children and young people
(up to 19 years old)



Aisling Centre – Enniskillen

☎ 028 6632 5811

Local counselling and wellbeing services



AWARE NI

☎ 028 9035 7820 / 028 7126 0602

Depression support and mental health education



Barnardo's NI

☎ 028 9066 8333

Child bereavement service advice line
(Mon & Tue 10am–1pm, Fri 10am–12.30pm)



Services specific to Republic of Ireland



Pieta

☎ 0818 111 126

Support for people who are in suicidal crisis, self-harming or have been bereaved by suicide



Barnardos Children's Bereavement Service

☎ 1800 910 123

Support for children affected by loss



HUGG (Healing Untold Grief Groups)

☎ 01 513 4048

☒ support@HUGG.ie

Suicide Bereavement Peer Support Groups

Childline Ireland

☎ 1800 66 66 66

Chat online 24/7 @childline.ie
Support for children and teens in distress



Spunout Text About It

WhatsApp (Free) HELLO to 50808

Visit www.textaboutit.ie

Text support is available anytime day or night



Aware

☎ 1800 80 48 48 - 10am-10pm

☒ Supportmail@aware.ie

Support for people impacted by mood related conditions



Shine

☎ 01 860 1610 / 086 040 7701

☒ info@shine.ie

Support, Advocacy & Education for Mental Illness

Grow Mental Health

☎ 0818 474 474

Free Peer support groups for
recovery from mental health challenges

