

Finding Support



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

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



Phone, online and in-person bereavement supports and services



1800 111 888

health.ie

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

4 999 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

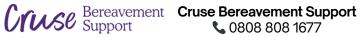
Services specific to Northern Ireland



WHSCT Bereaved by Suicide Service

**** 07841569000

Postvention support for individuals and families



Specialist grief counselling available locally



Action Mental Health - Enniskillen

**** 028 6632 3630

Recovery-focused programmes and counselling

Papyrus HOPELINE247

HOPELINE247

\$0800 068 4141 **№** Free Text: 88247 0800 068 41 41 Dedicated to preventing young suicide (under 35) 24 hours, 7days 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

AWARE NI

Local counselling and wellbeing services

**** 028 9035 7820 / 028 7126 0602 Depression support and mental health education



0800 1111

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

■ Support@ Suicide Bereavement Peer Support Groups

Shine

📞 01 860 1610/ 086 040 7701 ™ info@shine.ie

Support, Advocacy & Education for Mental Illness

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



**** 1800 80 48 48 - 10am-10pm Supportmail@aware.ie

Support for people impacted by mood related conditions



**** 0818 474 474

Free Peer support groups for recovery from mental health challenges



Childline

text about it

spunout

by **ISPCC**