



# Finding Support



Health and  
Social Care

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/](http://www2.hse.ie/services/find-urgent-emergency-care/)  
First point of contact for mental health support and referral



## Services specific to Northern Ireland



Bereaved by  
Suicide Service

**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



**Papyrus HOPELINE247**

☎ 0800 068 4141 ☒ Free Text: 88247

0800 068 41 41 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



support | advocacy | education  
for mental illness

**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](http://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



**Grow Mental Health**

☎ 0818 474 474

Free Peer support groups for  
recovery from mental health challenges



Scan the QR code  
or visit website to  
download this  
poster or get more  
information



In Northern Ireland

[www.pha.site/finding-  
support-border-areas](http://www.pha.site/finding-support-border-areas)



In Republic of Ireland

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

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