



Minding our Mental Health during COVID-19

www.yourmentalhealth.ie
The hub for everything mental health
Information Line: 1800 111 888
Freephone any time to find supports and services near you

There are lots of agencies and services in Dublin City and County that can help and advise you or someone known to you who may be feeling worried, depressed or suicidal. The first response should be to attend your G.P. (family doctor) or D-Doc (out of hours service). A G.P. can provide treatment and advice on what to do for yourself and/or a referral to a Community Mental Health Team or for other services or treatment. In an emergency, you should call the emergency services or attend the Emergency Department in either of these hospitals: Connolly Hospital, The Mater Misericordiae University Hospital or Beaumont Hospital or for children under the age of 16 CHI at Temple St.

Northside Counselling Service

Phone: 01-8484789

Access: Self-Referral

Website: www.northsidecounselling.ie

Opening hours: Mon, Tue, Thurs: 10:00am – 8:30pm

Wednesday: 10:00am–8:00pm. **Friday:** 10:00am–12:00pm

Service Provided: Northside offer a caring, confidential, professional and non-judgmental service that allows you to talk about anything that may be troubling you, in a safe and secure therapeutic space.

Address: Coolock Development Centre, Bunratty Drive, Dublin 17

Samaritans

Phone: 116 123 (24hr Support)

Email: jo@samaritans.ie

Fingal Counselling Service

Phone: 01 890 2596

Access: Self-Referral

Email: info@counsellingatfingal.com

Website: www.counsellingatfingal.com

Opening hours: Monday – Friday, 10 am – 1 pm

Service Provided: The service offers a safe and confidential environment where clients are encouraged and supported while working through their difficulties.

Jigsaw

Phone: 1800 544 729 (Monday to Friday, 1pm - 5pm)

Text: 086 180 3880 (Monday to Friday, 9am - 5pm)

Email: help@jigsaw.ie (Monday to Friday, 9am - 5pm)

Access: G.P. or Self-Referral

Website: www.jigsawonline.ie

Service Provided: Jigsaw offers a free youth mental health service for young people aged 12-25 years experiencing mild to moderate mental difficulties.

My Mind

Online Counselling Service

Website: www.mymind.ie

Or

Email: hq@mymind.org

Crisis Text Line Ireland

A confidential 24 hour messaging support service.
TEXT TALK TO 086 1800 280

ALONE

Phone: 01 890 2596

Alone provide a COVID-19 support line for older people from 8am to 8pm, seven days a week

Phone: 0818 222 024

Website: www.alone.ie

Suicide or Survive (SOS)

A series of free online wellness workshops and programmes are available from SOS.

Website:

www.suicideorsurvive.ie

Irish Hospice Foundation

A suite of materials is available to inform, support and reassure people during the COVID-19, particularly in the area of bereavement and loss.

Phone: 01 679 3188

Website: www.hospicefoundation.ie