

MENTAL HEALTH CONTACTS

For immediate help call 999

Physically unwell

URGENT

Call 999/go to A&E

NON-URGENT

visit GP

Mentally unwell

URGENT

Call 999/go to A&E

NON-URGENT

visit GP

Helplines Ireland

	Telephone	Email	Website
Jigsaw	01 472 7010	info@jigsaw.ie	jigsaw.ie
Aware	1800 80 48 48	supportmail@aware.ie	aware.ie
Pieta House	1800 247 247	info@pieta.ie	pieta.ie
Grow	1890 474 474	info@grow.ie	grow.ie
Mental Health Ireland	01 284 1166	information@mentalhealthireland.ie	mentalhealthireland.ie
The Samaritans	116 123	jo@samaritans.ie	samaritans.ie
LGBT Ireland	1800 929 539	info@lgbt.ie	lgbt.ie

Helplines Northern Ireland

Inspire	028 9032 8474	mentalhealth@inspirewellbeing.org	inspirewellbeing.org
Aware NI	028 7126 0602	info@aware-ni.org	aware-ni.org
Cause	0800 103 2833	info@cause.org.uk	cause.org.uk
Lifeline	0808 808 8000		lifelinehelpline.info
Praxis Care	041 687 1904	info@praxiscare.ie	praxiscare.org/ireland
MindWise	028 9040 2323	webmaster@mindwisenv.org	mindwisenv.org
Rainbow Project	028 9031 9030	counselling@rainbow-project.org	rainbow-project.org

OTHER USEFUL RESOURCES

[Little Thing Mental Health Campaign](#)
[Spun Out](#)
[World Health Organisation](#)

[Take 5 Campaign](#)
[safeTALK Training](#)
[Helplines NI](#)

MUNSTER

Cork

	Telephone	Email	Website
Spectrum Mental Health	021 206 7001	hello@mentalhealth.ie	mentalhealth.ie
Jigsaw Cork	021 245 2500	cork@jigsaw.ie	jigsaw.ie
My Mind	0818 500 800	hq@mymind.org	mymind.org
Pieta Cork	021 439 5333	info@pieta.ie	pieta.ie

Limerick

	Telephone	Email	Website
Limerick Mental Health	061 446 786	info@limerickmentalhealth.ie	limerickmentalhealth.ie
Jigsaw Limerick	061 974 510	limerick@jigsaw.ie	jigsaw.ie
My Mind	0818 500 800	hq@mymind.org	mymind.org

Tipperary

	Telephone	Email	Website
C-SAW	087 175 5750	csawtipperary@gmail.com	csaw.ie
Pieta Roscrea	0818 111 126	info@pieta.ie	pieta.ie
Living Links	087 969 3021	tipperarylivinglinks@gmail.com	tipperarylivinglinks.ie

Clare

	Telephone	Email	Website
Ennis Therapy Centre	087 942 6812	info@ennistherapycentre.ie	ennistherapycentre.ie
Clarecare	065 682 8178	info@clarecare.ie	clarecare.ie

Waterford

	Telephone	Email	Website
Waterford Counselling Services	083 351 1775	eamonn@waterfordcounsellingcentre.com	waterfordcounsellingcentre.com
Pieta South East	051 858 510	info@pieta.ie	pieta.ie

Kerry

	Telephone	Email	Website
Jigsaw Kerry	066 718 6785	kerry@jigsaw.ie	jigsaw.ie
Kerry Lifeline	064 663 6416 064 663 6100	info@southwestcounselling.ie	southwestcounselling.ie
Shine	01 541 3715	info@shine.ie	shine.ie

LEINSTER

Dublin

	Telephone	Email	Website
My Mind	0818 500 800	hq@mymind.org	mymind.org
Highfield Healthcare	1837 4444	info@highfieldhealthcare.ie	highfieldhealthcare.ie
ReachOut Ireland		general@reachout.com	ie.reachout.com

Wicklow

	Telephone	Email	Website
Living Life Counselling	01 286 6729	info@livinglifecounselling.com	livinglifecounselling.com
Talking Solutions	083 448 5458	info@talkingsolutions.ie	talkingsolutions.ie

Wexford

	Telephone	Email	Website
Wexford Mental Health Association	053 914 0610	wexfordmha@gmail.com	wexfordmentalhealthassociation.ie
The DMC Clinic	087 609 3745	info@thedmcclinic.ie	thedmcclinic.ie
Wexford Self Harm Intervention Programme	053 917 4050 051 359 085	wexship@hse.ie	

Carlow

	Telephone	Email	Website
St Dymphna's Hospital Day Service	059 913 6300		
Carlow Mental Health Association	085 818 1353	carlowmentalhealth@hotmail.com	carlowmentalhealth.ie
Carlow Regional Youth Service	059 913 0476		youthworkireland.ie

Kilkenny

	Telephone	Email	Website
Spectrum Mental Health	01 611 1719	hello@mentalhealth.ie	mentalhealth.ie
Kilkenny Community Mental Health Time	056 773 4828 059 917 8033		

Kildare

	Telephone	Email	Website
Spectrum Mental Health	01 611 1719	hello@mentalhealth.ie	mentalhealth.ie
Lakeview Unit – Naas	045 849 500		naashospital.ie

Laois/Offaly

	Telephone	Email	Website
Shine	01 541 3715	info@shineonline.ie	shine.ie
Triogue Centre	057 862 2925		

Meath/Louth

	Telephone	Email	Website
An Táin Mental Health Services	046 909 9240		
Jigsaw	046 907 1702	meath@jigsaw.ie	jigsaw.ie
Oakdene Dundalk Counselling Centre	042 933 8333	oakdene@iol.ie	dundalkcounsellingcentre.ie

Longford/Westmeath

	Telephone	Email	Website
Spectrum Mental Health	01 611 1719	hello@mentalhealth.ie	mentalhealth.ie
Community Mental Health Centre, Longford	043 334 6992		
Community Mental Health Centre Re Nua, Athlone	090 648 3190		

CONNACHT

Galway

	Telephone	Email	Website
Dean Clinic	01 249 3333	info@stpatsmail.com	stpattricks.ie
Helplink Support Services	0818 998 880	helplinksupport@helplink.ie	helplink.ie

Mayo

	Telephone	Email	Website
Mayo Mental Health Association	094 903 8148	mayomha@eircom.net	mayomha.ie
Tacu Family Resource	094 95 42908	ballinrobefrc@eircom.net	tacu.weebly.com
Mindspace Mayo	094 906 7001	info@mindspacemayo.ie	mindspacemayo.ie

Sligo/Leitrim

	Telephone	Email	Website
Ballymote Day Centre	071 919 7818	ballymotefrc@gmail.com	
Summerhill Lodge	071 962 1215		
Tubbercurry Health Centre	071 918 5373		
Bee Park Community Centre	071 985 6935	info@beepark.ie	beepark.ie

Roscommon

	Telephone	Email	Website
Vita House	090 662 5898	info@vitahouse.org	vitahouse.org
Jigsaw Roscommon	090 666 5087	roscommon@jigsaw.ie	jigsaw.ie
Roscommon Primary Care Centre	090 662 6324		

ULSTER

Monaghan

	Telephone	Email	Website
Mental Health Service	047 95300		
Child & Adolescent Mental Health Service	047 95300		

Cavan

	Telephone	Email	Website
Mental Health Service	049 435 3145		
Child & Adolescent Mental Health Service	049 437 8920		

Donegal

	Telephone	Email	Website
Tirconaill House	074 912 3788		
Connect Mental Health		info@connectmentalhealth.ie	connectmentalhealth.ie
Mental Health Ireland	086 772 3287	bill@mentalhealthireland.ie	mentalhealthireland.ie

Fermanagh

	Telephone	Email	Website
Fermanagh Community Wellbeing Services	028 6632 6930	fermanaghcws@inspirewellbeing.org	inspirewellbeing.org
Fermanagh New Horizons	028 6632 3630		www.amh.org.uk
Praxis Care	028 9024 5535	info@praxiscare.org.uk	praxiscare.org

Derry

	Telephone	Email	Website
Extern	028 7126 2104	comms@extern.org	extern.org
AMH New Horizons	028 7137 3502		amh.org.uk
Aware	028 7126 0602	help@aware-ni.org	aware-ni.org
PIPS Charity	0800 088 6042	info@pipscharity.com	pipscharity.com

Tyrone

	Telephone	Email	Website
Koram Centre	028 7188 6181	thekoramcentre@gmail.com	koramcentre.com
Tara Centre	028 8225 0024	info@taraomagh.com	taraomagh.com

Down

	Telephone	Email	Website
County Down Rural Community Network	028 4461 2311	info@countydownrcn.com	countydownruralcommunitynetwork.com
Aware NI	028 9035 7820	info@aware-ni.org	aware-ni.org
PIPS Charity	0800 088 6042	info@pipscharity.com	pipscharity.com

Antrim

	Telephone	Email	Website
AMH New Horizons	028 9062 9759	info@amh.org.uk	amh.org.uk
Cause	028 9065 0650 0845 603 0291	info@cause.org.uk	cause.org.uk
Contact	028 9074 4499	info@contactni.com	contactni.com

Armagh

	Telephone	Email	Website
The Health Clinic	028 3741 2891	health.clinic@southerntrust.hscni.net	
The Mental Health Forum	028 3025 2423	lobby@mentalhealthforum.co.uk	thementalhealthforum.co.uk

These contacts are correct at time of going to print. The list will be continually updated as other organisations give their details.