



NUMBERS WHEN YOU NEED THEM

CAVAN AND MONAGHAN

Urgent Help and Support

- **An Garda Síochána, Ambulance, Fire and Irish Coast Guard**999 or 112
- **Garda Confidential Line** 1800 666 111
- **North East Doctor On Call** 1800 777 911
- **Cavan General Hospital**049 437 6000
- **Pieta:**Freephone 24/7: 1800 247 247, Text HELP to 51444
- **Samaritans:** Freephone 24/7: 116 123, jo@samaritans.ie
- **Text About It:**Free Text 24/7: Text HELLO to 50808, www.textaboutit.ie

Cavan Monaghan Mental Health Service

(GP referral)

- | | | |
|---|---------------------------------|-------------------------|
| Adult Mental Health Service | Cavan: ... 049 435 3145 | Monaghan:047 95300 |
| Child & Adolescent Mental Health Service | Cavan: ... 049 855 0400 | Monaghan:047 95444 |
| | South Cavan/Monaghan |047 95455 |
| Community Rehabilitation Service | Cavan: ... 049 497 8930 | Monaghan:047 95300 |
| Mental Health Intellectual Disability | Cavan Monaghan and Louth Meath: |042 966 3122 |
| North East Adult ADHD Services | Cavan and Monaghan... |042 966 3122 |
| Psychiatry of Later Life | Cavan: ... 049 437 6427 | Monaghan:047 95300 |
| Suicide Crisis Assessment Nurse (SCAN) Service - accessed via GP referral in both Cavan and Monaghan | | |

Support Numbers and Information Helplines

- Alone (supporting older people to age at home)..... 0818 222 024
- Aware Support Line 1800 80 48 48 (support for people experiencing anxiety, depression or bipolar disorder)
- Bodywhys 01 210 7906, E: alex@bodywhys.ie (support for people affected by eating disorders)
- Citizens Information..... 0818 074 000
- Crime Victims Helpline 116 006, Text 085 133 7711
- Dundalk Simon 042 933 9583 (supporting homeless in Cavan & Monaghan)
- Embrace Farm (farm accident support network) 085 770 9966
- Exchange House Ireland National Travellers Service . 01 872 1094
- Transgender Family Support Line 01 907 3707
- GROW (support for adults with mental health problems)...0818 474 474
- HSE National Information Helpline (HSE Live)..... 1800 700 700 E: hselive@hse.ie
- Irish Men's Sheds Association..... 01 891 6150
- ISPCC Parent Support Line 01 522 4300 9am – 1pm Monday - Friday) parenting@ispcc.ie
- LGBT Ireland Helpline 1800 929 539, E: info@lgbt.ie
- MABS Helpline (Money and Budgeting Advice Service)...0818 072 000
- Man2Man 01 873 4832 (HIV & sexual health information for gay & bisexual men)
- Mens Aid..... 01 554 3811, E: hello@mensaid.ie
- Mental Health Ireland 086 407 5306
- Migrant Rights Centre Ireland 083 075 5387
- My Options Unplanned Pregnancy Helpline..... 1800 828 010
- National Rape Crisis Helpline..... 1800 778 888 E: counselling@rcc.ie
- Outcomers (support for LGBT people in North East 042 932 9816
- Parent Line 01 873 3500
- Peer Advocacy in Mental Health 01 547 0510
- Postnatal Depression Ireland 021 492 2083 E: support@pnd.ie
- Resource Office for Suicide Prevention 086 171 7563
- Safe Ireland Cavan Monaghan..... 047 72311 E: cavanmonaghan@safeireland.ie
- Senior Line (listening service for older people) 1800 804 591
- Shine (supporting people affected by mental ill health) ... 086 1537 907 E: support@shine.ie
- St. Vincent de Paul Freephone 1800 677 777
- Suicide or Survive 01 272 2158
- Transgender Equality Network Ireland 01 873 3575
- Traveller Public Health Nurse, Cavan & Monaghan .. 087 807 8577
- Women's Aid Domestic Violence Helpline..... 1800 341 900

Bereavement Services

- Anam Cara (Parental & Sibling Bereavement Support) 01 404 5378www.anamcara.ie
- Barnardos Children's Bereavement Service..... 01 473 2110 E: bereavement@barnardos.ie
- HUGG Suicide Bereavement Peer Support Groups. 01 513 4048 E: support@hugg.ie
- Irish Childhood Bereavement Network 01 679 3188 www.childhoodbereavement.ie
- Irish Hospice Foundation Bereavement Support Line 1800 807 077 (10 am – 1 pm, Monday - Friday)
- Pieta Cavan Monaghan.....0818 111 126
Suicide Bereavement Counselling Service
- Pieta Suicide Bereavement Liaison Officer..... 0818 111 126 (Cavan Monaghan)
- Rainbows Ireland..... 01 473 4175

Youth Mental Health and Wellbeing Services

- BeLonG To: National LGBTI+Youth Organisation 01 670 6223
- Cavan & Monaghan Rainbow Youth (CAMRY)042 975 1979 E: info@camry.ie
- Childline (0-18 yrs) chat online @ childline.ie or 1800 666 666
- HSE Primary Care Psychology (referral through GP)049 435 3702 (Cavan)047 95580 (Monaghan)
- ISPCC Childline Therapeutic Support Service Cavan/Monaghan (0-18 yrs) monaghan@ispcc.ie
- ISPCC Digital Wellbeing Programmes..... spacefromanxiety@ispcc.ie (for young people (15-18 yrs) & parents)
- MaCYSS – Youth (12-18 yrs) Family Alcohol + other Drug Service 085 746 9974Email: macyss@alcoholforum.org
- Niteline (student support helpline) 1800 793 793
- Pieta Suicide and Self-Harm Crisis Counselling Service (12+ yrs)0818 111 126
- Teenline1800 833 634
- Together all: Digital Mental Health Service for HE Students www.togetherall.com
- YouThrive..... 047 74655 (HSE Cavan Monaghan Early Intervention Email: youthrive@hse.ie Youth Mental Health Service, 12-25 yrs)



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Counselling Services & Psychosocial Supports

- Blayney Blades Counselling Service, Castleblayney ... 042 975 3412
- Clanwilliam Institute 01 205 5010
(Individual, couple & family therapy online)
- Clones Family Resource Centre 047 52919
- Connect Free Telephone Counselling & Support 1800 477 477
(for adults who have experienced abuse, trauma or neglect in childhood)
- Counselling in Primary Care - CIPC (for adults only) 1800 252 563
- Exchange House Ireland National 01 872 1094
Traveller Mental Health Service
- Focus Family Resource Centre, Killeshandra 049 436 4065
- Helplink (free/low-cost counselling services online) ... 0818 99 88 80
- HSE Primary Care Psychology (referral through GP)
.....049 435 3702 (Cavan)
.....047 95580 (Monaghan)
- HSE National Counselling Service 1800 234 117
(for adults who have experienced abuse, trauma or neglect in childhood)
- Pieta Crisis Counselling Service 0818 111 126
- SilverCloud Health Online CBT (referral through GP) 18+ years
<https://www2.hse.ie/mental-health/services-support/silvercloud-cbt/>
- Social Prescribing - Teach Oscail FRC, Cavan 085 250 0605
- Social Prescribing - Clones FRC 086 140 7848
- Social Prescribing, 085 841 5842
- Teach na Daoine FRC, Monaghan
- Teach na Daoine Family Resource Centre, Monaghan ... 047 71398
- Teach Oscail Family Resource Centre, Cavan 049 437 2730
- Traveller Counselling Service 086 308 1476
..... E: info@travellercounselling.ie
- WCI/Monaghan (formerly Dochas for women) 087 150 7056

Private and Online Counselling

- Addiction Counsellors of Ireland 01 797 9187
..... www.addictioncounsellors.ie
- Irish Association of Counsellors & Psychotherapists... 01 230 3536
..... www.iacp.ie
- Irish Association of Humanistic 01 284 1665
& Integrative Psychotherapy www.iahip.ie
- My Mind Online Video Counselling 0818 500 800
..... www.mymind.org
- The Psychological Society of Ireland 01 472 0105
..... www.psychologicalsociety.ie
- Turn2Me Online Counselling www.turn2me.ie
& Support Groups

Online Wellbeing Support

- **Cavan Monaghan Connects** - a new online resource on wellbeing supports and services: www.cavanmonaghanconnects.ie
- **HSE Balancing Stress** - free online programme - www2.hse.ie/mental-health/self-help/balancing-stress/
- **HSE Minding Your Wellbeing** - www2.hse.ie/wellbeing/minding-your-wellbeing-programme.html
- **Innovation Recovery** - Free mental health promotion workshops: www.mymentalhealthrecovery.com
- **Let's talk about suicide** - Free online suicide prevention training: <https://traininghub.nosp.ie>
- **Spunout** - online mental health information and support for young people: <https://spunout.ie/navigator/>
- **Suicide or Survive (SOS)** - Free online wellness workshops and programmes: <https://suicideorsurvive.ie>

Addiction Services

- Alcohol & Drugs Helpline 1800 459 459
- Alcoholics Anonymous 01 842 0700
- Al Anon/Alateen 01 873 2699
- Cuan Mhuire 042 974 8533
(addiction treatment & residential rehabilitation)
- Family Addiction Support Network
(family support service) 087 904 6405
..... E: info.fasn@gmail.com
- Gamblers Anonymous 01 872 1133
- HSE Primary Care Addiction Service 049 435 3190
- MaCYSS – Youth (12-18 yrs) Family Alcohol + other Drug .
Service ... 085 746 9974, E: macyss@alcoholforum.org
- MQI CAMDAS (Cavan & Monaghan Drug & Alcohol Service)
..... 049 437 9160, E: info.cavan.monaghan@mqi.ie

Websites

- www.anamcara.ie
- www.askaboutalcohol.ie
- www.aware.ie
- www.barnardos.ie/teenhelp
- www.bereaved.ie
- www.bodywhys.ie
- www.cavanmonaghanconnects.ie
- www.cavanmonaghanservices.ie
- www.childhoodbereavement.ie
- www.childline.ie
- www.citizensinformation.ie
- www.connectcounselling.ie
- www.drugs.ie
- www.grow.ie
- www.healthpromotion.ie
- www.helplink.ie
- www.hospicefoundation.ie
- www.hse.ie
- www.ispcc.ie
- www.jigsaw.ie
- www.lgbt.ie
- www.menssheds.ie
- www.mentalheathireland.ie
- www.mqi.ie/help/cavan-monaghan-drug-alcoholservice/
- www.mymentalhealthrecovery.com
- www.mymind.org
- www.niteline.ie
- www.nosp.ie
- www.outcomers.org
- www.parentline.ie
- www.pieta.ie
- www.pleasetalk.ie
- www.positiveoptions.ie
- www.samaritans.ie
- www.shine.ie
- www.spunout.ie
- www.stresscontrol.ie
- www.suicideorsurvive.ie
- www.teenline.ie
- www.text50808.ie
- www.turn2me.ie
- www.usi.ie
- www.widow.ie
- www.youmatter.ie
- www.yourmentalhealth.ie
- www.youth.ie

**YOU'RE NOT ALONE,
WE ARE HERE
TO HELP!**

**your
mental
health.ie**
Information | Support | Services
1800 111 888



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The information provided within is correct
at time of printing but is subject to change