



**Connecting for Life**  
Kildare and West Wicklow

## NUMBERS WHEN YOU NEED THEM - Help at your fingertips during COVID-19

If you are experiencing distress or worried about someone else please contact your GP, your Emergency Department or call the Samaritans for support on Freephone: 116 123 or email: [jo@samaritans.ie](mailto:jo@samaritans.ie)



Coronavirus  
**COVID-19**  
Public Health  
Advice

### Availability of services during COVID-19 circumstances

Dated: 20.04.20

Subject to change

The [YourMentalHealth.ie](http://YourMentalHealth.ie) website provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services **1800 111 888** (any time, day or night).

TO GET MORE INFORMATION ON GETTING THROUGH COVID-19 TOGETHER PLEASE VISIT:  
<https://www.gov.ie/en/campaigns/together>

<b>EMERGENCY SERVICES</b> Ambulance Service, Fire Service, Garda Síochána	Emergency Support	<b>112 OR 999</b>
<b>EMERGENCY DEPARTMENT</b>	Emergency Support	<b>Naas: (045) 849 500 Portlaoise: (057) 862 1364 Tallaght: (01) 414 2000</b>
<b>GP - OUT OF HOURS SERVICES</b>	Urgent out of hours GP Care	<b>North Kildare Doc (Celbridge, Maynooth): 01 453 9333 KDoc (rest of Kildare and West Wicklow): 1890 599 362 Caredoc (South Wicklow): 0818 300 365</b>
<b>SAMARITANS</b>	Emotional Support Service	<b>Freephone: 116 123 (24/7) or email: <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a></b>
<b>CRISIS TEXT LINE</b>	Free, Confidential text line for anyone in crisis	<b>Text TALK to 086 1800 280 (24/7)</b>
<b>PIETA HOUSE</b>	Free therapeutic support for those in suicidal distress or those who engage in self harm	<b>Helpline: 1800 804 848 Free (24/7) / Text HELP to 51444 (24 hrs) Ballyfermot: 01 6235606 / Lucan: 01 6010000 Dublin South: 01 4624792 / <a href="http://www.pietahouse.ie">www.pietahouse.ie</a></b>
<b>CHILDLINE</b>	Confidential line for children and young people	<b>1800 666 666 Free (24/7) Text Talk to 50101 (Free) 10am-4am / <a href="http://www.childline.ie">www.childline.ie</a></b>
<b>WOMENS AID</b>	Support for victims of domestic violence	<b>Freephone Helpline: 1800 341 900 (24/7) / <a href="http://www.womensaid.ie">www.womensaid.ie</a></b>
<b>AWARE HELPLINE</b>	Listening service for people with depression or those concerned about family or friends	<b>1800 804 848 (10am-10pm) <a href="http://www.aware.ie">www.aware.ie</a></b>
<b>HSE - DRUG AND ALCOHOL LINE</b>	Drug and Alcohol information and support	<b>1800 459 459 (9.30am - 5.30pm)</b>
<b>MABS</b>	Money Advice and Budgeting Service	<b>Kilcock: 0761 07 2590 Email: <a href="mailto:kilcock@mabs.ie">kilcock@mabs.ie</a> Newbridge: 0761 07 2600 Email: <a href="mailto:newbridge@mabs.ie">newbridge@mabs.ie</a> / <a href="http://www.mabs.ie">www.mabs.ie</a></b>
<b>GROW</b>	Peer support groups for over 18s who may struggle with any aspect of their mental health	<b>1890 474 474 <a href="http://www.grow.ie">www.grow.ie</a></b>

#### Spunout.ie

An interactive online community where young people (16-25) are empowered with the information that they need to live active, happy, and healthy lives.

#### Turn2me.org

Peer support online, online support groups and online counselling

#### Jigsaw.ie/young

For young people aged 12-25: anonymous messaging, live chats, supportive content. For parents and guardians: Live webinars, Peer to Peer content, online courses.

For an updated list of Mental Health Services during COVID-19 please visit - [www.hse.ie/coronavirus](http://www.hse.ie/coronavirus)



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service