

URGENT HELP AND SUPPORT

If you are experiencing distress or worried about someone else please contact your GP or your Emergency Dept.

EMERGENCY CONTACTS

Ambulance/Garda/Fire: 999 or 112

EMERGENCY DEPARTMENTS

Naas General Hospital: 045 849899
Midland Reg. Hospital Portlaoise: 057 8621364
Connolly Hospital: 01 6465000

GP OUT OF HOURS SERVICE

KDoc Urgent Family Doctor

Out-of-Hours Service: 045 848701

Hours of Operation:

Monday - Friday: 18:00pm - 8.00am;

Weekends/Public Holidays: 24 hour service

North Kildare Doc: 01 4539333/5130100

South Wicklow CareDoc: 0818300365/0599138100

CRISIS SUPPORTS:

Text 'Hello' 50808

Anytime/ Anywhere Free 24/7 Text Support Service

Visit: www.text50808.ie for more information.

Yourmentalhealth.ie

Visit yourmentalhealth.ie or call the your 24/7 mental health information line on 1800 111 888

Samaritans

24/7 Freephone: 116123

Email: jo@samaritans.ie

Pieta

(Support for people who are suicidal or self-harming)

24/7 Pieta Helpline: 1800247247

Text **HELP** to 51444 free 24/7 | Web: www.pieta.ie

SUPPORT NUMBERS

Womens Aid

(Support for victims of domestic violence)

Free 24/7 Tel: 1800341900 | Web: www.womensaid.ie

Mens Aid

(Support for men experiencing domestic violence)

Support Line: 01 5543811 | Email: hello@mensaid.ie

National Traveller Counselling Service

Tel: 01 8685761 | Email: info@travellercounselling.ie

Bodywhys

(Support with eating disorders)

Tel: 01 2107906 | Email: alex@bodywhys.ie

Aware

(Support with depression)

Tel: 1800804848 | Web: www.aware.ie

HSE Drugs and Alcohol

Tel: 1800459459

CONNECT

(National Adult Counselling Service)

Freephone: 1800 477477 | Web: www.connectcounselling.ie

CARI

(Support to children, families, groups affected
by Child Sexual Abuse)

Helpline: 0818924567 | Email: hello@cari.ie

CaPa

(The childhood abuse or neglect service for adults)

Tel: 1800234112

ALBA Counselling Service

(Relationship counselling)

Tel: 1800234112

GROW

(Support with mental health)

Tel: 1890474474 | Web: www.grow.ie

Alone

(Support for older people)

Tel: 0818222024 | Email: hello@alone.ie

Childline

(Support for young people)

Tel: 1800666666 Free 24/7

Text *Talk* to 50101 free 522128045 | www.childline.ie

MABS

(Money Advice and Budgeting Service)

Tel: 0818072000

Insync Counselling Service

(Formerly Kildare Youth Service)

Tel: 045 856968 | Email: counselling@insync.ie

Family Resource Centre Newbridge: 045 438173

Family Resource Centre Athy: 059 8632899

Family Resource Centre Curragh Camp: 045 441635

Teach Dara Kildare Town: 045 522128

National LGBT+ Helpline: 1800929539

Transgender Family Support Line: 019073707

ONLINE SUPPORTS

Jigsawonline.ie

Spunout.ie

Mymind.org

BEREAVEMENT SUPPORTS

Pieta Suicide Bereavement Liaison Service

(Dublin South and Kildare West Wicklow)

Tel: 0858706606

ANAM CARA

(Parental And Sibling Bereavement Support)

Tel: 01 404 5378 | Web: www.anamcara.ie

BARNARDOS

(Children's Bereavement Service)

Tel: 01 4732110 | Web: www.barnardos.ie

Irish Hospice Foundation/ Bereavement Support Helpline: 1800 807 077 | Web: www.bereaved.ie

RAINBOWS

Tel: 01 473 4175 | Web: www.rainbowsireland.ie

Turas Le Cheile

(Provides one to one bereavement support to those living with the death of a loved one)

Tel: 0860566819 | Web: www.turaslecheile.com

HUGG

(Grief support to suicide bereaved adults)

Tel: 01 5034048

Irish Childhood Bereavement Network

(Access to Bereavement information, guidance and support services)

Tel: 016793188 | Email: icbn@hospicefoundation.ie