

YOU ARE NOT ALONE: SOMEONE IS ALWAYS THERE TO LISTEN

SAMARITANS

BY PHONE:
**Freephone
116 123**

24hrs, 7 days a week

spunout
text about it

BY TEXT:
**Text HELLO
to 50808**

24hrs, 7 days a week

pieta 

FACE-TO-FACE:
**Freephone
1800 247 247**

24hrs, 7 days a week

MyMind

ONLINE:
mymind.org

You can call the HSE YourMentalHealth Information Line anytime, day or night, for information on mental health, and other services and supports that are available near you. **Freephone 1800 111 888** or visit **www.yourmentalhealth.ie**

If you, or someone you know is at immediate risk of harm, go to or call the emergency department of your local general hospital. You can also contact emergency services on **112** or **999** anytime, day or night.



Connecting for Life

yourmentalhealth.ie