



## Help is at hand for your emotional well-being and mental health during COVID-19



If you are experiencing distress or are worried about someone, please contact your GP, or out of hours North East Doc on Call, or go to your local Emergency Department



### 24 hours a day

### 7 days a week

**Cavan General Hospital E.D.**

Emergency Support

Call: (049) 437 6000

**Emergency Services**

Emergency Support

Call: 112 or 999

**North East Doctor on Call**

Urgent out of hours GP Care. 6pm - 8 am, Mon - Fri and 24 hrs at weekends

Call: 1850 777 911

**Pieta House**

24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm

Call Free: 1800 247 247 / Text HELP to 51444  
www.pietahouse.ie

**Samaritans**

Emotional Support Service

Freephone: 116 123 or email: jo@samaritans.ie

**Text 50808**

Free 24/7 anonymous messaging service for people in crisis

Text YMH to 50808, anytime day or night / www.text50808.ie

### Mobile Apps

### These mobile apps can help you manage anxiety and stress

**Clear Fear**

ClearFear uses CBT to focus on learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions

Get it in the App Store or on Google Play

**Headspace**

Headspace teaches meditation and easy to use mindfulness skills

Get it in the App Store or on Google Play

**Mindshift**

MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to take action

Get it in the App Store or on Google Play

### Supports for young people

**BeLonG To**

Supporting Lesbian, Gay, Bisexual & Trans Young People in Ireland

Call: 01 670 6223 / email: info@belongto.org

**Childline**

Confidential phone and text support for children and young people up to 18yrs

Call Free: 1800 666 666 Free (24/7)  
Text Talk to 50101 (Free) 10am-4am / www.childline.ie

**Jigsaw**

Mental health support and advice for young people aged 12-25 years

Call Free: 1800 544 729 / www.jigsaw.ie

**Spunout**

Youth information website created by young people, for young people aged 16-25 years

www.spunout.ie

**Teenline**

National active listening service for children and young people up to 18 years

Call Free: 1800 833 634 Free (24/7) / www.teenline.ie

### Counselling and other supports

**ALONE**

Covid-19 dedicated support line for older people

Call: 0818 222 024 (8am to 8pm Monday to Friday) www.alone.ie

**Aware Helpline**

Listening service, support and information for those experiencing depression or bipolar disorder or those concerned about family and friends

Call Free: 1800 804 848 (10am-10pm) / www.aware.ie

**Bereavement**

Information and support

Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm)  
www.bereaved.ie / www.childhoodbereavement.ie

**Cavan Community Call Helpline**

Helpline to assist at risk members of the public in accessing non-emergency and non-medical supports during Covid crisis

Call Free: 1800 300 404 (9 am-5 pm, Mon-Fri, voicemail facility)  
Text: 087 095 1376

**Grow**

Mental Health Recovery and Peer support

Call: 1890 474 474 / email: info@grow.ie

**HSE - Drugs & Alcohol line**

Drugs and Alcohol information and support

Call Free: 1800 459 459 (9.30am - 5.30pm)

**LGBT Ireland**

National support service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends

Call: 1890 929 539 / email: info@lgbt.ie

**MABS**

Money Advice and Budgeting Service

Call: (076) 107 2000 (Mon-Fri 9am to 8pm) / www.mabs.ie

**Men's Aid**

For men experiencing domestic abuse and violence

Call: (01) 554 3811 (9am-5pm, Mon-Fri) / email: hello@mensaid.ie  
Male Advice Line: Freephone number: 1800 816 588

**Mental Health Ireland**

Information and support for people who experience mental health difficulties

Call: (01) 284 1166 (Mon-Fri 9am to 5pm) / mentalhealthireland.ie

**Monaghan Community Call Helpline**

Helpline to assist at risk members of the public in accessing non-emergency and non-medical supports during Covid crisis

Call Free: 1800 804 158 (9 am-5 pm, Mon- Fri, voicemail facility)  
Text HELP followed by your name to 50555

**Online Counselling**

Peer support and counselling

www.turn2me.org / www.mymind.org

**Pieta House (Cavan Monaghan)**

Free therapeutic support for those in suicidal distress or those who engage in self harm

Call: (090) 642 4111 / www.pieta.ie

**SeniorLine**

Confidential listening service for older people

Call Free: 1800 804 591 (10am to 10pm daily)

**Sexual Violence Helpline**

For men and women - experiencing sexual violence

Call Free: 1800 778 888

**Shine**

Supporting people affected by mental ill-health

Call: (086) 852 5422

**Suicide Bereavement Liaison Officer**

Practical help, advice and support to persons bereaved by suicide

Call: (085) 870 6591

**Suicide or Survive**

Mental Health and wellness programmes and online webinars

Call: 1890 577 577 / email: info@suicideorsurvive.ie

**Women's Aid**

Support for women and children experiencing domestic abuse and violence

Call Free: 1800 341 900 (24/7) / www.womensaid.ie

**Your Mental Health**

Information on supports and services

Callsave: 1800 111 888 / www.yourmentalhealth.ie

For further information on managing your well-being and an updated list of Mental Health Services during COVID-19, please visit - [www.hse.ie/coronavirus](http://www.hse.ie/coronavirus)

**TAKE A PHOTO**