

In the current circumstances of covid-19, it is important to remember that our community supports and services are still operating. Your GP is your first point of contact in relation to both physical and mental health needs. If you, or someone you know is in crisis, contact your GP or Doc on Call on 1850 777 911, or if you are really concerned, go to the Emergency Department in Cavan General Hospital.

LOCAL SUPPORT AND SERVICES - CAVAN

Service	Contact Details
HSE Primary Care Psychology, Cavan	Phone 049 435 3100 for information - referrals are accepted from your GP/ Health Care Professional
HSE Child & Adolescent Mental Health Services	This service is accessed via GP referral
HSE Adult Mental Health Services	This service is accessed via GP referral
Pieta House Suicide Bereavement Liaison Officer	Contact Kathryn on 085 870 6591 or email kathryn.mcaree@pieta.ie
Pieta House Crisis Counselling Service	Contact Grainne on 090 6424 111
ISPCC Cavan Childline Therapeutic Support Service	Contact Jean on 087 233 4534, or email jean.rooney@ispcc.ie
Youth Work Ireland	www.facebook.com/BounceBackYouthService/ Instagram: www.instagram.com/ywi_cm/ or Snapchat: bouncebackys
Foroige	Contact Sharon on 086 779 1685 or email sharon.ivers@foroige.ie
Cavan Monaghan Rainbow Youth	Contact Barry on 087 219 3904, @CAMrainbowyouth
Focus Family Resource Centre, Killeshandra	Killeshandra Counselling Service – contact Angie or Kay on 086 609 9965 or 049 436 4065, or email focusfrc@gmail.com
Teach Oscail Family Resource Centre, Cavan	Contact Tara on 049 437 2730 or email info@teachoscailfrc.ie and also ltreanor@teachoscailfrc.ie
Cavan Traveller Movement	Contact Chrissie on 087 175 3007 or email chrissiectm@gmail.com
SOSAD Cavan	Call 049 432 6339 24 hours a day, 7 days per week or email sosadcavan@gmail.com
Tusla Prevention Partnership & Family Support, Cavan	Contact Antoinette on 049 436 9800
Cavan County Local Development	Contact 049 433 1029 @cavancountylocaldevelopment
Tearmann Domestic Violence Service	Contact 085 810 2433, or 087 365 4101 or email tearmanndvs@eircom.net
Cavan Drug & Alcohol Service	Call 049 437 9160 or email info@cdatrust.ie
Am Garda Siochana, Cavan office	Contact 049 436 8800 or in an emergency phone 999 or 112

NATIONAL SUPPORT AND SERVICES

Service	Contact Details
Samaritans - 24/7 helpline for all ages	Tel: 116 123
Pieta House - 24/7 helpline for all ages	Tel: 1800 247 247
Crisis Text Line - 24/7 text service for young people aged 12 - 34	Text TALK to 50808
ISPCC Childline - 24/7 helpline for young people up to 18 years	Tel: 1800 66 66 66 or free text to 50101
ISPCC Teenline free 24/7 helpline for young people up to 18 years	Tel: 1800 833 634
Women's Aid National Freephone Helpline	Tel: 1800 341 900
Money Advice & Budgeting Service (MABS)	Tel: 076 107 2000 www.mabs.ie
HSE Drugs & Alcohol Helpline	Freephone: 1800 459 459
National Bereavement Support Line (Mon – Fri, 10 am – 1 pm)	Freephone: 1800 807 077
Online Counselling & Support	www.mymind.org or www.turn2me.org

text about it

50808

Do you need help now?

Freetext 50808

Anonymous 24/7 Mental Health Free Text Service

50808 is a first of its kind for Ireland: a free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small.

From breakups or bullying, to anxiety, depression and suicidal feelings, our Crisis Volunteers are available 24/7 for anonymous text conversations.

Visit yourmentalhealth.ie for information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE & 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>

For information on Covid-19 and managing your wellbeing at this time -

<https://www2.hse.ie/coronavirus/>