

Information and support for Adults and Young People

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 - MONAGHAN

Service	Contact Details
HSE Primary Care Psychology, Monaghan	Phone 047 30429 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 Monaghan Childline Therapeutic Support Service	Contact Audrey on 087 360 3742 or email audrey.rabbitte@ispcc.ie
Youth Work Ireland	www.facebook.com/BounceBackYouthService/ In stagram: www.instagram.com/ywi_cm/ or Snapchat: bouncebackys
Foroige	Contact 047 71663 www.facebook.com/monaghan.foroige/
Cavan Monaghan Rainbow Youth	Contact Barry on 087 219 3904, @CAMrainbowyouth
Clones Family Resource Centre	Contact Angela on 086 178 5710
Teach Na Daoine Counselling Service, Monaghan	Contact Packie on 087 925 4565 or email info@teachnadaoine.com
Monaghan Drug & Alcohol Service	Call 047 75528 or email info@cdatrust.ie
SOSAD Carrickmacross	Call 042 966 8992 086 045 9168 24 hours a day, 7 days per week or email sosadcarrick@gmail.com
Tusla Prevention Partnership & Family Support, Monaghan	Contact Charlene on 042 979 5623
Monaghan Integrated Development	Contact 042 974 900 or email info@midl.ie www.midl.ie
Tearmann Domestic Violence Service	Contact 085 810 2433, or 087 365 4101 or email tearmandvs@eircom.net
Am Garda Síochána, Monaghan office	Contact 047 77 200 or in an emergency phone 999 or 112

National Supports

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

Do you need help now? Free anonymous 24/7 Crisis Text Service

If you're experiencing a personal crisis, are unable to cope and need support **text HELLO to 50808**.

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/>