

Crisis Helpline Numbers

- Emergency services (Gardaí, Ambulance, Fire Service) 999 or 112
- Shannon Doc 1850 212 999
- Crisis Intervention Service
 - Limerick 061-301111
 - Clare 065-6863208
 - North Tipperary 086-8306663
- ADAPT Domestic Abuse Services 1800 200 504
(24/7) Email: info@adaptservices.ie Website: www.adaptservices.ie/
- Al-Anon, strength and hope for families and friends of problem drinkers 01-8732699
(10am to 10pm daily) Email: info@alanon.ie Website: www.alanon.ie
- Alcoholics Anonymous Ireland 01-8420700
Email: gso@alcoholicsanonymous.ie Website: www.alcoholicsanonymous.ie/
- AMEN, support and practical assistance to male victims of domestic abuse 046-9023718
(9am-5pm, Mon-Fri) Email: crisissupport@amen.ie Website: www.amen.ie
- AWARE, a national support helpline for issues relating to mood disorders 1800 80 48 48
(10am to 10pm daily) Website: www.aware.ie
- Bodywhys, The Eating Disorders Association of Ireland 1890 20 04 44
(2hrs daily) Email: alex@bodywhys.ie Website: www.bodywhys.ie/
- GOSHH (Gender, Orientation, Sexual Health, HIV) 061-316661
(Mon 2.15pm-5pm, Tues-Fri 9.30am- 5pm) Email: info@goshh.ie Website: goshh.ie/
- GROW, Community Mental Health 1890 474 474
Email: midwesternregion@grow.ie Website: www.grow.ie/
- HSE Drugs and Alcohol Helpline (9:30am - 5:30pm Mon-Fri), email helpline@hse.ie 1800 459 459
- Pieta House, for suicidality and self-harm 1800 247 247 (24/7)
Email: mary@pieta.ie Website: www.pieta.ie
- Rape Crisis Midwest 1800 311 511
Email: info@rapecrisis.ie Website: www.rapecrisis.ie/home.html
- Samaritans, confidential listening service 116 123
(24/7) E-mail: jo@samaritans.org Website: www.samaritans.org/
 - For 24 hour confidential text support text to 087-2609090