

Extra Support Links



www.samaritans.ie
24hr Freephone
116123



www.pieta.ie
Midwest Contact: 061 48 44 44
Mon, Wed & Fri: 9am to 5pm
Tues and Thurs: 9am to 8pm
Saturday: 10am to 2pm



www.headstrong.ie



www.aware.ie
Helpline 1890 303 302
(Mon-Sun: 10am-10pm)



www.grow.ie



www.mymindmatters.ie