



Pieta provide professional one-to-one therapeutic services to people who are in suicidal distress, those who engage in self-harm, and those bereaved by suicide. All services are provided free of charge and no referral is needed.

- Call free **1800 247 247**
- Text **HELP to 51444**

GP and Emergency Supports

The supports offered by various agencies listed above and overleaf are for individuals who are feeling worried or anxious about their mental health. For people who have complex mental health needs, access to help continues to be through your GP or health centre or hospital emergency services as detailed below.

GP and health centres

- A GP can offer support and advice around a range of mental health issues including feelings of sadness, anxiety, self-harm and psychosis. A GP can tell you about supports in your community and also refer you to counselling or to a mental health service
- Find a service near you on the HSE website: www2.hse.ie/services/find-a-gp/
- Or contact the Out of Hours service by searching here: www2.hse.ie/Apps/Services/GpOutOfHours.aspx

Hospital emergency services

Go to or call the emergency department of your local general hospital.

Telephone emergency services

You can contact emergency services on **999** or **112**.



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YourMentalHealth.ie

provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners.

You can also call the **freephone YourMentalHealth Information Line** to find supports and services

1800 111 888
(any time, day or night)

"It's okay not to be okay, and it's also okay to ask for help."



Mary Butler T.D.
Minister of State for Mental Health and Older People

Mental Health and Wellbeing Information



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