ARE YOU STRESSED

FEELING DOWN

OR EVEN DEPRESSED

YOU ARE NOT ALONE

REACH OUT FOR HELP........ NOW

Southdoc 1850 335 999
Mon-Fri 6.00pm-8.00am
Sat & Sun 1.00pm-8.00pm

A&E Kerry General Hospital 066 71 84000 Open 24/7
(Assessment by on call Team Doctor)

1 Life 1800 24 7100 Open 24/7
(National Suicide Prevention Helpline)

Console 1800 201 890 Open 24/7
(one to one crisis counselling. Family/Group Counselling. People at risk or bereaved)

Samaritans 1850 609090 Open 24/7
(Assistance to people going through a personal crisis)

TeenTxt Text: Teen to 50101 Wed-Sun 2.00pm-10.00pm
Mon-Tues 6.00pm-10.00pm
(Free live one to one Text support line for teenagers)

Kerry Lifeline 064 6636416 Mon- Fri 9.00am-8.00pm
Sat 10.00am-1.30pm
(Emergency counselling for people feeling suicidal or in a crisis pregnancy)

Pieta House 061 484444 Mon-Fri 10.00am-5.00pm.

(Suicide Crisis and Self Harm centre)

Kerry Rape Crisis Centre 1800 633 333 Mon-Fri 9.00pm-5.00pm

(Counselling for survivors of Rape, Sexual Assault and Childhood Sexual Abuse)

Aware 01 6617211

(Counselling support and therapy for people with depression and their families. Meeting held every Tuesday at 8.00pm in St. John’s Church, Castle St. Tralee. Call Kate on 087 2993142)

Living Links 087 900 6300 Mon-Fri 10.00am-12.00noon

(Outreach support for people and families bereaved by suicide)

HSE Child Psychology Services 066 7199708 Mon-Fri 9.00am-5.00pm

(For children 0-18 years. Psychology services for children, adolescents and their families)

Kerry Adolescent Counselling Services 066 7181333 Mon-Fri 9.00am-5.00pm

(For children 5-18 years. Counselling for adolescents and teenagers)

LGBT Helpline 1890 929 539 7 days a week

(A non-judgemental, confidential service providing listening, support and information for lesbian, gay, bisexual and transgender people)