



Connecting for Life  
Donegal

## Help is at hand for your emotional well-being and mental health during COVID-19

**HSE** | Seirbhís Sláinte Níos Fearr á Forbairt | Building a Better Health Service

**yourmentalhealth.ie**  
Information | Support | Services

If you are experiencing distress or are worried about someone, please contact your GP, the local Emergency Department or call the Samaritans on Freephone 116 123 or email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

### 24 Hours A Day

### 7 Days A Week

#### Emergency Services

Ambulance / Fire / Gardaí

#### Letterkenny University Hospital E.D.

Emergency Support

Emergency Support

#### NowDoc - GP Out of Hours Services

Urgent out of hours GP Care. *This service is available after 6.00pm*

#### Samaritans

Emotional Support Service

#### Pieta House

24/7 Free therapeutic support for those in suicidal distress or those who engage in self harm

#### Text 50808

Free 24/7 anonymous messaging service for people in crisis

Call: 112 or 999

Call: (074) 912 3595

Call: 1850 400 911

Freephone: 116 123 or email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

Call Free: 1800 247 247 / Text HELP to 51444  
[www.pietahouse.ie](http://www.pietahouse.ie)

Text YMH to 50808, anytime day or night / [www.text50808.ie](http://www.text50808.ie)

### Mobile Apps

### These Mobile Apps Can Help You Manage Anxiety

#### Mindshift

MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to take action

Get it in the App Store or on Google Play

#### Headspace

Headspace teaches meditation and easy to use mindfulness skills

Get it in the App Store or on Google Play

#### Clear Fear

ClearFear uses CBT to focus on learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions

Get it in the App Store or on Google Play

### Supports For Young People

#### Childline

Confidential phone and text support for children and young people up to 18yrs

Call Free: 1800 666 666 Free (24/7)  
Text Talk to 50101 (Free) 10am-4am / [www.childline.ie](http://www.childline.ie)

#### Teenline

Confidential line for teenagers

Call Free: 1800 833 634 Free (24/7) / [www.teenline.ie](http://www.teenline.ie)

#### Spunout

Youth information website created by young people, for young people aged 16-25 years

[www.spunout.ie](http://www.spunout.ie)

#### Jigsaw Donegal

Free youth mental health support service 15-25yrs

Call: (074) 9726920 / email: [donegal@jigsaw.ie](mailto:donegal@jigsaw.ie)

#### BeLonG To Youth Services

Supporting Lesbian, Gay, Bisexual & Trans Young People in Ireland

Call: 01 670 6223 / email: [info@belongto.org](mailto:info@belongto.org)

### Counselling And Other Supports

#### Your Mental Health

Information on supports and services

Callsave: 1800 111 888 / [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

#### Online Counselling

Peer support and counselling

[www.turn2me.org](http://www.turn2me.org) / [www.mymind.org](http://www.mymind.org)

#### Women's Aid

Support for women and children experiencing domestic abuse and violence

Call Free: 1800 341 900 (24/7) / [www.womensaid.ie](http://www.womensaid.ie)

#### Men's Aid

For men experiencing domestic abuse and violence

Call: (01) 554 3811 (9am-5pm, Mon-Fri) / email: [hello@mensaid.ie](mailto:hello@mensaid.ie)  
Male Advice Line: Freephone number: 1800 816 588

#### Sexual Violence Helpline

For men and women - experiencing sexual violence

Call Free: 1800 778 888

#### MABS

Money Advice and Budgeting Service

Call: (076) 107 2000 (Mon-Fri 9am to 8pm) / [www.mabs.ie](http://www.mabs.ie)

#### Bereavement

Information and support

Irish Hospice Foundation Helpline: 1800 807 077 (10am-1pm)  
[www.bereaved.ie](http://www.bereaved.ie) / [www.childhoodbereavement.ie](http://www.childhoodbereavement.ie)

#### Alone

Covid-19 dedicated support line for older people

Call: 0818 222 024 (8am to 8pm Monday to Friday) [www.alone.ie](http://www.alone.ie)

#### Seniorline

Confidential listening service for older people

Call Free: 1800 804 591 (10am to 10pm daily)

#### Aware Helpline

Listening service, support and information for those experiencing depression or bipolar disorder or those concerned about family and friends

Call Free: 1800 804 848 (10am-10pm)  
[www.aware.ie](http://www.aware.ie)

#### Pieta House (Donegal)

Free therapeutic support for those in suicidal distress or those who engage in self harm

Call: (074) 9126594  
[www.pieta.ie/contact/pieta-northwest/](http://www.pieta.ie/contact/pieta-northwest/)

#### Suicide Bereavement Liasion Officer

Practical help, advice and support to persons bereaved by suicide

Call: (085) 877 2028

#### HSE - Drug & Alcohol line

Drug and Alcohol information and support

Call Free: 1800 459 459 (9.30am - 5.30pm)

#### LGBT Ireland

National support service for Lesbian, Gay, Bisexual, and Transgender people and their families and friends

Call: 1890 929 539 / email: [info@lgbt.ie](mailto:info@lgbt.ie)

#### Grow

Mental Health Recovery and Peer support

Call: 1890 474 474 / email: [info@grow.ie](mailto:info@grow.ie)

#### Shine

Supporting people affected by mental ill-health

Call: (086) 852 5422

#### Suicide or Survive

Mental Health and wellness programmes and online webinars

Call: 1890 577 577 / email: [info@suicideorsurvive.ie](mailto:info@suicideorsurvive.ie)

#### Mental Health Ireland

Information and support for people who experience mental health difficulties

Call: (01) 284 1166 (Mon-Fri 9am to 5pm) / [mentalhealthireland.ie](http://mentalhealthireland.ie)

For further information on managing your well-being and an updated list of Mental Health Services during COVID-19, please visit - [www.hse.ie/coronavirus](http://www.hse.ie/coronavirus)

[www.connectingforlifedonegal.ie](http://www.connectingforlifedonegal.ie)

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