

Supports available

If in CRISIS please call:

Your local G.P.

Samaritans (24/7)

Freephone: **116 123**

SUPPORTS

Text about it (24/7)

Text free: **50808**

INFORMATION

www.yourmentalhealth.ie

YourMentalHealth (HSE) 24/7 info line

Freephone: **1800 111 888**

www.citizensinformation.ie

www.hse.ie



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