



Connecting for Life  
Donegal

PREVENTING SUICIDE TOGETHER

If you are feeling low or distressed, please just talk about it with someone ...

## EMERGENCY / CRISIS NUMBERS:

YOUR LOCAL GP OR  
NOWDOC OUT OF  
HOURS GP SERVICE  
**1850 400 911**

GARDAI /  
EMERGENCY  
SERVICES  
**999 / 112**

THE SAMARITANS  
**116 123**  
TEXT 087 260 9090  
EMAIL:  
jo@samaritans.org

DOMESTIC  
VIOLENCE SERVICE  
WOMEN'S AID  
NATIONAL  
HELPLINE  
**1800 341 900**

AWARE  
SUPPORT LINE  
**1800 80 48 48**  
Email:  
supportmail@aware.ie

24/7 SUICIDE  
HELPLINE  
**1800 247 247**  
TEXT: 'HELP' TO  
**51444**  
(PIETA HOUSE)

NATIONAL RAPE  
CRISIS 24/7  
HELPLINE  
**1800 778 888**  
Email:  
counselling@rcc.ie

CHILDLINE  
**1800  
666 666**

FARM AND  
RURAL STRESS  
HELPLINE  
**1800 742 645**

## OTHER SUPPORTS:

PIETA  
HOUSE  
"Preventing  
Suicide and  
Self-Harm"  
**074 91 26594**

JIGSAW  
Free Support  
Service for Young  
People 15-25yrs  
**074 97 26920**  
donegal@jigsaw.ie

SHINE  
INFO LINE  
**1890 621 631**  
Supporting People  
Affected by Mental  
Ill Health

GROW  
INFO LINE:  
**1890 474 474**  
Supporting those  
experiencing mental  
health problems

NATIONAL  
LGBT  
HELPLINE  
**1890 929 539**

MABS  
(Money Advice  
& Budgeting Service)  
Helpline  
**0761 072 000**

Living Links Bereavement  
Listening and  
Support Service  
**087 928 6007**

ONLINE  
COUNSELLING  
www.turn2me.org

SUICIDE  
BEREAVEMENT  
LIAISON SERVICE  
**085 877 2028**

MENTALHEALTH  
IRELAND  
www.mentalhealthireland.ie

PARENT LINE  
**1890 927 277**  
www.parentline.ie

Learn about mental health and how to support yourself and those you love.

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



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive