



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



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive