



Connecting for Life
Cork / Kerry

NUMBERS WHEN YOU NEED THEM - Help at your fingertips during COVID-19

If you are experiencing distress or worried about someone else please contact your GP, your Emergency Department or call the Samaritans for support on Freephone: 116 123 or email: jo@samaritans.ie



Coronavirus
COVID-19
Public Health
Advice

Availability of services during COVID-19 circumstances

Dated: 01.05.20

Subject to change

The YourMentalHealth.ie website provides information and signposting on all mental health supports and services that are available nationally & locally provided by the HSE and its funded partners. You can also call the freephone YourMentalHealth Information Line to find supports and services **1800 111 888** (any time, day or night).

TO GET MORE INFORMATION ON GETTING THROUGH COVID-19 TOGETHER PLEASE VISIT:
<https://www.gov.ie/en/campaigns/together>

EMERGENCY SERVICES

Ambulance Service,
Fire Service, Garda Síochána

Emergency Support

CALL: 112 OR 999

HOSPITAL EMERGENCY DEPARTMENTS

Emergency Support

Cork University Hospital: (021) 492 0200
Mercy Hospital Cork: (021) 493 5241
Kerry General Hospital: (066) 718 4000

SOUTH DOC GP - OUT OF HOURS SERVICES

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

Cork: 1850 335 999
Kerry: (064) 6650299
Available after 6.00pm

SAMARITANS

Emotional Support Service

FREEPHONE: 116 123
or email: jo@samaritans.ie

AWARE HELPLINE

Listening service for people with depression or those concerned about family or friends

CALL FREE: 1800 804 848 (10am-10pm)
www.aware.ie

PIETA HOUSE

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

CALL FREE: 1800 247 247 / Text HELP to 51444
www.pietahouse.ie

CHILDLINE

Confidential line for children and young people

CALL FREE: 1800 666 666 Free (24/7)
Text Talk to 50101 (Free) 10am-4am / www.childline.ie

HSE - DRUG AND ALCOHOL LINE

Drug and Alcohol information and support

CALL FREE: 1800 459 459 (9.30am - 5.30pm)

MABS

Money Advice and Budgeting Service

CALL: (076) 107 2000 (Mon-Fri 9am to 8pm)
Or email: cork@mabs.ie / kerry@mabs.ie / www.mabs.ie

GROW

Peer support groups for over 18s who may struggle with any aspect of their mental health

LOW CALL: 1890 474 474
www.grow.ie

ALONE

Covid-19 support for older people

CALL: 0818 222 024 (8am to 8pm Monday to Friday)

SUPPORT FOR OLDER PEOPLE

Elder Abuse Helpline - for older people experiencing abuse and violence

LOW CALL: 1850 24 1850

WOMENS AID

Support for victims of domestic abuse and violence

CALL FREE: 1800 341 900 (24/7) / www.womensaid.ie

ANYMAN

For men experiencing domestic abuse and violence

CALL: (01) 554 3811

MALE ADVICE LINE

For men experiencing domestic abuse and violence

CALL FREE: 1800 816 588

SEXUAL VIOLENCE HELPLINE

For men and women - experiencing sexual violence

CALL FREE: 1800 77 88 88

For an updated list of Mental Health Services during COVID-19 please visit -
www.hse.ie/coronavirus



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service