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



Charity No. RCN20204807

# Mental Health Supports Carlow

## USEFUL CONTACT INFORMATION

**Help**



**Support**

*Mind your  
mental health :)*

- CRISIS SUPPORTS
- COUNSELLING
- CARLOW BASED SUPPORTS
- REGIONAL & NATIONAL SUPPORTS
- YOUNG PEOPLE'S SUPPORTS
- DRUG, ALCOHOL & ADDICTION SUPPORTS
- OLDER PEOPLE'S SUPPORTS
- BEREAVEMENT SUPPORTS
- SUICIDE SUPPORTS

Carlow Mental Health Association is a voluntary group affiliated to Mental Health Ireland. The group aims to promote positive mental health and help reduce stigma around mental health and suicide in Carlow.

PART FUNDED BY



Carlow County  
Development Partnership<sup>GL</sup>  
Comhaltasraíocht Fhorbartha Theoranta Chaithearlach

# ARE YOU, OR SOMEONE YOU KNOW, IN CRISIS?

In a crisis (when someone might harm themselves, harm someone else, or is vulnerable to suicide) it is important to get help as quickly as you can. **You can get professional help and support through:**

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### Your G.P.

Go to your local family doctor (G.P.) or health centre.

For out of hours you can visit **Caredoc** – based in St Dymphna's Hospital, Athy Road, Carlow, R93 V603

Open weekdays 6pm - 9am, and 24 hours on Sat, Sun & Bank Holidays

Tel: **1850 334 999** Website: **www.caredoc.ie**

### Hospital Emergency Services

Go to or contact the Emergency Department (nearest to Carlow is St. Luke's Hospital, Kilkenny) of your nearest general hospital or contact the emergency services by calling: **999 or 112**

### H.S.E. Mental Health Services

If you have been (or are currently) supported by a mental health team contact the service you are attending and ask for an appointment as soon as possible.

### Listening Service – Samaritans

For confidential, non-judgmental support anytime Samaritans is available 24 hours a day, 7 days a week, for anyone struggling to cope.

Tel: **116 123** (free of charge from Ireland)

Email: **jo@samaritans.ie** Website: **www.samaritans.ie**

Nearest branch to Carlow:

**Kilkenny Carlow Samaritans**

Waterford Road, Kilkenny, Co. Kilkenny, R95 RD92

# COUNSELLING



Counselling is a type of therapy that involves talking with a professional about your feelings and concerns, and working through these concerns. Your G.P. can also recommend counselling services in your area. These might include free, low cost or private options.

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## CIPC - Counselling in Primary Care

Medical card holders aged 18 and over can access counselling in primary care, through your G.P. This is a short-term service offering up to eight sessions.

Freephone: **1850 24 1850** Email: **yoursay@hse.ie**

Other counselling services provided through the HSE Mental Health Services:

### CAPA - Counselling Service for Adults with Past Abuse

For adults who have experienced abuse in childhood.

Freephone: **1800 234118** (Wednesday to Sunday 6 - 10pm)

**SHIP - Self Harm Intervention Programme** for 16 years and over.

Referral through G.P. or other health care professionals. **Tel: 051 359088**

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## Community and Non-Statutory Services

Carlow community and non-statutory organisations offering free low cost counselling:

**Bagenalstown Family Resource Centre:** Moneybeg, Royal Oak Rd, Bagenalstown, Co. Carlow Tel: **059 9722028** Email: **bagenalstownfrc70@gmail.com**

**Carlow and South Leinster Rape Crisis Centre:** 72 Tullow St, Carlow  
Tel: **1800 727 737 / 059 9133344** Email: **office@carlow-kildare-slrc.ie**  
Website: **www.carlowrapecrisis.ie**

**Carlow Women's Aid Ltd:** 7 Old Dublin Road, Carlow  
Freephone: **1800 444944 / 059 9173552** Email: **carlowwomensaid@gmail.com**

**Folláine – Carlow Regional Youth Service:** The Vault, Burren Street, Co. Carlow  
Early Intervention Counselling Service for young people age 12-18 years  
Carlow, Tullow & Bagenalstown. Nominal fee only.  
Tel: **Declan Wall: 085 2780307** Email: **declan@carlowys.ie**

**Forward Steps Resource Centre:** Chapel Lane, Tullow, Co. Carlow  
Tel: **059 9152776** Email: **pmforwardsteps@gmail.com**  
Website: **www.forwardstepsfrc.com**

**Teach Bhride Holistic Education Centre:** Chapel Lane, Tullow, Co. Carlow  
Tel: **059 9152465** Email: **teachbhride@outlook.com**

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## Private Counselling

Accredited counsellors near you: **www.iahip.ie** **www.iacp.ie**

## GENERAL CARLOW SUPPORT SERVICES

### Barnardos Family Support Project

Barnardos work with vulnerable children and families.

Tel: **059 9132868** Email: **info@carlow.barnardos.ie** Website: **www.barnardos.ie**

Address: 24 Askea Lawns, Tullow Road, Carlow

### Carlow LGBT+ Network

Social Network for LGBT+ people in county Carlow.

Email: **carlowlgbtnetwork@gmail.com** Facebook: Carlow LGBT+ Network

### Carlow Mental Health Association

Promotes positive mental health in Carlow through organised events and activities and providing information.

Tel: **085 8181353** Email: **carlowmentalhealth@hotmail.com**

Website: **www.carlowmentalhealth.ie**

### Carlow and South Leinster Rape Crisis Centre

Provides emotional support and counselling for survivors of sexual abuse.

National helpline: **1800 77 88 88** (24 hours a day, 365 days a year)

Freefone: **1800 727 737** Tel: **059 9133344**

Email: **office@carlow-kildare-slrcr.ie** Website: **www.carlowrapecrisis.ie**

Address: 72 Tullow Street, Carlow

### Citizen's Information

Information on all aspects of public services & entitlements for citizens in Ireland.

**Carlow Citizens Information Service:** St. Joseph's Road, Carlow

(Monday - Thursday 9.30am - 5pm, Friday 9.30am - 1pm)

Tel: **076 1075130** Email: **carlow@citinfo.ie** Website: **www.citizensinformation.ie**

National information Tel Service: **0761 07 4000**

### Counselling Service at Bagenalstown Family Resource Centre

Offering therapy to three different age groups: Play therapy for ages 5 - 12yrs,

Therapy for adolescents aged between 13 - 18yrs, Counselling for adults.

Appointments available Monday to Friday.

Contact: Georgina on **059 9722028** or **087 6272628**

Email: **ginakennedy.bagenalstownfrc@gmail.com**

Fees are dependent on each individual circumstances.

Face-to-face sessions, also offering sessions via Zoom or over the phone.



## Eíst Cancer Support Centre

The Eíst Cancer Support Centre Carlow aims to provide emotional support and practical help to all affected by cancer, their families and carers. Support services available include; Counselling, Reflexology, Manual Lymphatic Drainage, Peer Support Groups, Phone Support, Nutritional Workshops, Exercise/Walking Groups, Prostate Programme. Zoom programmes and groups online during COVID-19.

Tel: **059 9139684** Email: **Info@eistcarlowcancersupport.ie**

Website: **www.eistcarlowcancersupport.ie**

(Opening hours: Monday to Thursday 10am - 4pm, Friday 10am - 1pm)

Address: Waterfront, Mill Lane, Carlow

## Forward Steps Family Resource Centre (FRC)

Aims to enhance, support and facilitate the local community, families, children and individuals through the delivery of family support services and initiatives, education and training opportunities, community development practice and through our counselling and therapeutic service. The service includes Adult Counselling, Play Therapy for 5 - 12yrs, Art Therapy all ages.

Opening hours: 9am to 5.30pm.

Address: Chapel Lane, Tullow, Co. Carlow, R93 CY68

Tel: **059 9152776** Email: **receptionforwardsteps@gmail.com**

Website: **www.forwardstepsfrc.com**

## GROW

GROW is a mental health organisation which helps people who have suffered, or are suffering from mental health problems.

GROW infoline: **1890 474 474**

Kilkenny office: **056 7761624** Ormonde House, Barrack Street, Kilkenny

Email: **southeastregion@grow.ie** Website: **www.grow.ie**

Online service: <https://grow.ie/grow-group-meetings-now-available-online>

## Involvement Centre

A free and confidential non-judgemental peer support centre for people who live with or have experienced mental health difficulties.

St. Dymphna's Hospital, Athy Road, Carlow (Monday to Friday 10.30am - 1.30pm)

Tel: **059 9136342 / 087 6341157**

Email: **belindacoyleinvolvementcc@gmail.com**

Facebook: [www.facebook.com/involvement-centre-carlow](http://www.facebook.com/involvement-centre-carlow)

## MABS

The Money Advice and Budgeting Service (MABS) is a free and confidential service for people in debt or in danger of getting into debt.

**MABS Carlow:** 72D Tullow Street, Carlow (1 to 1 appointments)

Monday - Friday 9am - 5pm Tel: **0761 07 2070** Email: **carlow@mabs.ie**

Website: **www.mabs.ie** National Helpline: **0761 07 2000**

## Recovery College South East

Provides an online and face-to-face space that is devoted to recovery, peer education, and offering co-produced recovery workshops and programmes to encourage and support people on their recovery journey towards better mental health and well-being.

Involvement Centre, St. Dymphna's Hospital, Carlow  
Greenhill, Kilkenny

Tel: **056 7703666** or **086 1746330**

Email: **recoverycollegesoutheast@gmail.com**

Website: **www.recoverycollegesoutheast.com**

## Women's Aid

A voluntary organisation that offers free and confidential support to women and their children who are experiencing domestic violence.

**Carlow Women's Aid:** 7 Old Dublin Road, Carlow

Tel: **059 9173552** Monday - Friday: 9.30am - 4.30pm

Helpline: **1800 444 944** after office hours

Email: **carlowwomensaid@gmail.com** Website: **www.carlowwomensaid.ie**

National Free Helpline: **1800 341 900** (24 hours, 7 days per week)

## St. Catherine's Community Services Centre

Delivers a wide range of services to communities, groups and individuals on a local, countywide and regional basis that are responsive to identified needs. St. Catherine's use community development principles to build capacity within disadvantaged communities thereby empowering communities to identify and meet the needs in their areas and contribute to the development of policies locally and nationally to support this process.

Address: St. Joseph's Road, Carlow, R93 T4C6

Opening hours: Monday - Friday, 9am - 5pm

Tel: **059 9138700** Email: **info@catherines.ie**

Website: **www.catherines.ie**

# GENERAL REGIONAL AND NATIONAL SUPPORT SERVICES



## Aware

Provides face-to-face, phone and online support for individuals who are experiencing mild to moderate depression, bipolar disorder and related mood conditions, as well as friends and families who are concerned for a loved one.

Free support line: **1800 80 48 48** (Monday - Sunday, 10am - 10pm)

Support email: **supportmail@aware.ie** Website: **www.aware.ie**

(link to phone-in and online zoom peer groups on website)

## Bodywhys

A variety of supports for people affected by eating disorders.

Online support groups and face-to-face support available.

Helpline: **01 210 7906** Email support: **alex@bodywhys.ie**

Website: **www.bodywhys.ie**

## Crime Victims Helpline (CVH)

The Crime Victims Helpline offers support to victims of crime in Ireland.

The CVH aim to support, inform and empower victims of crime and all those affected by crime.

Free Phone: **116 006** Text: **085 1 33 77 11**

For callers outside the RoI: **+353 1 4161908**

Email: **info@crimevictimshelpline.ie**

Website: **www.crimevictimshelpline.ie**

## LGBT Ireland (Lesbian, Gay, Bisexual and Transgender)

A national support service providing confidential, non-judgmental, support and information to Lesbian, Gay, Bisexual and Transgender people and their families and friends.

Helpline: **1890 929 539** Website: **www.lgbt.ie**

Gender identity family support line: **01 907 3707**

Online message support. Peer support groups. Email: **info@lgbt.ie**

## Men's Aid

Men's Aid Ireland is the only dedicated national support service supporting men and their families experiencing domestic violence in Ireland.

National Helpline: **01 554 3811** (Monday to Friday 9am - 5pm)

Email: **hello@mensaid.ie** Website: **www.mensaid.ie**

## My Options

My Options is a HSE freephone line that provides free and confidential information and counselling to people experiencing an unplanned pregnancy.

Freephone: **1800 828 010** Tel: **01 6877044**

Information and counselling Monday to Friday 9am - 8pm, Saturday 10am - 2pm

Medical advice 24/7:

**www2.hse.ie/services/unplanned-pregnancy-support-services**

## One Family

A national support service for one-parent families providing a range of specialist family support services to people parenting alone, sharing parenting, separating and experiencing crisis pregnancy.

Lo-call Helpline: **1890 662 212 / 01 6629212** Email: **info@onefamily.ie**

website: **www.onefamily.ie**

## Parentline

A completely confidential helpline for parents and guardians, providing support, guidance and information on all aspects of being a parent. Parentline is the only organisation offering the Non-Violent Resistance (NVR) programme over the phone.

Tel: **01 873 3500** Email: **info@parentline.ie** Website: **www.parentline.ie**

## Shine

Shine supports people with mental ill health and their families and friends. Waterford Shine Centre offers counselling, information and support.

**Shine Discovery Centre:** Waterford Tel: **086 8525562**

Shine Support and Information: Tel: **086 8525747** Email: **info@shine.ie**

Website: **www.shine.ie** Email support: **phil@shineonline.ie**





## Text About It 50808 – Free Text Service

A free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small.

If you're experiencing a personal crisis, are unable to cope and need support text **HELLO** to **50808**

## Turn2me

A safe online space to talk with a professional counsellor to provide a safe, anonymous and confidential space to help you understand your feelings and work together to develop the tools you need to get through tough times.

Website: [www.turn2me.ie](http://www.turn2me.ie)

## Your Mental Health.ie

Is a place to learn about mental health and how to support yourself and others. Find resources and support services near you.

Tel: **1800 111 888** Website: [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

# TAKE CONTROL WITH STRESS CONTROL

Stress Control is a free programme which teaches you how to manage stress. The programme helps participants recognise the signs of stress. It covers topics including how stress affects our bodies and our thoughts. It teaches skills to overcome panicky feelings and tips to getting a good night's sleep.

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



## YOUNG PEOPLE - CARLOW & NATIONAL

### CARI - Shine a light for children

The CARI helpline is the first point of contact and support for any person or professional who has concerns about or is affected by child sexual abuse or sexualised behaviour. CARI Helpline offers a confidential listening service.

National LoCall Helpline: **1890 924 567** (Monday - Friday 9.30am - 5.30pm)

Email: **info@cari.ie** Website: **www.cari.ie/helpline**

### Carlow Regional Youth Service - CRYs

Local Youth Service for County Carlow for young people age 8-24. CRYs work to empower young people to achieve their potential through quality youth work, and provides a range of youth work supports and programmes, including:

- Youth Centres in Carlow town, Graiguecullen, Tullow & Bagenalstown
- Summer Programmes & Youth Leadership Training
- Specialised supports for vulnerable young people including one-to-one and small group support
- Music, sport and arts based programmes for all young people
- Afterschools Programme for 8-12 year olds
- Friends Well-being & Resilience Programmes for children and young people
- Information and advice for young people and their families

Tel: **059 9130476** Email: **info@carlowys.ie**

Website: **www.carlowrysblog.wordpress.com**

Address: Montgomery House, Athy Road, Carlow

### ChildLine

A free and confidential listening service for children and young people up to the age of 18. Childline is always here for every child and young person.

Free helpline: **1800 666 666** Online Chat: **www.childline.ie**

Childline text service: text the word **"Talk"** to **50101**

### Folláine - Carlow Regional Youth Service

Early Intervention Counselling Service for young people age 12-18 years through Carlow Regional Youth Service. Carlow, Tullow & Bagenalstown, Nominal fee.

Tel: **Declan Wall: 085 2780307** Email: **declan@carlowys.ie**

Address: The Vault, Burrin Street, Carlow

## MUI LGBTI+ Youth Group - Carlow Regional Youth Service

CRYS Support Group for LGBTI+ Young People and their Allies.

Safe, fun environment for LGBTI+ young people and their friends where they can meet new people, develop social and personal skills and make a difference in their community. Also provides information and advice for parents. MUI is part of the **Belong To** National Network.

Contact: The Vault Youth Centre Tel: **059 9133714** Email: **vault@carlowys.ie**

## ReachOut.com

ReachOut.com is an internet service for young people that provides information, support and resources about mental issues and enables them to develop resilience and increase coping skills to facilitate help seeking behaviour.

Website: **www.reachout.com**

## SpunOut.ie

SpunOut.ie is a youth information website for young people aged 16 to 25, providing mental health, sexual health, exam stress, employment and general lifestyle information, with the aim to educate and inform our young people about the importance of holistic well-being and how good health can be maintained both physically and mentally. Website: **www.spunout.ie**

## Rainbows Ireland

Peer support groups for children and young people aged 7 to 16 who have experienced loss through bereavement, parental separation or divorce. Bereavement groups are run separately to parental separation groups.

Contact **Askea Parish Centre**: tel **059 9142565** or **087 6636499**

Website: **www.rainbowsireland.ie** for local information.

## TeenLine

TeenLine Ireland is a free phone and text service to help improve the social and emotional health and well-being of teenagers (13-19 years of age) nationwide.

Text: HEAR to **51444** Freephone: **1800 833634** 24 hours a day, 365 days a year

Website: **teenline.ie**



# DRUGS, ALCOHOL AND ADDICTION SUPPORT SERVICES

## Ardu HSE Substance Misuse Service

A community based response to substance misuse.

Open access drop in service Wednesdays 3.30 - 4.30pm

St. Dymphna's Hospital, Athy Road, Carlow

Tel: **059 9178050** (9am - 5pm) **1890 464600** Email: **ardu.carlowkilkenny@hse.ie**

For information on  
Alcoholics Anonymous,  
Narcotics Anonymous,  
Alateen, Al-Anon or other  
supports in Carlow visit:  
**[www.Drugs.ie](http://www.Drugs.ie)**

## Co. Carlow Community-based Drugs Initiative - Carlow Regional Youth Service

Information, support and referral for individuals who are affected by their own or someone else's substance use. Also, education, training and prevention for community groups, schools and organisations.

**County Carlow:** Angela Keogh

Tel: **0159 9130476** or **085 7897303** Email: **angela@carlowys.ie**

CRYS, Montgomery House, Athy Road, Carlow

## Drug and Alcohol Helpline

A confidential support and information service.

Freephone: **1800 459 459** Email: **helpline@hse.ie**

Web: **[www.hse.ie/go/drugshivhelpline](http://www.hse.ie/go/drugshivhelpline)**

## Drugs Outreach Workers Carlow/Kilkenny

Provides information, support, needle exchange & information on harm reduction.

Patrick Connaughton: Monastery Hostel, Dublin Road, Carlow

Tel: **085 7888326** Email: **patrick.connaughton@svp.ie**

Richard Marnell: C/o Ardu, St. Dymphna's Hospital, Athy Road, Carlow

Tel: **087 7387421** Email: **richard.marnell@hse.ie**

## Lá Nua

Provides rehabilitation, training, education and development opportunities for participants over 18 who are in recovery from drug and alcohol misuse, or on maintenance in the Carlow area, to build on their personal development and self-reliance through employment.

Hours of service: Monday to Friday, 9.30am - 1.30pm

Ann Begley: **087 6610435** Email: **abegley@lanuaces.ie** Website: **[www.serdatf.ie](http://www.serdatf.ie)**

Address: St. Fiacc's Leisure Centre, Graiguecullen

## You Are Not Alone Family Support Group

Supporting families living with drug, alcohol or any substance abuse.

Tel: **085 7872730** Email: **margross55@gmail.com**

Website: **www.youarenotalonecarlow.org** Zoom meetings available.

Address: Askea Parish Centre, Askea, Carlow

## SUPPORTS FOR OLDER PEOPLE - CARLOW AND NATIONAL



### Active Retirement

Active Retirement Ireland (ARI) is a voluntary organisation for older people. Members range in age from 50 - 100+ years and covers a range of people from all backgrounds. All the activities are aimed at keeping older people active and well. Active Retirement Associations are a lifeline for many older people who would otherwise feel isolated and lonely.

To locate your nearest Active Retirement group Tel: **01 873 3836**

Email: **info@activeirl.ie** Website: **www.activeirl.ie**

### Care and Repair - CCDP

Care and Repair is a national programme developed by Age Action and run locally by Carlow County Development Partnership. It provides a free small jobs and repair service (REPAIR) and a befriending call service (CARE) throughout Carlow, as well as specific COVID-19 and emergency responses, e.g. care boxes.

Website: **www.carlowdevelopment.ie**

Local Address: Carlow County Development, Main Street, Bagenalstown

National tel: **01 475 6989** Email: **info@ageaction.ie**

Website: **www.ageaction.ie**

### ALONE Ireland - Support and Befriending Service

Provides companionship to older people who would like extra social contact through a weekly volunteer visit or telephone call.

Email: **mary.colclough@alone.ie** Website: **www.alone.ie**

National Support Helpline: **0818 222 024**

Local Address: St. Dymphna's Hospital, Athy Road, Carlow

## Carlow Meals on Wheels

St. Catherine's Meals-On-Wheels service provides hot nutritious meals to older people who are unable to cook for themselves allowing them to live independently in their own homes. The service also provides meals on wheels services in Leighlinbridge and Fenagh. Referrals are accepted from HSE Public Health Nurses, from G.P.s and from recipients and their families.

ST. CATHERINE'S: Community Services Centre, St. Joseph's Road, Carlow  
Tel: **059 9138700** Email: **info@catherines.ie**

## Carlow Older Persons Forum

The Carlow Older Persons Forum advocates and campaigns for older persons services and rights, as well as delivering practical supports, such as IT Training, classes and programmes, as well as a focused COVID-19 and emergency response. It operates a Drop-In service and community garden at The Old School House, Barrack Street, Carlow.

Tel: **089 406 2356** Email: **info@carlowolderpersonsforum.com**  
Website: **www.carlowolderpersonsforum.com**  
Address: The Old School House, Barrack Street, Carlow

## HSE Home Support Services

HSE Home Support Services are available to people aged 65 or over, who may require support to continue living at home or to return home following a hospital stay. The number of hours and the type of care are determined through an assessment by the local public health nurse, and provided based on needs.

For Information: Tel: **1890 930 847**

## ICA - Irish Country Women's Association

Carlow Federation was founded in 1956 and currently has 11 Guilds. Our activities include crafts, community development and involvement at all levels and representation of our members at national level.

To find your local group: **www.ica.ie/federations/carlow**  
Email: **icacarlowfedpresident@gmail.com**  
Facebook: **ICA Carlow Federation**



## Senior Line

A national confidential listening service for older people, provided by trained older volunteers. Senior Line volunteers provide practical and emotional support, can signpost to other relevant services, and offer particular guidance on responding to the needs of older people during COVID-19.

Senior Line is open every day of the year, 10am - 10pm

Tel: **087 745 0721** Freefone: **1800 80 45 91**

Email: **[annedempseythirdage@gmail.com](mailto:annedempseythirdage@gmail.com)**

Website: **[www.thirdageireland.ie](http://www.thirdageireland.ie)**

## Socially Monitored Alarms / Senior Alerts System

This is a personal alarm worn by an individual as a pendant around the neck or wrist. The alarm is monitored 24 hours a day ensuring older people in need can summon help instantly in emergency situations. It provides peace of mind and security for older people and their families allowing them to live independently in their own homes.

Tel: **059 9138700** Email: **[info@catherines.ie](mailto:info@catherines.ie)**

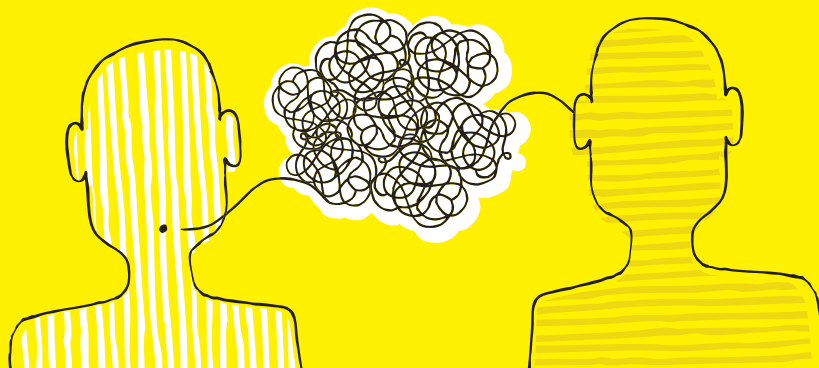
Senior Community Development Worker for Older Peoples Services

Contact person: Edel Keogh

Tel: **059 9138700** Mobile: **086 7768939**

Email: **[mow@catherines.ie](mailto:mow@catherines.ie)**

St. Catherine's Community Services Centre, St. Joseph's Road, Carlow



### BEREAVEMENT SUPPORTS - CARLOW & NATIONAL

#### Anam Cara

Provides information, resources and bereavement support after the death of a child of any age and through all circumstances to all bereaved parents. Now providing online support including group meetings and one-to-one support calls.

Call or text: **085 2888 888** Email: **info@anamcara.ie**

Website: **www.anamcara.ie**

#### Barnardos Children's Bereavement Service

Barnardos is here to help by working with families to help them support their child through the grieving process. While children can't be shielded from the reality of death and the pain of loss, we can help them to understand, to grieve and to cope a little better.

Barnardos Helpline Service - **01 473 2110** (Monday to Thursday 10am - 12pm)

Helpline: **01 473 2110** (operated by fully trained and supported volunteers)

Email: **bereavement@barnardos.ie** website: **www.barnardos.ie**

#### Bethany Bereavement Support

The Bethany Service Team is available to support you in your loss and grief with one to one meetings, telephone support or small group meetings. Our services are totally free of charge and confidential within the law.

Call / Text: **087 9905299** Email: **bethanysupport@eircom.net**

Website: **www.bethany.ie** (for local contacts)

#### Citizen's Information/Death and Bereavement during Covid-19

Practical information and advice for people who have been bereaved during the COVID-19 emergency period.

Tel: **0761 07 5130** Email: **carlow@citinfo.ie**

Website: **www.citizensinformation.ie**



## Embrace Farm Accident Support Network

Support to bereaved farming families through bereavement support sessions, an annual remembrance service and also campaigning for farm safety awareness.

Support number: **085 7709966** Email: **info@embracefarm.com**

Website: **www.embracefarm.com**

Address: Embrace Farm, c/o Annegrove House, Mountrath, Co Laois.

## H.U.G.G. (Healing Untold Grief Groups)

Peer Support Groups led by a trained volunteer who is also a bereaved survivor for anyone bereaved by suicide. H.U.G.G. meet regularly in the Leopardstown, Tallaght and Smithfield areas of South Dublin. Virtual Group meetings which will make H.U.G.G. bereavement support groups available nationwide for those who are located outside of Dublin and cannot attend the Dublin groups.

Tel: **01 513 4048** (monitored answering machine)

Email: **info@hugg.ie** Website: **www.HUGG.ie**

## The Irish Hospice Foundation

Strives for the best care at end of life for people and practical support for their loved ones. Offers advice and information for bereaved people, those supporting them and professionals working with them.

Tel: **01 679 3188** Email : **info@hospicefoundation.ie** or

**icbn@hospicefoundation.ie**

Websites: **www.hospicefoundation.ie** or **www.bereaved.ie**

Address: Irish Hospice Foundation, Morrison Chambers, Floor 4, 32 Nassau St.

National Freephone service: **1800 80 70 77** (Monday to Friday 10am - 1pm)

CHY 6830 Registered Charity 20013554

## Rainbows Ireland

Peer support groups for children and young people aged 7 to 16 who have experienced loss through bereavement.

Tel: **059 9142565** or **087 6636499** Email: **ask@rainbowsireland.ie**

Website: **www.rainbowsireland.ie**



### SUICIDE SUPPORTS

#### 3Ts

3Ts is a registered suicide charity working to help prevent deaths by Suicide through research, education and support.

3Ts is open Monday to Friday during office hours 9am to 5pm.

Tel: **01 2139905** Email: **info@3ts.ie** Website: **www.3ts.ie**

Address: Elm House, Leopardstown Office Park, Burton Hall Avenue, Sandyford, Dublin 18

#### HSE Regional Suicide Resource Office

Coordinates the implementation of Connecting for Life Carlow, Carlow's Suicide Prevention Action Plan. The office supports individuals and organisations by providing information, support, training and bereavement counselling.

Tel: **051 874013** or **087 9271041** Email: **tracy.nugent@hse.ie**

For information on training: **www.bookwhen.com/sro**

#### Pieta House

Provides free therapy to those engaging in self-harm with suicidal ideation or bereaved by suicide.

Tel: 1800 247 247 (24 hours, 7 days a week) Email: **mary@pieta.ie**

Pieta South East: 20 Waterside, Waterford City Tel: **051 858510**

Pieta Wexford: 14 Francis Street, Wexford Tel: **053 9122787**

Text 'HELP' to **51444** Website: **www.pieta.ie**

#### Suicide or Survive

Delivers innovative approaches that educate, inform and inspire people to cultivate good mental health and reduce stigma leading to less death by suicide.

Tel: LoCall **1890 577 577** or **01 272 2158**

Email: **info@suicideorsurvive.ie** Website: **www.suicideorsurvive.ie**

Stonebridge House, Stonebridge Close, Shankill, Co. Dublin

# 5 WAYS TO WELL-BEING

Mental Health Ireland has shared five simple actions we can all take to protect our mental health and maintain positive well-being during uncertain and challenging times.



## CONNECT

**MAKE TIME EACH DAY TO CONNECT.  
SMILE, YOU MIGHT GET A SMILE BACK.**

### CONNECT WITH THE PEOPLE AROUND YOU.

With family, friends, colleagues and neighbours. At home, work, school or in your local community. By staying connected and nurturing these relationships we feel happier and more secure, giving a better sense of purpose.

## BE ACTIVE

**BRING ACTIVITY INTO THE EVERYDAY -  
TAKE THE STAIRS, GET OFF ONE STOP EARLY  
OR GO FOR A TEN MINUTE WALK.**

### GO FOR A WALK OR A RUN.

Step outside. Cycle. Play a game. Garden. Dance. Discover a physical activity you enjoy and suits your lifestyle and level of mobility and fitness. Scientists confirm physical activity can help maintain wellbeing and good mental health.

## TAKE NOTICE

**BE AWARE OF THE WORLD AROUND YOU  
AND WHAT YOU ARE FEELING.**

### BE CURIOUS.

Catch sight of the beautiful. Notice the changing seasons. Savour the moment whether you are walking to work, eating lunch or talking to friends. Notice how you are feeling and thinking.

## KEEP LEARNING

**TRY SOMETHING NEW LIKE YOGA,  
SUDOKU, MEDITATION, COOKING OR  
LEARNING A NEW LANGUAGE.**

### TRY SOMETHING NEW.

Rediscover an old interest. Sign up for that course. Take on a new responsibility. Setting yourself a new challenge and learning new skills will make you more confident as well as being great fun.

## GIVE

**GIVING TO OTHERS IS GOOD FOR YOU.**

### DO SOMETHING NICE FOR SOMEONE ELSE.

Thank someone. Volunteer your time or join a community group. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and create connectedness with the people around you.

# The Little Things Campaign

is the National Mental Health and Well-being campaign by the HSE's National Office for suicide prevention and a coalition of more than 30 partner organisations.

#littletthings can make a big difference

## ADD FRIENDS TO YOUR TEA

Keeping in touch with friends is proven to have a positive impact on how you feel.



#littletthings can make a big difference

## 8 HOURS SLEEP MAKE THE OTHER 16 EASIER

Getting a good night's sleep is often no you can, is proven to have a positive impact on how you feel.



#littletthings can make a big difference

## DRINK LESS AND GREAT NIGHTS BECOME GOOD MORNINGS

For the average Irish drinker, drinking too much will have a positive impact on their health and overall well-being.



#littletthings can make a big difference

## THE MORE YOU MOVE THE BETTER YOUR MOOD

Getting regular exercise is proven to have a positive impact on how you feel.



#littletthings can make a big difference

## BOOST YOUR MOOD WITH HEALTHY FOOD

Eating a healthy, balanced diet is proven to have a positive impact on how you feel.



#littletthings can make a big difference

## LENDING AN EAR IS LENDING A HAND

Talking about our problems is proven to have a positive impact on how you feel.



#littletthings can make a big difference

## PROBLEMS FEEL SMALLER WHEN YOU SHARE THEM

Talking about our problems is proven to have a positive impact on how you feel.



#littletthings can make a big difference

## IF A FRIEND SEEMS DISTANT CATCH UP WITH THEM

Being in touch and connecting with other people is proven to have a positive impact on how you feel.



#littletthings can make a big difference

This leaflet is part-funded by:

Carlow County Development Partnership which is responsible for the strategic management and delivery of a range of publicly funded economic and social development programmes and initiatives to individuals, enterprises and communities throughout Carlow Town and County.



**Carlow County  
Development Partnership** CLG  
Comhairleacht Fhorbartha Theoranta Chontae Cheatharlach

Main St, Bagenalstown, Co Carlow

Email: [reception@carlowdevelopment.ie](mailto:reception@carlowdevelopment.ie)

Web: [www.carlowdevelopment.ie](http://www.carlowdevelopment.ie)

Tel: 059 9720733

This leaflet is in partnership with CCDP's SICAP programme.



An Roinn Tithíochta, Pleanála,  
Pobail agus Rialaithe Áiteil  
Department of Housing, Planning,  
Community and Local Government



**pobal**  
government supporting communities



Ireland's European Structural and  
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**SICAP**  
Social Inclusion &  
Community Activation  
Programme