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www.carlowmentalhealth.ie



Charity No. RCN20204807

Carlow Mental Health Supports



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.



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:**

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 DE62

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

1850 334 999 Email: info@caredoc.ie 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



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.

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: **1800 700 700** 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**

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-slrcr.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, Burrin 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**

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 sign posting, organised events, 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: 43 Tullow St, Carlow, R93 N5T3

Tel: **0818 07 5130** Email: **carlow@citinfo.ie** Website: **www.citizensinformation.ie**

National information Tel Service: **0818 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.



Eist Cancer Support Centre

The Eist 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 / 085 866 1499** Email: **Info@eistcarlowcancersupport.ie**

Website: **www.eistcarlowcancersupport.ie**

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

Address: 46 Idrone Park, Tullow Road, Carlow, R93 R280

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

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

Involvement Centre Support Group, Carlow, Thursdays 10:30 am

Carlow for more information, Contact Liz : **086 0849171** or

Website: **<https://www.involvementcentres.com/carlow.html>**

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: **involvementkk@gmail.com**

Facebook: **www.facebook.com/involvement-centre-carlow**

Carlow Social Prescribing

The purpose of Social Prescribing is to work with individuals to explore what is important for their life and wellbeing, help them to identify local activities and services they can benefit from and support them to start engaging in these services. Contact Office: **059 9138700** Email: **socialprescribing@catherines.ie**

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: **0818 072 070** Email: **carlow@mabs.ie**
Website: **www.mabs.ie** National Helpline: **0818 072 000**

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**

Making Connections Carlow

A KCETB course offering supports to assist participants to progress to further training and education. Making Connections Carlow participants are referred from a range of agencies and support services for people who are in recovery from substance misuse, housing and homelessness issues, mental health services, further education services, Social Prescribing and the probationary services.

For further information contact Catherine on 085 8053316 or email: **makingconnections@catherines.ie**

Mental Health Supports

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**

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 is a national organisation providing information and support for people affected by mental health difficulties. We support individuals and family members through recovery-focused: individual and group work, training and education led by professionals and peers. We are the only national mental health organisation specifically founded to support all family members. *note: we are no longer offering counselling.

Contacts:

Shine: Supporting people affected by mental ill health

Telephone: **01 860 1610 and 086 040 7701** (phone lines monitored Monday to Friday, 9 am – 5 pm) E-mail support service: **support@shine.ie** Website: **https://shine.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

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

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



Seoirbhí Ó'Séalla
Níosa Páirtí
& Fórsaí

Building a
Better Health
Service

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.carlowrys.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.

NYCI National Youth Council of Ireland

An Ireland where young people in every community are empowered through excellent youth work to realise their potential and actively participate in an inclusive society.

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

Tel: **+353 1 478 4122** Email: **info@nyci.ie** Website: **www.youth.ie**

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

For information on Alcoholics Anonymous, Narcotics Anonymous, Alateen, Al-Anon or other supports in Carlow visit: www.Drugs.ie

Tel: **059 9178050** (9am - 5pm) **1800 464600** Email: ardu.carlowkilkenny@hse.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: **059 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

Drugs Outreach Workers Carlow/Kilkenny

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

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

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, Askea House, Pollerton Road, Carlow

National tel: **059 9720733** Email: **careandrepair@carlowdevelopment.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. 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 Peoples Council

The Carlow Older Peoples Council 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 2606828** Email: **info@carlowopc.ie** or **agefriendlycarlow@carlowcoco.ie**
Website: **www.carlowopc.ie**
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: **1800 700 700**

ICA – Irish Country Women's Association

Carlow Federation was founded in 1956. 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**

Website: **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**

Senior Community Development Worker for Older Peoples Services

Contact: Claire Murphy Tel: **059 9138700** Email: **mow@catherines.ie**

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

Carlow / Kilkenny Dementia Advisor

Yvonne Leahy Tel: **087 6857427** email: **yvonne.leahy@alzheimer.ie**

Alzheimer Society of Ireland Carlow Home Care

Caroline Kennedy Tel: **059 9134736** Mobile: **087 9126555**

Email: **ckennedy@alzheimer.ie**

Alzheimer Society of Ireland Bethany House Day Care

Teresa Glover Tel: **059 9134736** Mobile: **085 8706852**

Email: **teresa.glover@alzheimer.ie**



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: **bethanybereavement1982@gmail.com**

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

Citizen's Information/ Death and Bereavement

Practical information and advice for people who have been bereaved.

Tel: **0818 075 130** 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 Carlow, Location: Provided upon registration; situated in Carlow Town, easily accessible by bus, car, and within walking distance (15 minutes) from the train station.

Virtual Group meetings which will make H.U.G.G. bereavement support groups available nationwide for those who cannot attend the 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 their loved ones. Offers advice and information for bereaved people, those supporting them and professionals working with them.

Tel: **01 6793188**

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.

Bereavement Support Line offered by Irish Hospice Foundation - offers support, connections and comfort to those who are bereaved. **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 1091307** Email: **sarah.hearne@hse.ie**

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

Suicide Bereavement Liaison Officer under SRO Services Offers support to families and communities who have experienced a loss by suicide.

Contact : **Kelly Higgins** Tel: **085 807 3040** Email: **kelly.higgins@hse.ie**

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.

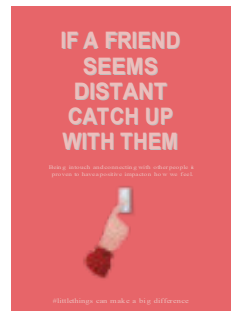
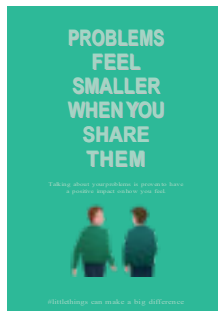
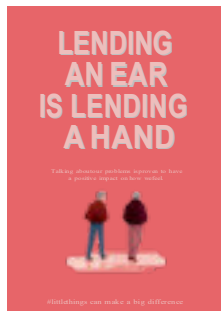
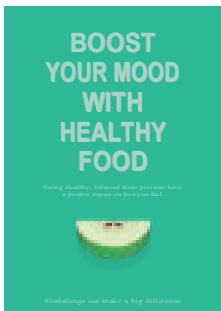
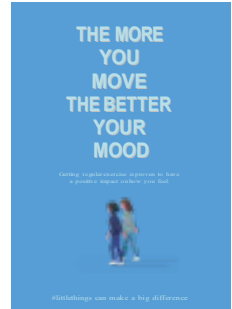
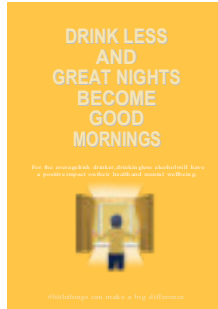
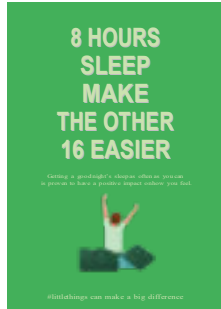
DO SOMETHING NICE FOR SOMEONE ELSE.

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



T: 085 81 81 353

E: carlowmentalhealth@hotmail.com

www.carlowmentalhealth.ie

Charity No. RCN20204807



Help +

support



#FaceTheElephantHealTheMind

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