

# Are you worried about Something or Somebody?

You are not Alone - Please Talk to Somebody

| <p>You<br/>A Friend<br/>A Colleague<br/>A Family Member</p>   | <p>Your GP<br/>GMIT Counsellor 091 742118<br/>GMIT Chaplain 091 742226<br/>GMIT Student Health Unit 091 742228<br/>Student Services Officer 091 742157<br/>Student Union Welfare Officer 091 742816<br/>Call a Helpline</p>                 |
|---|---|
| <p><b>Samaritans</b><br/>24-hour confidential line for people who need someone to talk to</p>   | <p>Helpline freecall: 116 123 Available 24 hrs per day<br/>SMS text message: 087 2609090 Tel: 091 561222<br/>Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> <a href="http://www.samaritans.org">www.samaritans.org</a></p> |
| <p><b>Pieta House</b><br/>Support for someone experiencing a suicidal crisis or engaging in self-harm; free of charge service</p>   | <p>Tel: 093 25586 (Tuam)<br/>Email: <a href="mailto:mary@pieta.ie">mary@pieta.ie</a> <a href="http://www.pieta.ie">www.pieta.ie</a></p>   |
| <p><b>Farm &amp; Rural Stress Helpline</b><br/>A trained professional will take your call &amp; talk to you in complete confidence</p>  | <p>Helpline: 1800 742645</p>  |
| <p><b>Living Links</b><br/>Trained volunteers offer confidential support &amp; advice to families who have experienced a death by suicide</p>   | <p>Secretary, Living Links, Michael Egan, Urra, Ballycommon, Nenagh, Co. Tipperary<br/>Mobile: 087 4122052 <a href="http://www.livinglinks.ie">www.livinglinks.ie</a></p>   |
| <p><b>Galway Hospice – Bereavement Support</b></p>  | <p>Tel: 091 770868<br/>Email: <a href="mailto:socialwork@galwayhospice.ie">socialwork@galwayhospice.ie</a><br/><a href="http://www.bereaved.ie">www.bereaved.ie</a></p>   |
| <p><b>Anam Cara</b><br/>Providing support for bereaved parents &amp; siblings</p>   | <p>Tel: 01 4045378 / 085 2888888<br/>Email: <a href="mailto:info@anamcara.ie">info@anamcara.ie</a> <a href="http://www.anamcara.ie">www.anamcara.ie</a></p>   |
| <p><b>Bodywhys</b><br/>Supporting people affected by eating disorders</p>   | <p>Lo-Call: 1890 200444<br/>Email: <a href="mailto:alex@bodywhys.ie">alex@bodywhys.ie</a> <a href="http://www.bodywhys.ie">www.bodywhys.ie</a></p>  |
| <p><b>Adult Counselling Service, HSE West</b><br/>Free, confidential, individual &amp; group therapy to adult survivors of childhood abuse (sexual, emotional, physical abuse &amp; neglect during childhood)</p> | <p>West (Galway, Mayo &amp; Roscommon)<br/>Tel: 1800 234114</p>   |
| <p><b>Aware - Defeat Depression</b><br/>Support for people whose lives are directly affected by depression</p>  | <p>Helpline: 1890 303302<br/>Mobile: 087 2993142 Des Greene, Mayo<br/>Email: <a href="mailto:info@aware.ie">info@aware.ie</a> <a href="http://www.aware.ie">www.aware.ie</a></p>  |
| <p><b>Mental Health Ireland</b><br/>Provides help to those who are mentally ill &amp; promotes positive mental health</p>   | <p>Mobile: 086 3837607, Nicola Morley<br/>Email: <a href="mailto:nicola@mentalhealthireland.ie">nicola@mentalhealthireland.ie</a><br/><a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a></p>                        |
| <p><b>Mental Health &amp; Youth Wellbeing</b></p>   | <p></p>   |
| <p><b>Jigsaw Galway</b></p>   | <p>Tel: 091 549252</p>  |
| <p><b>Please Talk.Org</b></p>   | <p><a href="http://www.pleasetalk.org">www.pleasetalk.org</a></p>   |
| <p><b>Reachout</b></p>  | <p>Tel: 01 7645666 <a href="http://www.reachout.com">www.reachout.com</a></p>   |
| <p><b>Spunout</b></p>   | <p><a href="http://www.spunout.ie">www.spunout.ie</a></p>   |
| <p><b>Headsup</b></p>   | <p>Text: HeadsUp to 50424</p>   |
| <p><b>Alcohol Counselling &amp; Advisory Service HSE (includes all addictions)</b></p>  | <p>Tel: 091 737268 / 01 8721133</p>   |
| <p><b>Gamblers Anonymous &amp; Gam-Anon</b><br/>For relatives or close friends affected by a gambling problem</p>   | <p>Tel: 086 3494450 (Galway)<br/>Email: <a href="mailto:info@gamblersanonymous.ie">info@gamblersanonymous.ie</a><br/><a href="http://www.gamblersanonymous.ie">www.gamblersanonymous.ie</a></p>   |
| <p><b>Drugs/HIV Helpline</b><br/>Guidance &amp; referral to anyone with a question or concern related to substance use, HIV &amp; sexual health</p>   | <p>Helpline: 1800 459459</p>  |
| <p><b>Galway Rape Crisis Centre</b></p>   | <p>Tel: 091 564800 / 1800 355355<br/>8am-7pm M-F, 9am-4pm Sat <a href="http://www.galwayrcc.org">www.galwayrcc.org</a></p>  |

# Are you worried about Something or Somebody?

## You are not Alone - Please Talk to Somebody

|   |   |
|---|---|
| <b>Domestic Violence Refuge &amp; Support (Cope Galway Waterside House) Also outreach centres</b>                       | Tel: 091 565985 Available 24 hrs per day<br>Email: <a href="mailto:waterside@copegalway.ie">waterside@copegalway.ie</a>                           |
| <b>Aoibhneas</b><br>Free professional counselling service to women & men suffering from violence in the home            | Helpline: 01 8670701  |
| <b>Accord Galway</b><br>Provides marriage& relationship counselling services  | Tel: 091 562331 Catholic marriage advisory  |
| <b>Parentline</b><br>Confidential helpline for parents & guardians  | Tel: 1890 927277 / 01 6710291<br><a href="http://www.parentline.ie">www.parentline.ie</a>   |
| <b>Gingerbread Ireland</b><br>Supporting single, separated & sharing parents  | Tel: 01 8146618<br>Email: <a href="mailto:info@gingerbread.ie">info@gingerbread.ie</a> <a href="http://www.gingerbread.ie">www.gingerbread.ie</a> |
| <b>Third Age</b><br>Senior confidential listening service run by older people   | LoCall: 1850 440444<br><a href="http://www.thirdageireland.ie">www.thirdageireland.ie</a>   |
| <b>Lesbian/Gay/Bisexual /Trans (LGBT) National Helpline</b><br>Provides a non-judgemental, confidential support service | Helpline: 1890 929539 7pm-9pm M-F<br><a href="http://www.lgbt.ie">www.lgbt.ie</a>   |
| <b>Money Advice &amp; Budgeting Service (MABS)</b>  | Tel: 0761 072000 9am-8pm M-F<br>Email: <a href="mailto:galway@mabs.ie">galway@mabs.ie</a> <a href="http://www.mabs.ie">www.mabs.ie</a>            |