



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](mailto: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](http://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](mailto: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](http://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](http://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](http://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](mailto:cork@mabs.ie) / [kerry@mabs.ie](mailto:kerry@mabs.ie) / [www.mabs.ie](http://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](http://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](http://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](http://www.hse.ie/coronavirus)



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service