

NUMBERS WHEN YOU NEED THEM

SLIGO AND LEITRIM



Urgent Help and Support

- An Garda Síochána, Ambulance, 999 or 112
Fire and Irish Coast Guard
- Samaritans 116 123 Email: jo@samaritans.ie
- Childline 1800 66 66 66 (Text TALK to 50101)
- TeenLine Ireland 1800 833 634 (Text TEEN to 50015)
- Console/Pieta House 1800 247 247 (Text HELP to 51444)
- Aware 1890 303 202 (supportmail@aware.ie)
- Sligo Rape Crisis Centre 1800 750 780
(covers Sligo, Leitrim, and West Cavan)
- Dublin Rape Crisis Centre 1800 77 88 88
- Women's Aid 1800 341 900 (helpline@womensaid.ie)
- Positive Options (Freetext the word LIST to 50444) ... 1800 341 900

Supports for Young People

- Sligo Springboard Family Support Service 071 914 7070
- Sligo Community Training Centre 071 9145248
- Youth Employment Programme (YEP) 085 8041020
- Irish Girl Guides.....(01) 668 3898 / (01) 668 9035
- YAPS Youth Action Project Sligo 071 9144152
- Foróige, Sligo 086 0227986
- Mohill Family Support Centre 071 9631253
- Lough Allen Adventure, Leitrim..... 087 2756495
- Sligo Comhairle na nÓg..... 086 0497089
- North Connaught Youth and Community Services... 071 9144150
- Foróige, Leitrim 086 0484482
- North Connaught Youth and 071 9641721
Community Services – Leitrim Project

- Foroige, South Leitrim..... 071 9620555
Neighbourhood Youth Project (NYP)
- Sligo/Leitrim Home Youth Liaison Service 071 9144441
..... 071 9142742
- Ballymote Family Resource Centre 071 9197818
- Breffni FRC Carrick-on-Shannon 071 9622566
- Sligo Traveller Support Group Ltd 071 9145780
- Music Generation Sligo..... 071 9138306
- Foróige Youth Drug and Alcohol Education 086 2316303
& Prevention Project, Sligo
- THISABILITY thisabilitysligo@gmail.com
- Parenthub Sligo Leitrim West Cavan . www.parenthubslwc.ie
- Leitrim Integrated Development Company 071 9621791
supports Traveller families, including Romainfo@ldco.ie

Mental Health

- ReachOut Ireland 01 7645666
(ReachOut.com provides advice and support on youth mental health issues and signposts a broad range of other supports through the provision of information and by offering a moderated commenting and advice service online)
- Childline 1800 666 666
(ISPCC Childline is Ireland's 24-hour active listening service for children)
- Samaritans 116 123
(Samaritans provides confidential non-judgemental support, 24 hours a day for people experiencing feelings of distress or despair, including those which could lead to suicide)
- Mental Health Ireland.....01 284 1166

Depression & Suicide

- Saol Nua Social Group..... 071 9622566
- Support Group, Diversity Sligo..... 086 2325951
- Comhairle na nOg Leitrim 071 9641721
- North Connaught Youth & Community Services*
- ReachOut Ireland 01 7645666
- North West STOP 071 9856070 or 086 777 2009
- HSE, *Child and Adolescent Mental Health (CAMHS)*....071 9113960
- GROW in Ireland 074 9161628
- HSE Health Promotion and Improvement..... 071 9135098
- Bodywhys – *The Eating Disorders Association of Ireland* ... 01 2834963
- Mental Health Ireland 071 9135901
- Domestic Violence Advocacy Service 071 9141515

Sexual Health

- Medical Practice/Primary Care Centre 071 9166619
Screen, Sligo (Specialises in sexual health)
- Rape Crisis and Sexual Abuse Counselling Centre
Sligo, Leitrim, and West Cavan..... 1800 750 780 or 071 9171188
- North Leitrim Women's Centre 071 9856220
..... *or nlwrg@eircom.net*
- GUM Clinic, Sligo (STI) 071 9170473
*Sligo University Hospital, The Mall
(Tuesdays and Thursdays 6.00pm - 7.00pm. By apt only)*
- Sexual Wellbeing.....Sexualwellbeing.ie
- Support for HIV/AIDS.....<https://www.hivireland.ie>

Drug & Alcohol

- Foroige's Alcohol & Drug Education Project (FADE), Leitrim
..... 086 1702340 or 071 9620555
- North West Regional Drug & Alcohol Task Force...071 9151520
- M-PACT Moving Parents and Children Together
..... 07191 50578 or 085 8759313
- Alcohol & Substance Misuse Counselling 071 9143316
Service, HSE West HSEC West
- Cranmore Community Cooperative Society Ltd.....071 9149951
- Addiction Counselling HSE, Sligo 071 9144316
- Sligo Family Resource Centre (Sligo FRC) .. 0879143646
- Foróige Youth Drug and Alcohol Education ...086 2316303
& Prevention Project, Sligo

- Drugs & Alcohol Helpline 1800 459 459
- Drugs.ie..... 1800 459 459
- helplink.ie 091 759887
 helplinksupport@helplink.ie

LGBTQ+

- SMILY LGBT Youth Project..... 089 4820330
- BeLonG To 01 670 6223
- LGBT Ireland Helpline 1890 929 539
- Transgender Equality Network Ireland 01 873 3575
- askaboutalcohol.ie 1800 459 459

Counselling Services

- West Sligo Family Resource Centre (FRC) 096 37444
- Tubbercurry Family Resource Centre 071 918 6926
- North West STOP 071 9856070 or 086 777 2009
- Bee Park Resource Centre 071 9856935
- St. Michaels Family Centre .071 9170329 or 087 3902661
- Mohill Family Support Centre..... 071 9631253
- HSE Psychology Services 071 9155132
- Rape Crisis and Sexual Abuse Counselling Centre Sligo,
Leitrim and West Cavan..... 1800 750 780 or 071 9171188
- North West Regional Drug & Alcohol Task Force... 071 9151520
- Counselling Service IT Sligo 071 9305463
- Carrick-on-Shannon Family Life Service 071 9621791

WEBSITES

www.alustforlife.com
www.anamcara.ie
www.askaboutalcohol.ie
www.barnardos.ie/teenhelp
www.bereaved.ie
www.childhoodbereavement.ie
www.childline.ie
www.citizensinformation.ie
www.connectcounselling.ie
www.drugs.ie
www.healthpromotion.ie
www.hse.ie
www.jigsaw.ie
www.lgbt.ie
www.menssheds.ie/malehealth-ie
www.mymind.org
www.niteline.ie

www.outcomers.org
www.parenthubslwc.ie
www.parentline.ie
www.pieta.ie
www.pleasetalk.ie
www.positiveoptions.ie
www.reachout.com
www.samaritans.ie
www.sligoleitrimdirectory.ie
www.spunout.ie
www.suicideorsurvive.ie
www.turn2me.org
www.usi.ie
www.widow.ie
www.youmatter.ie
www.yourmentalhealth.ie
www.youth.ie

