

LONGFORD/WESTMEATH PERSONAL AND COMMUNITY INFORMATION AND SUPPORT DIRECTORY

Compiled by the HSE Resource Office for Suicide Prevention Longford/Westmeath

LOCAL GP or in Emergency: Telephone: 999 or 112.

MIDOC: Urgent Family Doctor Out-of-Hours Service: LoCall: 1850-302-702
Hours of Operation: Monday - Friday: 6.00pm -8.00am;
Weekends/Public Holidays: 8.00am - 8.00am.

HSE Information/Crisis Lines:

Managing your and your family's health can be challenging and even confusing at times. It's not always easy to know where to turn to for guidance or support when navigating the Irish public health system.

- The HSELive team can answer your questions from 8am - 8pm Monday to Friday and 10am - 5pm on Saturdays.
Callsave: **1850 241 850 / 041- 685 0300** / Email: hselive@hse.ie

HSE SERVICES:

RESOURCE OFFICER FOR SUICIDE PREVENTION
LONGFORD/WESTMEATH (EDDIE WARD) Tel: 043 3350169
Mob: 086 3801152

MIDLAND REGIONAL HOSPITAL MULLINGAR: Tel: 044 93 40221
ST. JOSEPH'S CARE CENTRE, LONGFORD: Tel: 043 33 46211

ST. LOMAN'S PSYCHIATRIC HOSPITAL, MULLINGAR: Tel: 044 93 40191.
PSYCHIATRY FOR LATER LIFE: St. Loman's Hospital, Mullingar: Tel: 044 93 40191.

Child & Adolescent Psychiatric Services at M.R.H. Mullingar: Tel: 044 93 94219

Community Mental Health Centre, Re Nua, Primary Care Centre, Athlone: Tel: 090 64 24880
Community Mental Health Centre, Primary Care Centre, Harbour Rd., Mullingar: Tel: 044 93 53840
Community Mental Health Centre, Dublin Rd., Longford: Tel: 043 33 46992.

PRIMARY CARE PSYCHOLOGY SERVICE:
Health Centre, Coosan, Athlone. Tel: 090 64 24813.
Primary Care Centre, Harbour Rd., Mullingar: Tel: 044 9353763.
Health Centre, Dublin Rd., Longford. Tel: 043 33 50170.

SOCIAL WORK SERVICES:
Health Centre, Coosan Rd., Athlone: Tel: 090 64 83100.
Child & Family Resource Centre, Springfield, Mullingar: Tel: 044 93 44877.
Tivoli House, Dublin Rd., Longford. Tel: 043 33 50584.

COMMUNITY ALCOHOL & DRUG SERVICES:
St. Mary's Campus, Mullingar: Tel: 044 93 95200
Re Nua, Primary Care Cntr., Clonbrusk, Athlone: Tel: 090 64 24820
Community Mental Health Cntr., Dublin Road, Longford. Tel: 044 33 46992.

COMMUNITY MEDICAL SERVICES:
Health Centre, Mullingar: Tel: 044 93 40221
Health Centre, Athlone: Tel: 090 64 74210
Health Centre, Dublin Rd., Longford. Tel: 043 33 50169

ADULT COUNSELLING SERVICES, Tel: 057 93 27141. Helpline: 1800 234 113. The Arches, 21 Church St., Tullamore
(This service caters for individuals who have experienced childhood sexual or physical abuse in an institution, education or family setting).

COUNSELLING IN PRIMARY CARE SERVICE. Tel: 057 93 70605. (Time limited counselling for over 18's with a Full Medical Care on referral by GP. Venues: Athlone, Mullingar, Longford, Tullamore, Portlaoise, Portarlington & Mountmellick.

ADULT HOMELESSNESS: COMMUNITY LIAISON NURSE: Longford/Westmeath: Position Currently Vacant

PUBLIC HEALTH NURSING SERVICE:

Mullingar: Tel: 044 9395078/ 0449395080 Longford: Ballyminnion Primary Care Centre,
Longford 043 3339701/3339700 Athlone: Primary Care Centre Athlone 0906424811

HEALTH CENTRES:

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|-------------------------------------|------------------------------------|
| Athlone: (090) 647 5301 | Ballinalee (043) 3323212 |
| Ballymahon (090) 643 2384 | Ballymore (044) 935 6274 |
| Ballynacargy (044) 937 3104 | Castlepollard (044) 966 1170 |
| Castletown Geoghegan (044) 922 6432 | Colehill (044) 935 7522 |
| Delvin (044) 966 4256 | Drumlish (043) 3324440 |
| Edgeworthstown (043) 6671157 | Granard (043) 6686068 |
| Killashee (043) 3341341 | Killucan (044) 937 4120 |
| Kinnegad (044) 937 5289 | Lanesboro (043) 3321832 |
| Longford (043) 3350169 | Moate (090) 648 1165 |
| Mullingar (044) 934 0221 | Legga, Aughnacliffe (049) 433 5195 |
| Newtowncashel (043) 332 5445 | Smear, Aughnacliffe (043) 6684158 |

HEALTH PROMOTION SERVICES: Tel: 057 93 57800 (Scott Building, MRH Tullamore)

MIDLANDS CRISIS PREGNANCY COUNSELLING SERVICE: Freephone: 1800 200 857.

The Arches, 21 Church St., Tullamore:

FAMILY WELFARE CONFERENCE SERVICE: Tel: 044 93 84374.

Top Floor, Primary Care Unit, Springfield, Mullingar

U18 Midland Youth Drug & Alcohol Support (MYDAS) Tel: 086 4682745.

Address: C.A.D.S. Building, Regional Hospital Tullamore, Arden Road, Tullamore, Co. Offaly

County Longford Primary Healthcare Project for Travellers: Tel: 087 9478135 –E-mail: towens@lcri.ie

County Westmeath Primary Healthcare Project for Travellers: Tel: 0870995145 – E-mail: cjoyce@westcd.ie

COUNSELLING SERVICES:

LOW COST COUNSELLING SERVICE – MIDLANDS: Co-ordinator: 0818 555 450 (11am – 6pm).

Provided by Counsellors in association with the Personal Counselling Institute.

Longford Counselling Services: 2 Keon's Terrace, Dublin Rd., Longford (opp St. Mel's Cathedral). Tel: 043 33 47477 Website: www.longfordcounsellingservices.ie Email: longfordcounselling@hotmail.com

"Good2Talk" Westmeath: 1 College Street, Mullingar. Mobile: 087 608 8291. Landline: 044 93 32531.
www.good2talk.ie Email: info@good2talk.ie

NATIONAL COUNSELLING SERVICES:

SAMARITANS: Freephone 116 123. Email jo@samaritans.ie

Visit Samaritans volunteers in your local branch. For details visit www.samaritans.ie

(Emotional Support 24 hours a day, 7 days a week to anyone going through a crisis or at risk or suicide)

PIETA HOUSE: 24/7 Suicide Helpline - Freephone: 1800 247 247. (Pieta House) Text 'HELP' to 51444 for one-to-one text support. PIETA HOUSE Lucan: (01) 601 0000 (Lucan Cntr.) Athlone: 92 Sean Costello Street, Irishtown. Tel: 090 642 4111.

Pieta House provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm.

CONNECT: (National Adult Counselling Service) Freephone: 1800 477477 (Wed-Sun. 6pm – 10 pm).

Turn2me.org. Book: www.turn2me.org/engage. (Counselling online). Turn2Me provides moderated peer support forums, online support groups, access to Thought Catcher - a mood measuring tool - and one to one online counselling.

MyMind : (www.mymind.org) Provides a range of community mental health services which includes an 'e-psychology' service.

Private counselling services:

The Irish Association for Counselling & Psychotherapy (IACP) has an online directory of Counsellors and Psychotherapists in Ireland who provide counselling and psychotherapy services. To find a therapist in your area, log onto www.iacp.ie and use the search engine: "Find a Therapist in your area" which will help you to access information about all fully accredited therapists near you, including the details about their area of specialisation, fee per hour and contact details.

The IACP also provides a free telephone referral system. This free service is open from Monday to Friday, between 9am and 5pm. To avail of the free telephone referral, please call 01 230 3536 and choose option 1.

The UK & Ireland Counsellor Directory contains an online directory of therapists which provides details of their location, contact information, specialisation, qualifications & fee structure. Log onto: www.counsellor.directory/cgi-bin/cd_index.pl

BEREAVEMENT SUPPORT:

HSE Suicide Bereavement Liaison Service (Midlands): Liaison Officer: 086 418 0088;

Email: midlandssbpls@gmail.com; www.suicidebereavementmidlands.com

(providing support, information and practical help to individuals and families following a suicide death)

MIDLANDS LIVING LINKS: Contact Co-Ordinator: 086 1600641. *(Trained Support Workers provide a listening and support service to those bereaved by suicide).*

24/7 Helpline (Pieta House): Freephone: 1800 247 247. Text 'HELP' to 51444 for one-to-one text support. Athlone Support Centre, 92 Sean Costello Street, Irishtown. Tel: 090 642 4111.

(support and help to people bereaved through suicide. Professional counselling available at various locations throughout Ireland)

LARCC Bereavement Support Group: Ballinalack Mullingar. Tel:04493 71971 Freephone:1850 719719

www.larcc.ie

BETHANY PASTORAL AND BEREAVEMENT SUPPORT:

Cathedral Social Services Centre, Bishopgate Street, Mullingar. Tel: 087-6309808.

BETHANY ST. CAMILLUS BEREAVEMENT SUPPORT GROUP: Tel: 044 93 75445 / 087 9117432.

St. Camillus Nursing Centre, Riverstown, Killucan, Co. Westmeath.

FAMILY MINISTRY LONGFORD: Tel: 043 33 46827 / 087-7552192 Email: stmelcathedral@eircom.net

The Family Centre, St. Mel's Rd., Longford. Bethany Bereavement service is based in the Family Centre, next to St. Mels Cathedral. Contact: 0877552192.

SOLAS – Child Bereavement Counselling: Tel: 01 4732110. www.barnardos.ie

BARNARDOS, Christchurch Sq., Dublin 8.

RAINBOWS: *(‘From hurt through healing to hope’)* www.rainbowsireland.com

ANAM CARA PARENTAL AND SIBLING BEREAVEMENT SUPPORT: www.anamcara.ie

Tel: 01-4045378; Mobile: 085-2888 888; (Satellite support groups throughout the country).

HOSPICE SERVICES: North Westmeath: 087-9387869 / South Westmeath: 087-2748615.

SUPPORT ORGANISATIONS:

AWARE, 72 Lower Leeson St., Dublin 2. Tel: 01-6617211; Helpline: 1890 303 302;

Email Support Service: 'supportmail@aware.ie'; Online Support Groups: Held regularly – see website: www.aware.ie; Local Support Groups: 1426 Club, 2 Harbour St., Mullingar: Thursday 7.30pm, Athlone: Thurs. 8pm, C.M.H.C. Bury Quay, Tullamore, Mondays 8pm.

GROW, Regional Office, Bolger House, Patrick St., Tullamore. Tel: 057 93 51124. Info Line: 1890 474 474. www.grow.ie

Local Support Groups: Athlone, Mullingar and Longford - for details contact: 057 93 51124. Youth Group also in Athlone.

(Self-Help groups for sufferers of mental illness, anxiety, depression and phobias).

SHINE: (Supporting people affected by mental health) 11 O'Connor Square, Tullamore. Tel: 086 8525 281.

Email support service: phil@shine.ie; Information email: info@shine.ie; Website: www.shine.ie

MENTAL HEALTH IRELAND: Regional Office, Midland Gateway Business Park, Kilbeggan, Westmeath.

Tel: 086-8353387 – Regional Development Officer. www.mentalhealthireland.ie *(Information and mental health advice)*

LGBT Ireland: Provision of a Helpline, and Instant Messaging Services and Peer Support Groups to enhance LGBT lives. Helpline: 1890929539 6.30pm to 9pm Mon - Thu, 4pm to 9pm Fri

4pm to 6pm on Sat & Sun. For more information contact LGBT Ireland on (01) 685-9280 Email: info@lgbt.ie Website:

www.lgbt.ie

Gay Switchboard: Tel: 01-8721055 www.gayswitchboard.ie *Support and information organisation for Lesbian, Gay,*

www.lgbtmentalhealth.ie *Support for Bisexual and Transgendered / LGBT young people, aged between 14 and 23.*

ALCOHOLICS ANONYMOUS: Tel: 01-4538998. Alateen/Al-Anon: Tel: 01-8732699.

GAM-ANON: Tel: 01-8721133. Email: info@gamblersanonymous.ie .

TREOIR: LoCall: 1890 252 084 www.treoir.ie *National Federation of Services for Unmarried Parents and their Children.*

One Family. Tel: 01 6629212 LoCall Helpline: 1890 662212 www.onefamily.ie

Support email: support@onefamily.ie *(Support and information for One Parent families).*

One-in-Four, Holles St., Dublin. Tel: 01-662070 www.oneinfour.org

(Support and resources for people who have experienced sexual abuse and/or sexual violence)

CARI, 110 Lwr. Drumcondra Rd., Dublin 9. Tel: 01-8308529 Helpline: 1890 924567 www.cari.ie

(Therapy and counselling services for children, families and groups who have been affected by child sexual abuse).

RECOVERY SELF HELP METHOD IRELAND: St. Mel's Family Centre, Longford. Tel: 01-6260 775.

(Weekly group meetings for people suffering depression, anxiety, fears, panic attacks, etc. Self-help organisation).

YOUTH INFORMATION AND SUPPORT SERVICES:

TEENLINE IRELAND: Freephone Helpline: 1800 833 634. Hours: 8pm – 11pm. www.teenline.ie

Provides emotional support, through their confidential, non-judgmental listening service, for young people who may be feeling alone, worried or distressed. Email: info@teenline.ie

CHILDLINE: 1800 666 666 www.childline.ie TEENTXT: (Free/confidential) Text:'Talk' to 50101. (6pm-10pm)

COUNTY LONGFORD YOUTH SERVICE: 6 Earl St., Longford. Tel: 043 33 40907. Email: longforyouthservice@gmail.com

BeLonG To is the national organisation supporting lesbian, gay, bisexual, transgender and intersex young people in Ireland. Tel: 01 670 6223 [Email info@belongto.org](mailto:info@belongto.org) Website: www.belongto.org

FOROIGE:

Bernie McHugh Regional Youth Officer, Westmeath / Offaly - Foróige Office, St Mary's Hall, Northgate St, Athlone, Co. Westmeath 086 9672921 Email: bernie.mchugh@foroige.ie

James Maher Regional Youth Officer Longford/Roscommon Foróige Office, Earl Street, Longford.

Tel: 086-9672920 Email: James.Maher@foroige.ie

LEAP GYDP, Earl St, Longford. Phone: 086 8507371 / 086 7800197

Eddie mc cauley edward.mccauley@foroige.ie

Foroige Comhairle na Nog Worker and SAFE (supporting adolescent and family engagement worker), C/O Attic House, Ballinalee Road, Longford. 086 7945677 E-mail: kathleen.mahon@foroige.ie
Midlands Integrated Youth and Family Project, Attic House Teen Project, Majorswell, Ballinalee Rd, Longford Town Contact: 0867912011

Attic House, Attic House, Majorswell Road, Ballinalee Road, Longford. [Tel:\(043\) 333 6183](tel:0433336183)
E-mail: reception@attichouse.ie

YOUTH WORK IRELAND (YWI) Midlands: Working with Young People in Offaly and Westmeath.
Regional Office, Pump Lane, Athlone, Co. Westmeath. Tel: 090 64 77075 Email: accounts@mrys.org
Athlone Youth Project, Monsignor McCarthy Complex, Athlone. Tel: 090 644 4015 / 086 7955334.
ALF Project, YWI Midlands Pump Lane, Athlone: Tel: 090 6477075 / 086 7955 323.
Mullingar Youth Project, Grange Resource Centre, Mullingar. Tel: 044 934 9636 / 086 7955 354.
Mullingar EYE Project, Columb Barracks, Ashe Rd., Mullingar. Tel: 044 9345 409 / 086 372 8994.
YOYO Youth Cafe, Columb Barracks, Ashe Rd., Mullingar. Tel: 086 372 8994.

BODYWHYS – Eating Disorders Association of Ireland. Tel: 01-2834963; Helpline: 1890 200 444;
Email: info@bodywhys.ie www.bodywhys.ie

Drug & Alcohol Supports: www.drugs.ie / www.drinkaware.ie

Teen Between: Freephone: 1800 303191 Email: teenbetween@mrcs.ie Support for teenagers with separated or divorced parents.

Youth Information www.spunout.ie Youth led media initiative covering all aspects of youth info, health, lifestyle and activism.

Websites: www.ReachOut.com (Inspire Ireland Foundation) For help on getting through tough times and information on mental health.

www.yourmentalhealth.ie Provides general information and advice on looking after your mental health.

OTHER SERVICES:

ACCORD: Athlone: Alverna, North Gate Street: Tel: 090 64 75491; Mullingar: Social Services Cntr. Bishopsgate St.,
Tel: 044 93 48707; Longford: 043 33 47222. www.accord.ie

BARNARDOS:

Athlone: Barnardos Family Support Project, 7, Ashdale, Athlone, Co Westmeath. Tel: 0906476422.

Email: Jackie.keogh@barnardos.ie

Mullingar: LIR Family Support Projects, 1 Belville Apartments, Longford Rd., Mullingar Tel :044 - 93 352 82

Email; pauline.oroehoe@barnardos.ie

Regional Office (Admin), Top Floor, Magazine Road, Athlone. Tel: 090 64 98466.

CARERS ASSOCIATION: 5 St. John's Terrace, Blackhall, Mullingar. Tel: 044 93 47922.

Email: midlands@carersireland.com Helpline: 1800 240 724.

CITIZENS INFORMATION SERVICE: www.citizensinformation.ie

Market House, Market Sq. Mullingar: Tel: 076 1076 660. Email: mullingar@citinfo.ie

St. Mary's Sq., Athlone: Tel: 076 1076 610 ; Email: athlone@citinfo.ie www.westmeathcitizensinformation.ie

Level 1, Longford Shopping Centre, Longford. Tel: 076 1075 890. Email: longford@citinfo.ie

ESKER HOUSE REFUGE: (Retreat Rd., Athlone, Co. Westmeath) Tel: 090 64 74122

(Emergency accommodation and support services for women and their children who are or have experienced domestic violence)

FAMILY RESOURCE CENTRES:

Cara Phort Family Resource Centre, Harbour St., Ballynacargy, Mullingar. Tel: 044 93 73060.

Monsignor McCarthy Family Resource Centre, Battery Heights, Athlone. Tel: 090 64 94336.

Bridgeways Family Resource Centre, Dean Egan Library, Main St., Ballymahon. Tel: 090 64 32691

Lus na Greine Family Resource Centre, Main St., Granard, Longford. Tel: 043 66 60977.

M.A.B.S. – Money Advice and Budgeting Service: Helpline: 0761 07 2000

St. Mary's Square, Athlone: Tel: 0761 07 2400 Email: athlone@mabs.ie.
Church Avenue, Mullingar. Tel: 0761 07 2700 Email: mullingar@mabs.ie. www.mabs.ie
1 Church Street, Longford. Tel: 0761 07 2640. Email: Longford@mabs.ie.

Longford LGBT Group. – provides a safe, supportive and friendly environment for members of the LGBT family in and around Longford. Tel: 086 302 2161 email: info@longfordlgbt.ie

MIDLANDS SIMON COMMUNITY: Regional Office: 090 64 44641 / Emergency Accommodation: 090 64 50280
Email: info@midlandssimon.com

WESTMEATH SERVICE AGAINST DOMESTIC VIOLENCE: Tel: 044 93 33868 / 087 1336853.
No. 1, Marlinstown Park, Mullingar. www.westmeathsupport.ie *(Provides information, support and advice to women hurt by domestic violence)*

BETHANY HOUSE, (Women's Refuge, Knockahaw, Dublin Rd., Longford) Tel: 043 33 48136
Bethany House offers emergency accommodation and support to women with or without children who are out of home at a time of crisis. They support survivors of domestic Abuse and have fully trained staff who support and advocate on their behalf.

HOSTELS: ST. MARTHA'S MEN'S HOSTEL: (Knockahaw, Dublin Rd., Longford) Tel: 043-33 48062.
T.E.A.M. (Temporary Emergency Accommodation Mullingar): (Drop In Centre). Tel: 044 93 48428.
TEACH FAILTE: (The Green Rd., Mullingar, Co. Westmeath) TEL: 044 93 49340.
(Emergency accommodation and support services for women and their children who are or have experienced domestic violence)

LONGFORD WOMEN'S LINK: Willow House, Ardnacassa Ave. Tel: 043 33 41511 www.longfordwomenslink.org.
(Provides information, counselling and a referral service to relevant agencies and support concerning domestic violence)

LONGFORD ACORN PROJECT: 53, Lanna Aoibheann, Longford TEL: 043 3348905 or (085)133-4595
Email: longfordacornprojectltd@gmail.com
The overall aim of the Acorn Project is to involve people who are socially excluded in the issues that affect them.

WESTMEATH COMMUNITY MOTHERS: Tel: 044 93 48571 www.cmums.ie
LONGFORD COMMUNITY MOTHERS: Tel: 043 33 42505 www.cmums.ie
(home visiting service for parents with children aged 0-5 yrs offering support and encouragement)

LONGFORD COUNTY CHILDCARE COMMITTEE: Tel: 043 33 42505. Email: enquiries@longfordchildcare.ie

MERCHANTS QUAY IRELAND, Midlands Project: Tel: 090 64 17097 / Outreach Team: 087 9512989..
(Family support services, Rehab & Aftercare Services, Harm Reduction & Outreach Services, Traveller Specific Drugs Worker, Drop in Projects).

ST. VINCENT DE PAUL: Reg Offices: Athlone/ Mullingar/ Longford: 1800 677 777

HELPLINES:

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| Adult Counselling Service: | 1800 234 113 |
| Al Anon / Alateen: | 01 8732699 |
| AnyMan (Support Service for Men) | 01-554 3811 Support email: crisis@anyman.ie |
| AWARE: | 1890 303 302 |
| Irish Cancer Society Helpline: | 1800 200 700 |
| Carers Association Helpline: | 1800 240 724 |
| Childline: | 1800 666 666 |
| Unplanned Pregnancy | |
| My Options is a HSE freephone line that provides free and confidential information and counselling to people experiencing an unplanned pregnancy: | 1800 828010 |
| Domestic Violence: | 1800 444 944 |
| HSE Suicide Prevention Helpline: | 1800 742 745 (6pm – 10pm) |
| HSE Drugs Helpline: | 1800 459 459 (Drug & Alcohol Information and support) |

LGBT Helpline: 1890 929 539 (Email: LGBTMentalHealth.ie/ lgbt.ie)
M.A.B.S. Helpline: 0761 07 2000
MOVE (Men Overcoming Violence) 090 64 72174 / 01 – 8724357
Missing Persons Helpline: 1890 442 552
N.O.V.A. (National Office for Victims of Abuse) 1800 252 524
National Pregnancy Helpline: 1850 495 051
Narcotics Anonymous: (24 hr helpline) 01-8300944.
Parentline: 1890 927 277
RAPE CRISIS HELPLINE –Longford /Westmeath: 1800 306600 Dublin: (24 hr): 1800 778 888
FARM & RURAL STRESS FARMLINE: 1800 742 645
SAMARITANS: 116 123 *'Don't Get Down, Get Help'*
SENIOR Helpline: 1850 440 444
TEENLINE IRELAND: 1800 833 634
Women's Aid National Freephone Helpline: 1800 341 900