



MENTAL HEALTH EMERGENCIES

SLIGO

Student Services Support: 071 93 05463

50808	Text ATU 50808
AWARE Support Line for Depression Anxiety and Bipolar Disorder	1800 80 4848
Campus security ATU Sligo	087 63 79470
Care Doc (Out of Hours GP care)	0818 36 5399
Diversity Sligo Refugee and Asylum Seeker Support	086 23 25951
Domestic Violence Service DVAS Sligo	071 91 41515
Gardai	071 91 57000/071 91 42031
HSE Drugs and Alcohol Helpline freephone	1800 45 9459
LGBT+ Helpline	1890 92 9539
MABS - Money Advisory Board, Sligo	0818 07 2730
NA and AA Meetings in St Michael's Family Life Centre, Sligo	071 91 70329/087 39 02661
North West Simon Community	071 91 47522
North-West STOP free Counselling Service	086 77 72009
North-West Regional Drug Task Force	071 91 94556
Pieta	074 91 26594 / Text HELP to 5144
Samaritans	116 123
SATU Letterkenny	087 06 81964
Sligo Community	087 22 08602
Substance Misuse Out-Reach Worker	087 78 78355
Sligo Rape Crisis (Office Number)	071 91 71188
Sligo Rape Crisis Centre Helpline Freephone	1800 75 0780
Sligo Social Service Council	071 91 45682
Sligo Traveller Support Group	071 91 45780
Sligo University Hospital Emergency Department	071 91 74504
SMILEY LGBT Support for 14 – 23year olds	089 48 20330
Social Ground Force Alcohol and Addiction Service Sligo	086 89 41991
St Vincent De Paul	071 91 60713
Student Health And Counselling Admin	071 93 05463
Togetherall	https://account.v2.togetherall.com
Unplanned Pregnancy My Options Freephone	1800 82 8010
YourMentalHealth (HSE) 24/7 Info line	1800 11 1888

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MENTAL HEALTH EMERGENCIES

ST. ANGELA'S SLIGO

Student Services Support: 071 91 95514

50808	Text HELLO to 50808 for help
AA	https://www.alcoholicsanonymous.ie
CareDoc (Out of hours GP care)	0818 36 5399
Domestic Violence (DVAS)	071 91 41515
Gardai	Sligo Garda Station: Pearse Road Sligo. Phone: 071 91 57000
Narcotics Anonymous	https://www.na-ireland.org
Pieta	Free 24/7 Crisis helpline: 1800 24 7247 or Text HELP to 51444
Rape Crisis Centre	Sligo Rape Crisis Centre 1800 75 0780 or info@srcc.ie
	National Rape Crisis Line on 1800 77 8888
Samaritans	Samaritans 116 123
SATU	https://www2.hse.ie/services/satu
Sligo University Hospital Emergency Department	071 91 74504
St Vincent De Paul	National 01 8848200/Sligo 071 91 60713
Student Counsellor	Email counsellor@stangelas.ie text 087 660 9209
Student Doctors Mall Family Practice Sligo	Office hours 071 91 42767
Student Services Officer	071 91 95514 or email uroberts@stangelas.ie
Student Union President	Email: suprez@stangelas.ie

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MENTAL HEALTH EMERGENCIES

GALWAY & MAYO

Student Services Support Galway – 091 74 2118

Student Services Support Mayo – 094 90 43217

50808	Text ATU to 50808
AA	Connaught – 089 21 09824
Adult Counselling Service, HSE West	1800 23 4114
Aware	1800 80 4848
Domestic violence	Galway - 091 56 5985 Mayo – 094 90 25409/087 656 9672
Galway MABS	0818 00 72570
Galway Migrant Service	091 77 3466/ 086 60 20580
Gardai	Castlebar – 094 90 38200 Millstreet – 091 53 8000 Mountbellew – 090 96 79292 Letterfrack – 095 41052
Grow	0818 47 4474
HSE Drugs and Alcohol Helpline	1800 45 9459
LGBT Ireland	1800 92 9539
Mayo MABS	0818 07 2670
Mayo University Hospital	094 90 21733
Mental Health Ireland	www.mentalhealthireland.ie
Narcotics Anonymous – Western Area	086 81 49004 Galway City – 091 502 921 Tuam – 093 25586
Pieta	Ballina – 093 25586 Helpline – 1800 24 7247 Text 'HELP' to 51444
Rape Crisis Centre	Galway – 1800 35 5355 Mayo – 094 90 25657/1800 23 4900
Samaritans	116123
SATU	Galway – 087 63 38118/091 76 5751
Simon Community	091 38 1828
St. Vincent De Paul	West Region (Galway & Mayo) 091-56 3233
Togetherall	https://account.v2.togetherall.com
University Hospital Galway	091 54 4544
Unplanned Pregnancy My Options Freephone	1800 82 8010
Westdoc	091 74 7700/081 83 60000
Your Mental Health (HSE) 24/7 Info line	1800 11 1888

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MENTAL HEALTH EMERGENCIES

DONEGAL

Student Services Support: 074 91 86855

50808	Text ATU 50808
24/7 Suicide Helpline	1800 24 7247 or text 'help' to 51444
AA (Letterkenny Pastoral Centre)	074 91 21853 / 01 84 20700
Aware	1800 80 4848
Campus Security ATU	074 91 86999
Childline	1800 66 6666
Domestic Violence Service-Women's Aid National Helpline	1800 34 1900
Farm and Rural Stress	1800 74 2645
Gardai-Killybegs Office	074 97 31002/ 999/ 112
Gardai-Letterkenny Office	074 91 67100/ 999/112
Grow	0818 47 4474
HSE Alcohol and Substance Counselling & Advisory Service (Letterkenny).	(074) 91 28769 / 1800 45 9459
Letterkenny University Hospital	074 91 25888
LGBT+ Helpline	1800 92 9539
Living Links (Bereavement support)	087 928 6007
Mabs	076 107 2000
Mental Health Ireland	www.mentalhealthireland.ie
Narcotics Anonymous (Letterkenny Pastoral Centre)	074 91 21853
NowDoc (Out of hours GP)	0818 40 0911
Pieta House	0818 11 1126 (for appointments) 074 91 26594
Rape Crisis Helpline 24/7	1800 77 8888
Samaritans	116 123
SATU Letterkenny	087 06 81964
Simon Community	074 91 21613
St. Vincent De Paul Letterkenny	National 01 88 48200
Student Health and Counselling Admin	074 91 86855
Togetherall	www.togetherall.com

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