

# HELPLINES AND RESOURCES

It's absolutely ok to ask for help!

If you or someone you know is feeling depressed or anxious please contact your GP or call Caredoc (GP out of hours service) on 1850 334 999

You can also visit your local Emergency Department or call the Emergency Services on 112 or 999

Other local and national supports include:

Barnardos Enniscorthy and North Wexford 053 92 36342

BeLongTo (LGBT Support) 01 670 6223 (not available for urgent calls)

Bodywhys (Eating Disorder Support) 1890 200 444

Childline 1800 600 600

Family Life Service 053 9123086

FDYS Youth Service 053 91 23262 or 053 92 34574

Family Resource Centres

Gorey 053 94 89017

Raheen 051 442888

Southend 053 91 26027

South West Wexford 051 389418 or 051 389264

Taghmon 053 91 34465 or 089 4449925

Gorey Youth Needs 053 94 81704

HSE Substance Misuse Team 053 92 59825

HSE Drug and Alcohol Helpline 1800 459 459

"It's Good 2 Talk" Counselling & Psychotherapy Support Service 053 91 26596

NEPS Head Office 01 889 2700 or Wexford 01 889 2492

Pieta House 24 Hour Suicide Helpline 1800 247 247 Text 51444

Pieta House, Wexford 053 91 22787

Samaritans Freephone 116 123 Text 087 260 9090

Suicide Bereavement Liaison Officer 085 807 3040

Talk To Tom 0818 30 30 61

Wexford Rape and Sexual Abuse Support Service 1800 33 00 33 or 053 91 22722

Youth New Ross 051 425 415

Useful Websites

[www.hse.ie](http://www.hse.ie)

[www.fdys.ie](http://www.fdys.ie)

[www.wexfordcypsc.ie](http://www.wexfordcypsc.ie)

[www.samaritans.ie](http://www.samaritans.ie)

[www.barnardos.ie](http://www.barnardos.ie)

[www.pietahouse.ie](http://www.pietahouse.ie)

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

[www.ReachOut.ie](http://www.ReachOut.ie)

[www.spunout.ie](http://www.spunout.ie)

