

SUPPORT HELPLINE NUMBERS	
DIGNITY4PATIENTS (Mon – Thu, 10.00 – 16.00)	Helpline: 041 9843730 / 086 1654111
NATIONAL 24-HOUR HELPLINE	24-Hour Helpline: 1800 778 888 Email: counselling@rcc.ie Website: www.drcc.ie
RAPE CRISIS NORTH EAST (RCNE)	Helpline: 1800 212 122 Email: info@rcne.ie Website: www.rcne.ie
TOWARDS HEALING (Mon – Thurs, 11.00 – 20.00, Fri 11.00 – 18.00)	Free Phone: 1800 303 416 Email: info@towardshealing.ie Website: www.towardshealing.ie
AWARE (Mon – Fri, 10.00 – 20.00) Support for Depression & Anxiety	Support Line: 1890 303 302 Email: wecanhelp@aware.ie Website: www.aware.ie
REACHOUT: Mental Health Service	Support Line: 01 7645 666
CRISIS SUPPORT NUMBERS	
DIGNITY4PATIENTS (Mon – Thu, 10.00 – 16.00)	Helpline: 041 9843 730 / 086 1654 111
NATIONAL 24-HOUR HELPLINE	24-Hour Helpline: 1800 778 888 Email: counselling@rcc.ie Website: www.drcc.ie
SOSAD IRELAND	24-Hour Helpline: 041 9848 754 / 086 6698 735 Email: info@sosadireland.ie Website: www.sosadireland.ie Dundalk Office (Louth): 042 9327311 Navan Office (Meath): 046 9031855
PIETA HOUSE	Phone: 1800 247 100 Email: mary@pieta.ie Website: www.pieta.ie
SAMARITANS	24-Hour Helpline: 116 123 Email: jo@samaritans.org Website: www.samaritans.org
STOP SUICIDE (Leitrim)	1850 211 877 / 086 777 200 Email: info@stopsuicide.ie Website: www.stopsuicide.ie
COUNSELLING SUPPORT NUMBERS	
HSE COUNSELLING SERVICES (NCS)	North Dublin: 1800 234 110 North-East: 1800 234 117 (RIAN)
RIAN COUNSELLING SERVICES	Cavan, Monaghan, Meath, Louth: 046 9067010
ONE IN FOUR (Mon-Fri, 09.30 – 17.00)	Phone: 01 6624070 Email: info@oneinfour.ie Website: www.oneinfour.ie
RAPE CRISIS NORTH EAST (RCNE)	Helpline: 1800 212 122 Email: info@rcne.ie Website: www.rcne.ie
CONNECT: Telephone Counselling Service	Phone: 1800 477 477 Email: www.connectcounselling.ie
To Contact the HSE Advocacy Unit	
NATIONAL ADVOCACY SERVICE	Helpline: 0818 07 3000 Email: info@advocacy.ie Website: www.advocacy.ie
SAGE ADVOCACY SERVICE	Helpline: 1850 71 9400 Email: 1850@sageadvocacy.ie Website: www.sageadvocacy.ie