

## **COVID-19 Information Links / Contacts**

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### **Health Service Executive (HSE)**

<https://www2.hse.ie/conditions/coronavirus/coronavirus.html>

- - [Overview](#)
- - [Symptoms and causes](#)
- - [Protect yourself and others](#)
- - [Coronavirus testing](#)
- - [Treatment](#)
- - [Restricted movements and self-isolation](#)
- - [At-risk groups and coronavirus](#)
- - [Coronavirus and pregnancy](#)
- - [Travel and coronavirus](#)

### **Minding your Mental Health during the coronavirus outbreak**

Covid-19 Samaritans - Free phone 116 123

<https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html>

### **Department of Social Protection**

[Latest updates on COVID-19 \(Coronavirus\) from DEASP.](#)  
[Temporary Social Welfare Payment Details](#)

<https://www.gov.ie/en/organisation/department-of-employment-affairs-and-social-protection/>

- [Social Welfare Schemes and Services](#)
- [Customer Notices](#)
- [Find your local Intreo Centre](#)
- [Illness Benefit](#)
- [COVID-19 Pandemic Unemployment Payment](#)

### **Covid-19 Information for Employers and Employees**

<https://www.gov.ie/en/campaigns/4cf0e2-covid-19-coronavirus-information-for-employers-and-employees-test/>

### **Citizens Information**

[https://www.citizensinformation.ie/en/health/covid19\\_overview.html](https://www.citizensinformation.ie/en/health/covid19_overview.html)

## **Emergency / Support Services**

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### **Emergency Numbers**

West Doc 1850 365 000

University College Hospital Galway 091 524 222 / ED 091 544556

Roscommon University Hospital 090 662 6200

Emergency Services 999 or 112

Garda Confidential Line 1800 666 111

Mill Street Garda Station 091 538000

Child Line 1800 666 666 (24 hours) / Text 50101 (10am-4pm daily)

### **Domestic Violence**

<http://2in2u.ie/>

COPE Domestic violence support Galway: 565985

AMEN (male domestic abuse victims) 04623718 [Website](#)

Move Ireland (men overcoming violence) 018724357

<http://www.safeireland.ie>

Women's Aid Helpline 1800 341 900

Waterside House Refuge 091 565985

### **Sexual Violence**

CARI (support for anyone affected by sexual abuse) 1890924567

Galway Rape crisis centre 1800355355

Rape Crisis Centre (support for victims of rape) 1800212122

### **On-line Support Services**

<https://www.childline.ie/>

<https://www.barnardos.ie>

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

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

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

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

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

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

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

[www.itsgoodtotalkgalway.com](http://www.itsgoodtotalkgalway.com)

### **Support Services: West of Ireland**

<http://www.supportme.ie/support-services.php?c=7&l=Galway>

<http://www.supportme.ie/support-services.php?c=7&l=Roscommon>

### **Pregnancy / Parenting**

CURA 091 562558 1890 622 626

Gingerbread (Lone parents support) 01 8146618

IFPA's national pregnancy helpline - 1850 49 50 51

+Options free text "LIS" to 50444 Web [www.posaitiveoptions.ie](http://www.posaitiveoptions.ie)

Parent Line 1890 927 277

### **Help Lines / Services**

Covid-19 Samaritans 116 123

Aids West 091 562213

AWARE 1890 303 302

Barnardos 01 4530355

Drugs Help Line 1800 459 459

Galway Youth Information Centre 091 562434

Refugee Information Service [www.ris.ie](http://www.ris.ie) 091 532850

### **Counselling & Support**

1Life National Suicide Prevention Helpline 1800 247 100

Childline (ISPCC) 1800 666 666

Counselling Service for Travellers (Adults) 091 880916

CURA 091 562558

Galway Diocesan Family Centre 091 565074 Rape Crisis Centre 1800 355 355

GROW (Group support for mental health problems) 086 8032731

It's Good 2 Talk 087 2870734 083 4079182

Jigsaw (Support service for young people aged 15-25) 091 549252 Text 087 7725232

LGBT (Lesbian, Gay, Bisexual, Transgender Helpline) 1890 929 539

Parent line 1890 927277

Pieta house 016010000/016302222

Samaritans 091 561222 / 1850 609 090

SHOUT! (LGBT 14-23 years) 087 3204575

Teen line 1800833634

[Suicide Bereavement Support Network](#) 024 95561

Console [For anyone affected by suicide] 1800 201 890. 091 537333

[AWARE](#) (depression support) 016766166

GROW Tel: 021 427 7520

[Hearing Voices](#) 00448451228642

[Schizophrenia](#) 01 8601620 Helpline: 1890 621 631

### **Accommodation / Homelessness**

Emergency Accommodation Support 1800 788 887

Fairgreen House 091 568818 (Short stay residence for homeless men)

Galway Simon Community (Long & short term support for homeless people) 091 589415

### **Addiction**

Alcoholics Anonymous 091 767777

Al-Anon / Al-Teen 01 8732699 (Supporting those affected by someone's addiction)

Alcoholism Counselling & Advisory Service 091 753595

ACOA (Adult Children Of Alcoholics). Po Box 4683, Dublin 1

ANEW for women who have difficulty with alcohol 0861024743

HSE Drugs Helpline 1800 459 459

Treatment Centre for Addictions (HSE) 090 9644103 / 090 9648497

Narcotics Anonymous 086 8149004

Over Eaters Anonymous 01 2788106

BodyWhys 1890 200 444

Gamblers Anonymous 091 565207