

Supports for People in Distress/Suicidal:

Emergency Services: 999/112



Provides free counselling for people struggling with self harm and suicide thoughts.

Tel: 1800 247 247 (24 hr helpline) text 51444

Limerick: 061 484444 Ardaulin, Mungret, Limerick



Provides a listening service both by phone and face to face for people struggling to cope, need someone to talk to or feels suicidal.

Tel 116 113 or text 087 2609090

20 Barrington Street, Limerick



Provides late night peer support from suicide prevention trained volunteers from 8pm-3.30am for people in distress and also people at risk of suicide

Tel 085 2019250 Email: limerickhavenhub@gmail.com

www.havenhub.ie



Provides support to people at risk of Suicide in the evenings after 5pm. Will travel to the location of the person in distress to support them and their families at times of crisis.

Tel: 085 1777631

CRISIS TEXT LINE |

Crisis Text line will be available soon as a free, 24/7, confidential messaging service for people in crisis. See www.crisistextline.ie for updates on when it will be available and the code to text

Hospital Crisis Nurse phone number : Limerick 087 6472354, Clare 065 6863208 /087 7999857, North Tipperary 086 8306663

Shannon Doc: 1850 212 999

Office for Suicide Prevention: 061 461454 <http://www.connectingforlifemidwest.ie/>



The Your Mental Health information line is a phone service members of the public can call any time of the day. It is not a counselling service, but an information line to help point people to the correct mental health service for their needs

Tel: 1800 111 888

If you see a person in difficulty or believe river assistance is needed in an emergency Ring 112/999 and ask for the coast guard

Other River Support/Patrols:



Limerick Treaty Suicide Prevention – Patrols the rivers in Limerick usually on Sunday and Wednesday evenings from 8pm to 12pm and Friday evenings from 9 pm -1 am
Mobile: 085 7845347



Limerick Suicide Watch Patrols the rivers in the evenings in Limerick Monday, Tuesday, Thursday and Saturday evenings.
Tel 085 1493418 (Patrol Hours only)

Local Search and Rescue:

Limerick Marine Search and Rescue: www.lmsr.ie 061 316300 Email: limerickrescue@gmail.com
Limerick Land Search and Rescue: 0851800922 Email: limericklandsearch@outlook.com
Tipperary Search and Rescue (Nenagh): 087 3424433 www.nenaghormondsearchunit.weebly.com
Foynes Search and Rescue: 083 3180654
Bunratty Search & Rescue: 061 363366
Killaloe Search and Rescue: www.killaloe coastguard.ie