Help in a crisis: who to contact in Ireland

Numbers to keep in your phone and on the fridge.

If you feel you cannot keep yourself safe, or someone else is in immediate danger, call 112 or 999, or go to the nearest emergency department. You will not be wasting anyone's time.

If you need help right now (Ireland)

In an emergency	Call **112** or **999**, or go to your nearest emergency department.
Samaritans	Freephone **116 123**, any time, day or night. Email jo@samaritans.ie
Text About It	Free text **HELLO** to **50808**, any time, for an anonymous text conversation.
Pieta	Freephone **1800 247 247**, any time, or text **HELP** to **51444**. For thoughts of suicide or self-harm.
Your GP	Contact your GP or the out-of-hours GP service in your area.

Other support

Service	What it is for	Contact
HSE Your Mental Health information line	Information on mental health supports and services near you, any time	Freephone 1800 111 888
Your GP	First point of contact for mental and physical health. Ask for an urgent appointment.	My GP's number below
Out-of-hours GP	Urgent medical help when your surgery is closed	Number for my area below

My numbers

Who	Number
My GP	
Out-of-hours GP service	
My therapist	
Someone I trust	
Someone else I trust	

Cut along the dashed lines. Keep a card in your wallet or phone case.

If I need help now

Emergency **112** or **999**
Samaritans **116 123**
Text **HELLO** to **50808**
Pieta **1800 247 247**

Patrick O'Hare Therapy

My people

Names and numbers

Patrick O'Hare Therapy

These numbers were checked in November 2026. Services change, so check hse.ie if a number does not connect.

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This handout supports your therapy. It does not replace professional advice.