

SUPPORT NUMBERS – CARLOW AREA

Regional & National Support

Amen (Men's Support Domestic Violence)	046 9023718
Anti Bullying Centre	01 6082573
Aware (24 Hr Helpline)	1890 303 302
Caredoc (6pm - 8am)	1850 334 999
Childline	1800 66 66 66
Comhar (Adult Counselling Service)	1800 234118
Cura (Unplanned Pregnancy)	1850 622 626
Drugs/HIV Helpline	1800 459 459
Garda Confidential Line	1800 66 61 11
Gay Switchboard	01 8721055

(Mon-Fri 7.30 - 9.30pm & Sat 3.30-6.00pm)

Grow Mental Health Movement	056 7761624
ISPC	01 6794944
Mental Health Ireland	01 2841166
National Drugs Awareness Helpline	1850 719 819
Parentline (Parents Under Stress)	01 8733500
Regional Drug Co-ordination Unit	051 846720
Regional Suicide Resource Office	051 874013
Samaritans	1850 609090
Schizophrenia Ireland	1890 621 631
Solas Barnardos Child Bereavement Service	01 4732110
St. Vincent de Paul	01 838 4164

Local Numbers

Carlow Drugs Initiative	059 9140616
Carlow Regional Youth Service	059 9130476
Carlow Women's Aid	1800 444 944
Citizens Information Centre	059 9131913
Money Advice Budgeting Service	059 9140977
Carlow & St. Leinster Rape Crisis Centre	1800 727 737
Talk it Over (Suicide Bereavement Support)	1850 201 249
St. Vincent de Paul	059 9132920
Mental Health Ireland (Carlow)	087 4115584

Health Service Numbers

Community Services	059 9136520
Carlow Mental Health Services (St. Dymphna's)	059 9136301
Child and Adolescent Psychiatry	059 9136520
Community Welfare Office	056 7736520
Psychological Service	059 9136520
St. Luke's General Hospital	056 7785000



Foedhmeannacht na Seirbhíse Sláinte
Health Service Executive

Help & Support

Only a Phone Call Away

Carlow Area



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