



Get urgent help for a mental health issue

Call 112 or 999 if:

- you or someone you know is about to harm themselves or someone else

Mental health crisis

A mental health crisis often means that you no longer feel able to cope or be in control of your situation.

In a crisis, it is important that you get help as soon as possible.

You may be:

- feeling severe emotional distress or anxiety
- feeling unable to cope with demands of daily life or work
- thinking about suicide or self-harm
- having unusual experiences or beliefs, such as hearing voices, or thinking people are out to get you

A mental health crisis can also be the result of an underlying medical condition.

For example, confusion or delusions caused by:

- an infection
- an overdose
- illicit drugs
- intoxication with alcohol

Confusion can also be a symptom of dementia.

Find out about the symptoms of dementia - [understandtogether.ie](https://www.understandtogether.ie/about-dementia/what-is-dementia/signs-and-symptoms/) (Link: <https://www.understandtogether.ie/about-dementia/what-is-dementia/signs-and-symptoms/>)

Where to get help

GP and health centres

A GP can offer support for anyone in crisis. If possible, ask someone to come along with you.

Find a service near you:



GP or health centre (Link: <https://www2.hse.ie/services/find-a-gp/>)



Out of hours GP service (Link: <https://www2.hse.ie/services/find-a-gp-out-of-hours/>)

Hospital emergency services

Go to or call the emergency department of your local general hospital (Link: <https://www2.hse.ie/Apps/Services/EmergencyDepartments.aspx>).

Telephone emergency services

You can contact emergency services on 112 or 999.

HSE mental health services

If you are being supported by a mental health team, or have been in the past, contact the service for support in a crisis.

Mental health supports and services (Link: <https://www2.hse.ie/services/mental-health-supports-and-services/>)

Samaritans

The Samaritans telephone service is available 24 hours a day for confidential, non-judgmental support.

Freephone 116 123 (Link: tel:116123)

jo@samaritans.ie (Link: <mailto:jo@samaritans.ie>)

[samaritans.ie](http://www.samaritans.org/your-community/samaritans-work-ireland) (Link: <http://www.samaritans.org/your-community/samaritans-work-ireland>)

ChildLine

Freephone 1800 66 66 66 (Link: tel:1800666666)

Free text 'Talk' to 50101

Text About It

Text About It is a free, 24/7 service, providing everything from a calming chat to immediate support for your mental health and emotional wellbeing.

Free-text HELLO to 50808 for an anonymous chat with a trained volunteer, any time.

[textaboutit.ie](https://www.textaboutit.ie/) (Link: <https://www.textaboutit.ie/>)

Related topics

Supporting someone who might be suicidal (Link: <https://www2.hse.ie/mental-health/helping-someone-else/someone-who-might-be-suicidal/>)

What to do if someone is attempting suicide (Link: <https://www2.hse.ie/mental-health/helping-someone-else/what-to-do-if-someone-is-attempting-suicide/>)

Page last reviewed: 1 September 2022

Next review due: 1 September 2025