

■ Mental Health Supports

University Hospital Limerick – Liaison Psychiatry Team

■ Community Support (Limerick)

Solace Café FREE

■ Thu–Sun, 6pm – Midnight

Confidential, non-clinical mental health support for adults experiencing emotional distress.
Book a 1-hour session with trained support workers and peer connectors.

■ Limerick Mental Health Association, Sarsfield Bridge (Former Pier One Hotel)

■ 061 446 786 ■ Text/WhatsApp: 085 261 2025 ■ solace@limerickmentalhealth.ie

■ Text Support

Text About It FREE 24/7

24/7 anonymous text-based support. Text the word HELLO to start.

■ Text 50808 • WhatsApp: 086 180 4253

48, An Post & Clear Mobile users: Use WhatsApp or text 086 180 0280 (standard SMS rates)

■ Crisis Helplines

Samaritans FREE 24/7

■ 116 123

Pieta House FREE 24/7

■ 1800 247 247

These are Irish freephone numbers. Calls are free from any phone.

■ Emergency

Emergency Department Available 24/7

For mental health crisis assessment. If you or someone is at immediate risk of harm or needs urgent medical treatment, call emergency services.

■ 999

■ 112



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victoriadigital.github.io/contactesQR

Keep this leaflet. These services are confidential and here to help.