



# Mental Health Supports

University Hospital Limerick – Liaison Psychiatry Team



## Solace Café

FREE

Thu–Sun, 6pm – Midnight

Confidential, non-clinical mental health support for adults experiencing emotional distress, anxiety, or feeling overwhelmed. Book a 1-hour session with trained support workers and peer connectors. Access coping strategies, one-to-one support, and sign-posting to local services.



Limerick Mental Health Assoc., Sarsfield Bridge (Former Pier One Hotel)



061 446 786



085 261 2025



solace@limerickmentalhealth.ie



## Text About It

FREE

24/7

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

**Text 50808** or WhatsApp **086 180 4253**

48, An Post & Clear Mobile: Use WhatsApp for free, or text HELLO to 086 180 0280 (standard SMS rates may apply)



## Crisis Helplines

FREE

24/7

### Samaritans



**116 123**

Listening support, any time

### Pieta House



**1800 247 247**

Suicide & self-harm crisis support

*These are Irish freephone numbers – free from any phone.*



## Emergency

24/7

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



**999**

or



**112**

(Emergency Services)



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liaisonpsychiatryteam.netlify.app

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