



Mental Health Supports

University Hospital Limerick – Liaison Psychiatry Team



Solace Café **FREE** Thu–Sun 6pm–12am

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

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

Anonymous text-based support. Text the word HELLO to start a conversation.

Text 50808 or WhatsApp **086 180 4253**

48/An Post/Clear Mobile users: WhatsApp or text 086 180 0280 (standard rates)



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**

If you or someone is at immediate risk of harm or needs urgent medical attention.

999 or **112** (Emergency Services)



Scan for digital version

victoriadigital.github.io/contactesQR

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