



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)



Scan for digital version

victoriadigital.github.io/contactesQR

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