



# 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



### Scan for digital version

[victoriadigital.github.io/contactesQR](https://victoriadigital.github.io/contactesQR)

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