

# Key Contacts for Families during COVID 19 Closure

## **Child Protection and Welfare services**

Tusla Duty and Intake Service: Phone 061 483097 9am to 5 pm Mon-Fri website [www.tusla.ie](http://www.tusla.ie)

Outside of those hours:

Contact local Garda Station in an emergency or out of hours. **Note: Dial 999 in an emergency**

Henry St Garda Station: Phone 061 212400

Roxboro Rd Garda Station: Phone 061 214340

Mayorstone Park Garda Station: Phone 061 456980

## **Domestic Abuse**

Womans Aid National Helpline: Phone 1800 341900

Limerick Adapt Domestic Abuse Services: Phone 061 412354 or 1800 200 504 (24 hour service)

Mens Aid Ireland National Helpline: Phone 01 554 3811

Rape Crisis Midwest (for women and men): Phone 1800 311511

Note- Contact your local Garda Station or **dial 999 in an emergency**

## **Information and Guidance on Employment and Income Supports, Social Welfare, Mortgage and Loans, Tenants and Rent**

Citizens Information Board National Helpline: Phone 0761 07 4000 Limerick: Phone 0761 07 5780

[www.citizensinformation.ie](http://www.citizensinformation.ie) or email: [covid19@citizensinformation.ie](mailto:covid19@citizensinformation.ie)

## **Counselling and Mental Health**

Your Mental Health Information Helpline: Phone 1800 111888 (24 hours)

Website: [YourMentalHealth.ie](http://YourMentalHealth.ie) has a host of information and contacts

Pieta House: Phone 1800 247247 email: [pieta.ie/contact](mailto:pieta.ie/contact)

Samaritans: Phone 116 123 or 061 412111

Note- A range of tele counselling services are available during the Covid 19 period please go to [YourMentalHealth.ie](http://YourMentalHealth.ie) for further information.

## **Family Support Services**

Barnardos are providing a range of family supports by telephone and online including supporting family routines, family discord and bereavement.

Helpline: Phone 1800 910123 10am to 2 pm Mon-Fri email:

[parentsupport@barnardos.ie](mailto:parentsupport@barnardos.ie)

Vincent de Paul Limerick: Phone 061 317327

