

Important National Helplines

during crisis COVID 19 emergency

Community Call National helpline: **0818 222 024**
Dedicated Coronavirus Helpline: **1800 202 065**
HSE Live, Helpline **1850 241 850** (Mon-Fri 8am - 8pm / Sat-Sun 10am – 5pm)
YOUR MENTAL HEALTH **1800 111 888**

IF YOUR HOME ISN'T SAFE, SUPPORT IS STILL HERE...

www.stillhere.ie

If someone is in immediate danger call Gardaí 999/112 (24 hours /7 days)

Women's Aid National Helpline/ multilingual - 24 hours /7 days: **1800 341 900**

For deaf and hearing impaired women - 8am-8pm, 7 days 087 959 7980

Women's Aid *Online chat*, Mon, Wed, Fri -7-10pm on Womensaid.ie

Male Advice Line Freephone number: **1800 816 588**
Mens' Aid www.mensaid.ie Helpline: **01 5543811** Email: Hello@mensaid.ie
Rape Crisis Centres National 24-Hour Freephone Helpline: **1800 778 888**

CONCERNED ABOUT A CHILD'S SAFETY & WELFARE?

Tusla's Duty Desk is still open Mon-Fri- 017955749

If a child is in immediate danger, especially outside working hours, call Gardaí at 999 or 112

Childline 24 hours FREEFONE **1800 666 666**
10am-4pm daily Live chat on www.childline.ie Free text chat on **50101**
TeenLine **1800 833 634**

OLDER PEOPLE & VULNERABLE ADULTS

Concerned about the safety or welfare of an older person or vulnerable adult?

*HSE Adult Safeguarding & Protection Duty Desk still open. Mon-Fri 9-5 **045 929410** or safeguarding.cho7@hse.ie*

ALONE **0818 222 024** Monday to Friday, 8am - 8pm
Seniorline FREEPHONE: **1800 804 591** daily 10am - 10pm www.thirdageireland.ie @thirdageireland

MENTAL HEALTH AND/OR SUICIDE

Samaritans FREEFONE: **116 123** (24 hours/ 7 days) email jo@samaritans.org
Pieta House Helpline: **1800 247 247** or Text the word 'Help' to **51444** or email mary@pieta.ie
JIGSAW Mon-Fri 9am-5pm Text **086 1803880** or email help@jigsaw.ie; Mon-Fri 1-5pm **1800 (JIGSAW) 544 729**
Turn 2 Me One to One and Support Group online counselling 18+. www.turn2me.org
Spunout For 16 - 25 year olds. Text SPUNOUT to **086 1800280** or www.spunout.ie
BeLong To For (LGBTI+) young people in Ireland. Text LGBTI+ to **086 1800280** or www.belongto.org
Aware Depression or bipolar - 7 days 10am to 10pm **1800 804 848** or email support@aware.ie
GROW Support around emotional and mental wellbeing **1890 474 474** or info@grow.ie

TRAVELLER COMMUNITY

Traveller Covid-19 Helpline 9 am – 9 pm **083 1006300** Traveller Counselling Service **086 3081476**
Traveller Mediation Service *Chris McDonagh* **083 4322076** Exchange House Counselling **01 8721094**

MONEY ADVICE

Citizens information
Links to all COVID-19 entitlements and workers' rights etc during the crisis on
www.citizensinformation.ie/en/social_welfare/covid19_and_social_welfare.html
MABS Helpline: **076 1072000** special blog www.mabs.ie/en/how_we_help/mabs_blog/
Business Support Call Centre Call **01 6312002** or email infobusinesssupport@dbei.gov.ie

ANIMAL WELFARE

ISPCA Animal centres closed to public ; Emergencies only **043 3325035** or email info@ispca.ie
DSPCA Report animal cruelty by email cruelty@dspca.ie
Pet Hotel by appointment only phone **01 4994790** or email info@dspcapethotel.ie

Important Local Information Clondalkin

COVID-19 Response Initiatives Keep this somewhere safe in case you need the information later

During these very different times most local organisations are still open and here for you – just in a different way. Some new initiatives are just for the COVID-19 crisis. Most local services are supporting people by phone or online, while buildings are closed and staff work from home.

Call a helpline for friends, family or neighbours, if they can't make the call themselves. And if you must stay home, don't hesitate to call for help with food, shopping, fuel, collecting medicines or any other need.

South Dublin County Council	Community call local	Helpline: 1800 240519	covidsupport@sdblincoco.ie
South Dublin County Partnership	Community Check-in local	01 414 9043 or 01 4649300	Monday to Friday 9-5pm
An Garda Síochána	For emergencies always 999/112		
	For help during COVID19 ask for the community garda team - <i>no concern too small</i>		
Local Garda Stations:	Ronanstown	01 6667700	Lucan 01 6667300
	Clondalkin	01 6667600	Ballyfermot 01 6667200

Local Employment Service (LES) support including accessing and completing COVID-19 related social welfare applications
Clondalkin 014577308 **Lucan 016217527** **Tallaght 014653590**

EXTRA FOOD

Clondalkin Food Initiative: Local COVID19 response, run jointly by Quarryvale FRC & Clondalkin Helping Homeless. If you need extra food, know someone who does or can volunteer, contact Karin at manager@quarryvalefrc.ie or **085 2020300**

School Meals: Each school has their own way of getting food parcels to families whose children were getting school meals. If your child did not get school meals but you need extra food now because of COVID19, contact the school or its school completion programme

Family and Parent Supports

Blueskies	Loads of tips on Facebook & Instagram: blueskiesinitiative / Twitter @BlueSkiesDublin or www.blueskiesinitiative.ie
Quarryvale FRC	Phone-in <i>Mon-Fri 10-12</i> Parenting & family support – Deborah 087 3750009 General info & support – Susan (<i>not Wed or Fri</i>), 085 2020228 , or Karin 085 2020300
ISPPC	Normal working hours. Contacts - Siobhan 085 804 2715 / Niamh 087 2507015
Neart le Cheile/Cumas	087 1213142 <i>Mon - Fri, 9 - 5</i> , call Alison for support by phone or online

Youth Services

Clondalkin YS	01 4594666 / 086 1304629 or e-mail - cys@crosscare.ie https://m.facebook.com/ClondalkinYS/
Ronanstown YS	www.facebook.com/Ronanstown-Youth-Service - Sinéad Harris, Manager 085 8770205

Local Mental Health Services (National/ Regional listed overleaf)

Beacon of Light	085 8431938 for enquiries during business hours
CAMHS	New referrals through the GP as normal, can be based on GP telephone conversation with young person
Families First	Tele-counselling/psychotherapy and/or on-line support is being provided
Jigsaw	<i>See contacts overleaf</i>
TUS NUA	087 783 1012 / 01 4572938 Local addiction Counselling & homeless supports
CASP	01 6166750 Comprehensive local addiction service
CTDG	01 4575124 Local Traveller Counselling Service

Other

The Healthy Living Centre	Activities cancelled follow www.facebook.com/thecomunityhealthylivingcentre/
Community Welfare Service	<i>email: ClondalkinLucanCWS@welfare.ie – include name, address, PPSN</i>
St. V de P Eastern Region	Call / text any of these four numbers 085 8057632 , 085 8057634 , 085 8057637 , 085 8057641
Order of Malta Clondalkin	Will collect essentials for housebound - call John 086 4680880 or Jamie 083 1779196
Neart le Chéile/ Cairdeas Project	01 4573515 Mon-Fri 9-5. Call Ann or Lisa for support. Advocacy for people who use drugs/ have a history of drug use
NCCDP Community Safety Forum	Concerned about the environment or community safety? email nccdp2@yahoo.ie /facebook private message Christy Melia House/ call 087 6191987
Combined Catholic Parishes of Clondalkin	www.facebook.com/TheCCPCDublin - live broadcast at 9am, 3:30pm & 7:30pm For contact details and info (<i>Mass times etc</i>) for all local churches go to www.clondalkinparish.com/?p=4334
For the Bereaved	View/download a Guide for the Bereaved during the COVID-19 Pandemic & Planning a Funeral in Exceptional Times at www.clondalkinparish.com/?p=4112