

Important National Helplines

during crisis COVID 19 emergency - 2021

24 hours/ 7 days Crisis Help Lines

Text HELLO to 50808 From a calming chat to immediate support for people going through a mental health/emotional crisis.
Samaritans FREEFONE: **116 123** / email jo@samaritans.org
Pieta House **1800 247 247** / Text the word 'Help' to **51444** / email mary@pieta.ie
Rape Crisis Centres **1800 778 888**

HSE Live, Covid19 Helpline **1850 241 850** or **012408787** (Mon-Fri 8am - 8pm / Sat-Sun 9am - 5pm)

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**
Deaf & hearing impaired women - 8am-8pm, 7 days **087 959 7980**
Online chat- Mon, Wed, Fri -7-10pm on Womensaid.ie

Mens' Aid:

www.mensaid.ie Email: Hello@mensaid.ie
Helpline: 01 5543811 (Mon-Fri, 9 to 5)
Male Advice Line Freephone : **1800 816 588**

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 920410** 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

Young people www.jigsaw.ie Mon-Fri 9-5 Text **086 1803880** /email help@jigsaw.ie; Mon-Fri 1-5pm **1800 544 729**
www.spunout.ie For 16 - 25 year olds. Text **SPUNOUT** to **086 1800280**
www.belongto.org For (LGBTI+) young people in Ireland. Text **LGBTI+** to **086 1800280**
Adults www.turn2me.org Free online counselling for adults, including frontline staff
www.mymind.org Free online counselling for adults, including frontline staff
Self-help **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
Psychological First Aid www.alustforlife.com/psychological-first-aid
YOUR MENTAL HEALTH **1800 111 888** — HSE information service, not a counselling service

TRAVELLER COMMUNITY

Traveller Covid-19 Helpline 9 am – 9 pm **083 1006300** **Exchange House Counselling** **01 8721094**
Traveller Counselling Service www.traveller counselling.ie/online-counselling/ **01-868 5761** or **086 3081476**
Traveller Mediation Service *Chris McDonagh* **083 4322076**

MONEY ADVICE

COVID19 entitlements & workers' rights : 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 **1890515515** 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 2021 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@sdublincoco.ie

An Garda Síochána

For emergencies always **999/112**

For help during COVID19 call local station & ask for the community garda team -no concern too small

Local Garda Stations:

Ronanstown 016667700 Lucan 016667300 Clondalkin 016667600 Ballyfermot 016667200

Local Employment Service (LES)

includes support accessing and completing COVID-19 related social welfare applications

Clondalkin **014577308**

Lucan **016217527**

Neilstown **014575924**

Bawnogue **014578861**

NEW Clondalkin Community Facebook Page - @clondalkin.cares

EXTRA FOOD

Two food banks cover the Clondalkin, Lucan, and Palmerstown areas. To access food, volunteer or donate:

Bawnogue Food Bank: Message on Clondalkin Helping Homeless Facebook page or call St. Vincent de Paul on 01-855 0022.

Quarryvale Food Bank: call 085-202 0300 or email manager@quarryvalefrc.ie

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

Parenting & Community training programmes, parenting resources. More info on Facebook & Instagram: [blueskiesinitiative](https://www.facebook.com/blueskiesinitiative) / [Twitter@BlueSkiesDublin](https://twitter.com/BlueSkiesDublin) or www.blueskiesinitiative.ie

Quarryvale FRC

Supports & courses for parents & children, including online adult education & social activities:

Deborah 087-375 0009/ email familysupport@quarryvalefrc.ie

Childcare enquiries: **Catriona** email: honeybears@quarryvalefrc.ie

ISPC

Normal working hours. Contacts - **Siobhan: 085 804 2715 / Niamh: 087 2507015**

Neart le Cheile/Cumas

01 4573515 Mon - Fri, 9 - 5, call Alison for support by phone or online

Youth Services

Clondalkin YS

01 4594666 / 086 1304629 or e-mail - cysinfo@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

Quarryvale FRC

Trauma-informed psychotherapy/counselling, children & adults: **0852020300/** manager@quarryvalefrc.ie

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

Community Welfare Service

email: ClondalkinLucanCWS@welfare.ie – include name, address, PPSN

Neart le Chéile/ Cairdeas

01 4573515 Mon-Fri 9-5. Call Ann or Lisa for support. Advocacy for people who use drugs/ have a history of drug use

Project

NCCDP Community Safety

Concerned about the environment or community safety? email nccdp2@yahoo.ie /facebook private message Christy Melia House/ call **087 6191987**

Forum

Combined Catholic Parishes

www.facebook.com/TheCCPCDublin - live broadcast at 9am, 3:30pm & 7:30pm

of Clondalkin

For contact details and info (*Mass times etc*) 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