



Tipperary Together Newsletter | February 2025 | Issue No. 2

Welcome to the latest edition of our newsletter '*Tipperary Together*'. The '*Tipperary Together*' newsletter will issue at the end of each month and will be a broader community focused newsletter showcasing supports and content of interest to community based groups and individuals.

This issue includes information on:

- Clonmel Library Events
- TCC Climate Action Update
- L'Etape Ireland Tour de France
- Tipperary PPN Plenary
- Statutory Sick Pay
- Tidy Towns Workshop
- Community Services
- Mental Health & Family Caring Pathways to Resilience (P2R)
- Comhairle Na n-Óg Update
- SEAI Energy Tips
- Tipperary Sports Partnership Update
- Tipperary Parent Hub Information

Contact Us:

Phone: 0818 06 5000

Email: tipperarytogether@tipperarycoco.ie

Facebook: <https://www.facebook.com/tipperarycc>

Twitter: <https://twitter.com/tipperarycoco>

MARCH EVENTS CLONMEL LIBRARY

CLONMEL LIBRARY

CIORCAL
COMHRÁ AT
CLONMEL
LIBRARY



INFORMAL CONVERSATIONAL IRISH GROUP

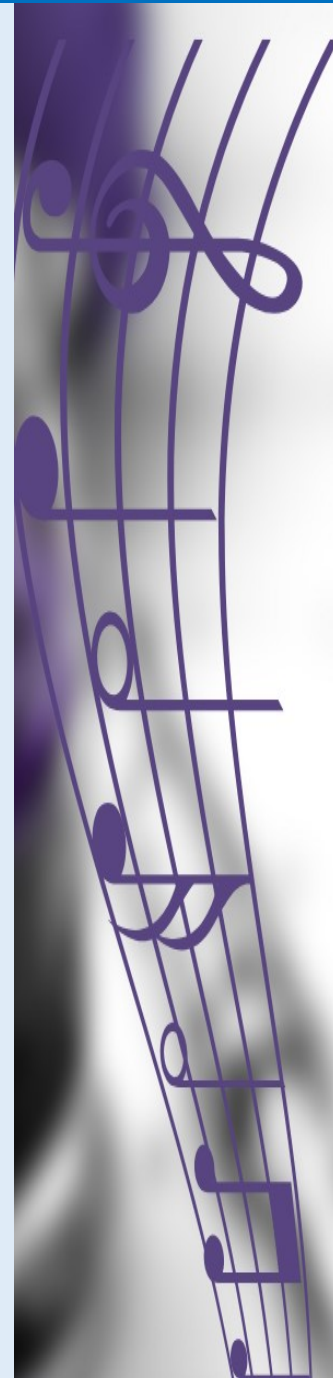
BRUSH UP ON YOUR IRISH LANGUAGE SKILLS AT OUR
WARM AND WELCOMING GROUP!

THURSDAY THE 6TH AND 20TH OF MARCH IN
CLONMEL LIBRARY AT 11:15AM.

FÁILTE ROIMH CHÁCH. FOR MORE INFO CALL US ON
052-6166130.



Comhairle Contae Thiobraid Árann
Tipperary County Council
Library Service



Finding a VOICE



Clonmel library are hosting a special talk, in conjunction with the Finding A Voice Festival. Speakers include Dr. Emma O'Keefe, Dr, Laura Hamer, Mareike Hilbrig, Kim Siekmann and Artistic Director Roisín Maher.

Clonmel Library - Saturday, March 8th at 10:30am

Mental Health & Family Caring:

Supporting the Supporters

A five week online programme for family carers and supporters of people with mental health challenges.

Explore:

Self-care, Mental Health & Recovery Concepts, Boundaries, Communication Techniques, Supports & Services

Dates: March 4th, 11th, 18th, 25th, and 1st April

Time: 10.00am - 12.30pm

Booking essential via the Recovery College South East

FREE

BOOKING
DETAILS:

To register contact
recoverycollege_southeast@gmail.com
or 086 1746330



We wanted to let you know that the Mental Health and Family Caring; Supporting the Supporter programme begins on 4th March Week, running for five weeks online for 2.5 hrs per week, 10am - 12.30. This programme is being run as a partnership with Mental Health Ireland, Family Carers Ireland, the HSE Family Peer Support Workers, and the Recovery College South East. Bookings are through the college; recoverycollegesoutheast@gmail.com or 086 1746330.

The AIM of the programme is to support family members in building skills to look after their own wellbeing whilst supporting someone living with a mental health challenge.

To help us do this we will have an interactive five weeks together where we will share skills and experiences. By the end of this workshop participants will have:

- Had time to reflect on and build tools and techniques for self-care
- Expanded understanding of mental health, wellbeing and recovery
- Had an opportunity to learn about and practice communication skills
- Increased awareness around their boundaries and personal wellbeing when supporting another
- Learned more about supports and services Workshop

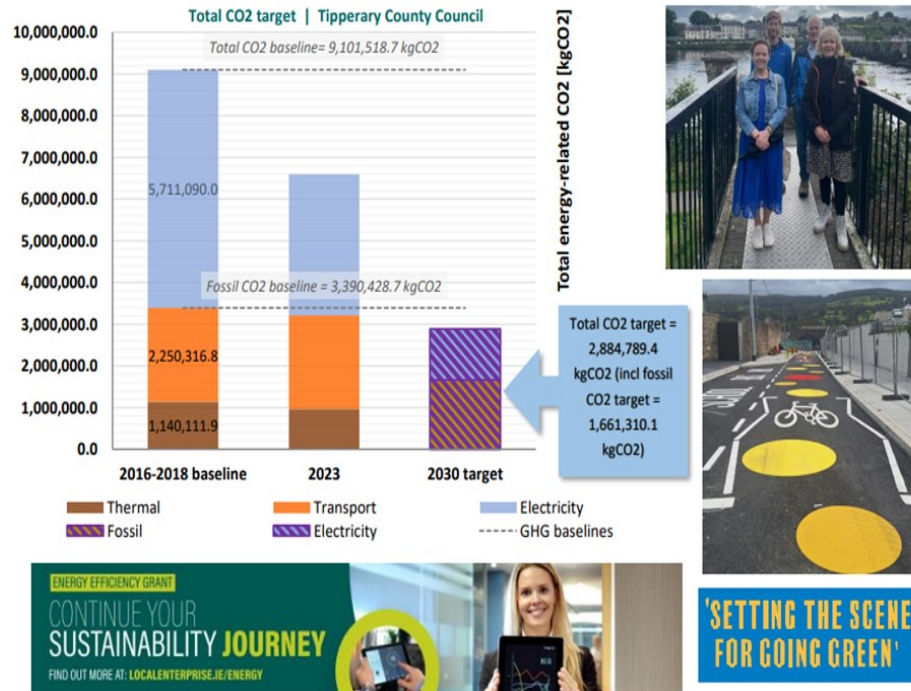


First Climate Action Progress Report for Tipperary County Council



Clare Lee, Climate Action Coordinator presented the first annual progress report on Climate Action to Tipperary County Council at their Plenary meeting on the 10th for February 2025.

The report details the requirement of the council is to decrease its use of fossil fuels and increase its energy efficiency across its facilities and fleet. This can be done through investment (Section 4 Energy Performance) and improved staff behaviour (Section 5 Staff Awareness and Training).



The Council is also supporting communities, businesses and sectors in Tipperary to reach their own climate action targets through the delivery of daily Council services and functions. For example, the

1. Community Climate Action Fund supported 25 community projects with an investment of €750,000 in 2024.
2. The Local Enterprise Office supported 27 businesses to become more sustainable in their use of water, energy and resources through investment in technology and equipment
3. The Active Travel Team invested €4 million in 25 projects in 2024, to help enable people to choose walking and cycling as an alternative to private car journeys.

A big thanks to all who contributed to this report and to Climate Action in Tipperary during 2024. For more information on climate action progress go to [Tipperary County Council Climate Action Plan](#)





www.pathways2resilience.eu
[@Pathways2Resilience](#)
[@P2Rresilience](#)



TIPPERARY COUNTY COUNCIL PARTICIPATING IN EU WIDE CLIMATE ADAPTATION PROGRAMME Pathways2Resilience (P2R)

Tipperary County Council, has received funding of €210,000 to participate in a 18-month programme to support a transformative approach to climate adaptation and climate change resilience. The project will be delivered through a partnership with the Environment and Climate Action Section and the Economic, Community and Rural Development Section.

This project will support delivery of Action 100 of the **Tipperary Local Authority Climate Action Plan 2024**.

100 Seek to actively support the development of the bioeconomy in Tipperary, including new and emerging technologies, both in the Decarbonising Zone (National Bioeconomy Campus) and elsewhere in the county in line with the National Bioeconomy Action Plan 2023 – 2025, whilst advocating and exerting influence to ensure bioeconomy related development and activities promote climate action and adaptation co-benefits, and do not contravene relevant environmental protection criteria or cause significant negative environmental effects.

The Circular Bioeconomy presents opportunities to both improve climate change adaptation and resilience and to transform our society to move towards a more sustainable way of producing, managing and using our resources.

Tipperary County Council is one of 40 regions all across Europe in the programme and will be working with its Irish and European partners to build a resilient and progressive Circular Bioeconomy, centred on the work of the National Bioeconomy Campus at the former Lisheen Mine Campus, Lisheen, Thurles. This exemplary project has supported the appointment of a full time Circular Bioeconomy Outreach Officer based in Tipperary County Council. For further details on the P2R project and on the Bioeconomy please click on the links below.

- **40 Regions Unite to Build Climate Resilience for 53 Million Europeans - Pathway2Resilience (pathways2resilience.eu)**
- **Home - Irish Bioeconomy Foundation**
- **gov.ie - Bioeconomy Policy (www.gov.ie)**



www.pathways2resilience.eu
[@Pathways2Resilience](#)
[@P2Rresilience](#)



Thomas Koelz: P2R Programme lead and Senior Advisor for climate resilient regions at EIT Climate-KIC, Elaine Cullinan: P2R Programme Manager TCC, Laura Martínez: P2R Programme Director at EIT Climate-KIC, Clare Lee: Climate Action Coordinator TCC (The Hauge, Kick-Off meeting October 24)



With the exciting news that L'Étape is coming to Carrick on Suir on the 28th of September, this is your chance to experience L'Étape like a real Tour de France cyclist, so if you fancy testing your cycling athleticism registrations are now open via [Link to booking](#), There will be a weekend of festivities planned within Carrick to celebrate this sporting event

What is L'Étape?

L'Étape du Tour de France is an organised mass participation cyclosporitive that allows amateur cyclists to race over the same route as a Tour de France stage, this year's location is Carrick-on-Suir in Tipperary and across the Comeragh mountains in Waterford.

Up to 3,000 cyclists have the chance to sample the unique thrills and challenges of a Tour de France stage in Ireland for the first time.

Designed and vetted by the team behind the Tour de France, two routes, starting in Carrick-on -uir, Co Tipperary, will take in some of the country's most breathtaking scenery and epic climbs where cyclists can experience the Tour De France on their own terms.

Options: 100k & 150k.

More on this press release:

<https://www.tipperarylive.ie/news/sport/1727821/l-etape-ireland-tour-de-france-event-to-start-in-tipperary-town-famed-for-cycled.html>

L'Étape Ireland Tour de France event to start in Tipperary town famous for cycling

The two routes for the major cycling event will start in Carrick-on-Suir





Great excitement in Carrick-on-Suir at the launch of L'Etape Ireland Tour de France event where two routes for the major cycling event will start in the famous Tipperary cycling town. Carrick-on-Suir is steeped in cycling history and has some of the best cycling anywhere in the world, with the roads of Tipperary and Waterford being up there with the best on offer.

Pictured: Representatives of Tipperary County Council, Waterford City & County Council, Explore Carrick-on-Suir and local cycling clubs at the launch of the L'Etape Ireland Tour de France cycling event at O'K Cycles in Carrick-on-Suir, Ireland's oldest bike shop.



National Youth Council of Ireland (NYCI)

YOUNG VOICES

On February 18th delegates Vivien, James, Ben, Niamh, Michael, Jess, Abigail, Olivia & Ellie from Tipperary Comhairle na nÓg attended the NYCI Youth Voices event in Cork. The day was an insightful day on issues affecting young people across Ireland, Tipperary Comhairle raised the issues under the theme of accessibility at the event, with prominent issues such as the lack of transport available along with the lack of mental health services in Tipperary. The group were very passionate about these issues and stood up to present their problems and solutions to the others attending the event. They emphasised the need for more trains and buses to run not only to places outside of Tipperary but also more routes connecting the county. Regarding mental health services, they hope for organisations to be set up predominantly in South Tipperary.

After a short break they went back to work to focus on how youth work will evolve and their hopes for the future. They discussed the use of AI and how it will affect youthwork in the coming years. They finished the exercise by using prompts to design a youth worker in 2050 with aid of AI.

To bring the day to a close the floor was open to all attendees, the group had the chance to hear about other organisations, opportunities and problems for young people all over Ireland.

The group greatly enjoyed the experience of the day, and the newer members got their first taste into what the impact of their voice can have in Tipperary and wider areas. A huge well done to all of the organising team for a successful event and a further congratulations to all members who attended as they represented themselves and their county very well.



Members of Tipperary Comhairle at the NYCI Youth Voices Event in Cork

TIPPERARY PPN SPRING PLENARY



Join us for our Spring Plenary!



On the evening of Thursday 6th March at 6pm, we will be in Loughmore Community Parish Hall having our Spring Plenary.

Based in Loughmore is the now famous **The Cottage** Tearooms, which is a social enterprise, and is enterprising in so many ways. Refreshments for our Plenary will be straight from the Cottage so food will be local and fresh on the night.

Mary Fogarty from **The Cottage** Tea Rooms will also be updating us on all the new projects and ideas happening in this innovative establishment as part of the informative evening.

There is always a little PPN business to do on the night so all attending community groups can vote on the work in 2025 that the Tipperary PPN strives to do for all its members.

Due to experiencing the harsh electricity outages and water shortages after the recent extreme weather events, we are inviting you to come and have a discussion at the Plenary around the impact on you or someone you know. Any suggestions or solutions you feel might help communities to adapt to the challenges of the changing weather systems happening here in Ireland will be noted.

There will also be short presentations to inform groups of opportunities and plans within the county.

We start the business at 6.30pm but feel free to join us anytime after 6pm for refreshments. So, register on this link to join us on the evening: <https://www.eventbrite.ie/e/tipperary-ppns-spring-plenary-2025-tickets-1254590988419?aff=oddtcreator>

Please contact Ruth on 087 4567111 or email coordinator@ppntipperary.ie for more information about the Tipperary PPN or any of the above.

REDUCE YOUR ENERGY—SEAI TIPS

There are some really good tips from the SEAI on how to save energy in the home

<https://www.seai.ie/plan-your-energy-journey/for-your-home/energy-saving-tips>



Simple energy saving actions

- Set thermostats to 19C in living areas and lower in hallways.
- Switch equipment off when not in use, TVs, games consoles, coffee machines etc
- Turn off lights when not in use
- Identify your biggest energy users and use sensibly and off peak if possible
- Kettles (do not over fill, boil what you need)
- Washing machines (only use when you have a full load)
- Ovens & Hobs (optimise use)

Check the following

- Are windows and doors draft proofed
- Are heating controls are set to come on when needed.
Is the Immersion on a timer



Age & Opportunity Active National Grant Scheme is open and the closing date is Midday on the 28th of February. For further details check out this link <https://bit.ly/3WXCgQh>

Women in Sport Week will take place from March 3rd – 9th.

The aim of Women in Sport Week is to:

- Celebrate every woman and girl who plays, coaches, officiates, volunteers, works in, and leads on Women in Sport.
- Promote and highlight the ongoing work of Sport Ireland, NGBs, LSPs, and other stakeholders and clubs on Women in Sport.
 - Highlight some of the programmes/initiatives funded by Sport Ireland Women in Sport Programme

TSP and Sport Ireland are organising a series of events and workshops for Women in Sport Week. For details on all events check out this link on our website <https://bit.ly/4k0Cikv> and be sure to follow us on social media for updates.

The Her Moves programme continues with St. Annes and St. Ailbes in Tipperary Town and the Patrician Presentation Secondary School in Fethard and will form part of Women in Sport Week. The 'Her Moves' campaign is designed to inspire and support **more** teenage girls to be active. It's about empowering all young women, building confidence and providing motivation to find something that gets you moving!



Transition year girls from St. Anne's & St. Ailbe's enjoyed a badminton taster as part of the 'Her Moves' Programme.

I'm sick but I'm worried about losing a day's pay. Can I get sick pay?

Since 1 January 2024, you have a right to 5 days' sick pay a year. This is called statutory sick pay, which means it's the legal minimum that you're entitled to.

The sick pay year is the calendar year, so it runs from 1 January to 31 December.

Am I entitled to claim sick pay?

To qualify for sick pay, you must:

- Be an employee
- Have worked for your employer for at least 13 continuous weeks before you became sick

Be certified by a medical practitioner as unable to work – you should be certified from day 1 of your sick leave

Both full-time and part-time employees can take 5 days sick leave in a year. If you have more than one job, you can get 5 days paid sick leave from each employer, once you have worked for that employer for at least 13 weeks before you are sick.

I'm on probation, I'm worried about calling in sick.

You still qualify for sick pay even if you are on probation or undergoing training as an intern. You also still qualify if you are an apprentice or an agency worker.

You are protected from being [victimised or penalised](#) for claiming your rights under sick leave legislation. This means your employer cannot penalise you by dismissal, unfair treatment or an unfavourable change in your conditions of employment.

If you were penalised, you can take a complaint to the [Workplace Relations Commission \(WRC\)](#).

How much sick pay am I entitled to?

You are entitled to 70% of your normal daily rate, up to a maximum of €110 per day. If your pay changes from week to week, your sick pay is the average of your pay over the 13 weeks before you are on sick leave.

Your employer can have a more generous sick pay scheme, but they can't give you less than the statutory amount. You cannot get statutory sick pay as well as your employer's sick pay scheme.

What if I am off for more than 5 days?

If you are off work sick for more than 5 days, and you have enough PRSI contributions, you can apply to the Department of Social Protection (DSP) for [Illness Benefit](#). Illness Benefit starts from day 6.

You can find out more about the Statutory Sick Pay scheme on <https://bit.ly/SickLeaveAndPay>, or call us in Clonmel(0818076560), Nenagh(0818076470), Roscrea(0818076480), Thurles(0818076510) & Tipperary Town (0818076540.)

TIPPERARY TIDY TOWNS WORKSHOP



Tipperary Age Friendly and Tipperary PPN hosted a workshop at TUS College Campus Thurles on Saturday 8th February to support preparation for the 2025 competition.

Tipperary has a very strong record of participation in Tidy Towns Competition with 80 groups taking part in 2024. The event was opened by Fiona Crotty, Community team within Economic Community and Rural Development, who reviewed the 2024 results.

Roísín O'Grady Heritage Officer Tipperary County Council showcased the importance of our heritage and how, within the community, we can support, enhance and preserve our heritage.

Ann Marie Fleming Tipperary Biodiversity Officer spoke on Biodiversity, understanding our areas and what a local tidy towns group can undertake to support natural habitats and environments.

Ruth Smith Tipperary Public Participation Network spoke on PPN membership and the Environmental Pillars.

The group was then facilitated in a workshop on the Sustainable Development Goals with all those attending participating in the workshop.

Sara Bourke from South Tipperary Development Company, STDC, spoke on the key programmes on the Local Development Companies and LEADER funding.

Fran Igoe, Local Authority Waters Programme, LAWPRO, provided the group with information on Nature based solutions and working with Water Biodiversity and Climate Change.

Fiona Crotty in the final session showcased sensory planting with a planting guide from the Understand Together Dementia campaign. Across Tipperary Age Friendly are seeking participants across community groups to participate in dementia awareness training and support those living with dementia in County Tipperary to remain active within their own community. With the sensory planning Tipperary Age Friendly will provide signage showcasing sensory planting and displaying the Understand Together Symbol. Fiona also asked each group to consider undertaking a community memories project, similar to the Understand Together [Sporting Memories](#) where photographs of our villages and towns are used as a community project, provoking conversation and reminiscing and that each village or town could showcase their own memories, reflect in their application and that it would be the intention to showcase the Tipperary collective as part of Positive Ageing Week 2025.

Fiona also briefed those attending on a joint project with Tipperary PPN, The Power of Place and People which will commence in Q1 2025 with the Carrick on Suir Municipal District. Each community group will meet with staff of PPN or Community team to review their groups physical and social infrastructure so that we can build a resource library of physical audit and facilities in the county, understand the community requirements, identify those interested in participating in community response and prepare to address training needs and requirements. This survey will be undertaken with all community groups registered with Tipperary PPN in the coming months.

Mary MacMahon as Chair of Tipperary Older Peoples Council thanked everyone for their participation and attendance and in particular all the speakers on the day who gave their time and shared their knowledge and expertise. She hoped that the strong participation today and positive feedback would see the opportunity for further workshops for the tidy towns groups and also encouraged attendance and participation with Tipperary Age Friendly in developing policy, actions and attending our events.

All reports and copy of the presentation can be found on www.tipperarycoco.ie <https://www.tipperarycoco.ie/community/>



**PUBLIC MEETING
ALL WELCOME**

**SUBSTANCE
USE IN CLONMEL**
A COMMUNITY CONVERSATIONS
UPDATE

FROM
THE PROJECT COMMITTEE
BUSINESS & HOSPITALITY
CLUBS & COMMUNITY GROUPS
PARENTS & SCHOOLS
THOSE WITH LIVED EXPERIENCE



**WEDNESDAY MARCH 5TH
7PM TO 9PM
TALBOT HOTEL, CLONMEL**

Light Refreshments served from 6:30pm



For more information contact
Catriona Crowe 087 9723482
or visit www.tipperarycoco.ie



**Mental Health
& Family Caring:**

Supporting the Supporters

A five week online programme for family carers and supporters of people with mental health challenges.

FREE

**BOOKING
DETAILS:**

Explore:

Self-care, Mental Health & Recovery Concepts, Boundaries, Communication Techniques, Supports & Services

Dates: March 4th, 11th, 18th, 25th,
and 1st April

Time: 10.00am - 12.30pm

Booking essential via
the Recovery College
South East

To register
contact
**recoverycollege
southeast@gmail.com**
or **086 1746330**





MINDING YOUR MENTAL HEALTH GROUP MEETING

THURSDAY
13th MAR
2025 | 10:00AM - 12:00PM
URLINGFORD

Contact: Sarah Bowden - 086 084 3446
ALL WELCOME! *FREE*



Riadas na hÉireann
Government of Ireland



Ára chomhoibriste ag an Aontas Eorpach
Co-funded by the European Union



LCDC



The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027



TIPPERARY PARENT HUB

Scan QR Code to Visit Website:



www.tipperaryparenthub.ie

Tipperary Parents Hub is an information and advice point for parents and families in North and South Tipperary.



@tipperaryparenthub



@tipperaryparenthub

Contacts North Tipp

Contacts South Tipp



northtipp.parentshub@barnardos.ie



southtipp.parentshub@barnardos.ie



086 2014772





Returning Template

North Tipperary: northtipp.parentshub@barnardos.ie

South Tipperary: southtipp.parentshub@barnardos.ie

If unsure or a county event/news return to both North and South Tipperary Parent Hub Workers.

www.tipperaryparenthub.ie



Tipperary Parent Hub Events and News Template

Name/Title of Event			
Description of Event			
Event Information			
Date	Time	Address	Contact Details
Event/News Poster attached to email or template	Yes <input type="checkbox"/>	<input type="checkbox"/>	No
News Title			
News Description			

Tipperary Parent Hub

Tipperary Services Directory Listings Information Template



Logo (insert the logo for your service in the template)		
Service Title		
Location/Geographic Remit		
Website		
Email		
Address		
Phone		
Category Listing: (select as many as appropriate) <ol style="list-style-type: none"> 1. Addiction: Gambling, Alcohol, Substance Use 2. Childcare, Education and Training 3. Community Supports 4. Counselling and Mental Health 5. Disabilities and Additional Needs 6. Domestic Gender Based Violence Services 7. Employment 8. Family Support 9. Health 10. Housing 11. LGBT Services 12. Sports and Recreation 13. Youth Justice and Legal Matters 14. Youth Services 		
Service Information/overview: (Include the following as relevant) General service information overview, target group for service, how to access service, referral route to access service, hours of business, contact details.		

Tipperary Arts Office information

To stay up to date on what's going on in Tipperary's Artistic Communities, check out the latest Newsletter below

<https://www.tipperarycoco.ie/arts-and-culture/arts-information-and-advice>

If you would like to be part of our mailing list please send an email with "Subscribe" in the subject line to: artsoffice@tipperarycoco.ie
Follow us on Social Media at: Facebook: <https://www.facebook.com/tipperaryartsoffice/>

Twitter: @Tipperaryarts **Instagram:** @tipperaryartsoffice



Tipperary Heritage Office information

You will find the latest Tipperary Heritage Office Newsletter below, which contains information on current opportunities and events.

<https://www.tipperarycoco.ie/heritage-and-conservation/heritage-information-and-advice>

If you would like to be part of our mailing list please send an email with "Subscribe" in the subject line to: heritage@tipperarycoco.ie
Follow us on Facebook and Instagram: Tipperary Heritage Office.



Bank Vole, Image Credit: Kevin Collins



Did you know Tipperary Local Link runs a door-to-door (DRT) service from:

Newtown to Nenagh every Thursday

Rathcabbín to Birr every Friday

Templetuohy to Thurles every Friday

Clonakenny to Templemore every Saturday

Kilcommon to Dolla every Friday

Cloughjordan to Birr every Friday

Kilcommon to Borris every Friday

If you or anyone you know would like to avail of this service please buzz  052-6166140 or

See: www.LocallinkTipperary.ie for more information.

HOP ON A LOCAL LINK BUS AND RE-CONNECT!



Contact Numbers & Helplines



Stop Smoking Services

Clonmel:

Contact: Angela Radley O'Donovan

Phone: 052 6177058

Email: angela.radley@hse.ie

Clonmel Resource Centre:

Contact: Geraldine Moloney

Phone: 087 1880690

E-mail: SouthEastStopSmokingSupport@hse.ie

Nenagh & Thurles:

Contact: Stacey Cahill

Phone: 065 6865841

Email: linda.nolan7@hse.ie

Cahir & Carrick-on-Suir:

Contact: Colm O'Connor

Phone: 087-7526429

Email: SouthEastStopSmokingSupport@hse.ie

Tipperary Town:

Contact: Aoife Dunphy

Phone: 087 1819538

Email: SouthEastStopSmokingSupport@hse.ie

Contact directly for more information



Tipperary Volunteer Centre is a registered charity that provides a free service for organisations that involve volunteers and individuals currently or wishing to volunteer. If you have a question about volunteering in Tipperary, we are here to assist you. We can advise you on all aspects of your volunteer programme, from volunteer recruitment/retention and training to governance-related issues and Garda Vetting.

Check out our website for all the details. www.tipperaryvolunteercentre.ie Alternatively you can call us on 06264775 or email info@volunteertipperary.ie

ALONE setup a dedicated Coronavirus helpline for Older People **0818 222 024**, if you have any concerns or queries about COVID 19 call ALONE's dedicated support line 8am to 8pm.



Visit www.events.whatsonintipp.ie to register your community event or to see what events are happening.

"Tipperary PPN website www.ppntipperary.ie is the host for the community resources for Tipperary Together for Tipperary.

As part of the Tipperary Together Campaign we have setup a Tipperary Community [YouTube Channel](#) showcasing videos and content produced in Tipperary.



We are open for appointments, drop-in's & phone calls - contact your local Centre for details

Call Tipperary Citizens Information

Clonmel:	0818 07 6460
Nenagh:	0818 07 6470
Roscrea:	0818 07 6480
Thurles:	0818 07 6510
Tipperary Town:	0818 07 6540

National Phone Service: 0818 07 4000
Or visit citizensinformation.ie

A SOURCE YOU CAN TRUST

[citizensinfo](#) [citizensinformation](#)



Funded & Supported by the Citizens Information Board

You are not alone, help is at hand.



Email jo@samaritans.ie



(24 HRS A DAY, EVERYDAY)
Text TALK to 50101
Online chat - www.childline.ie



0761 07 2000
9am to 8pm, Monday to Friday



Centre for the prevention of Suicide and Self-Harm. Bereavement counselling for people bereaved by Suicide. 061 484444
Crisis: 1800 247 247 (24 HRS A DAY)
Bereavement: 085 8568081



1800 459 459 (24HRS A DAY)
helpline@hse.ie