

# After Hours Services and Support

## DCU Security

For Emergency/Campus Security 24/7 for all campuses

+353 1 700 5999

## Emergency Services

Fire Brigade, Gardaí and Ambulance

Telephone: **999** or **112**

## Local Hospitals

Mater Hospital Telephone: +353 1 803 2000

Beaumont Hospital Telephone: +353 1 809 3000

St. Vincent's Hospital, Fairview Telephone: +353 1 884 2400

## Out of Hours GP Service

D Doc urgent out of hours GP Service: 0818 22 44 76

Alternative number: 041 685 0720

<https://www.northdoc.ie/information-for-patients/>

<http://www.hse.ie/eng/services/list/3/OutofHours/GPOOH.html>

## National Text Service Number

50808: a free 24/7 anonymous and confidential national text service, which is funded by the HSE.

Free text HELLO to 50808 for 24/7 for anonymous text conversations

A listening and support service, provided by a trained Crisis Volunteer via text conversation in a safe and confidential environment. Click link below for further information:

<https://text50808.ie/>

## **Pieta House**

Preventing suicide and self-harm

24/7 Freephone Crisis Freephone: 1800 247 247

24/7 Text a Therapist if you are in Crisis: Text HELP to 51444

Website: <http://www.pieta.ie/contact-us>

## **NiteLine**

The Counselling and Personal Development Service with the DCU Students' Union in partnership with NiteLine

NiteLine is an out-of-hours confidential and anonymous peer support listening and information service that is run by and for students.

Freephone: 1800 793 793

Instant messaging: [niteline.ie](https://www.niteline.ie)

Lines open: 7 nights a week from 9pm-2.30am, Sept-May.

For additional information, please click <https://www.dcu.ie/counselling/niteline-confidential-and-anonymous-helpline>

## **Samaritans**

National 24/7 Helpline: 116 123

E-mail: [jo@samaritans.ie](mailto:jo@samaritans.ie)

Samaritans Website: <http://www.samaritans.org/branches/samaritans-dublin-branch>

## **Dublin Rape Crisis Centre - National Helpline**

A free and confidential listening and support service for anyone who has been raped, sexually assaulted, sexually harassed or sexually abused at any time in their lives.


24/7 National Helpline: 1800 77 888

<https://www.drcc.ie/services/helpline/>

For those who are deaf or hard of hearing:

Text: +353 86 823 8443, Monday-Friday from 8am-6.30pm





Rape Crisis Centre Helpline Interpreting Service, provides live interpreting over the phone in more than 200 languages, Monday-Friday, 8am-6.30pm

### **Aware**

A national support helpline for issues relating to depression and anxiety.

Freephone helpline 1800 80 48 48

Open seven days a week from 10am-10pm

Email: [support@aware.ie](mailto:support@aware.ie)

Aware Website: <http://www.aware.ie/>

### **Togetherall**

The Counselling and Personal Development Service in partnership with [Togetherall](#)

An online mental health and wellbeing community support that gives access to a safe, anonymous and professionally moderated community 24/7/365

For more information see: <https://www.dcu.ie/counselling/togetherall-peer-support-247>

Togetherall Website: <https://togetherall.com/en-ie/>

### **LBGT Ireland - National LGBT+ Helpline**

Freephone the National LGBT+ Helpline: 1800 929 539

Monday-Thursday: 6.30pm-10pm/ Friday: 4pm-10pm/ Saturday-Sunday: 4pm-6pm

Online chat can be access here: <https://lgbt.ie/instant-messaging-support-service/>

Monday-Thursday: 6.30pm-10pm/ Friday: 4pm-10pm/ Saturday-Sunday: 4pm-6pm

Transgender Family Support Line in collaboration with Transgender Equality Network Ireland (TENI)

Call + 353 907 3707

Tuesday: 10am-12pm-Sunday: 6pm-9pm

Email: [info@lgbt.ie](mailto:info@lgbt.ie) Web: <https://lgbt.ie>

## Men's Aid

National Confidential Helpline: 01 554 3811

Email: [Hello@mensaid.ie](mailto:Hello@mensaid.ie)

Monday-Friday: 9am-5pm

Website: <https://www.mensaid.ie/>

## Women's Aid

24/7 National Freephone Helpline for support around domestic violence:

1800 341 900

Instant Messaging Support Service, please see below link

<https://www.womensaid.ie/services/helpline/instant-messaging-support-service.html>

Website: <https://www.womensaid.ie/services>

## Irish Tourist Assistance Service (ITAC)

Provides support and assistance to international students/visitors to the country, seven days a week, who experience crime and other trauma be it medical or accidental.

Telephone: +353 1 666 9354

Monday-Saturday: 10am-6pm

Sunday and Public Holidays: 12pm-6pm

Email: [info@itas.ie](mailto:info@itas.ie) Website: [www.itas.ie](http://www.itas.ie)

## Your Mental Health

A national HSE 24/7 mental health information and support services information helpline:  
**1800 742 444**

Websites: <https://www2.hse.ie/mental-health>

## 24/7/365, free mental health texting service throughout the United States, Canada, and the UK.

Confidential crisis interventions via SMS messages. W: <https://suicidepreventionlifeline.org>

Text HOME or START to 741741 (US and Canada).

Text HOME or START to 85258 (UK).



**For Global/International Emergency Contact Numbers and other Mental Health Support Numbers /information, please click on the following links:**

<https://www.helpguide.org/find-help.htm>

<https://checkpointorg.com/global>

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T +353 1 700 9215 St Patrick's Campus  
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W <https://www.dcu.ie/counselling>

