

Resources for Pregnancy and Postnatal Period

A Little Lifetime Foundation: 01- 8829030. <http://www.alittlelifetimefoundation.ie>

Accord: Family therapy 071-9145641. Castlebar 094- 9022214. Ballina 096-21478.

Action on Postpartum Psychosis: information & support. <http://www.app-network.org/>

Addiction Services: Sligo/Leitrim- 071-9143316, Donegal- 094- 9128769, Roscommon- 071-9662753.

Aware: Depression and bipolar support: 1800 804 848. <https://www.aware.ie/>

Bereavement Counselling: (HSE) Liam Lavelle 071- 91 2161.

Best Beginnings: Pregnancy/parenting mental health. www.bestbeginnings.org.

Breastfeeding supports: Cuidiú. <https://www.cuidiu.ie/>

Citizen's information: Sligo 076 1076390. <https://www.citizensinformation.ie/en/#>

Counselling in Primary Care: (CIPC) 1890 252 563. (Free)

Crisis pregnancy services: Well Woman Centre. <https://wellwomancentre.ie/>

Diversity Sligo: Support group for asylum seekers 086 2325951.

Domestic Violence Advocacy Service: Sligo - 071 9141515. Sligo, Leitrim & West Cavan.
email: support@dvas.ie <https://domesticviolence.ie/>

Drug & Alcohol Helpline: 1800 459 459.
<https://www.hse.ie/eng/services/list/5/addiction/drugshivhelpline/>

Eating Disorders Service: Markievicz house 071-9155120. Bodywhys (Eating Disorder Support Association) 01- 2834963 or <https://www.bodywhys.ie/>

Family life centres: Sligo (St Michaels) 071 9170329. <https://stmichaelsfamilylife.com/>.
Mayo 094-9025900. <http://www.thefamilycentre.com/>.

Family Resource centres: Sligo: 071-9146315, Ballymote: 071-9197818, Tubbercurry: 071-9186926, Enniscrone: 096- 37444, Donegal: 074-9725337, Roscommon: 071-9663000, Leitrim: 071-9622566, Mayo: 098-244419. <https://www.familyresource.ie/family-resource-centres-regions.php>

Gentle birth APP: pregnancy and childbirth preparation/hypnobirthing and mindfulness.
<https://www.gentlebirth.com/>

LGBT Helpline: 1890 929 539. <https://lgbt.ie/>

MABS: Money Advice and budgeting Service. Sligo 076 1072730, Mayo 076 107 2660, 076 1072670, Leitrim 076 1072630, Donegal 076 1072480, Roscommon 076 1072720.
<https://www.mabs.ie/>

Maternal OCD: Information & support for perinatal ocd. <http://www.maternalocd.org/>

Mental Health Services: Sligo- 071- 9142111/ Donegal- 074- 9169120/ Roscommon – 090- 6632324. HSE your mental health <https://www2.hse.ie/>

Miscarriage Association: 01-8735702. <http://www.miscarriage.ie>

My Child: Your guide to pregnancy, baby and toddler health. <https://www2.hse.ie/my-child/>

Perinatal Mental Health: Maternity ward 071-9174009

Pregnancy related mental health issues: Nurture 085- 8619585. <https://nurturehealth.ie/>

Postnatal Support: Mamogs 087-9287635 <http://www.mamogs.ie/>

Pieta House: 1800 247 247 (24 hours). <https://www.pieta.ie/>

Psychological Society of Ireland: <https://www.psychologicalsociety.ie/>

Rape crisis 24 hr Helpline: 1800 778 888. Local- 1800 750 780. 071-9171188.
<https://www.srcc.ie/>

Relate: Relationship support including couple and family counselling. <http://www.relate.org>

Samaritans: 116 113 (free from any phone 24 hours).

Sexual Assault treatment Unit: (SATU) Donegal- 074-9104436/ 087-0681964.

Social Work Liaison Department: Sligo 071 9174602.

STOP: Northwest free confidential counselling/suicide prevention 071-9856070.

Suicide Bereavement and Liaison Service: North West 085- 2538638.

The Irish Childhood Bereavement Network: 01-6793188.
<http://www.childhoodbereavement.ie>

Traveller support groups: Sligo- 071 9145780, Mayo 094- 9028400, Donegal 074-9129281, Leitrim 071-961770. <https://www.paveepoint.ie/>

Tusla: Community Based supports.
<http://www.tusla.ie/services/familycommunitysupport/family-resource-centres/>

Women's Aid: National Freephone 24 Hour Helpline – 1800 341 900.

- If you are concerned about your mental health please speak to your GP or Public Health Nurse. Out of hours you can contact Care Doc 081836599 or Now Doc 1850400911. If you are currently under the care of a community mental health team or CAMHS please get in contact with your link person.
- If your mental health issue is urgent or severe please attend the local hospitals for a mental health assessment. If you are in a dangerous situation please use the emergency services On 999 or 112.