

National Counselling Service: For anyone who feels they may need professional counselling support, the HSE National Counselling Service is available from Monday to Friday between 9.30am and 5pm. Details of the National Counselling Service and contact details for each area are listed below.

HSE Region	Area covered	Telephone number
CHO Area 1	Donegal, Sligo & Leitrim	1800 234 119
CHO Area 2	Galway, Mayo & Roscommon	1800 234 114
CHO Area 3	Limerick, Clare & North Tipperary	1800 234 115
CH Cork, Kerry	Cork & Kerry	1800 234 116
CHO Area 5	Waterford, Wexford, Kilkenny, Carlow & South Tipperary	1800 234 118
CH East	South Dublin, South East Dublin & East Wicklow	1800 234 111
CH Dublin South, Kildare & West Wicklow	South West Dublin, Kildare & West Wicklow	1800 234 112
CHO Area 8	Midlands: Laois, Offaly, Longford & Westmeath	1800 234 113
CHO Area 1/8	Louth, Meath, Cavan & Monaghan	1800 234 117
CHO Area 9	Dublin North & Dublin North City	1800 234 110

A new webpage with information specifically for former residents of Mother and Baby Homes has been set up at:

www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/counselling-service-for-former-residents-of-mother-and-baby-homes

Connect Counselling: Outside of these hours, Connect Counselling provides telephone support. Anyone affected can also directly contact the CONNECT free telephone out of hours telephone counselling and support service where they can talk in confidence with a trained counsellor. This service is generally available between 6pm and 10pm Wednesday through to Sunday on 1800 477 477.

Do you need to talk to someone now? Free call Samaritans 116 123 or Text YMH to 50808 (Messaging Support Service).

Additional mental health supports provided/funded by the HSE are also available to former residents. Details of these supports are available on www.yourmentalhealth.ie

Contacting the Department: There is also a dedicated telephone Information line available for people seeking further information about the publication of the Report. The

Department's Information Line can be contacted on 01-6473200 from Monday to Friday
9.30am to 6pm.