

Emergency Contacts for Out of Hours

If you are having suicidal thoughts or feeling very distressed outside of regular working hours, this is how to speak with someone or get emergency help

Service	How to contact	Description
spunout	Text 50808	Free anonymous 24/7 messaging service providing everything from a calming chat to immediate support for mental health and wellbeing Run by trained volunteers
Samaritans	Call 116 123 (free)	Call any time, day or night to talk with someone about what you are going through
Pieta	Call 1800 247 247 (free) Text HELP to 51444 (messaging rates apply)	24-hour crisis helpline managed by qualified and professional therapists
Emergency Services	Call 112 or 999 (free from any phone) Text 112 if you cannot make a voice call	
Go to your nearest Emergency Department		
College Emergency Number	01 896 1999	
Niteline	1800 793 793	College Student Support, run by students for students, every night of term (9pm to 2:30am)