

# VetAEGIS - HELP IS AVAILABLE NOW

VetAEGIS aims to provide **A**dvice, **E**ducation, **G**uidance, **I**nformation and **S**upport for veterinary practitioners, nurses and students, and those around them, on stress, addiction, health, family and life-event matters.

If you have concerns, about yourself or about those you know, the following support organisations and services are there to help you.

## IVBF

PHONE: **01 716 6099**

The **Irish Veterinary Benevolent Fund** provides financial and other support to veterinary practitioners and their families on a strictly confidential basis.

## VDS

PHONE: **00 44 1565 652 737**

The **Veterinary Defence Society** provides professional indemnity cover for Veterinary Practitioners in Ireland and the UK.

## VETERINARY HELPLINE

PHONE: **00 44 07659 811 118**

Based in the UK, but open also to **Irish callers**, there are currently twenty-five anonymous and unpaid volunteer Helpers who run the **24 hours service** every day of the year. They are largely either veterinary surgeons or their spouses and offer empathetic discussion of emotional, addictive or financial problems and refer callers on for specialist advice where appropriate.

## VETLIFE WEBSITE

WEB: **[www.vetlife.org.uk](http://www.vetlife.org.uk)**

The **VetLife** website was launched in October 2007 with the aim of providing information about the support available to veterinary students, veterinary nurses and veterinary surgeons on a wide range of issues from both the established veterinary care organisations and from outside the profession.

## HSE WEBSITE

WEB: **[www.hse.ie](http://www.hse.ie)**

The HSE website provides a wealth of information on many matters concerning health, mental health, bereavement, sexual health, children, disability etc. Click on the title above to enter their publications website.

## SAMARITANS IRELAND

PHONE: **1850 609 090**

The **SAMARITANS** provide confidential, non-judgemental support, 24 hours a day for those people experiencing feelings of distress or despair, especially those who may be considering suicide.

**If you, or someone you know, is at risk of suicide or self-harm, then you should contact your local doctor, or go to the A&E Unit at the nearest hospital IMMEDIATELY.**

## **Other Help available by Category:**

**ALCOHOL, DRUGS & OTHER ADDICTIONS**

**CANCER AND SERIOUS ILLNESS**

**DEPRESSION, MENTAL HEALTH, SUICIDE & BEREAVEMENT**

**DOMESTIC VIOLENCE (MALE OR FEMALE), ABUSE OR RAPE**

**EATING DISORDERS**

**MONEY & DEBT**

**PARENTING**

**PREGNANCY & SEXUAL HEALTH**

**SEXUALITY SUPPORT**

**VETERINARY STUDENTS**

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## **ALCOHOL, DRUGS & OTHER ADDICTIONS**

### **USEFUL CONTACTS**

#### **ALCOHOLICS ANONYMOUS**

**PHONE: 01 453 8998**

**Alcoholics Anonymous** is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism.

#### **DRUGS.IE AND DRUGS HELPLINE**

**PHONE: 1800 459 459**

The **Drugs Awareness Programme** aims to provide quality drug education, training and support services including information, support and counselling in relation to drugs, substance misuse or addiction, and includes the **National Drugs and HIV Helpline**, providing confidential support and information.

#### **GAMBLERS ANONYMOUS**

**PHONE: 01 872 1133 (Dublin)  
087 285 9552 (Cork)**

**Gamblers Anonymous** is a fellowship of men and women who have joined together to do something about their own gambling problem and to help other compulsive gamblers do the same.

#### **NATIONAL SMOKER'S QUIT-LINE**

**PHONE: 1850 201 203**

The **National Smokers' Quitline** is a project of the Health Service Executive, in partnership with the Irish Cancer Society, and provides advice, information or support with quitting.

#### **NARCOTICS ANONYMOUS**

**PHONE: 01 672 8000**

**Narcotics Anonymous (NA)** is a non-profit fellowship of men and women for whom drugs had become a major problem. They are recovering addicts who meet regularly to help each other stay clean.

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## **CANCER AND SERIOUS ILLNESS**

### **USEFUL CONTACTS**

#### **IRISH CANCER SOCIETY**

**PHONE: 1800 200 700**

The National Charity for Cancer Care, providing information and education on Cancer awareness, prevention, care and support.

#### **IRISH HEART FOUNDATION**

**PHONE: 1890 432 787**

The **Irish Heart Foundation** provides a Helpline for patients and their families and provides advice and support about managing a heart condition.

#### **MS IRELAND**

**PHONE: 1850 233 233**

**MS Ireland** is a national organisation providing information and support to those affected by Multiple Sclerosis, a progressive neurological condition

#### **AIDS HELPLINE**

**PHONE: 1800 459 459**

The **Dublin AIDS Alliance** (DAA) Ltd is a voluntary organisation working to improve conditions for people living with, or affected by, HIV/AIDS.

#### **HEALTH PROMOTION.IE**

**PHONE: 1850 241 850**

**www.healthpromotion.ie** is an HSE website giving advice and information on alcohol, drugs, mental health, young persons and other matters.

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## **DEPRESSION, MENTAL HEALTH, SUICIDE & BEREAVEMENT**

### **USEFUL CONTACTS**

#### **SAMARITANS IRELAND**

**PHONE: 1850 609 090**

The **SAMARITANS** provide confidential, non-judgemental support, 24 hours a day for people experiencing feelings of distress or despair, especially those who may be considering suicide.

#### **AWARE**

**PHONE: 1890 303 302**

**Aware** is a national voluntary organisation providing support for those experiencing depression. Services include support groups nationwide and a LoCall Helpline open 365 days a year (both services available to individuals with depression and also family members and friends).

#### **CONSOLE**

**PHONE: 1800 201 890**

**Console** is a Registered Charity supporting and helping people bereaved through suicide.

#### **GROW**

**PHONE: 1890 474 474**

**GROW** is a mental health organisation which helps people who have suffered, or are suffering, from mental health problems.

#### **HEADSTRONG**

**PHONE: 01 660 7343**

**Headstrong** is a new initiative working with communities in Ireland to ensure that young people aged up to twenty-five are better supported to achieve mental health and well-being

#### **HEADSUP**

**PHONE: Text 'Headsup' to 50424**

**Headsup** provides a free mobile text service for young people to receive, direct to their mobile, up-to-date and accurate contact numbers for organisations that will provide practical advice to their problems 24-hours a day. In addition, Headsup provides factsheets on a number of issues on their website.

#### **LIVING LINKS**

**PHONE: 087 412 2052**

**Living Links** provides practical help, advice and support to those bereaved by suicide.

#### **MENTAL HEALTH IRELAND**

**PHONE: 01 284 1166**

**Mental Health Ireland** is a national voluntary organisation which aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights.

## **NATIONAL OFFICE FOR SUICIDE PREVENTION**

The **National Office for Suicide Prevention** provides and information hub for those wishing to learn more about suicide, self-harm and mental health – it includes a number of useful pamphlets and contact details.

## **NATIONAL SUICIDE BEREAVEMENT SUPPORT NETWORK**

The **NSBSN** provides details of local Suicide Bereavement Support Groups.

## **PIETA HOUSE**

**PHONE: 01 601 0000**

**Pieta House**, the Centre for the Prevention of Self-Harm or Suicide, offers a specialised treatment programme for people who have suicidal ideation or who participate in self-harming behaviours.

## **SCHIZOPHRENIA IRELAND**

**PHONE: 1890 621 631**

Dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness including, but not exclusively, schizophrenia, schizo-affective disorder and bi-polar disorder.

## **WEXFORD SELF HARM INTERVENTION** **PHONE: 053 74050**

A Co. Wexford Counselling Service for those aged 16 or over experiencing suicidal ideation or an impulse to self-harm.

## **WEXFORD CALL**

**PHONE: 1890 225 555**

The Co. Wexford Community Advice & Listening Line (CALL) provides advice, guidance, listening and referral for callers who are experiencing stressful situations resulting from financial, social or other issues

## **USEFUL PUBLICATIONS**

**Booklet for families and friends who support people experiencing mental health problems**

**Concerned about Suicide Leaflet**

**Deliberate Self Harm: Information for Parents, Teachers & Guardians**

**Deliberate Self Harm: Information for Young People**

**HSE Booklet on Understanding Stress, Coping with Panic Attacks, Mental Health Law, Managing Medicines, Nutrition & Healthy Eating.**

**Irish Association of Suicidology: Managing Grief and Loss Leaflet**

**The Irish Hospice Foundation: Bereavement Support Leaflets**

**NOSP: Looking after your Mental Health**

**Mental Health Services in the Dublin South West Areas - Crumlin, Tallaght, Clondalkin, Ballyfermot, Chapelizod, Palmerstown, Lucan (available under Mental Health & Suicide Prevention Section)**

**For Older People: Look After Yourself, Look After Your Mental Health**

**What Should I Say? What Should I Do?: Suggestions on what to say and do when supporting a work colleague who has been bereaved**

**You Are Not Alone: Directory Of Bereavement Support Services 2007**

**You Are Not Alone: Help & Advice on Coping with the Death of Someone Close**

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## **DOMESTIC VIOLENCE (MALE OR FEMALE), ABUSE OR RAPE**

### **USEFUL CONTACTS**

#### **DUBLIN RAPE CRISIS CENTRE**

**PHONE: 1800 778 888**

The objective of the **Dublin Rape Crisis Centre** is to heal the trauma of rape and sexual abuse, and operates a 24 Hour Crisis Helpline, 7 days per week, 365 days a year to support victims and others affected by sexual violence.

#### **RAPE CRISIS NETWORK IRELAND**

This Website provides information on how to contact your local Rape Crisis Centre (RCC). Please Note that not all RCCs are open 24 hours a day.

#### **COSC**

**PHONE: 01 476 8680**

The **National Office for the Prevention of Domestic, Sexual and Gender-based Violence** website provides links to the contact details for National and local services, as well as useful web advice.

#### **AMEN**

**PHONE: 046 23718**

**AMEN** is a voluntary group which provides a confidential helpline, information and a support service for male victims of domestic abuse and their children

#### **AOIBHNEAS**

**PHONE: 01 867 0701**

**Aoibhneas** was established in 1988 to respond to the needs of women and children suffering violence in their home. Aoibhneas operates a 24 hour helpline service, seven days a week, 365 days a year.

#### **ONE IN FOUR**

**PHONE: 01 662 4070**

**One in Four** offers a voice to and support for women and men who have experienced sexual abuse and/or sexual violence and also to their family and friends.

#### **WOMEN'S AID**

**PHONE: 1800 341 900**

**Women's Aid** is a voluntary organisation which provides support and information to women and their children who are being physically, emotionally and sexually abused in their own homes.



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## **EATING DISORDERS**

### **USEFUL CONTACTS**

#### **BODYWHYS**

**PHONE: 1890 200 444**

**BodyWhys'** core services centre on providing confidential, non-judgemental support for people affected by eating disorders, through a Helpline, Support Groups, and E-mail Support ([alex@bodywhys.ie](mailto:alex@bodywhys.ie)).

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## **MONEY & DEBT**

### **USEFUL CONTACTS**

#### **ITS YOUR MONEY**

**PHONE: 1890 777 777**

The **Irish Financial Regulator**'s site provides information on financial products and services to help make informed, unbiased financial decisions.

#### **MABS**

**PHONE: 1890 283 438**

The **Money Advice and Budgeting Service** is a national free, confidential and independent service for people in debt or in danger of getting into debt.

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## **PARENTING**

### **USEFUL CONTACTS**

#### **BARNARDOS**

**PHONE: 1850 222 300**

Barnardos provide a wealth of documentation and assistance for Parents.

#### **ONE FAMILY**

**PHONE: 1890 66 22 12**

**One-Family** provides a Helpline for support and information on a range of issues for one-parent families, including Social welfare entitlements, Family law, Housing, Health and Childcare.

#### **PARENTLINE**

**PHONE: 1890 927 277**

**Parentline** offers support, guidance and information on all aspects of being a parent and the reassurance that, whatever the problem, you're not the first parent to face it.

### **USEFUL PUBLICATIONS**

**Barnardos** have produced a series of parenting positively booklets:

**A Postnatal Depression information** booklet published to highlight this problem and to help mothers and their families seek the necessary assistance in Cork & Kerry.

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## **PREGNANCY & SEXUAL HEALTH**

### **USEFUL CONTACTS**

#### **POSITIVE OPTIONS**

**PHONE:** **Text 'LIST' to 50444**

The **Positive Options** Website provides information and contact details of organisations that may be able to help if you are worried about being pregnant.

#### **IRISH FAMILY PLANNING ASSOC.**

**PHONE:** **01 806 9444**

The **Irish Family Planning Association** (IFPA) provides sexual and reproductive health information, crisis pregnancy counselling, clinical services, education and training.

#### **NATIONAL PREGNANCY HELPLINE**

**PHONE:** **1850 49 50 51**

The **Irish Family Planning Association** provides a Helpline Monday to Friday, 9am to 5pm, to discuss all options; parenting, adoption, or abortion, in a supportive and confidential environment.

#### **CURA**

**PHONE:** **1850 622 626**

**CURA** is a voluntary organisation, which offers support and help to those who are faced with a crisis pregnancy, through a National Helpline or through one of its sixteen centres throughout the Country.

#### **LIFE**

**PHONE:** **1850 281 281**

**LIFE** provides counselling services to women with crisis pregnancies, through 5 regional centres and a National Helpline.

#### **YOUR SEXUAL HEALTH.IE**

**www.yoursexualhealth.ie** is an HSE website giving advice and information on all aspects of sexual health, including contraception, protections and Sexually Transmitted Infections.

#### **LIST OF STI CLINICS**

**www.yoursexualhealth.ie** gives contact details of Sexually Transmitted Infections (STI) Clinics throughout Ireland.

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## **SEXUALITY SUPPORT**

### **USEFUL CONTACTS**

#### **BeLonG To**

**PHONE: 01 670 6223**

**BeLonG To** is an organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 23.

#### **GAY SWITCHBOARD**

**PHONE: 01 872 1055**

Provide non-directive, non-judgmental, befriending, support and a general information service to the gay, lesbian and bisexual community, to anyone who has issues relating to their sexuality, and to their parents, families and friends

#### **GAY HEALTH PROJECT**

**PHONE: 021 427 1087**

The **Southern Gay Men's Health Project** provides support, information, and a contact point for many gays, bisexuals and men who have sex with men in the South of Ireland.

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## VETERINARY STUDENTS

### USEFUL CONTACTS

**UCD SUPPORT SERVICES**      <http://www.pleasetalk.ie/newsite/node/3>

Provides details of support services for students at UCD.

**UCD NITELINE**

**PHONE: 1800 793 793**

**Niteline** is a confidential and anonymous listening service that is run by and for students from Trinity, UCD, The Royal College of Surgeons in Ireland(RCSI), and the National College of Art and Design(NCAD).

**UCD STUDENT ADVISERS**

**PHONE: 01 716 6085**

The **UCD Student Advisers** provide support for all students, particularly First Years, during their university experience. **Ros McFeely** provides the service for Veterinary Students.

**UCD HEALTH CENTRE**

**PHONE: 01 830 0244**

The **Student Health Service** provides on-campus medical, psychological and psychiatric care to registered students of the university. As well as a walk-in service there is a 24 hour helpline available.

**PLEASETALK.IE**

**WEB: <http://www.pleasetalk.ie/>**

**Pleasetalk.ie** website provides listings of student support services for all Irish universities.

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