



Support Services for Older and Vulnerable People

COVID-19 community supports are now in place to ensure vulnerable members of the community are reached and helped at this time.

These comprise the local authority, Health Service Executive, County Champions, An Post, Community Welfare Service, An Garda Síochána, other State organisations, charities and other stakeholders.

These Dedicated helplines are focused specifically on ensuring that the cocooning elderly, vulnerable members of the community or those living alone can access deliveries of groceries, medicine and fuels.

Please try to ensure any vulnerable or elderly people in your parish help are aware of these services.

Dublin City Council

Helpline 01-2228555

Email - covidsupport@dublincity.ie

Fingal County Council

Helpline 01-8905000 with the lines open from 9am to 5pm seven days a week.

E mail - covidsupport@fingal.ie.

Dún Laoghaire-Rathdown

Helpline **01 271 3199**. Opens 9am every day.

E mail covidsupport@dlrcoco.ie

South Dublin County Council

Helpline **01-4149043** with the lines initially open from 9am to 5pm seven days a week.

Out of hours email contact through covidsupport@sdublincoco.ie

Wicklow County Council

Helpline FREE contact number 1800868399 with the lines open from 8am to 8pm seven days a week.

E-mail covidsupport@wicklowcoco.ie.

Other Support Services

ALONE national support line for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus).

Professional staff are available to answer queries and give advice and reassurance where necessary.

The support line is open Monday to Friday, 8am-8pm, by calling **0818 222 024**.

SeniorLine is a national, confidential listening service for older people, run by trained older volunteers.

If you are feeling worried, stressed or isolated at this very unnerving time, please feel free to ring this FREEPHONE service anytime between 10am and 10pm on any day of the week on **1800 80 45 91**.

Age Action and the Irish Red Cross have raised funds to provide additional assistance to older and vulnerable people around Ireland who are experiencing hardship as a result of the COVID-19 pandemic by making once-off grants, up to a maximum of €500, per person/household affected.

Email: hardship2020@redcross.ie

Phone: **Irish Red Cross at 01 6424600** or

Tel: [01 475 6989](tel:014756989) Lo Call: [1890 369369](tel:1890369369)

Women's Aid

The Women's Aid 24hr National Freephone Helpline offers confidential information, support and understanding to women who are being abused by current or former boyfriends, partners or husbands.

Tel: **1800 341 900** Tel: [+353 1 678 8858](tel:+35316788858)

Email: info@womensaid.ie

Men's Aid

Men's Aid Ireland formerly known as Amen, is the only dedicated national service supporting men and their families experiencing Domestic Violence in Ireland.

Tel: [01-5543811](tel:015543811)

Tel: [01-5394277](tel:015394277)

E-mail: hello@mensaid.ie

ISPCC Dublin

The Irish Society for the Prevention of Cruelty to Children (ISPCC) is Ireland's national child protection charity.

Call: [01 676 7960](tel:016767960)

Email: ispcc@ispcc.ie

The Samaritans

Available round the clock, 24 hours a day, 365 days a year. If you need a response immediately, it's best to call on the phone. This number is FREE to call.

Tel: [116 123](tel:116123)

Email: samaritans.org

Pieta House

Pieta provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide. Freephone and no referral needed. Tel: **1800 247 247**

Jigsaw

Offering younger people going through a hard time, or for those worried about a young person in your life. www.jigsaw.ie

<https://www.jigsaw.ie/news-and-events/post/covid-19-what-were-doing>