

## Important Contacts & References

**HSE:** The HSE webpage for Coronavirus is available at <https://www2.hse.ie/coronavirus/> . This page has sections on mental health, symptoms and signs of the virus, when to self-isolate and other key information. There is a useful section providing copies of information leaflets and posters available at <https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/>The HSE Helpline is 1850 24 1850

**World Health Organisation (WHO):** World Health Organisation (WHO) has developed mental health considerations to assist public health and other authorities around the world acting to contain the COVID-19 outbreak. These mental health considerations were developed by the WHO's Department of Mental Health and Substance Use as messages targeting different groups to support for mental and psychosocial well-being during COVID-19 outbreak. The document can be accessed at [https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af\\_8](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8) .

**ALONE:** ALONE have established a helpline for older people concerned about the COVID 19 virus. The number is **0818 222 024**.

**INSPIRE:** The INSPIRE confidential counselling will remain in action throughout the COVID 19 Event. The service has transferred to use of electronic means for remote access, including telephone and internet video means. The number for INSPIRE is **1800 409 673**.

The inspire hub is an online mental health resource available to all personnel of the Defence Forces. The DF Organisation PIN is DFOR2019. Instructions for access are simple and available online at <https://www.inspiresupporthub.org/login>

**The Samaritans:** The Samaritans helpline remains available on a 24 hour basis at 116 123. Further information on the Samaritans is available at <https://www.samaritans.org/ireland/samaritans-ireland/>

**TRAVELWISE:** TravelWise is a smartphone app designed to help Irish citizens to stay safe and informed while travelling, living or working overseas. It aims to help ensure the safety and welfare of Irish people travelling abroad by providing accessible and relevant information. It can easily be downloaded to Apple and Android devices. Further information can be obtained using the number **01 613 1733** and online at <https://www.dfa.ie/travelwise/>

**SENIORLINE:** SeniorLine is a confidential listening service for older people provided by trained older volunteers. SeniorLine has put in place a number of protocols to support older callers from all over Ireland. Callers can receive the most up-to-date guidance as recommended by Government sources in relation to COVID 19. Good health practice is reinforced at all times. The information is updated on a daily basis. The number to call is **1800 804591** and more information is available at <http://www.thirdageireland.ie/seniorline>