

Coronavirus COVID-19

Minding Your Nuck

Pavee Pathways to
Mental Health Services



WORRIED ABOUT MENTAL HEALTH DURING COVID-19?

If you, or another Traveller you are worried about, are already using a mental health service, you can:

- Contact your local community mental health team. If it is outside their normal hours, leave a message and they will contact you as soon as possible
- There may be a delay in the response at the moment because staff are very busy
- In an **EMERGENCY**:
 - Your GP or your GP out of hours service
 - Go to your local A&E
 - Call **999** or **112** for an ambulance

If you or another Traveller you are worried about is not currently using a mental health service:

- Contact the GP or out of hours GP service and ask for a referral
- If you do not know the number of your local service, contact the Your Mental Health information line freephone on **1800 111 888**
- You can also contact the mental health team in Pavee Point Traveller and Roma Centre for information on **mentalhealth@pavee.ie** or on **01 878 0255**



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WORRIED ABOUT SUICIDE?

What do I do if I am feeling suicidal?

- Ring your GP and tell them what is going on
- Contact helplines like:
 - Samaritans - Call **116 123** or email **jo@samaritans.ie**
 - Pieta House - Call **1800 247 247** or **TEXT HELP** to **51444**

If you are worried that a Traveller you know is at risk of suicide

- Don't be afraid to ask them directly
- Listen to them
- Take what they say seriously

- Remember they are asking for help and need kindness and compassion
- Help them to get help by calling the GP or their mental health team if they have one
- Stay with the person you are worried about while you wait for help
- Take away anything that they could use to harm themselves

If you need URGENT help:

- Call your GP or out of hours GP
- Go to your nearest A&E or;
- Call **999** or **112** for an ambulance



HOW CAN I GET MY MEDICINE?

It's very important to keep taking your medicine during this time. If you run out of medicine:

- Ring your GP or community mental health team and they will send you your prescription to the chemist so you can pick it up.
- If you need to cocoon or self-isolate, you can ask your family to get your medicine for you. Just remember to ask them to leave it on the doorstep.
- If you don't have family around, there are other community supports available. You can find out more information from your:
 - Local Traveller organisation and Traveller Primary Health Care Project
 - Community Response Forums through your local authority



I NEED TO TALK TO A SERVICE NOW

There are lots of services available through phone call or online - see the Pavee Mental Health Support resource.

You can always link in with your local Traveller organisation or Traveller Primary Health Care Project.

Other counselling and supports that are available:

- **Aware** - 1800 80 48 48 (depression, anxiety)
- **Childline** - 1800 66 66 66 (for under 18s)
- **Traveller Counselling Service** - 086 308 1476 or travcounselling@hotmail.com
- **National Traveller MABS: Money Advice and Budgeting Service** - 0761 072230
- **Exchange House** - 01 8721094 or www.exchangehouse.ie

