



COVID-19 LOUTH COMMUNITY CALL FORUM

Phone: 1800 805 817

Available 8am - 8pm daily

We Are Here To Help!

Please contact us for help with:

- ▶ **Collection and delivery** of food, essential household items, medication
- ▶ **Transport** to non COVID-19 related GP/Hospital appointments
- ▶ **Social Isolation** support and engagement
- ▶ **Meals** and delivery

TO PROVIDE LEADERSHIP AND DELIVER HIGH QUALITY, CITIZEN-FOCUSED, RESPONSIVE AND EFFECTIVE SERVICES

A new **Community Call Forum** has been established in County Louth to co-ordinate the community response to the Coronavirus/COVID-19 public health emergency. If you require any assistance, please direct your query to the contact number/email on the front cover in the first instance where operators are on hand to assist you.

EMERGENCIES

In an emergency you should always phone **999** or **112**
The HSE Helpline is **1850 24 1850**
ALONE National Helpline
0818 222 024

Mind your mental health during this time. Stay informed but set limits around news and social media. Visit www.yourmentalhealth.ie for more advice.

If you develop symptoms you will need to self-isolate and phone your GP. Do not go to a GP surgery, pharmacy or hospital. The GP will assess you over the phone. If they think you need to be tested for coronavirus, they will arrange a test.

Information

Please ensure that you use trusted sources. For the most up to date information on COVID-19 please go to

www2.hse.ie/coronavirus
www.hpsc.ie

Garda

For the latest local news and updates across Louth, please see An Garda Síochána Louth Facebook Page. Please note that this page is not monitored 24/7 and should not be used to report a crime.

Louth Public Participation Network

Louth PPN will respond to the Community Call and make sure nobody is left behind in these times.

For more information, please visit www.louthppn.ie or email ppn@louthcoco.ie

Louth Leader Partnership

LLP continue to provide support to community groups and the unemployed, if you visit our web site www.louthleaderpartnership.ie we are providing updates, useful videos and important information notices.

e queries@cllp.ie
m 086 823 4877

Louth Volunteer Centre

If you want to volunteer: Go to www.i-vol.ie/sign-up or contact the team at Louth Volunteer Centre at **041 9809008** or info@volunteerlouth.ie

Please fill in the boxes with YOUR useful numbers to have at hand in an emergency. YOUR eircode is important to help locate you. You can find your eircode on www.eircode.ie

Eircode	
Next of Kin Details	
Local Garda Station	
Family Doctor	
Pharmacy	
Prescriptions	
An Post	

Louth County Council	www.louthcoco.ie 1890 202 303
Louth Link Local	flexibus@localinklmi.ie 1800 303 707
Red Cross	barry.kane@gmail.com 087 9893863
Citizens Information Louth	dundalk@citinfo.ie 076 1075950
Louth Public Participation Network	ppn@louthcoco.ie 086 1448763
Louth GAA	secretary.louth@gaa.ie 086 2512577
Community Welfare Office DEASP	dundalk@welfare.ie 042 9392600
St. Vincent de Paul	info.northeast@svp.ie 1800 677 777
TUSLA	www.tusla.ie 046 9098560
Seniorline	1800 804 591 - Open everyday from 10am - 10pm , which now supports older people with concerns related to coronavirus.
Asthma Advice	1800 445 464 - Free call-back service available to people with asthma and the parents/carers of young people with asthma.
COPD Advice	1800 832 146 - Chronic Obstructive Pulmonary Disease call-back service - not to be used as an emergency service.
Askonefamily	01 662 9212 - Helpline for people parenting alone, shared parenting and for those separating.
Samaritans	116 123 - If you are worried or finding it difficult to cope, this helpline is free and is open day and night.
Pieta House	1800 247 247 - Free 24/7 helpline for those at risk of suicide and self-harm, and those bereaved by suicide.
Women's Aid Rape Crisis Centre	1800 341 900 - 24 hour support for women living with abusive partners. If you have concerns about your immediate safety please call 999.
FLAC	1890 350 250 or 01 874 5690 . If you have a legal query, the Free Legal Advice Centre helpline is open Mon - Fri, 9.30am - 1pm / 2pm - 5pm
Worker's Rights Centre	1890 747 881 - SIPTU helpline, open 8.30am - 5pm Mon-Fri for issues related to work.
Threshold	1800 454 454 - If you are a renter and are worried about the security of your tenure during the pandemic, this helpline is open Mon-Fri, 9am - 8pm
MABS	0761 07 2000 - Advice service for money management and debt issues, open weekdays 9am - 8pm
Travellers Helpline	083 100 6300 - Open 9am - 9pm daily
Childline	1800 66 66 66 Text 50101
HSE Mental Health Helpline	1800 111 888

Coronavirus may be avoided by practising good hand hygiene and social distancing. The most common symptoms of Coronavirus are:

Cough | Fever | Shortness of Breath