



Coronavirus
COVID-19

HSE

HELPLINES, INFORMATION & GUIDELINES



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GENERAL ADVICE

For general advice and guidelines visit
The HSE website - www.hse.ie

If you are experiencing symptoms
or think you are at risk
Call The HSE helpline 1850 24 1850

Keep up to date with the measures being
taken to response to the COVID 19 out
break visit:
www.gov.ie or www.citizensinformation.ie

Citizens Information – 0761 07 4000
Phone Service 9am – 8pm, Monday to Friday

SOCIAL PROTECTION

If you are suffering from COVID 19
you can apply for a special illness benefit
[Click here](#)

If you are not working due to layoffs and
closures or are self employed and unable
to work
[Click here](#)

Social Protection
Dedicated Phone Line for COVID19
01-2481398 / 1890-800-024

Helpline for Businesses with queries
relating to COVID 19 - 01 6312002

TRAVEL

[TravelWise](#)

The Department of Foreign Affairs Helpline
For people with concerns about COVID 19
Call - 01 613 1733

If you are abroad contact the Irish Embassy in the
country you are currently traveling in for more
details [Click here](#)

If you or someone you have been in close contact
with has recently returned to Ireland or you need
to travel out of Ireland [Click here](#)

HEALTH & WELLBEING

While hand washing and social distancing are vital at the moment let's not forget about self-care

If you would like some advice or information on Mental Health please [Click here](#)

If you need support or advice on Domestic Abuse
www.safeireland.ie or [West Cork Women Against Violence](#)

USEFUL HELPLINES

ALONE – 0818 222 024

Open 8am – 8pm for older people who have concerns or are facing difficulties relating to Coronavirus

SeniorLine – 1800 804 591

Free phone service, open 10am – 10pm Supporting older people with concerns about the Coronavirus

Samaritans – 116 123

If you are worried or finding it difficult to cope, call this free helpline open 24hrs a day

Pieta House – 1800 247 247

Free 24hr helpline for people at risk of suicide or self harm and those bereaved by suicide

FLAC - 1890 350 250 or 01 874 5690

Free Legal Advice Centres helpline
Monday – Friday 9:30am – 1pm & 2-5pm

Worker Rights Centre 1890 747 881

SIPTU helpline 8:30am – 5:30pm
Monday – Friday
For issues related to work in all sectors

Threshold – 1800 454 454

If you are a renter & worried about the security of your tenure
9am – 9pm Monday – Friday

MABS – 0761 07 2000

Advice service for money management and debt issues
Monday – Friday 9m – 8pm

Citizens Information – 0761 07 4000

Phone Service 9am – 8pm,
Monday to Friday

Women's Aid – 1800 341 900

24hr support for women living with abusive partners. If you have concerns about your immediate safety please contact Gardaí 999

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