

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.

Additional Support Agencies and Helplines:

Age Action Call Safe Programme: 0818 911 109	Farm & Rural Stress Helpline: 1800 742 645 or email farmandruralstress@hse.ie
AWARE Support Line: 1800 80 48 48	Farmer Covid Response: IFA Ph 1800 203600
Alzheimer's Society: Phone Support to Dementia Sufferers and Carers: 086 834 7195 Fiona – fstaunton@alzimer.ie	GOSHH: Information & support for adults & young people in the areas of Gender, Orientation, Sexual Health & HIV. 061 314 354 or info@goshh.ie
Clare Library Service: Download books, access free online courses, audio books, magazines www.clarelibrary.ie	Independent Living Movement Network: for people with disabilities. Damien Walsh 087 285 8485 www.llmi.ie
Clarecare Parents Line: Parent Support Line Monday to Friday from 10am – 4pm on 065 68 28178 or email parentingsupport@clarecare.ie	Irish Red Cross (Clare): Community Support Officer 086 832 3456
Clarecare Bushypark Addiction Support: Confidential Phone Line, Monday to Saturday from 9am – 6pm: 065 68 40944	Limerick Clare Education Training Board: clarefamilylearning.org - helping parents cope with home schooling and advice on how to keep children busy (early years, primary school, second level).
Clare Immigrant Support Centre: (CISC) free services and programmes to immigrants including refugees and asylum seekers in Co. Clare: 065 682 2026 or email cisc@gmail.com	MABS: Money advisers are available to take your money advice queries by phone & email: 0761 07 2430 or ennis@mabs.ie
Clare Local Development Company: (CLDC) provides supports to the self-employed, community and voluntary groups, entrepreneurs, the unemployed, farm families, children & youth: 065 686 6800 or www.cldc.ie	MOVE: provides Domestic Violence Perpetrators Intervention Programmes for men. MOVE Clare: 086 414 9613
Clare PPN: A network of almost 300 community and voluntary groups in Clare. It exists to help groups have their voice heard in decision making structures & share relevant information www.clareppn.ie or 087 161 7375	Rape Crisis Midwest: Providing support & counselling to women & men in Co. Clare. 1800 311 511 or info@rapecrisis.ie
Clare Sports Partnership: Set of resources to keep you and your family fit and healthy during Covid-19 – www.claresports.ie	Roma Community: Dacă sunteți Rromi (membri ai comunității Roma) și locuiți în Irlanda și aveți nevoie de informații despre Coronavirus (COVID-19), sunați la 087 126 4606 , de luni până vineri, între orele 9 dimineața și 5 după-amiaza.
Clare Volunteer Centre: Free service supporting people who wish to volunteer. We work with organisations to adopt good governance structures, safeguarding, training & access to Garda Vetting. www.volunteerclare.ie or 065 68 455 17	Pendant Alarm Queries: 1800 203 600
Clare Youth Service: For everything relating to teenagers & young people. Weekly activities and support see @ clareyouthservice on Facebook or phone 086 609 0051 info@clareyouthservice.org	Samaritans: Telephone service 24 hours a day. For confidential, non-judgemental support: Freephone 116 123 or Text 087 260 9090 or E-mail jo@samaritans.org
Family Resource Centres: During this crisis Family Resource Centres will continue to offer mental health supports, provide information, advice and other practical supports including supporting the community volunteer response. Killaloe: 085 889 9420 Shannon: 087 964 9948 NW Clare: 065 707 1144 West Clare: 086 752 4377	St. Vincent de Paul: Wide range of supports from practical help to advice – 065 68 241 88
	SpunOut: For any young person who is feeling overwhelmed or anxious around the current pandemic. Get anonymous support 24/7 with our text message support service. Text SPUNOUT to 086 1800 280 to begin.
	National Traveller Helpline: for Covid-19 queries 083 100 6300 available 7 days a week.
	Women's Aid: National Freephone Helpline for women experiencing domestic violence. 1800 341 900 available 24 hours, 7 days a week.

Mind your mental health during this time!

Stay informed but set limits around news and social media.

Visit www.yourmentalhealth.ie for more advice.



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

- ⊗ Cough
- ⊗ Fever
- ⊗ Shortness of breath

