



Your local health services in Clare

Our health service is here for us all,
from routine to urgent care.

Keep this leaflet handy for contacting health
services in your area.

www.hse.ie/Ukraine has health information
and advice from the HSE in your language.



Minding your mental health



You will be able to access a wide range of mental health support and services. Our services range from information on how to self-help and helplines to talk to someone, through to online and in-person services such as counselling and advocacy.

Find information about all the mental health support available at www.YourMentalHealth.ie or by calling our HSE YourMentalHealth information line on 1800 111 888.

- Aware provide free support, education and information to those impacted by mental health concerns. For information or to find a local support group, visit www.aware.ie/ukraine
- MyMind is providing counselling and psychotherapy for Ukrainians under their free counselling project. This service is provided in English and a range of other languages. Visit www.mymind.org/free-counselling
- ISPC: Childline offer a confidential 24-hour listening online, Text and Chat service for children and young people up to the age of 18 to talk about any issue. Text 50101 or register for the online chat service at www.childline.ie (Ukrainian translation available). Call the 24-hour European Helpline on 116 111 or Childline on 1800 66 66 66. For more information, visit www.ispcc.ie/tag/ukraine/

COVID-19 and other viruses



COVID-19 can cause serious illness. Simple steps can help protect you and others from COVID-19 and other viruses.

To help keep everyone safe:

- Self-isolate if you have symptoms (cough, temperature, tiredness). Self-isolate means stay in your room if possible. If you are living in shared accommodation, speak to your host about support
- Wear a face mask in healthcare settings, on public transport and in busy places
- Keep hands clean – wash regularly and use hand sanitiser. Cover coughs and sneezes
- Open windows and doors to let fresh air in if meeting indoors

Getting your free COVID-19 vaccine and booster helps protect you and others from becoming seriously ill. Visit www.hse.ie/Ukraine for information and to book an appointment for you or your child. If you'd like to discuss your vaccination options, call HSELive (see front cover).

Our HSELive team speak Ukrainian and
we're here Monday-Friday 9am - 5pm.
Call 1800 700 700 or 00353 1 240 8787
and select option 3



Services available to you

You will be able to get healthcare services while in Ireland. You can apply for a medical card to get some of these free of charge. Download an application form at www.hse.ie/Ukraine

You will be able to get care and support with the following:

- family doctors - also called GPs (general practitioners)
- nurses
- dental and eye care
- hospital or emergency services
- mental health services
- children's health services, including childhood vaccinations
- disability services
- older people services
- pregnancy services, including abortion services
- sexual health services
- sexual assault treatment

There is a high demand for GP services in Ireland. If you have trouble finding a GP, you can call HSELive for advice.

Locally based pharmacists are highly trained, trusted medical professionals and can offer advice and medication for a wide range of non-urgent medical issues such as colds, coughs, allergies, rashes and minor cuts or sprains. You can buy some medication from the pharmacy, but you may need to get a prescription from a GP for others.

You can also attend an injury unit or medical centre for more complex health issues. Only attend hospital or call an ambulance if there is a medical emergency that cannot wait.

You can also visit www.hse.ie/ukrainianvideos for videos on common health topics.

Call the HSE

HSELive can help with information on health services and questions about COVID-19.

Our team speak Ukrainian and we're here Monday-Friday 9am - 5pm. Call HSELive on 1800 700 700 or 00353 1 240 8787 and select option 3.

At busy times we may need to call you back.



If you need to see a GP outside of their opening hours, you can contact your local GP out of hours service. This service is only for urgent, not routine GP appointments with the GP on duty.

GP out of hours

Shannondoc 0818 123 500 (or 061 459 500)

Injuries

Injury units can treat broken bones, dislocations, sprains, strains, wounds, scalds, and minor burns.



Your local injury unit	Availability	Contact
Ennis Injury Unit	8am to 8pm, 7 days. Adults and children aged 5 and older	065 686 3121
St. John's Injury Unit, Limerick City	8am to 7pm, 7 days. Adults and children aged 5 and older	061 462 132

Emergencies

An Emergency Department (ED) deals with serious injuries and life-threatening emergencies.

EDs are open 24 hours a day, every day of the year.

Phone **112** or **999** if you need urgent medical help or don't know what to do.



Emergency Department

University Hospital Limerick

Please wear a face mask if visiting a GP, pharmacy, clinic or hospital.

