

# Glencolmcille COVID-19 Community Response

## EMERGENCY / CRISIS NUMBERS:

YOUR LOCAL GP OR  
NOWDOC OUT OF  
HOURS GP SERVICE  
**1850 400 911**

GARDAI /  
EMERGENCY  
SERVICES  
**999 / 112**

THE SAMARITANS  
**116 123**  
TEXT 087 260 9090  
EMAIL:  
jo@samaritans.ie

## OTHER SUPPORTS:

PIETA  
HOUSE  
"Preventing  
Suicide and  
Self-Harm"  
**074 91 26594**

JIGSAW  
Free Support  
Service for Young  
People 15-25yrs  
**074 97 26920**  
donegal@jigsaw.ie

SHINE  
INFO LINE  
**1890 621 631**  
Supporting People  
Affected by Mental  
Ill Health

GROW  
INFO LINE:  
**1890 474 474**  
Supporting those  
experiencing mental  
health problems

NATIONAL  
LGBT  
HELPLINE  
**1890 929 539**

MABS  
(Money Advice  
& Budgeting Service)  
Helpline  
**0761 072 000**

Donegal Community  
Counselling Service  
**074 91 24985**

ONLINE  
COUNSELLING  
www.turn2me.org

SUICIDE  
BEREAVEMENT  
LIAISON SERVICE  
**085 877 2028**

MENTALHEALTH  
IRELAND  
www.mentalhealthireland.ie

PARENT LINE  
**1890 927 277**  
www.parentline.ie



Learn about mental health and how to  
support yourself and those you love.

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)



- **HSE Helpline: 1850 241850**
- **An Garda Síochána: 071 9858530**
- **ALONE: 0818 222 024**
- **Citizens Advice: 076 107 4000**

# Glencolmcille COVID-19 Community Response

(Co-ordinated by Lár Chomhairle Paróiste GCC & CLG Naomh  
Columba)

The **Glencolmcille COVID-19 Response Service** volunteers are still available to help anyone self-isolating with the collection of goods, prescriptions, veterinary medicines or other urgent supplies.

*Help prevent the spread of the COVID-19 virus*  
*by:*

- Maintaining social distancing
- Wearing a face mask in shops, on public transport or in groups outside of your own pod
- Masking your mouth and nose with a tissue or your sleeve when you cough and sneeze
- Washing your hands properly and often
- Avoiding touching your eyes, nose or mouth if your hands are not clean.

We are only a phone call  
away, so please don't be  
afraid to contact us if  
you need us - our  
contact details are  
listed inside.



**If you need our  
SERVICE - Call one  
of our Volunteers;**

**Christina Byrne –  
087 7465012**

**Martin Carr –  
087 6797995**

**Siobhán Ní Churraighín  
– 087 2618121**

**Margaret Rose  
Cunningham –  
087 7965343**

**Seamus Kennedy -  
074 9739049**

## **Chemist/Shop orders;**

1) CALL THE SHOP AND  
PLACE YOUR ORDER -  
payment of goods to be  
arranged with shop/chemist  
by you. Volunteers are not  
allowed to handle cash.

2) YOUR ORDER WILL BE  
COLLECTED from THE SHOP  
AND DELIVERED TO YOUR  
HOUSE

Where possible, we would  
ask that food & perscription  
orders be placed by 3pm for  
same-day delivery.

On receipt of your delivery  
**DISINFECT ALL  
PRODUCTS/PACKAGING**

**MOST IMPORTANTLY - AFTER  
HANDLING, WASH YOUR  
HANDS THOROUGHLY**

## **Other Useful Numbers;**

Carrick Health Centre:  
074 97 39380

Dr Bourkes Killybegs:  
074 97 31148

Killybegs Fam. Hlth Centre:  
074 97 41122

Cara Pharmacy Killybegs:  
074 97 31009

Haven Pharmacy Killybegs:  
074 97 32640

Kellys Pharmacy Ardara:  
074 95 41120

## **Shops:**

Byrnes Foodstore Carrick -  
9739725

Byrnes Foodstore Glen - 9730953

Dohertys Supermarket Carrick -  
9739120

Carrick Meats - 087-1762749

O Donnells, Meenanearry -  
9739009