

Community supports for those at home in the Covid-19 crisis

As people are encouraged to “Stay Safe, Stay Home”, to prevent the spread of COVID-19, and as greater numbers enter self-isolation while waiting for testing or results of tests, a number of community and voluntary organisations are offering new or expanded services nationally in response to the COVID-19 crisis. You may find the numbers below helpful if you are seeking advice, and particularly if you or loved ones are self-isolating.

ALONE

ALONE has set up a dedicated COVID-19 support line, in collaboration with the HSE and Department of Health, to offer advice and information related to the coronavirus.

ALONE COVID-19 support line (Monday to Friday, 8am-8pm): 0818 222 024.

Age Action

The Age Action Information Service is available Monday to Friday, 9.30am – 5pm, for people who want to talk through the HSE COVID-19 guidelines.

Age Action Information Service: 01 4756989.

Covid Community Response

Covid Community Response (<https://covidcommunityresponse.ie/>) is a national support helpline for individuals and organisations seeking assistance from their local community during the COVID-19 pandemic. It is staffed by volunteers who assist people directly or through community organisations locally. You can text or call the numbers below to request help, for example with delivering groceries, and the helpline will arrange assistance through available volunteers.

Covid Community Response: TEXT: 086 180 0256 or CALL: 021 237 7809.

Family Carers Ireland

Family Carers Ireland has expanded its National Freephone Careline service in response to the increase in calls directly related to COVID-19. The Careline offers advice and will answer carers’ specific queries. They have also called for donation of personal protective equipment such as sanitiser or masks for family carers, and will arrange delivery if supplies are available.

Family Carers Ireland Careline: 1800 24 07 24.

The **Health Service Executive** (HSE) also has its own helpline, which you can call Monday to Friday: 8am - 8pm, and Saturday and Sunday 9am – 5pm.

HSE Live Helpline: Callsave: 1850 24 1850 Phone: 041 6850300.