



THE CRY HELPLINE

Managed by a team of trained volunteers the complimentary and confidential Freephone, CRY Helpline, provides a caring, listening ear and support to families and friends who have been affected by the loss of a loved one through Sudden Cardiac Death.

We would warmly encourage you, your family and friends, to avail of this service if you feel that it could be of support or comfort to you.

The CRY Helpline service is available between the hours of 7-9 pm on Tuesdays and Thursdays, 10am-12 noon on Wednesdays and 4-6pm on Sundays.

You can avail of this service by calling either of the following Freephone numbers:

Republic of Ireland
1800 714 080

Northern Ireland/UK
00 44 8006 40 62 80



@CRYIre



CRYIreland



cryireland

The CRY Centre
Unit B14, Block 7B, Tallaght Cross West
Dublin 24, D24 R3HC
Registered Charity No. 14506

CRY Ireland is an autonomous charitable legal entity, entirely separate from Tallaght University Hospital.