



Emigrant Support Service

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During this somewhat surreal and very worrying time, we wanted to reach out to our friends, funders, clients and Irish welfare & advice agencies worldwide to let you know that Safe Home Ireland is still here and 'open for business', albeit with necessary restrictions around some of our services.

We are sad that we have had to suspend the vital 'face to face' home visiting and outreach support part of our work, but we hope that by all of us doing our bit in adhering to guidelines and social distancing, the sacrifice will be worthwhile and that things will get back to some kind of normality (remember that!), sooner rather than later.

While our office is not open to the public, our telephone information service is operating. Outlined below is information on the range of other services that we can currently provide;

- Anyone who has recently returned to Ireland/or may be contemplating doing so, or has family members that fit into that category, can contact our office by phone or email and we can provide information on a whole range of areas, including welfare, healthcare, housing & more
- For anyone with concerns about family members here in Ireland, let us know and we can try to link in with contacts and supports in their area
- For people who do not have internet/printer access, if you need relevant forms/paperwork we can print that off and post to you
- We can part-complete application forms/relevant paperwork over the phone and then post out
- We can offer telephone support and connect people to other relevant services in their areas
- If you are concerned for any member of the Irish community living abroad, who is isolated or vulnerable, please get in touch with us or the nearest Irish Welfare & Advice Agency, see [HERE](#) for Global Irish Directory. Many will be closed to the public but will can be contacted via phone/email.
- For those who are abroad and are finding it difficult to travel home we urge you to contact the [Irish Embassy/Consulate](#) in your area. Many are now closed to the public but they operate a telephone/email or appointment service
- For ANYONE feeling overwhelmed, anxious or lonely during this time, give us a call, with your contact phone number and we can ring you back for a chat. It is important that you stay connected during this time, especially if you are self-isolated or living alone.

[Website](#)

[Facebook](#)

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Further Information and Supports

If you are travelling to Ireland from abroad you must restrict your movements for 14 days – this involves staying indoors and avoiding any unnecessary and contact with others – further information on self-isolation is available from the [Health Service Executive \(HSE\)](#) and from [Department of Foreign Affairs \(DFA\)](#)

Minding your Mental Health at this time is particularly important at this time. Although face-to-face services are limited there are several online and phone services including [Helplink Mental Health](#) who are providing FREE counselling services during Covid-19 Crisis

[You can contact Crosscare Migrant Project, which is](#) a Dublin based NGO providing information and advocacy support to Irish emigrants returning in crisis and to people who have moved to Ireland

For specific and comprehensive information on returning to Ireland and how Covid-19 might affect you, visit [Citizens Information](#)

For more detailed information on Covid-19 visit [World Health Organisation](#) and [Health Service Executive \(HSE\)](#)

The spread of coronavirus is a new and challenging event and some people might find it more worrying than others. Most people's lives will change in some way over a period of days, weeks or months. But in time, it will pass.

PATRON: Michael D. Higgins – PRESIDENT OF IRELAND

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