

# Pensions Department Contact List

Personnel Numbers beginning with the following digits	Area Office	Phone Number	E-Mail Address
80	South-West (Cork)	021 - 4923737 021 - 4923759 021 - 4923643 021 - 4923742	<a href="mailto:Pensions.south@hse.ie">Pensions.south@hse.ie</a>
70	West (Galway)	091 - 775487	<a href="mailto:Pensions.west@hse.ie">Pensions.west@hse.ie</a>
53	Mid-West (Limerick)		<a href="mailto:Pensions.limerick@hse.ie">Pensions.limerick@hse.ie</a>
29 30	East	01 - 8817170	<a href="mailto:superann@hse.ie">superann@hse.ie</a>
63	Midlands (Tullamore)		<a href="mailto:Pensions.tullamore@hse.ie">Pensions.tullamore@hse.ie</a>
81 86 89	South- East (Kilkenny)	056 - 7785548 056 - 7785652	<a href="mailto:pensionsoutheast@hse.ie">pensionsoutheast@hse.ie</a>
40	North-East (Kells)		<a href="mailto:Pensions.dne@hse.ie">Pensions.dne@hse.ie</a>
22	North -West	071-9820447	<a href="mailto:pensionhelpdesk@hse.ie">pensionhelpdesk@hse.ie</a>