



Union of Students in Ireland
Aontas na Mac Léinn in Éirinn

MENTAL HEALTH DIRECTORY

Carlow

Accord: Marriage Counselling Services:

- Tel: 059 9138738. Website: www.accord.ie. Email: accordcarlow@eircom.net

Carlow Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 059 913 8750

Carlow Regional Youth Service:

- Services: Youth counselling services provide both bereavement and suicide bereavement counselling.
- Tel. 059 9130476. Website: www.carlowys.ie. Email: carlowys@iol.ie.

Carlow Women's Aid:

- Services: Counselling where client also has domestic abuse issues.
- Tel. 059 9173552/ 1800 444944. Email: carlowwomensaid@gmail.com

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. 059 9140977. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
- Tel. 053 9239574/ 087 8353925. Email: southeast@mentalhealthireland.ie

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities.
- Tel. 086 8060768. Email: gerald.macann@advocacy.ie

Rainbows:

- Services: Provides a safe setting in which children can talk through their feelings with children who are experiencing similar situations.
- Tel. 059 9146577. Website: www.rainbowsireland.com. Email: ask@rainbowsireland.com.

Samaritans Kilkenny & Carlow:

- Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide
- Helpline: 1850 609090. Text: 087-2609090. Tel: 056 7765554/7765750. Website: www.samaritans.org. Email: jo@samaritans.org

Suicide Bereavement Group:

- Tel. 059 9131323

Teach Bhride, Tullow:

- Services: General counselling and workshops on bereavement and suicide.
- Tel: 059 9152465

You are not Alone Family Support Group:

- Services: For families living with drug abuse within the family unit
- Tel: 085 7872730

Cavan

Accord: Marriage Counselling Services:

- Tel. 049 4375004. Website: www.accord.ie. Email: cavanaccord@eircom.net

Cavan Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 049 433 2641

Living Links Cavan:

- Services: Provides practical help, information and support to persons bereaved by suicide.
- Tel: 086 0235414. Website: www.livinglinks.ie. Email: info@livinglinks.ie

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. 049 4362900. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
- Tel. 086 6028157. Email: mhinortheast@gmail.com

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities.
- Tel. 086 6077244/043 3341069. Email: andrea.reynolds@advocacy.ie

Rainbows:

- Services: Provides a safe setting in which children can talk through their feelings with children who are experiencing similar situations.
- Tel. 049 4371363. Website: www.rainbowsireland.com. Email: ask@rainbowsireland.com.

Suicide Bereavement Support:

- Services: Provide Cavan/Monaghan suicide support group and Cruse Bereavement services
- Tel. 049 4372999. Email: cavfamil@oceanfree.net.

Clare

Accord: Marriage Counselling Services:

- Tel. 065 6824297. Website: www.accord.ie. Email: accord.ennis@eircom.net.

Amethyst Resource for Human Development: Counselling.

- Tel. 061 376331.

Congress Info & Opportunities Centre: Group counselling.

- Tel. 065 6841009. Email: cicc@eircom.net.

Clarecare, Ennis:

- Services: Counselling and advisory services for adults, family support
- Tel: 065 6828178

Ennis Citizen's Information Centre

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 065 684 1221

Ennistymon Day Hospital:

- Services: Counselling, Information and advice, outreach work
- Tel: 065 7071611

Kilrush Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 065 908 0056

Living Links Clare:

- Services: Provides practical help, information and support to persons bereaved by suicide.
- Tel: 087 4122052 Website: www.livinglinks.ie. Email: info@livinglinks.ie

M.A.B.S. – Money Advice and Budgeting Service: Ennis:

- Tel. (065) 6841991. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Shannon:

- Tel. (061) 360422. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
- Tel: 086 8079406. Email: annei.buckley@hse.ie

Mid West Simon Community:

- Services: Works with people who experience homelessness in counties Clare, Limerick and Tipperary
- Tel: 061 608980. Email: admin@midwestsimon.ie. Website: www.midwestsimon.ie

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities.
- Tel: 086 6010830. Email: helen.collins@advocacy.ie

Samaritans Kilkenny & Carlow:

- Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide
- Helpline: 1850 609090. Text: 087-2609090. Tel: 065 6829777. Website: www.samaritans.org. Email: jo@samaritans.org

Scariff Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel. 061 922 927

Shannon Bereavement Group:

- Tel. 061 364133. Email: shannonparish@eircom.net

Shannon Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel:061 364 704/5

Shine – supporting people affected by mental ill health, Ennis office:

- Services: Provides information, support and a listening ear to those affected by mental illness.
- Tel: 087 7878222 Website: www.shineonline.ie. Email: info@shineonline.ie

Youth Drug Prevention Project:

- Tel: 065 6845350

Cork

Accord: Marriage Counselling Services Bantry:

- Tel: 027 50272. Website: www.accord.ie. Email: accordbantry@eircom.net

Accord: Marriage Counselling Services Cloyne:

- Tel: 025 31899. Website: www.accord.ie. Email: accordcloyne@eircom.net

Bantry Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 027 521 00

Before 5 Nursery & Family Centre:

- Services: Access to community counselling services
- Tel: 021 4303561. Email: before5centre@eircom.net

Blackpool Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 021 455 9807

Blackrock Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 021 435 8352

Cobh Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 021 4814422

Cork City Centre Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 021 427 7377/427 7518

GROW Southern Office:

- Services: Supports people who have or are suffering from mental health problems.
- Tel: 01 840 8236. Website: www.grow.ie. Email: info@grow.ie

Fermoy Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 025 32711/025 329 62

Hollyhill/Knocknaheeny Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 021 430 2301/430 2108

Living Links Cork East:

- Services: Provides practical help, information and support to persons bereaved by suicide.
- Tel: 087 1370792 Website: www.livinglinks.ie. Email: info@livinglinks.ie

Living Links Cork West:

- Services: Provides practical help, information and support to persons bereaved by suicide.
- Tel: 085 2445575 Website: www.livinglinks.ie. Email: info@livinglinks.ie

Loinnir: A bereavement support group.

- Tel: 023-8833297

Macroom Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 026 421 79

M.A.B.S. – Money Advice and Budgeting Service: Charleville:

- Tel. (063) 81603. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: West:

- Tel. (023) 8855155. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: City:

- Tel. (021) 4552080. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: North:

- Tel. (022) 43879. www.mabs.ie

Mallow Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 022 201 62

Mayfield Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 021 450 8300

Mitchelstown Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 025 84600

National Advocacy Service:

- Provides independent, representative advocacy services for people with disabilities:
- Tel. 086 0224073. Email: annmarie.osullivan@advocacy.ie. Tel. 086 0224051. Email: israel.finnerty@advocacy.ie

Samaritans Cork:

- Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide
- Helpline: 1850 609090. Text: 087-2609090. Tel: 021 4271323. Website: www.samaritans.org. Email: jo@samaritans.org

Shine – supporting people affected by mental ill health, Cork office.

- Services: Provides information, support and a listening ear to those affected by mental illness.
- Tel: 021 4949833. Website: www.shineonline.ie. Email: info@shineonline.ie

Unite: A confidential Gay, Bisexual and Transgender youth online group.

- Tel: 021 4278470. Email: info@gayyouthcork.com

YMCA Youth Counselling Services:

- Counselling service for 15+ years old who are under stress and/or at risk of alcohol/drug misuse
- Tel: 021 4270187

Youghal Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 02490902

Youghal Community Drugs Initiative:

- Tel: 086 3842183. Email: eric.trihy@foroige.ie. Website: www.youghaldrugsinitiative.ie

Youth Health Service:

- Tel: 021 4220490/1. Email: yhs@mailp.hse.ie

Donegal

Accord: Marriage Counselling Services Donegal Town:

- Tel. 074 9723944. Website: www.accord.ie. Email: donegalaccord@eircom.net

Accord: Marriage Counselling Services Inishowen:

- Tel. 074 9374103. Website: www.accord.ie. Email: accordinishowen@eircom.net

Accord: Marriage Counselling Services Letterkenny:

- Tel. 074 9122218. Website: www.accord.ie. Email: accordletterkenny@eircom.net

Ballyshannon Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 071 985 1666

GROW North Western Office:

- Services: Supports people who have or are suffering from mental health problems.
- Tel: 074 9161628. Website: www.grow.ie. Email: grow@hse.ie

Living Links Donegal:

- Services: Provides practical help, information and support to persons bereaved by suicide.
- Tel: 087 9286007 Website: www.livinglinks.ie. Email: info@livinglinks.ie

M.A.B.S. – Money Advice and Budgeting Service: Buncrana.

- Tel. 074 9321856. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: West Donegal.

- Tel. 074 9560747. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: North Donegal.

- Tel. 074 9129909. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: South Donegal.

- Tel. 074 9724462. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
- 086 7723287. Email: donegal@mentalhealthireland.ie

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities:
- Tel. 086 1736421. Email: marion.gallagher@advocacy.ie

Youth Drug and Alcohol Education and Prevention Project:

- Services: For young people aged 10 to 17 years, parents and families.
- Tel: 0860481977. Email: vanessa.scahill@foroige.ie

Dublin

Accord: Marriage Counselling Services Ballymun:

- Tel. 01 8621508. Website: www.accord.ie. Email: ballymun@dublin.accord.ie

Accord: Marriage Counselling Services Blanchardstown:

- Tel. 01 8201044. Website: www.accord.ie. Email: blanchardstown@dublin.accord.ie

Accord: Marriage Counselling Services Clondalkin:

- Tel. 01 4593467. Website: www.accord.ie. Email: clondalkin@dublin.accord.ie

Accord: Marriage Counselling Services Dun Laoghaire:

- Tel. 01 2801682. Website: www.accord.ie. Email: dunlaoghaire@dublin.accord.ie

Accord: Marriage Counselling Services Harcourt Street:

- Tel. 01 4784400. Website: www.accord.ie. Email: marriagepreparation@dublin.accord.ie

Accord: Marriage Counselling Services Lucan:

- Tel. 01 6010844. Website: www.accord.ie. Email: lucan@dublin.accord.ie

Accord: Marriage Counselling Services Marino:

- Tel. 01 8338631. Website: www.accord.ie. Email: marino@dublin.accord.ie

Accord: Marriage Counselling Services Phibsborough:

- Tel. 01 8680028. Website: www.accord.ie. Email: phibsborough@dublin.accord.ie

Accord: Marriage Counselling Services Swords:

- Tel. 01 8404550. Website: www.accord.ie. Email: swords@dublin.accord.ie

Accord: Marriage Counselling Services Tallaght:

- Tel. 01 4590337. Website: www.accord.ie. Email: tallaght@dublin.accord.ie

Accord: Marriage Counselling Services Templeogue:

- Tel. 01 4908739. Website: www.accord.ie. Email: templeogue@dublin.accord.ie

Alateen:

- Services: Support for young people aged 12-17 inclusive affected by problem drinkers.
- Tel: 01 873 2699. Email: info@al-anon-ireland.org

ANAM Cara Parental and Sibling Bereavement Support:

- Tel: 01 4045378. www.anamcara.ie

Awakenings:

- Services: Counselling and Psychotherapy services for individuals and couples.
- Tel. 01 4920122.

Aware:

- Services: Aims to provide support group meetings throughout the country and online for people with depression and manic depression and their families.
- Tel: 01 6617211. Helpline: 1890 3033302. The aware helpline is a listening service for people affected by depression, either as sufferers or as family and friends. Website: www.aware.ie. Email: info@aware.ie

Balbriggan Family Centre:

- Services: Individual and group counselling for the bereaved/ suicide bereaved.
- Tel. 01 8414122. Website: www.docharity.net. Email: bfc@docharity.net.

Beacon of Light Counselling Centre:

- Services: Counselling and group facilitation. Dublin West.
- Tel. 01 4578700. Email: beaconoflight@iolfree.ie.

Cherry Orchard Family Centre:

- Tel: 01 6231313

Cheshire Community Services: Ballyfermot:

- Tel: 01 6207187

GROW Eastern Office:

- Services: Supports people who have or are suffering from mental health problems.
- Tel: 01 8734029. Website: www.grow.ie. Email: easternregion@grow.ie

Individuality:

- Services: a social online group for young trans people and those questioning their gender identity.
- Tel: 01 6706223. Email: info@belongto.org

Living Links Dublin:

- Services: Provides Practical Help, Information and Support to persons bereaved by suicide.
- Tel: 087 4122052. Website: www.livinglinks.ie. Email: info@livinglinks.ie

M.A.B.S. – Money Advice and Budgeting Service: Ballymun:

- Tel. 01 8620059. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Clondalkin:

- Tel. 01 4575782/4570550. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Dublin 10 & 20:

- Tel. 01 6233900. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Ballyfermot:

- Tel. 01 6235443. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Dublin 12:

- Tel. 01 4560731. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: North City:

- Tel. 01 8794006/8794007. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: North East City:

- Tel. 01 8674892. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: South East:

- Tel. 01 6706555/6704331. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Dundrum/Rathfarnham and District:

- Tel. 01 2990360. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Dun Laoghaire:

- Tel. 01 2302002. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Fingal:

- Tel. 01 8901102/6. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Finglas/Cabra:

- Tel. 01 8642148. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Blanchardstown:

- Tel. 01 8206324. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Liffey South West:

- Tel. 01 4731856. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Tallaght:

- Tel. 01 4203278/4203279. www.mabs.ie

Mental Health Ireland South West Dublin:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel: 086 2873526. Email: michaelc@mentalhealthireland.ie

Mental Health Ireland North Dublin 2:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel: 086 2873526

Mental Health Ireland North Dublin:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel: 01 2841166/ 086 8385584. Email: michaeln@mentalhealthireland.ie.

Mental Health Ireland South Dublin:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- 01 2841166/ 086 8385584. Email: michaeln@mentalhealthireland.ie.

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities:
- Dublin 7: Tel:086 8378757. Email: suzy.byrne@advocacy.ie.
- Dublin 7: Tel: 086 0203834. Email: john.mccrudden@advocacy.ie
- Clondalkin: Tel: 01 4579243/0877505374. Email: margaret.tumbleton@advocacy.ie.
- Blackrock: Tel. 086 0203795. Email: sarahl.campbell@advocacy.ie
- Blackrock: Tel. 087 9800161. Email: ruth.mccullagh@advocacy.ie
- Dublin 2: Tel. 086 3658885. Email: jim.comiskey@advocacy.ie
- Dublin 2: Tel. 086 0203698. Email: tessa.vankeeken@advocacy.ie
- Lucan: Tel. 087 1360611. Email: jenny.cullen@advocacy.ie
- Skerries: Tel. 086 0211346. Email: ann.saurin@advocacy.ie

Oasis Project:

- Services: Outreach, counselling for adults.
- Tel: 01 2845722. Email: mscdp@gofree.indigo.ie

Over 18's Group:

- Services: Online group for LGBT young people aged 18 - 23 from Dublin and surrounding areas.
- Tel: 01 6706223. Email: info@belongto.org.

Samaritans:

- Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide.
- Helpline: 1850 609090. Text: 087-2609090 Tel. 01 8727700. Email: jo@samaritans.org. Website: www.samaritans.org

Shine – supporting people affected by mental ill health, Dublin office.

- Services: Provides information, support and a listening ear to those affected by mental illness.
- Tel: 01 86-1620. Website: www.shineonline.ie. Email: info@shineonline.ie

Teen Counselling:

- Services: Provides a professional counselling service for adolescents and their families who are struggling with behavioural and emotional problems.
- Clondalkin: Tel: 01 623 1398. Email: Clondalkinteenc@crosscare.ie.
- Website: www.crosscare.ie
- Drumcondra: Tel: 01 837 1892. Email: drumcondrateenc@crosscare.ie
- Website: www.crosscare.ie
- Dun Laoghaire: Tel: 01 284 4852. Email: dunlaoghareteenc@crosscare.ie. Website: www.crosscare.ie
- Finglas: Tel: 864 6014. Email: finglasteenc@crosscare.ie. Website: www.crosscare.ie
- Tallaght: Tel: 01 462 3083. Email: tallaghtteenc@crosscare.ie. Website: www.crosscare.ie

TravAct:

- Services: Traveller focused training and advocacy.
- Tel: 01 8486515. Email: travact@eircom.net

The Snug Counselling Service:

- Services: Counselling, individual/family support, drug awareness
- Tel: 01 8786231. Email: thesnug@eircom.net

The Ladybirds:

- Services: Online group for young Lesbian, Bi-sexual and Transgender women in Dublin aged 14 - 23 years of age.
- Tel: 01 6706223. Email: info@belongto.org.

Galway

Accord: Marriage Counselling Services Ballinasloe:

- Tel. 090 9643573. Website: www.accord.ie. Email: ballinasloeaccord@eircom.net

Accord: Marriage Counselling Services Galway:

- Tel. 091 562331. Website: www.accord.ie. Email: accordgalway@eircom.net

Accord: Marriage Counselling Services Tuam:

- Tel. 093 24900. Website: www.accord.ie. Email: accordtuam@eircom.net

Clifden Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 095 22000

Galway Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 091 563344

Galway Simon Community:

- Services: Provides a continuum of quality care, accommodation and services which support and empower people who are homeless or at risk of homelessness.
- Tel: 091 589415. Email: admin@galwaysimon.ie. Website: www.galwaysimon.ie

Jigsaw:

- Services: Free and confidential support service for young people, aged 15-25, in Galway City and County.
- Tel: 091 549252. Email: galway@jigsaw.ie. Website: www.jigsaw.ie

Living Links Galway:

- Services: Provides practical help, information and support to persons bereaved by suicide. Tel: 087 4122052 Website: www.livinglinks.ie. Email: info@livinglinks.ie

M.A.B.S. – Money Advice and Budgeting Service: South:

- Tel. 091 569349/091 841869/ 091 869934. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: North:

- Tel. (093) 24421. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel: (086) 383 7607

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities.
- Tel. 087 0641163. Email: rebecca.leavy@advocacy.ie Tel. 087 9697404. Email: greg.duff@advocacy.ie. Tel. 086 0291948. Email andrea.farrell@advocacy.ie

Rosmuc Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 091 574 122

Samaritans Galway:

- Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide
- Helpline: 1850 609090. Text: 087-2609090. Tel: 091 561222 . Website: www.samaritans.org. Email: jo@samaritans.org

Shine – supporting people affected by mental ill health, Galway office.

- Services: Provides information, support and a listening ear to those affected by mental illness.
- Tel: 091 576150/1. Website: www.shineonline.ie. Email: info@shineonline.ie

Tuam Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 093 24577

Kildare

Accord: Marriage Counselling Services:

- Tel. 045 431695. Website: www.accord.ie. Email: accordnewbridge@eircom.net

Athy Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 059 863 2058

M.A.B.S. – Money Advice and Budgeting Service: Kilkock:

- Tel. (01) 6284466. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Newbridge:

- Tel. (045) 435558. www.mabs.ie

Maynooth Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel. 01 628 5477/628 5065

Mental Health Ireland Regional Office:

- Services: Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel: 086 2873526. Email: michaelc@mentalhealthireland.ie

Naas Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel. 045 879 489

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities:
- Tel. 087 2666720. Email: rachel.bergin@advocacy.ie

Newbridge Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel. 045 431 735/486 365

Samaritans Newbridge:

- Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide
- Helpline: 1850 609090. Text: 087-2609090. Tel: 045 435299. Website: www.samaritans.org. Email: jo@samaritans.org

Kilkenny

Accord: Marriage Counselling Services:

- Tel. 056 7722674. Website: www.accord.ie. Email: accord@ossory.ie

GROW South Eastern Office:

- Services: Supports people who have or are suffering from mental health problems.
- Tel: 056 7761624. Website: www.grow.ie. Email: southeastregion@grow.ie

Kilkenny Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel. 056 776 2755

Kilkenny Family Support Group:

- Tel: 056 7723860. Email: Dgray@ossoryyouth.com/mbay@ossoryyouth.com

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. (056) 7761777. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel. 053 9239574/ 087 8353925. Email: southeast@mentalhealthireland.ie

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities.
- Tel. 086 0218745. Email: mary.linehan@advocacy.ie

Samaritans Kilkenny & Carlow:

- Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide
- Helpline: 1850 609090. Text: 087-2609090. Tel: 056 7765554/7765750. Website: www.samaritans.org. Email: jo@samaritans.org

Shine – supporting people affected by mental ill health, Galway office.

- Services: Provides information, support and a listening ear to those affected by mental illness.
- Tel: 056 7703652. Website: www.shineonline.ie. Email: info@shineonline.ie

Kerry

Accord: Marriage Counselling Services Killarney:

- Tel. 064 6632644. Website: www.accord.ie. Email: accordkillarney@eircom.net

Accord: Marriage Counselling Services Tralee:

- Tel. 066 7120194. Website: www.accord.ie. Email: accordtralee@eircom.net

Caherciveen Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 066 947 3515

Castleisland Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 066 714 3992

Dingle Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 066 915 2280

Kenmare Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 064 41000

Killarney Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 064 32297

Killorglin Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 066 979 0856

Living Links Kerry:

- Services: Provides practical help, information and support to persons bereaved by suicide.
- Tel: 087 4122052 Website: www.livinglinks.ie. Email: info@livinglinks.ie

Listowel Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel: 068 22937

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. (066) 7129750. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel. 064 31022/ 087 6998901

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities:
- Tel. 086 0224022. Email: mary.carroll@advocacy.ie

Samaritans Tralee:

- Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide
- Helpline: 1850 609090. Text: 087-2609090. Tel: 066 7122566. Website: www.samaritans.org. Email: jo@samaritans.org

Tralee Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel: 066712 3655

Laois

Accord: Marriage Counselling Services:

- Tel. 057 8661581. Website: www.accord.ie. Email: accordportlaoise@hotmail.com

Abbeyleix Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel: 057 873 1798

Aware:

- Services: Aims to provide support group meetings throughout the country and online for people with depression and manic depression and their families.
- Tel: 0502-22925. Helpline: 1890 3033302. The aware helpline is a listening service for people affected by depression, either as sufferers or as family and friends. Website: www.aware.ie. Email: info@aware.ie

Family Mediation Services Portlaoise:

- Tel: 0578695736

Living Links Laois:

- Services: Provides practical help, information and support to persons bereaved by suicide. Tel: 086 1600641. Website: www.livinglinks.ie. Email: info@livinglinks.ie

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. 05786 61727. www.mabs.ie .

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel: 086 8353387. Email: finolacolgan@eircom.net

Midlands Simon Community:

- Services: Works with people who experience homelessness in counties Laois, Longford, Offaly and Westmeath.
- Tel: 09064 44641. Email: info@midlandssimon.com

Midland Regional Youth Services:

- Tel: 0906477075

Mountmellick Development Association:

- Tel. 057 8624525. Email: info@mountmellickdevelopment.com. Website: www.mountmellickdevelopment.com

Suicide Bereavement Support:

- Tel: 086 8157320

Citizen's Information Centre:

- Tel: 05786 21425

Portlaoise Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 0502 21425

Rainbows:

- Services: Provides a safe setting in which children can talk through their feelings with children who are experiencing similar situations.
- Tel. 05793 26855. Website: www.rainbowsireland.com. Email: ask@rainbowsireland.com.

Leitrim

Carrick-on-Shannon Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 071 962 0128

Drumshanbo Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 071 964 0995

Living Links Leitrim:

- Services: Provides practical help, information and support to persons bereaved by suicide.
- Tel: 086 3999029. Website: www.livinglinks.ie. Email: info@livinglinks.ie

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. 071 9644994. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- 086 8539010. Email: rachel.mentalhealthireland.com

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities.
- Tel. 087 0529111. Email: elaine.morris@advocacy.ie

S.T.O.P.:

- Services: Bereavement Group
- Tel. 071 9164286.

Youth Drug and Alcohol Service:

- Tel: 071 9146526. Email: annamarie.kelly@foroige.ie

Youth Drug & Alcohol Education & Prevention Service:

- Services: Aimed at young people aged 10 to 17 years in counties Leitrim and Sligo.
- Tel: 071 9120768

Limerick

Abbeyfeale Bereavement Support Group:

- Tel. 068031203.

Accord: Marriage Counselling Services:

- Tel. 061 343000. Website: www.accord.ie. Email accordlimerick@eircom.net

Accord: Marriage Counselling Services: Limerick West:

- Tel. 069 61000. Website: www.accord.ie. Email accordnewcastlewest@eircom.net

Bluebox Creative Learning Centre:

- Services: Works with schools and families in Limerick to help guide children through difficult times.
- Tel. 061 315070. Website: www.bbclc.ie. Email: info@bbclc.ie.

Churchtown Day Hospital:

- Services: Counselling, advisory services
- Tel: 069 61799

Console:

- Services: Suicide bereavement support.
- Tel. 061 306792. Website: ww.console.ie. Email: info@console.ie.

Hospital Family Resource Centre:

- Services: Counselling service who also works with community and HSE to host workshops and raise awareness.
- Tel. 061 383884. Email: hospitalfrc@eircom.net.

GROW Mid Western Office:

- Services: Supports people who have or are suffering from mental health problems.
- Tel: 061 318813. Website: www.grow.ie. Email: midwesternregion@grow.ie

Kilmallock Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel. 063 20021

Limerick Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel. 061 311444

Living Links Limerick:

- Services: Provides practical help, information and support to persons bereaved by suicide.
- Tel: 087 7998427. Website: www.livinglinks.ie. Email: info@livinglinks.ie

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. (061) 310620. www.mabs.ie

Mid West Simon Community:

- Services: Works with people who experience homelessness in counties Clare, Limerick and Tipperary
- Tel: 061 608980. Email: admin@midwestsimon.ie. Website: www.midwestsimon.ie

Milford Care Centre:

- Services: A range of bereavement support services are offered.
- Tel. 061-485800. Website: www.milfordcarecentre.ie. Email: info@milfordcarecentre.ie.

National Advocacy Service:

- Provides independent, representative advocacy services for people with disabilities.
- Tel. 086 0224054. Email: grace.moore@advocacy.ie.

Newcastle West Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel. 069 62808

Our Lady of the Rosary Bereavement Support Group:

- Services: Provides individual support and group support to the bereaved.
- Tel. 087 2366981. Email: pmflood@eircom.net.

Our Lady Queen of Peace Bereavement Support Group:

- Services: Contact families at time of bereavement and provide follow up visits if required.
- Tel. 061 415651.

Rainbows:

- Services: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
- Tel. 061 400133/061 309431. Website: www.rainbowsireland.com. Email: ask@rainbowsireland.com.

Rainbow Teens:

- Services: LGBT online support group for young people aged between 14 to 17yrs.
- TEL: 087 9310252. Email: mylgbross@gmail.com

Samaritans Limerick:

- Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide.
- Helpline: 1850 609090. Text: 087-2609090 Tel. 061 412111. Email: jo@samaritans.org. Website: www.samaritans.org

Seasons For Growth:

- Services: Group Programmes for children and adults.
- Tel. 061 307150. Email: 1margaretosullivan@eircom.net.

Social Services Centre:

- Tel. 061 314111

Longford

Accord: Marriage Counselling Services:

- Tel 043 3347222. Website: www.accord.ie. Email accordlongford@eircom.net

Aware:

- Tel: 01 6617211. Services: Aims to provide support group meetings throughout the country and online for people with depression and manic depression and their families.
- Tel: 043 46992. Helpline: 1890 3033302. The aware helpline is a listening service for people affected by depression, either as sufferers or as family and friends. Website: www.aware.ie. Email: info@aware.ie

Anti Bullying Centre:

- Tel:01 6082573

GROW:

- Services: Supports people who have or are suffering from mental health problems.
- Tel: 043-46992. Website: www.grow.ie.

Living Links Longford:

- Provides practical help, information and support to persons bereaved by suicide. Tel: 086 1600641. Website: www.livinglinks.ie. Email: info@livinglinks.ie

Longford Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements:
- Tel. 043 41069

Longford Mental Health Association:

- Tel. 043 46903/46992

Longford Women's Link Centre:

- Services: Counselling service.
- Tel. 043 41511. Website: www.longfordwomenslink.org. Email: info@longfordwomenslink.org.

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. 043 47705. www.mabs.ie . Email: longford@mabs.ie

Mental Health Ireland Regional Office:

- Services: Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- 086 8353387. Email: finolacolgan@eircom.net

Midlands Simon Community:

- Services: Works with people who experience homelessness in counties Laois, Longford, Offaly and Westmeath.
- Tel: 09064 44641. Email: info@midlandssimon.com

Rainbows:

- Services: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
- Tel: 043 46827. Website: www.rainbowsireland.com. Email: ask@rainbowsireland.com.

Recovery Incorporated: Longford.

- Services: Weekly group meetings for people suffering depression, anxiety, fears or panic attacks).
- Tel: 04943 39157.

Louth

Accord: Marriage Counselling Services: Drogheda:

- Tel. 041 9843860. Website: www.accord.ie. Email accorddrogheda@eircom.net

Accord: Marriage Counselling Services: Dundalk:

- Tel. 042 9331731. Website: www.accord.ie. Email accorddundalk@eircom.net

Aim Youth Group:

- Services: Online group for young LGBT people aged 14 - 17 years old.
- Tel: 086 1625030. Email: youth@outcomers.org

Armagh Diocesan Pastoral Centre:

- Services: Support Groups.
- Tel. 042 9371235. Email: pastoralcentredlk@oceanfree.net.

Drogheda Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel. 041 9844508

Drogheda Community Services:

- Services: One-to-one bereavement counselling.
- Tel. 041 9836084. Email: info@droghedacsc.net.

Dundalk Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel. 042 932 9149

Dundalk Counselling Centre:

- Services: Counselling, advisory services, treats alcohol, drugs, gambling and prescription drug addictions in adults.
- Tel: 042 9338333

Dundalk Simon Community:

- Services: A range of options to people who are experiencing homelessness
- Tel: 042 9339583. Email: yorkestsimon@eircom.net. Website: www.dundalksimon.ie

ISPCC 4 Me, Louth Based:

- Services: Youth mentoring & counselling to young people at risk (13-18 years), individual counselling through face-to-face, telephone, text or web-based initiatives, group work, outreach.
- Tel: 041 9833406

M.A.B.S. – Money Advice and Budgeting Service: Drogheda:

- Tel. 041 9842810. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Dundalk:

- Tel. 042 9327823. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel. 086 6028157. Email: mhinortheast@gmail.com

Rainbows:

- Services: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations
- Tel. 042 9371235. Website: www.rainbowsireland.com. Email: ask@rainbowsireland.com.

Samaritans Drogheda:

- Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide
- Helpline: 1850 609090. Text: 087-2609090. Tel: 041 9843888. Website: www.samaritans.org. Email: jo@samaritans.org

Shine – Supporting People Affected by Mental Ill Health, Dundalk:

- Services: Provides information, support and a listening ear to those affected by mental illness.
- Tel. 042 9324541. Website: www.shineonline.ie. Email: info@shineonline.ie

Mayo

Accord: Marriage Counselling Services: Ballina:

- Tel. 096 21478. Website: www.accord.ie. Email accordballina@eircom.net

Accord: Marriage Counselling Services: Castlebar:

- Tel. 094 9022214. Website: www.accord.ie. Email accordcbar@eircom.net

Accord: Marriage Counselling Services: Charlestown:

- Tel. 094 9254944. Website: www.accord.ie. Email accordcharlestown@eircom.net

Ballina Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel. 096 21221

Belmullet Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel. 097 81676

Castlebar CIC: Tel.

- 09490 25544

Castlebar Counselling and Therapy Centre "Four Winds":

- Tel. 094 9028746. Website: www.dctc.ie. Email: castlebarpsychotherapy@eircom.net. Provide individual counselling, couples and family counselling, training in working with suicide bereaved and public lectures.

Clare Morris CIC: Tel. 09493 62202

GROW Western Office:

- Supports people who have or are suffering from mental health problems. Tel: 094 9026417. Website: www.grow.ie. Email: westernregion@grow.ie

Knock Counselling Centre:

- Tel. 094 9388100. Email: counsellingknock@eircom.net. Counselling for individuals and families of the bereaved and suicide bereaved; group sessions for those bereaved by suicide.

M.A.B.S. – Money Advice and Budgeting Service: Mayo South:

- Tel. 094 9028888. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Mayo North:

- Tel. 096 72902. www.mabs.ie

Mental Health Ireland Regional Office:

- 087 9671063. Email: roscommon@mentalhealthireland.ie

National Advocacy Service:

- Provides independent, representative advocacy services for people with disabilities: Tel.086 0200713/ 094 9060371. Email: clare.oneill@advocacy.ie

Rainbows:

- Tel. 0949022750. Website: www.rainbowsireland.com. Email: ask@rainbowsireland.com. Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.

Solace The Family Life Centre:

- Services: Provides individual and group bereavement support and suicide bereavement support.
- Tel. 094 9025900. Website: www.familylifecentre.ie. Email: info@familylifecentre.ie.

Meath

Accord: Marriage Counselling Services:

- Tel. 046 9023146. Website: www.accord.ie. Email accordnavan@eircom.net

Ashbourne Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements:
- Tel. 018351806

Living Links Meath:

- Services: Provides practical help, information and support to persons bereaved by suicide.
- Tel: 087 2731001. Website: www.livinglinks.ie. Email: info@livinglinks.ie

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. 046 9072836. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel. 086 6028157. Email: mhinortheast@gmail.com

Navan Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements:
- Tel. 04690 74086

Trim Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements:
- Tel. 04694 36349

Monaghan

Accord: Marriage Counselling Services:

- Tel. 047 83359. Website: www.accord.ie. Email accord.monaghan@eircom.net

Addiction Resource Centre (ARC):

- Services: Treats alcohol, drugs, gambling and prescription drug addictions in adults.
- Tel: 047 77400

ISPCC 4 me Monaghan:

- Services: Youth mentoring & support, family support, advice & referral
- Tel: 047 84420

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. 042 9749189. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel. 086 6028157. Email: mhinortheast@gmail.com

Monaghan Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements:
- Tel. 04782622

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities:
- Tel. 086 0211396/042 9749500. Email: pauline.mckenna@advocacy.ie

Offaly

Accord: Marriage Counselling Services:

- Tel. 05793 41831. Website: www.accord.ie. Email accordtull@eircom.net

Adult Counselling Services:Tullamore.

- Services: This service caters for people who have experienced childhood sexual or physical abuse in an institution, education or family setting.
- Tel: 05793 27147. Helpline: 1800 234113.

Ana Liffey Drug Project Midlands Team:

- Services: Action. Prevention. Support.
- Tel: 0857519858, 0857521868, 0851819879

Aware, Tullamore:

- Services: Aims to provide support group meetings throughout the country and online for people with depression and manic depression and their families.
- Tel: 05793 51019. Helpline: 1890 3033302. The aware helpline is a listening service for people affected by depression, either as sufferers or as family and friends. Website: www.aware.ie. Email: info@aware.ie

Birr Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel: 0509 21017

Edenderry Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel: 04697 32733

GROW Midlands Office:

- Services: Supports people who have or are suffering from mental health problems.
- Tel: 05793-51124. Website: www.grow.ie. Email: midlandregion@grow.ie

Living Links Offaly:

- Provides practical help, information and support to persons bereaved by suicide.
- Tel: 086 1600641. Website: www.livinglinks.ie. Email: info@livinglinks.ie

Low Cost Counselling Service Midlands:

- Tel: 087 6847088.

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. 05793 23211. www.mabs.ie. Email: offaly@mabs.ie

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- 086 8353387. Email: finolacolgan@eircom.net

Midlands Crisis Pregnancy Counselling Services:

- Freephone: 1800 200857

Midlands Simon Community:

- Services: Works with people who experience homelessness in counties Laois, Longford, Offaly and Westmeath.
- Tel: 09064 44641. Email: info@midlandssimon.com

National Advocacy Service:

- Provides independent, representative advocacy services for people with disabilities:
- Tel. 086 6093508. Email: christina.devine@advocacy.ie

Offaly Women in Crisis:

- Tel: 0579351886

Rainbows:

- Services: Provides a safe setting in which children can talk through their feelings with children who are experiencing similar situations
- Tel: 05793 26855. Website: www.rainbowsireland.com. Email: ask@rainbowsireland.com.

Shine – Supporting people affected by mental ill health, Tullamore:

- Provides information, support and a listening ear to those affected by mental illness.
- Tel: 05732 23111. Website: www.shineonline.ie. Email: info@shineonline.ie

Tullamore Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel: 05793 52204/27142

Roscommon

Accord: Marriage Counselling Services:

- Tel. 090 9643573. Website: www.accord.ie. Email ballinasloeaccord@eircom.net

Boyle Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 0719662986

Boyle Neighbourhood Youth Project:

- Services: Advice, Information, Support, Drug counselling for all ages, alcohol counselling for under 18's, education service for parents and community groups.
- Tel: 071 9664801

Living Links Roscommon:

- Services: Provides practical help, information and support to persons bereaved by suicide.
- Tel: 086 0311888. Website: www.livinglinks.ie. Email: info@livinglinks.ie

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. 090 6627811.. www.mabs.ie.

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- 087 9671063. Email: roscommon@mentalhealthireland.ie

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities.
- Tel. 086 0232477. Email: carmel.donovan@advocacy.ie

Roscommon Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 0906627922

Sligo

Accord: Marriage Counselling Services:

- Tel. 071 9145641. Website: www.accord.ie. Email accordsligo@eircom.net

Living Links Sligo:

- Services: Provides practical help, information and support to persons bereaved by suicide. Tel: 086 3999029. Website: www.livinglinks.ie. Email: info@livinglinks.ie

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. 071 9141022. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- 086 8539010. Email: rachel.mentalhealthireland.com

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities.
- Tel. 087 9980152. Email: martina.kilgallon@advocacy.ie

Samaritans:

- Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide.
- Helpline: 1850 609090. Text: 087-2609090 Tel. 07191 42011 . Email: jo@samaritans.org. Website: www.samaritans.org

Sligo Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel. 071 9151133/ 071914 7137

Sligo Springboard Family Support:

- Services: Provides community-based and intensive support for families within Sligo Town
- Tel: 071 9147070

Youth Action Project:

- Tel: 071 9144152. Email: yaps@eircom.net
- Youth Drug & Alcohol Service:
- Tel: 0719146526. Email: annamarie.kelly@foroige.ie

Youthreach - Lifeskills, Health Awareness Programme:

- Services: Alcohol and drug education programme for early school leavers aged 15-20 years.
- Tel:071 9144248

Tipperary

Accord: Marriage Counselling Services Clonmel:

- Tel. 052 6124144. Website: www.accord.ie. Email clonmelaccord@eircom.net

Accord: Marriage Counselling Services Nenagh:

- Tel. 1850 58 5000. . Website: www.accord.ie. Email accordnenagh@yahoo.com

Accord: Marriage Counselling Services Thurles:

- Tel. 1850 303202 / 0504 22279
- Website: www.accord.ie. Email accordtipphurles@eircom.net

Accord: Marriage Counselling Services Tipperary Town:

- Tel. 1850 303202 / 062 33330. Website: www.accord.ie. Email: accordtipphurles@eircom.net

Clonmel Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 05222267

Clonmel Family Support Group:

- Services: Support for families affected by problem drink and drug-use.
- Tel: 086 8557212

Living Links Tipperary:

- Services: Provides practical help, information and support to persons bereaved by suicide.
- Tel: 087 9693021. Website: www.livinglinks.ie. Email: info@livinglinks.ie

M.A.B.S. – Money Advice and Budgeting Service: Nenagh:

- Tel. (067) 41033. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Thurles:

- Tel. 0504 23510. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Clonmel:

- Tel. (052) 29313. Freephone: 1800 302 402. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Tipperary South:

- Tel. (062) 33410. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Carrick-on-Suir:

- Tel. (051) 645077. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
- Tel. 053 9239574/ 087 8353925. Email: southeast@mentalhealthireland.ie (South Tipperary)

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
- Tel: 086 8079406. Email: annei.buckley@hse.ie (North Tipperary)

Mid West Simon Community:

- Services: Works with people who experience homelessness in counties Clare, Limerick and Tipperary
- Tel: 061 608980. Email: admin@midwestsimon.ie. Website: www.midwestsimon.ie

Nenagh Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 067 43060

Roscrea Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 0505 22676

Thurles Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 0504 22399

Tipperary Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 062 52102

Waterford

Accord: Marriage Counselling Services:

- Tel. 051 878333. Website: www.accord.ie. Email: accordwaterford@eircom.net

Cityside Family Support Group:

- Services: Support for families affected by problem drink and drug-use.
- Tel: 086-8561641

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. (051) 857929. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: West Waterford:

- Tel. (058) 44922. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel. 053 9239574/ 087 8353925. Email: southeast@mentalhealthireland.ie

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities:
- Tel. 086 0400974. Email: deirdre.lillis@advocacy.ie

Samaritans:

- Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide
- Helpline: 1850 609090. Text: 087-2609090. Tel: 051 872114. Website: www.samaritans.org. Email: jo@samaritans.org

TREO:

- Services: A community based project which works with young adults in the Waterford area.
- Tel: 051 379740. Email: treoportlairge@eircom.net

Waterford Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
- Tel:051 351133

Westmeath

Accord: Marriage Counselling Services Athlone:

- Tel. 0906 475491. Website: www.accord.ie. Email athloneaccord@eircom.net

Accord: Marriage Counselling Services Mullingar:

- Tel. 044 9348707. Website: www.accord.ie. Email accordmullingar@eircom.net

Adult Counselling Service:

- 1800 234113

Athlone Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 09064 78851

Bethany Pastoral and Bereavement Support:

- Tel: 087-6309808

Bethany St. Camillus Bereavement Support Group:

- Tel: 04493 74196

GROW:

- Services: Supports people who have or are suffering from mental health problems.
- Tel: 0902-83190. Website: www.grow.ie. Email: info@grow.ie

Family Mediation Services Athlone:

- Tel: 0906420970

M.A.B.S. – Money Advice and Budgeting Service: Athlone:

- Tel. 0906476616. www.mabs.ie. Email: athlone@mabs.ie

M.A.B.S. – Money Advice and Budgeting Service Mullingar:

- Tel. 044 9340871. www.mabs.ie. Email: mullingar@mabs.ie

Midlands Simon Community:

- Services: Works with people who experience homelessness in counties Laois, Longford, Offaly and Westmeath.
- Tel: 09064 44641. Email: info@midlandssimon.com

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities.
- Tel. 0906 478851. Email: mary.chapman@advocacy.ie

Open Door Project, Mullingar:

- Services: Training and one-to-one counselling. Drop in service.
- Mullingar: Tel: 0449335594. Email: mforde@wesrcd.ie. Website: www.westcd.ie
- Athlone: Tel: 09064098909. Email: wmullin@westcd.ie. Website: www.westcd.ie

Suicide Bereavement Support:

- Tel: 086 8157320

LARCC Bereavement Support Group: Mullingar.

- Tel: 04493 71971. Freephone: 1850719719. www.larcc.ie

Living Links Westmeath:

- Services: Provides practical help, information and support to persons bereaved by suicide. Tel: 086 1600641. Website: www.livinglinks.ie. Email: info@livinglinks.ie

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
- 086 8353387. Email: finolacolgan@eircom.net. Website: www.mentalhealthireland.ie

MOVE (Men overcoming violence):

- Tel: 09064 72174

Mullingar Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 04493 40700

Mullingar Women in Crisis:

- Services: Provides information, support and advice to women hurt by domestic violence.
- Tel: 04493 33868.

Open Door Men's Centre:

- Tel: 09064 98903

Parenting Alone Support Group:

- Tel: 09064 76646

Rainbows:

- Services: Provides a safe setting in which children can talk through their feelings with children who are experiencing similar situations.
- Tel: 09064 73358. Website: www.rainbowsireland.com. Email: ask@rainbowsireland.com.

Samaritans Athlone:

- Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide.
- Helpline: 1850 609090. Text: 087-2609090 Tel. 09064 73133. Email: jo@samaritans.org. Website: www.samaritans.org

Wexford

Accord: Marriage Counselling Services:

- Tel: 053 9123086. Website: www.accord.ie. Email: flswexford@eircom.net

Enniscorthy Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 054 33746

Gorey Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 05394 22193

Health Choices/Health Decisions:

- Services: Uses a peer education approach to educate young people and to promote and inform healthy decision making.
- Tel: 053 9123262. Email: healthychoiceshealthydecisions@eircom.net

ISPCC 4 Me:

- Services: Individual counselling to children, counselling by phone and weblink. Also cover drug awareness issues.
- Tel: 053 9123864

M.A.B.S. – Money Advice and Budgeting Service:

- Tel. (053) 9121504. www.mabs.ie

Mental Health Ireland Regional Office:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
- Tel. 053 9239574/ 087 8353925. Email: southeast@mentalhealthireland.ie

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities: Tel. 087 2350161. Email: jolene.kelly@advocacy.ie

Wexford Community Based Drug Initiative:

- Services: Information & Support, parent & family support, drug addiction, peer education.
- Tel: 053 9121691. Email: wexfordcbdi@gmail.com

Wexford Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel: 053 42012

Wicklow

Accord: Marriage Counselling Services:

- Tel. 01 2867712. Website: www.accord.ie. Email bray@dublin.accord.ie

Arklow Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel. 0402 32411

Bray Citizen's Information Centre:

- Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements
- Tel: 01 28606666

Bray Community Addiction Team:

- Tel: 01 2764692. Email: brayaddictionteam@eircom.net

Bray Partnership Local Employment Service Support Network:

- Services: Confidential information, advice and support to unemployed people within the community who wish to return to work.
- Tel: 01 286 8266. Email: maryocarolan@braylesn.ie

Headlamps, Bray:

- Services: Education and prevention work with children and in schools, family support, information and advice, after school activities, work with early school leavers and those at risk.
- Tel: 01 2860487

Living Life Centre, Bray:

- Services: Accessible and affordable counselling for people on low incomes.
- Tel: 01 286 6729. Email: livinglife@eircom.net

Living Links Wicklow:

- Provides practical help, information and support to persons bereaved by suicide.
- Tel: 01 2868413. Website: www.livinglinks.ie. Email: info@livinglinks.ie

M.A.B.S. – Money Advice and Budgeting Service: Arklow:

- Tel. (0402) 91200. www.mabs.ie

M.A.B.S. – Money Advice and Budgeting Service: Bray:

- Tel. (01) 2760411. www.mabs.ie

Mental Health Ireland West Wicklow:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel: 086 2873526. Email: michaelc@mentalhealthireland.ie

Mental Health Ireland East Wicklow:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel: 01 2841166/ 086 8385584. Email: michaeln@mentalhealthireland.ie.

National Advocacy Service:

- Services: Provides independent, representative advocacy services for people with disabilities:
- Tel. 086 8065641. Email: patty.omalley@advocacy.ie

Rainbows:

- Services: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
- Tel: 01268413. Email: ask@rainbowsireland.com. Website: www.rainbowsireland.com.

Suicide Bereavement Support Bray and Living Links:

- Services: Provides suicide support through the monthly Bray suicide support group. Living Links Wicklow provides support for those bereaved by suicide in the immediate aftermath of the suicide.
- Tel: 012688413.

Wicklow Child & Family Project:

- Services: Family counselling, one-to-one counselling, drop-in, support, information, advocacy.
- Tel: 0404 64725. Email: wcandfp@indigo.ie

Wicklow Travellers Group:

- Tel: 040461978. Website: www.wicklowtravellersgroup.ie. Email: youth@wicklowtravellersgroup.ie

Wicklow Working Together:

- Services: Provides counselling, family support, literature and information and acts as a liaison with other agencies.
- Tel: 040464725. Email: wcandfp@indigo.ie

National Supports

Adult Counselling Service for survivors of past abuse (Midlands Region)

- Tel: 1800234113. A confidential counselling service available to adults who have experienced childhood sexual, physical or emotional abuse.

Aisling Group International:

- Services: Nationwide service for parents and carers affected by drugs and alcohol use by young people.
- Tel: 046 9074300

Alcoholics Anonymous (Nationwide Service):

- Services: Self-help support group for people with alcohol related problems.
- Tel: 01 842 0700. Email: gso@alcoholicsanonymous.ie. Website: www.alcoholicsanonymous.ie

Al-Anon Family & Friends Support Group:

- Services: Understanding and support for families and friends of problem drinkers.
- Tel: 01 8732699. Website: www.al-anon-ireland.org

AMEN:

- 04690 23718. Website: www.amen.ie. Violence against men.

Ana Liffey Drug Project.

- Services: Action. Prevention. Support.
- Freephone 1800786828

Aware:

- Aims to provide support group meetings throughout the country and online for people with depression and manic depression and their families.
- Tel: 01 6617211. Helpline: 1890 3033302. The aware helpline is a listening service for people affected by depression, either as sufferers or as family and friends. Website: www.aware.ie. Email: info@aware.ie

Barnardos:

- Services: Deliver programmes to help as many children and their families as possible.
- Helpline: 1850 222300. Tel. 01 4530355/ 01 4732110. Website: www.barnardos.ie. Email: info@barnardos.ie.

BeLong To:

- Support and information organisation for Lesbian, Gay, Bisexual and Transgendered young people aged between 14 and 23.
- Tel: 01-6706223. www.belongto.org. Email: info@belongto.org

Bodywhys – the Eating Disorders Association of Ireland.

- Services: Provides help, support and understanding for people with eating disorders, their families and friends.
- Tel: 01 2834963. Website: www.bodywhys.ie. Email: info@bodywhys.ie. Helpline: 1890 200444

Bully 4u:

- An information resource for everyone who is affected by bullying either through technology, at school, at work or in the home.
- Website: www.bully4u.ie. Email: info@bully4u.ie

Cancer Helpline:

- 1800 200700

Carers Association Helpline:

- 1800 240724

Childline

- Is a free phone service available 24 hours a day, 365 days a year for people up to the age of 18 years old.
- Services: It's there to help any young person who is going through a tough time or needs to talk to someone. 1890 666666. Childline also run a text service where you can text in for free about whatever is worrying you.
- Text 'List' to 50101. Website: www.childline.ie

Citizens Information Board:

- Information, advice, advocacy. Tel: 01 6059000. Email: info@ciboard.ie. Website: www.citizensinformationboard.ie

Citizens Information Service:

- Tel: 1890 777121. www.citizensinformation.ie

Connect: National Adult Counselling Service.

- Freephone: 1800 477477 (Wed-Sun. 6pm – 10pm).

Contact Youth Phone

- 0808 808 8000.
- Services: Contact Youth provides counselling to young people in Northern Ireland, believing that all young people have the right to free and confidential counselling.

Console:

- Tel: 1800 201 890 Free Helpline. Website: www.console.ie. Provides counselling, support and helpline services to those bereaved through suicide.

Crisis Pregnancy Counselling:

- 1800200857

Cura Helpline:

- 1850622626

Domestic Violence:

- 1800 444944

Drugs.ie:

- Drug and Alcohol Information Support: HSE Drugs helpline: 1800 459 459.
- Website: info@drugs.ie

Family Mediation Services:

- 01 6344320

Family Support Network:

- Services: Provides support to families. Various locations throughout Ireland.
- Tel: 01 8365168. Email: info@fsn.ie. Website: www.fsn.ie

Farm & Rural Stress Farmline:

- 1800 742645

Free Legal Advice Centres: Information & Referral Line:

- 1890 350 250. Tel. 01 8745690.

GROW:

- Services: Supports people who have or are suffering from mental health problems.
- Helpline: 1890 474474. Tel: 01 840 8236. Website: www.grow.ie. Email: info@grow.ie

Gamblers Anonymous:

- Tel: 018721133. Email@ info@gamblersanonymous.ie

Gay Switchboard:

- Tel: 01 8721055

GLEN: Gay and Lesbian Equality Network:

- Focuses on delivering change across a number of areas
- Tel: 016728650. Email: info@glen.ie. Website: www.glen.ie

GPs:

- Find your local GP. Website: www.icgp.ie

Headline National Media Monitoring Programme.

- Services: Aims to promote responsible and accurate coverage of mental health and suicide related issues within the Irish media.
- Tel. 01 8279020. Website: www.headline.ie. Email: info@headline.ie

HeadsUp:

- A mental health project aimed at 15 to 24 year olds, has a free 24-hour text service available by texting HEADSUP to 50424.
- Services: Aims to contribute to suicide prevention efforts by providing timely, appropriate information and support to young people.
- Tel: 01 2057200. Website: www.headsup.ie. Email: info@headsup.ie

HSE Drugs Helpline:

- Services: Drug & Alcohol Information Support
- Tel: 1800459459.

HSE Suicide Prevention Helpline:

- Tel: 1800 742745 (6pm – 10pm)

Irish Association of Counsellors and Psychotherapists:

- Tel: 01 2723427. Email: iacp@iacp.ie

Irish Association for Counselling & Psychotherapy.

- Tel: (01) 2300061. www.irish-counselling.ie

letsomeoneknow.ie:

- LGBT (Lesbian, Gay, Bisexual and Transgender): 1890 929 539 www.lgbt.ie

Life Pregnancy Care Service:

- 1850 281281

Living Links:

- Services: Providing Practical Help, Information and Support to persons bereaved by suicide.
- Tel: 087 4122052. Website: www.livinglinks.ie. Email: info@livinglinks.ie

M.A.B.S. – Money Advice and Budgeting Service:

- Helpline: 1890 283 438. www.mabs.ie

Mental Health Ireland:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
- Tel: 01 2841166. Email: www.mentalhealthireland.ie. Email: info@mentalhealthireland.ie.

Missing Persons Helpline:

- 1890 442552

MOVE (Men overcoming violence):

- Tel: 01 8724357

MyMind: Mental Health Matters.

- Services: My mind's vision is that everyone in Ireland has easy and quick access to community based mental health services.
- Tel: 01 4433961. Website: www.mymind.org. Email: info@mymind.org

Narcotics Anonymous (Nationwide Service):

- Services: Self-help support group for people with drug related problems
- Tel: 01 672 8000. Email: info@na-ireland.org. Website: www.na-ireland.org

National Office for Suicide Prevention.

- www.nosp.ie. Information Resource Website. Email: info@nosp.ie. Tel: 01-6352139 or 01-6352179

Narcotics Anonymous:

- Tel: 018300944 (24 Hour Helpline).

OCD Ireland:

- Services: Support groups for OCD sufferers and people who have concerns that they may be suffering from OCD.
- Tel: 01 249 3333. Website: www.ocdireland.org. Email: info@ocdireland.org

1Life Suicide Helpline:

- Services: 1life is a dedicated 24 hour freephone national suicide prevention helpline.
- Tel: 1800247100 or text HELP to 51444 for one to one text support. Tel: 01 7044014. Website: www.1life.ie. Email: info@1life.ie

Out and About: The Association for Phobias in Ireland.

- Services: The National organisation for sufferers of agoraphobia.
- Tel. 01 8338252.

Parentline:

- Services: Support, guidance and information on all aspects of being a parent.
- Helpline: 1890 927277. Tel.01 8733500. Website: www.parentline.ie. Email: info@parentline.ie

Pieta House:

- The centre for the prevention of self-harm or suicide.
- Tel. 01 6010000. Website: www.pieta.ie. Email: mary@pieta.ie.

Reach Out (reachout.com):

- Services: A website aimed at helping young people through tough times and providing information on mental health.
- Tel.014744840. Email: info@inspireireland.ie

Recovery Incorporated:

- Services: A community mental health organisation that offer a self-help method of will training.
- Tel: 01 6260775. Email: info@recovery-inc-ireland.ie

Samaritans:

- Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide
- Helpline: 1850 609090. Text: 087-2609090 Email: jo@samaritans.org. Website: www.samaritans.org

See Change – the national stigma reduction partnership:

- Services: An alliance of organisations working together through the National Stigma Reduction Partnership to bring about positive change in public attitudes and behaviour towards people with mental health problems.
- www.seechange.ie. Email: info@seechange.ie

Shine – supporting people affected by mental ill health.

- Services: National organisation dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness including, but not exclusively, schizophrenia, schizo-affective disorder and bi-polar disorder, through the promotion and provision of high-quality services and working to ensure the continual enhancement of the quality of life of the people it serves.
- Tel. 01 8601620 Website: www.shineonline.ie. Email: info@shineonline.ie
- Helpline: 1890621631

Student Finance :

- Services: Information on financial support for further and higher education.
- Website: www.studentfinance.ie

Suicide or Survive Ltd (SOS):

- Services: Provides services and supports aimed at suicide prevention in Ireland.
- Tel: 1890577577. Email: infor@suicideorsurvive.ie. www.suicideorsurvive.ie

Teenline Ireland:

- Services: Provides emotional support, through their confidential, non-judgmental listening service, for people who may be feeling alone, worried or distressed.
- Freephone Helpline: 1800 833634. Hours 8pm-12 midnight. Website: www.teenline.ie. Email: info@teenline.ie

The Gardaí:

- Services: If you're in an emergency situation or if someone is in danger, the Gardaí are there to help you. They have specific training to help in situations like domestic violence or if you are feeling unsafe.
- If you are concerned that you might hurt yourself or someone else, call the Gardaí on 999 from Ireland. If you're anywhere else in Europe call 112 to contact Emergency Services.

Garda Confidential Line:

- 1800 666111

College/University Supports

- My Mind Matters (MMM) provides information, help, support and advice to college students around a range of topics that can affect your mental health & well-being; such as stress, anxiety, bullying, exams, suicide, moving away from home, depression and many more.
- For students at National University of Ireland Galway: www.mymindmatters.ie/nuig
- For students at Trinity College Dublin: www.mymindmatters.ie/tcd/
- For students at Dundalk Institute of Technology: www.mymindmatters.ie/dkit/
- For students at University College Cork: www.mymindmatters.ie/ucc/

Other Student Counselling Services:

- Athlone Institute of Technology: Tel. 09064 24693. Email: counsellor@ait.ie
- Cork Institute of Technology: Tel. 021 4335772
- Dublin Institute of Technology: Tel. 01 402 3352. Text to 086 0820543. Email gabby.lynch@dit.ie
- Dublin City University: Tel. 01 7005165. Email: counselling@dcu.ie
- Dun Laoghaire Institute of Art, Design and Technology: Tel. 01 2394650
- Galway-Mayo Institute of Technology: Tel. 091 742118. Email:
- Institute of Technology Blanchardstown: Tel. 01 8851321/087 2406908. Email: ger.quiney@itb.ie
- Institute of Technology Carlow: Tel. 059 9175604. Email: renagh.linnane@itcarlow.ie
- Institute of Technology Sligo: Tel. 071 9137242. Email: quinn.marian@itsligo.ie
- Institute of Technology Tallaght: Tel. 01 4042635. Email: counselling@ittdublin.ie
- Institute of Technology Tralee: Tel. 066 7191690. Email: StudentCounsellor@ittralee.ie
- Letterkenny Institute of Technology: Tel. 074 9186817. Email: counselling@lyit.ie
- Limerick Institute of Technology: Tel. 061 490106. Email: counselling@lit.ie
- National University of Ireland Maynooth: Tel. 01 7083554
- Tipperary Institute: Tel. 0504 28444
- University College Dublin: Tel. 01 7163133
- University of Limerick: Tel. 061 202700
- Waterford Institute of Technology: Tel. 051 302878. Email: studentcounselling@wit.ie.
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Locating a Support Group

Questions to ask

- Is this the right group for you? Does it address your concerns?
- Do you need to meet face to face with others?
- Will telephone or online support suffice?
- Are you comfortable sharing your intimate feelings with others?
- Are you willing to listen to other people's difficulties?
- Are you deriving benefit from the group?
- Does the group leader maintain control or do meetings lose focus, leaving you frustrated?

Steps to take

- Determine what you need from a support group.
- Find out if there is an existing group that meets your needs.
- Discover sources of information about support groups
 - self-help clearinghouses and resource centres
 - social service agencies
 - volunteer bureaus
 - community agencies
 - health, disease and disability associations
 - seniors' centres
 - churches and other religious institutions
 - hospitals, clinics and healthcare facilities
 - professional therapists
 - newspaper listings
 - community services directories
 - community services listings
 - the Internet
- Visit support groups with similar concerns
- Join the group that best meets your needs
- Support groups are not for everyone. If you prefer not to participate in a group, consider one-on-one support and counselling.

What is Counselling?

- Counselling can offer you the opportunity to talk in confidence about your situation and your feelings. It can help you to understand and make sense of what is going on in your life and make the changes that are right for you.
- Your counsellor will work with you by listening, prompting and helping you to clarify the difficulties you are facing and the options you have.
- Your counsellor will offer a nonjudgmental approach and respect your values.

Counselling is about:

- Mental health not mental illness
- Being well and staying well
- Personal growth and development
- Setting and achieving goals

Why go to counselling?

- Most people who feel that they have a problem speak to a close friend or relative. However, it is often very useful to speak to someone who is not personally involved. You may be able to say things to a counsellor you do not wish others to know. Counselling gives you the time and space to explore issues that are important to you.
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Union of Students in Ireland
Aontas na Mac Léinn in Éirinn

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