



*BREAK THE CYCLE*

## Donegal

ACCORD Donegal Town  
Location: Upper Main Street, Donegal  
Telephone: [074 9723944](tel:0749723944)  
Email: [donegalaccord@eircom.net](mailto:donegalaccord@eircom.net)  
Website: [www.accord.ie](http://www.accord.ie)

ACCORD Inishowen  
Location: Pasoral Centre, Barrack Hill, Donegal  
Telephone: [074 9374103](tel:0749374103)  
Email: [accordinishowen@eircom.net](mailto:accordinishowen@eircom.net)  
Website: [www.accord.ie](http://www.accord.ie)

ACCORD Letterkenny  
Location: Diocesan Pastoral Centre, Monastery Ave, Donegal  
Telephone: [074 9122218](tel:0749122218)  
Email: [accordletterkenny@eircom.net](mailto:accordletterkenny@eircom.net)  
Website: [www.accord.ie](http://www.accord.ie)

Bereavement Support - A Changed Life  
Location: Pastoral Centre, Donegal  
Telephone: [074 9121853](tel:0749121853)  
Website: [www.raphoediocese.ie/diocese/pastoral-centre](http://www.raphoediocese.ie/diocese/pastoral-centre)

Bereavement Support - Bethany Bereavement Support Group  
Location: c/o Rathfarnham Parish Centre, Willbrook Road, Dublin 14  
Telephone: [087 9905299](tel:0879905299)  
Email: [bethanysupport@eircom.net](mailto:bethanysupport@eircom.net)  
Website: [www.bethany.ie](http://www.bethany.ie)

Donegal Domestic Violence Service  
Location: Donegal  
Telephone: [1800 262677](tel:1800262677)  
Email: [DDVS@EIRCOM.NET](mailto:DDVS@EIRCOM.NET)  
Website: [www.donegaldomesticviolenceservice.ie/](http://www.donegaldomesticviolenceservice.ie/)

Family Resource Centre: Cara House  
Location: 2 Mount Southwell Place, Market Square, Donegal  
Telephone: [074 9123986](tel:0749123986)  
Email: [info@carahouse.ie](mailto:info@carahouse.ie)  
Website: [www.carahouse.ie/](http://www.carahouse.ie/)

Family Resource Centre: Donegal Town  
Location: Upper Main St, Donegal  
Telephone: [074 9725337](tel:0749725337)

Family Resource Centre: Downstrands  
Location: Kilclooney, Donegal  
Telephone: [074 9545879](tel:0749545879)

Family Resource Centre: Dunfanaghy  
Location: Main St, Donegal  
Telephone: [074 9136548](tel:0749136548)

Family Resource Centre: Mevagh  
Location: Aras Ros Goill, Donegal  
Telephone: [074 9155055](tel:0749155055)

Family Resource Centre: Movice & District  
Location: St Eugene's Hall, James Street, Donegal  
Telephone: [074 9385548](tel:0749385548)

Family Resource Centre: Raphoe  
Location: William St, Donegal  
Telephone: [074 9145796](tel:0749145796)

Family Resource Centre: St Johnston & Carrigans  
Location: Chapel Road, St Johnston, Donegal  
Telephone: [074 9148551](tel:0749148551)  
Email:  
Website: [www.stjohnstonandcarrigans.com/resourcecentre.htm](http://www.stjohnstonandcarrigans.com/resourcecentre.htm)

Family Resource Centre: The Forge  
Location: Main St, Donegal  
Telephone: [071 9861924](tel:0719861924)  
Email: [theforgefrfc@eircom.net](mailto:theforgefrfc@eircom.net)  
Website: [www.theforgefrfc.com/](http://www.theforgefrfc.com/)

Family Suicide Bereavement Liaison Service - Donegal  
Location: Donegal PCCC Headquarters, St Joseph's Hospital, Donegal  
Telephone: [085 877 2028](tel:0858772028)  
Email:

GP Out of Hours - NOW Doc  
Location: Leitrim  
Telephone: [1850 400911](tel:1850400911)  
Website: [www.hse.ie](http://www.hse.ie)

GROW - North Western  
Location: Grow Office, Pearse Road, Donegal  
Telephone: [074 9161628](tel:0749161628)  
Email: [grow@hse.ie](mailto:grow@hse.ie)  
Website: [www.grow.ie](http://www.grow.ie)

Help Care Northwest  
Location: Tabor House, Drimark, Donegal  
Telephone: [087 2879707](tel:0872879707)  
Email: [taborhouse2004@eircom.net](mailto:taborhouse2004@eircom.net)

Hospital - Letterkenny General Hospital - Mental Health Services  
Location: Letterkenny General Hospital, Kilmacrennan Road, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health Team - HSE West, Dungloe  
Location: Dungloe Hospital, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Adult Mental Health Inpatient Service - Sligo/Leitrim Mental Health Inpatient Unit  
Location: Sligo/Leitrim Mental Health Inpatient Unit, Clarion Road, Sligo  
GP referral needed for this service. Contact your GP for more information.

HSE Bereavement Counselling - Donegal  
Location: Bereavement Service, St. Conal's Campus, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Bereavement Service  
Location: Shiel House, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Central Community Mental Health Services  
Location: Scally Place, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Child & Adolescent Mental Health Service Donegal  
Location: Child & Adolescent Mental Health Services, Ballyraine Road, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Child & Family Psychology Service - Bunrana, Donegal  
Location: No. 12, Ardavan Square, Donegal  
Telephone: [074 9362223](tel:0749362223)

HSE Child & Family Psychology Service - Donegal Town  
Location: Cruagorm House, Donegal  
Telephone: [074 9722781](tel:0749722781)

HSE Child & Family Psychology Service - Letterkenny, Donegal  
Location: County Clinic, Donegal  
Telephone: [074 9104641](tel:0749104641)

HSE Community Mental Health - Falcarragh  
Location: Community Nursing Unit, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Glenties  
Location: Health Centre Glenties, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Killybegs  
Location: Clara House, Roshine Road, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Lifford  
Location: Lifford Health Centre, Donegal

GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Milford  
Location: Milford Health Centre, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Sligo / Leitrim  
Location: Clarion Road, Sligo  
GP referral needed for this service. Contact your GP for more information.  
Website: [www.hse.ie](http://www.hse.ie)

HSE Community Mental Health - Stranorlar  
Location: Stranolar Primary Care Centre, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health North East - Bunrana Day Centre  
Location: Maginn Ave, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health Team - HSE West, Donegal Town  
Location: East End House, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Counselling in Primary Care - North West: Donegal  
Location: CIPC Counselling Coordinator, Donegal, 69 Ballyraine Road, Donegal  
GP referral needed for this service. Contact your GP for more information.  
Website: <https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/>

Hse Department of Psychiatry  
Location: Letterkenny General Hospital, Kilmacrennan Road, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Mental Health Services - Dialectical Behaviour Therapy  
Location: National DBT Project Office, Inniscarraig House, Western Road, Cork  
GP referral needed for this service. Contact your GP for more information.

HSE National Counselling Service - North West: Donegal  
Location: HSE National Counselling Service, 69 Ballyraine Road, Donegal  
Telephone: [1800 234 119](tel:1800234119)  
Email: [regional.counselling@hse.ie](mailto:regional.counselling@hse.ie)  
Website: [www.hse.ie/eng/services/list/4/Mental\\_Health\\_Services/National\\_Counselling\\_Service/](http://www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/)

HSE Psychiatry of Later Life Service - Letterkenny  
Location: Psychiatry of Later Life Service, 20 Solomon's Court, Donegal  
GP referral needed for this service. Contact your GP for more information.

HSE Psychological Services - Donegal Town  
Location: Cruagorm House, Donegal  
Telephone: [074 9722781](tel:0749722781)

HSE Psychological Services - Letterkenny  
Location: Community Care, St Conal's Hospital, Donegal  
Telephone: [074 9104641](tel:0749104641)

Insight Inishowen  
Location: The Exchange, Castle Avenue, Donegal  
Telephone: [074-9362572](tel:074-9362572) (office) / [086-4478402](tel:086-4478402) (counselling service)  
Email: [insightinishowen@gmail.com](mailto:insightinishowen@gmail.com)  
Website: [www.insightinishowen.ie](http://www.insightinishowen.ie)

Jigsaw - Donegal  
Location: Pearse Road, Donegal  
Telephone: [074 9726920](tel:0749726920)  
Email: [Donegal@jigsaw.ie](mailto:Donegal@jigsaw.ie)  
Website: [www.jigsaw.ie/donegal](http://www.jigsaw.ie/donegal)

Letterkenny Youth & Family Service (LYFS)  
Location: No.1 New Line House, Donegal  
Telephone: [074-9123078](tel:074-9123078)  
Email: [lyfs@live.ie](mailto:lyfs@live.ie)  
Website: [www.facebook.com/lyfs](http://www.facebook.com/lyfs)

Living Links - Donegal  
Location: Family Enrichment Centre, Stranorlar, Donegal  
Telephone: [087 9286007](tel:0879286007)  
Email: [donegallivinglinks@hotmail.com](mailto:donegallivinglinks@hotmail.com)  
Website: [www.livinglinks.ie](http://www.livinglinks.ie)

Mental Health Ireland - Donegal  
Location: Tir Conail House, St Conal's Hospital, Donegal  
Telephone: [086 7723287](tel:0867723287)  
Email: [bill@mentalhealthireland.ie](mailto:bill@mentalhealthireland.ie)  
Website: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

Pieta House - North West Letterkenny  
Location: 3rd Floor, Grand Central Building, Canal Road, F92EK7Y, Donegal  
Telephone: [074 9126594](tel:0749126594)  
Website: [www.pieta.ie](http://www.pieta.ie)

Recovery Self Help Method Ireland - Letterkenny  
Location: Cheshire Apartments, Long Lane, Donegal  
Telephone: [01 6260775](tel:016260775)  
Email: [info@recoveryireland.ie](mailto:info@recoveryireland.ie)  
Website: [recoveryireland.ie/](http://recoveryireland.ie/)

STEER Ireland  
Location: 5 Rosemount Villas, Donegal  
Telephone: [074 9177311](tel:0749177311)  
Email: [steerireland@donegal.net](mailto:steerireland@donegal.net)  
Website: [www.steerhousing.com](http://www.steerhousing.com)

Strengthening Families Programme North West  
Location: Enterprise Fund Business Centre, Donegal  
Telephone: Donegal Office: [074 91 25598](tel:0749125598)/  
Sligo Office: [071 91 53504](tel:0719153504)  
Email: [info@sfpnw.com](mailto:info@sfpnw.com)  
Website: [www.sfpnw.com/](http://www.sfpnw.com/)

Student Counselling Service - Letterkenny Institute of Technology  
Location: Port Road, Donegal  
Telephone: [074 9186817](tel:0749186817) / [087 9555266](tel:0879555266)  
Email: [counselling@lyit.ie](mailto:counselling@lyit.ie)  
Website: [www.lyit.ie/studentlife/student-services/counselling/](http://www.lyit.ie/studentlife/student-services/counselling/)

### **Nationwide**

ALONE  
Location: Olympic House, Pleasants Street, Dublin 8  
Telephone: [01 6791032](tel:016791032)  
Email: [enquiries@alone.ie](mailto:enquiries@alone.ie)  
Website: [www.alone.ie](http://www.alone.ie)

AMEN Support Services  
Location: St. Anne's Resource Centre, Railway St., Meath  
Telephone: [046 9023718](tel:0469023718)  
Email: [info@amen.ie](mailto:info@amen.ie)  
Website: [www.amen.ie](http://www.amen.ie)

Ana Liffey Drug Project  
Location: 48 Middle Abbey Street, Dublin 1  
Telephone: [1800 786828](tel:1800786828)  
Website: [www.aldp.ie](http://www.aldp.ie)

Anam Cara  
Location: HCL House, Second Avenue, Cookstown Industrial Estate, Dublin 24  
Telephone: [01 4045378](tel:014045378)  
Email: [info@anamcare.ie](mailto:info@anamcare.ie)  
Website: [www.anamcara.ie](http://www.anamcara.ie)

ARC Cancer Support Centre  
Location: ARC House, 65 Eccles Street, Dublin 7  
Telephone: [01 8307333](tel:018307333)  
Email: [info@arccancersupport.ie](mailto:info@arccancersupport.ie)  
Website: [www.arccancersupport.ie](http://www.arccancersupport.ie)

ARC Cancer Support Centre  
Location: 557/559 South Circular Road, Dublin 8  
Telephone: [01 7078880](tel:017078880)  
Email: [info@arccancersupport.ie](mailto:info@arccancersupport.ie)  
Website: [www.arccancersupport.ie](http://www.arccancersupport.ie)

Aspire - Asperger Syndrome Association of Ireland  
Location: Coleraine House, Carmichael Centre, Coleraine Street, Dublin 7  
Telephone: [01 8780027](tel:018780027) / [01 8780029](tel:018780029)  
Email: [development@aspireireland.ie](mailto:development@aspireireland.ie),  
[education@aspire-irl.org](mailto:education@aspire-irl.org),  
[education@aspireireland.ie](mailto:education@aspireireland.ie)  
Website: [www.aspireireland.ie](http://www.aspireireland.ie)

Aware  
Location: 72 Lower Leeson Street, Dublin 2  
Telephone: [1800 80 48 48](tel:1800804848)  
Email: [supportmail@aware.ie](mailto:supportmail@aware.ie)  
Website: [www.aware.ie](http://www.aware.ie)

Barnardos - Head Office - Dublin  
Location: Christchurch Square, Dublin 8  
Telephone: [01 4530355](tel:014530355)  
Email: [info@barnardos.ie](mailto:info@barnardos.ie)  
Website: [www.barnardos.ie](http://www.barnardos.ie)

BeLonG To Youth Service  
Location: 13 Parliament Street, Parliament House, Dublin 2  
Telephone: [01 6706223](tel:016706223)  
Email: [info@belongto.org](mailto:info@belongto.org)  
Website: [www.belongto.org](http://www.belongto.org)

Bereavement Support - Bethany Bereavement Support Group  
Location: c/o Rathfarnham Parish Centre, Willbrook Road, Dublin 14  
Telephone: [087 9905299](tel:0879905299)  
Email: [bethanysupport@eircom.net](mailto:bethanysupport@eircom.net)  
Website: [www.bethany.ie](http://www.bethany.ie)

Bodywhys  
Location: Dublin  
Telephone: [01 2834963](tel:012834963)  
Email: [alex@bodywhys.ie](mailto:alex@bodywhys.ie)  
Website: [www.bodywhys.ie](http://www.bodywhys.ie)

Cancer Helpline  
Location: Nationwide  
Telephone: [1800 200700](tel:1800200700)  
Email: [reception@irishcancer.ie](mailto:reception@irishcancer.ie)  
Website: [www.cancer.ie](http://www.cancer.ie)

CARI Foundation  
Location: 110 Lower Drumcondra Road, Dublin 9  
Telephone: [01 8308529](tel:018308529) Dublin / [061 582200](tel:061582200)  
[Limerick](http://www.limerick.ie)  
Email: [helpline@cari.ie](mailto:helpline@cari.ie)  
Website: [www.cari.ie](http://www.cari.ie)

Center for Independent Living (CIL)  
Location: Carmichael House, North Brunswick Street, Dublin 7  
Telephone: [01 8730455](tel:018730455)  
Email: [info@dublincil.org](mailto:info@dublincil.org)  
Website: [www.dublincil.org](http://www.dublincil.org)

Child and Family Agency Social Workers  
Location: Nationwide  
Website: [www.tusla.ie/services/child-protection-welfare/contact-a-social-worker/](http://www.tusla.ie/services/child-protection-welfare/contact-a-social-worker/)

Childline - ISPCC  
Location: Nationwide  
Telephone: [1800 666666](tel:1800666666) / [116 111](tel:116111)  
Email: [ispcc@ispcc.ie](mailto:ispcc@ispcc.ie)  
Website: [www.childline.ie](http://www.childline.ie)

Childline - Online support  
Location: Nationwide  
Telephone: [1800 666666](tel:1800666666) / [116 111](tel:116111)  
Email: [ispcc@ispcc.ie](mailto:ispcc@ispcc.ie)  
Website: [www.childline.ie](http://www.childline.ie)

Location: Nationwide  
Telephone: [Text: 'Talk' to 50101](tel:50101)  
Email: [ispcc@ispcc.ie](mailto:ispcc@ispcc.ie)  
Website: [www.childline.ie](http://www.childline.ie)

Citizens Information  
Location: Nationwide  
Telephone: [Citizens Information Phone Service: 0761 074000](tel:0761074000), Mortgage Arrears Helpline: [0761 074050](tel:0761074050)  
Website: [www.Citizensinformation.ie](http://www.Citizensinformation.ie)

CONNECT  
Location: Nationwide  
Telephone: [01 8657444](tel:018657444)  
Email: [admin@connectcounselling.ie](mailto:admin@connectcounselling.ie)  
Website: [www.connectcounselling.ie](http://www.connectcounselling.ie)

CONNECT Telephone Counselling & Support  
Location: PO BOX 10708, Dublin 7, Dublin  
Telephone: [01 8657444](tel:018657444)  
Email: [admin@connectcounselling.ie](mailto:admin@connectcounselling.ie)  
Website: [www.connectcounselling.ie](http://www.connectcounselling.ie)

Drugs.ie  
Location: Nationwide  
Email: [info@drugs.ie](mailto:info@drugs.ie)  
Website: [www.drugs.ie](http://www.drugs.ie)

Epilepsy Ireland  
Location: 249 Crumlin Road, Nationwide  
Telephone: [01 4557500](tel:014557500)  
Email: [info@epilepsy.ie](mailto:info@epilepsy.ie)  
Website: [www.epilepsy.ie](http://www.epilepsy.ie)

Exchange House Ireland - National Traveller Suicide Prevention Service  
Location: 61 Great Strand Street, Dublin 1  
Telephone: [01 872 1094](tel:018721094)  
Email: [info.ntsps@exchangehouse.ie](mailto:info.ntsps@exchangehouse.ie)  
Website: [www.exchangehouse.ie](http://www.exchangehouse.ie)

Family Mediation Service  
Location: Nationwide  
Telephone: [01 811 8650](tel:018118650)

Website: [www.legalaidboard.ie/lab/publishing.nsf/content/Family\\_Mediation\\_Service](http://www.legalaidboard.ie/lab/publishing.nsf/content/Family_Mediation_Service)

Find your local GP - ICGP

Location: Dublin 2

Telephone: [01 6763705](tel:016763705)

Email: [info@icgp.ie](mailto:info@icgp.ie)

Website: [www.icgp.ie/go/find\\_a\\_gp](http://www.icgp.ie/go/find_a_gp)

Focus Ireland

Location: 9 - 12 High Street, Christchurch, Dublin 8

Telephone: [01 8815900](tel:018815900)

Email: [info@focusireland.ie](mailto:info@focusireland.ie)

Website: [www.focusireland.ie](http://www.focusireland.ie)

Free Legal Advice Centres

Location: 13 Lower Dorset Street, Nationwide

Telephone: [01 8745690](tel:018745690)

Email: [info@flac.ie](mailto:info@flac.ie)

Website: [www.flac.ie](http://www.flac.ie)

Friends of the Elderly

Location: 25 Bolton Street, Dublin 1

Telephone: [01 8731855](tel:018731855)

Email: [info@friendsoftheelderly.ie](mailto:info@friendsoftheelderly.ie)

Website: [www.friendsoftheelderly.ie](http://www.friendsoftheelderly.ie)

Garda Stations Nationwide

Location: Nationwide

Website: [www.garda.ie/Stations/Default.aspx](http://www.garda.ie/Stations/Default.aspx)

Gay Switchboard Ireland

Location: Outhouse, 105 Capel Street, Dublin 1

Telephone: [01 8721055](tel:018721055)

Email: [director@gayswitchboard.ie](mailto:director@gayswitchboard.ie)

Website: [www.gayswitchboard.ie](http://www.gayswitchboard.ie)

GROW in Ireland

Location: Apt 6 Forrest Mews, Forrest Road, Dublin

Telephone: [1890 474 474](tel:1890474474)

Email: [info@grow.ie](mailto:info@grow.ie)

Website: [www.grow.ie](http://www.grow.ie)

HADD (Hyperactive Attention Deficit Disorder)

Location: Carmichael Centre, North Brunswick Street, Dublin 7

Telephone: [01 8748349](tel:018748349)

Email: [info@hadd.ie](mailto:info@hadd.ie)

Website: [www.hadd.ie](http://www.hadd.ie)

Headspace Toolkit Online

Location: Nationwide

Telephone: [01 6362400](tel:016362400)

Email: [info@mhcirl.ie](mailto:info@mhcirl.ie)

Website: [headspaceireland.ie/](http://headspaceireland.ie/)

Headway Ireland

Location: Headway Ireland, Blackhall Green, Off Blackhall Place, Dublin 7

Telephone: [01 6040800](tel:016040800)

Email: [info@headway.ie](mailto:info@headway.ie) / [helpline@headway.ie](mailto:helpline@headway.ie)

Website: [www.headway.ie](http://www.headway.ie)

Hearing Voices Ireland (HVI)

Location: 8 Newenham Street, Limerick, Limerick

Telephone: [087 9259146](tel:0879259146)

Email: [voicesireland@gmail.com](mailto:voicesireland@gmail.com)

Website: [www.voicesireland.com/](http://www.voicesireland.com/)

Helplink Support Services (helplink.ie)

Location: 1st Floor, The Plaza, Headford Road, Galway

Telephone: [\(091\) 759887](tel:091759887)

Email: [helplinksupport@helplink.ie](mailto:helplinksupport@helplink.ie)

Website: [www.helplink.ie](http://www.helplink.ie)

HSE - Find health services near you

Location: Nationwide

Website: [www.hse.ie/eng/services/maps/](http://www.hse.ie/eng/services/maps/)

HSE Drug and Alcohol Helpline

Location: Nationwide

Telephone: [1800 459 459](tel:1800459459)

Email: [helpline@hse.ie](mailto:helpline@hse.ie)

Website: [www.hse.ie/go/drugshivhelpline](http://www.hse.ie/go/drugshivhelpline)

HSE Elder Abuse Service

Location: Nationwide

GP referral needed for this service. Contact your GP for more information.

Website: [hse.ie/eng/services/list/4/olderpeople/elderabuse/Contact/](http://hse.ie/eng/services/list/4/olderpeople/elderabuse/Contact/)

HSE Farm & Rural Stress Helpline

Location: Nationwide

Telephone: [1800 742 655](tel:1800742655)

Email: [farmandruralstress@hse.ie](mailto:farmandruralstress@hse.ie)

HSE Information Line

Location: Nationwide

Telephone: [1850 241 850](tel:1850241850)

Email: [infoline1@hse.ie](mailto:infoline1@hse.ie)

Website: [www.hse.ie](http://www.hse.ie)

HSE N.O.V.A. (National Office for Victims of Abuse)

Location: 19 Upper Ormond Quay, Dublin 7

Telephone: [1800 252 524](tel:1800252524)

HSE Service Finder

Location: Nationwide

Website: [www.hse.ie/eng/Find\\_a\\_service](http://www.hse.ie/eng/Find_a_service)

Irish Advocacy Network

Location: Irish Advocacy Network Ltd., C/o Health Care Unit, Monaghan

Telephone: [047 38918](tel:04738918) or [047 72863](tel:04772863)

Email: [admin@irishadvocacynetwork.com](mailto:admin@irishadvocacynetwork.com)

Website: [www.irishadvocacynetwork.com/](http://www.irishadvocacynetwork.com/)

Irish National Organisation of the Unemployed

Location: Araby House, 8 North Richmond Street, Dublin 1



Telephone: [01 8560088](tel:018560088)  
Email: [info@inou.ie](mailto:info@inou.ie)  
Website: [www.inou.ie](http://www.inou.ie), [www.redundancy.ie](http://www.redundancy.ie)

Irish Patients Association  
Location: 24 Church Road, Dublin 1  
Telephone: [01 2722555](tel:012722555)  
Email: [info@irishpatients.ie](mailto:info@irishpatients.ie)  
Website: [www.irishpatients.ie](http://www.irishpatients.ie)

Irish Refugee Council Drop-In Centre  
Location: 37 Dame Street, Dublin 2  
Telephone: [01 7645854](tel:017645854)  
Email: [info@irishrefugeecouncil.ie](mailto:info@irishrefugeecouncil.ie)  
Website: [www.irishrefugeecouncil.ie/information-and-referral-service](http://www.irishrefugeecouncil.ie/information-and-referral-service)

Irish Wheelchair Association  
Location: Irish Wheelchair Association, National headquarters, Aras Chuchulainn, Blackheath Drive, Dublin 3  
Telephone: [01 8186400](tel:018186400)  
Email: [info@iwa.ie](mailto:info@iwa.ie)  
Website: [www.iwa.ie](http://www.iwa.ie)

Jigsaw - Tallaght  
Location: County Hall, Block 3, Belgard Square North, Dublin 24  
Telephone: [01 4649350](tel:014649350)  
Email: [tallaght@jigsaw.ie](mailto:tallaght@jigsaw.ie)  
Website: [www.jigsaw.ie/tallaght](http://www.jigsaw.ie/tallaght)

Law Centres - Civil Legal Aid  
Location: Nationwide  
Telephone: [LoCall: 1890 615 200](tel:LoCall:1890615200)  
Website: [www.legalaidboard.ie/lab/publishing.nsf/Content/Law\\_Centres](http://www.legalaidboard.ie/lab/publishing.nsf/Content/Law_Centres)

Legal Aid Board - Services for Asylum Seekers  
Location: Nationwide  
Telephone: [LoCall: 1890 615 200](tel:LoCall:1890615200)  
Website: [www.legalaidboard.ie/lab/publishing.nsf/Content/RLS\\_Offices](http://www.legalaidboard.ie/lab/publishing.nsf/Content/RLS_Offices)

LGBT Helpline  
Location: Nationwide  
Telephone: [1890 929539](tel:1890929539)  
Email: [info@lgbt.ie](mailto:info@lgbt.ie)  
Website: [www.lgbt.ie](http://www.lgbt.ie)

LGBTMentalHealth.ie  
Location: Nationwide  
Website: [www.lgbtmentalhealth.ie](http://www.lgbtmentalhealth.ie)

M.A.B.S. – Money Advice and Budgeting Service  
Location: Nationwide, Nationwide  
Telephone: [1890 283 438](tel:1890283438)  
Email: [info@mabs.ie](mailto:info@mabs.ie)  
Website: [www.mabs.ie](http://www.mabs.ie)

Men's Sheds: National Service  
Location: Consult website for address of your local Men's Shed, Nationwide

Telephone: [051 448725](tel:051448725)  
Website: [www.menssheds.ie/](http://www.menssheds.ie/)

Mental Health Ireland - Head Office  
Location: Mensana House, 2 Marine Terrace, Dublin  
Telephone: [01 2841166](tel:012841166)  
Website: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

Mental Health Reform  
Location: Coleraine House, Coleraine Street, Dublin 7  
Telephone: [01 874 9468](tel:018749468)  
Email: [info@mentalhealthreform.ie](mailto:info@mentalhealthreform.ie)  
Website: [www.mentalhealthreform.ie](http://www.mentalhealthreform.ie)

Mental Health Reform's MentalHelp.ie directory  
Location: Coleraine House, Coleraine Street, Dublin 7  
Telephone: [01 8749468](tel:018749468)  
Website: <http://mentalhelp.ie/>

MentalDrinking.ie  
Location: Nationwide  
Website: [www.mentaldrinking.ie](http://www.mentaldrinking.ie)

MORE Move (Men Overcoming Violence)  
Location: Unit 2, First Floor, Clare Road Business Mall, Clare Road, Clare  
Telephone: [065 6848689](tel:0656848689)  
Email: [move@moveireland.ie](mailto:move@moveireland.ie)  
Website: [www.moveireland.ie/](http://www.moveireland.ie/)

Muscular Dystrophy Ireland  
Location: 75 Lucan Road, Dublin 20  
Telephone: [01 6236414](tel:016236414)  
Email: [info@mdi.ie](mailto:info@mdi.ie)  
Website: [www.mdi.ie](http://www.mdi.ie)

National Advocacy Service for People with Disabilities  
Location: Nationwide  
Telephone: [0761 07 3000](tel:0761073000)  
Website: [www.citizensinformationboard.ie/services/advocacy\\_services/](http://www.citizensinformationboard.ie/services/advocacy_services/)

National Crime Victims Helpline  
Location: Nationwide  
Telephone: [Free Phone 116 006, TEXT on 085 1337711,](tel:FreePhone116006)  
Email: [info@crimevictimshelpline.ie](mailto:info@crimevictimshelpline.ie)  
Website: [www.crimevictimshelpline.ie](http://www.crimevictimshelpline.ie)

National Educational Psychological Service  
Location: Department of Education and Skills, Marlborough Street, Dublin  
Telephone: [01 8892700](tel:018892700)  
Email: [neps@education.gov.ie](mailto:neps@education.gov.ie)  
Website: [www.education.ie](http://www.education.ie)

Niteline Dublin  
Location: Dublin  
Telephone: [1800 793 793](tel:1800793793)

Email: [info@niteline.org](mailto:info@niteline.org)  
Website: [www.niteline.ie](http://www.niteline.ie)

#### Nurture

Location: Bedrock, Sundrive Road, Dublin  
Telephone: [01 8430930](tel:018430930)  
Email: [admin@nurturepnd.org](mailto:admin@nurturepnd.org)  
Website: [nurturepnd.org/](http://nurturepnd.org/)

#### OCD Ireland

Location: OCD Ireland, c/o 24 Premier Square,  
Finglas Road, Dublin 11  
Email: [info@ocdireland.org](mailto:info@ocdireland.org)  
Website: [www.ocdireland.org](http://www.ocdireland.org)

#### One in Four

Location: 2 Holles St, Dublin 2  
Telephone: [01 6624070](tel:016624070)  
Email: [info@oneinfour.ie](mailto:info@oneinfour.ie)  
Website: [www.oneinfour.ie](http://www.oneinfour.ie)

#### Parentline

Location: Nationwide  
Telephone: [1890 927277](tel:1890927277) / [01 8733500](tel:018733500)  
Email: [info@parentline.ie](mailto:info@parentline.ie)  
Website: [www.parentline.ie](http://www.parentline.ie)

#### PleaseTalk.org

Location: Nationwide  
Email: [info@pleasetalk.ie](mailto:info@pleasetalk.ie)  
Website: [www.pleasetalk.org](http://www.pleasetalk.org)

#### Positive Age Helpline

Location: Centre For Social Gain, St. Felim's  
Complex, Cavan  
Telephone: [049 436 0433](tel:0494360433)  
Email: [support@PositiveAge.net](mailto:support@PositiveAge.net)  
Website: [www.positiveage.net/](http://www.positiveage.net/)

#### Positive Options

Location: Nationwide, Dublin  
Telephone: [Freetext 'list' to 50444](tel:080050444)  
Website: [www.positiveoptions.ie](http://www.positiveoptions.ie)

#### Post Natal Distress Association - Cork

Location: Cork Maternity Hospital, Cork  
Telephone: [021 4922083](tel:0214922083)  
Email: [support@pnd.ie](mailto:support@pnd.ie)  
Website: [www.pnd.ie](http://www.pnd.ie)

#### Rainbows Ireland

Location: Loreto Centre, Dublin 12  
Telephone: [01 4734175](tel:014734175)  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)

#### Rape Crisis Network Ireland

Location: 4 Prospect Hill, Galway  
Telephone: [1800 778888](tel:1800778888)  
Website: [www.rapecrisishelp.ie/](http://www.rapecrisishelp.ie/)

#### ReachOut.com

Location: Nationwide  
Telephone: [01 7645666](tel:017645666)  
Website: [www.reachout.com](http://www.reachout.com)

#### See Change (Shine)

Location: 38 Blessington St., Dublin 7  
Telephone: [01 5413715](tel:015413715)  
Email: [info@seechange.ie](mailto:info@seechange.ie)  
Website: [www.seechange.ie](http://www.seechange.ie)

#### Senior Help Line

Location: Third Age Centre, Summerhill, Meath  
Telephone: [01 5331811](tel:015331811)  
Email: [dleneghan@thirdageireland.ie](mailto:dleneghan@thirdageireland.ie)  
Website: [www.thirdageireland.ie](http://www.thirdageireland.ie)

#### Shine - Head Office

Location: Shine Doc, Block B, Maynooth  
Business Campus, Co Kildare, Kildare  
Telephone: [01 5413715](tel:015413715)  
Email: [info@shine.ie](mailto:info@shine.ie)  
Website: [www.shine.ie](http://www.shine.ie)

#### Simon Communities of Ireland

Location: Simon Communities of Ireland  
National Office, St. Andrew's House, 28/30  
Exchequer St, Dublin 2  
Telephone: [01 6711606](tel:016711606)  
Email: [info@simoncommunity.com](mailto:info@simoncommunity.com)  
Website: [www.simon.ie](http://www.simon.ie)

#### Society of St Vincent de Paul

Location: SVP House, 91/92 Sean Mac Dermott  
Street, Dublin 1  
Telephone: [01 8386990](tel:018386990)  
Email: [info@svp.ie](mailto:info@svp.ie)  
Website: [www.svp.ie](http://www.svp.ie)

#### SpunOut.ie

Location: Nationwide  
Telephone: [01 6753554](tel:016753554) / [083 1484527](tel:0831484527)  
Email: [info@spunout.ie](mailto:info@spunout.ie)  
Website: [www.spunout.ie](http://www.spunout.ie)

#### SteppingUp.ie

Location: Nationwide  
Website: [steppingup.ie/](http://steppingup.ie/)  
Sticks and Stones  
Location: CFCP (Centre for Creative Practices),  
15 Lower Pembroke Street, Dublin 2  
Telephone: [087 9015199](tel:0879015199)  
Email: [info@sticksandstones.ie](mailto:info@sticksandstones.ie)  
Website: [www.sticksandstones.ie](http://www.sticksandstones.ie)

#### Suicide or Survive

Location: Stonebridge House, Stonebridge  
Close, Dublin  
Telephone: [1890 577 577](tel:1890577577)  
Email: [info@suicideorsurvive.ie](mailto:info@suicideorsurvive.ie)  
Website: [www.suicideorsurvive.ie](http://www.suicideorsurvive.ie)



#### Teen-Between

Location: 38 Upper Fitzwilliam Street, Dublin 2

Telephone: [01 6785256](tel:016785256)

Email: [teenbetween@relationshipsireland.com](mailto:teenbetween@relationshipsireland.com)

Website: [www.teenbetween.ie](http://www.teenbetween.ie)

#### The Men's Development Network

Location: 30 O'Connell Street, Waterford

Telephone: [051 844260](tel:051844260)

Email: [men@mens-network.net](mailto:men@mens-network.net)

Website: [www.mensdevelopmentnetwork.ie](http://www.mensdevelopmentnetwork.ie),  
[www.whiteribbon.ie](http://www.whiteribbon.ie), [www.mend.ie](http://www.mend.ie)

#### The Miscarriage Association of Ireland

Location: Carmichael House, North Brunswick Street, Dublin 7

Telephone: [01 8735285](tel:018735285)

Email: [info@miscarriage.ie](mailto:info@miscarriage.ie)

Website: [www.miscarriage.ie](http://www.miscarriage.ie)

#### Transgender Equality Network Ireland (TENI)

Location: Floor 2, 4 Ellis Quay, Dublin 7

Telephone: [01 8733575](tel:018733575)

Email: [office@teni.ie](mailto:office@teni.ie)

Website: [www.teni.ie/](http://www.teni.ie/)

#### Turn2Me

Location: 1st Floor, 29/31 South William Street, Dublin 2

Telephone: [087 3448429](tel:0873448429)

Email: [info@turn2me.org](mailto:info@turn2me.org)

Website: [www.turn2me.org/](http://www.turn2me.org/)

#### Watch Your Space

Location: Nationwide

Website: [www.watchyourspace.ie](http://www.watchyourspace.ie)

#### WebWise

Location: Nationwide

Website: [www.webwise.ie](http://www.webwise.ie)

#### Women's Aid

Location: 5 Wilton Place, Dublin 2

Telephone: [01 6788858](tel:016788858)

Email: [info@womensaid.ie](mailto:info@womensaid.ie)

Website: [www.womensaid.ie](http://www.womensaid.ie)