



*BREAK THE CYCLE*

## Kerry

### ACCORD Killarney

Location: Pastoral Centre, Rock Road, Kerry  
Telephone: [064 6632644](tel:0646632644)  
Email: [accordkillarney@eircom.net](mailto:accordkillarney@eircom.net)  
Website: [www.accord.ie](http://www.accord.ie)

### ACCORD Tralee

Location: St. John's Parish Centre, Castle Street, Kerry  
Telephone: [066 7122280](tel:0667122280)  
Email: [accordtralee@eircom.net](mailto:accordtralee@eircom.net)  
Website: [www.accord.ie](http://www.accord.ie)

### Cork Marriage Counselling Centre (CMCC)

Location: 34 Paul Street, Cork  
Telephone: [021 4275678](tel:0214275678)  
Email: [cmccpaul@eircom.net](mailto:cmccpaul@eircom.net)  
Website: [www.corkmarriage.ie](http://www.corkmarriage.ie)

### Cuan Counselling

Location: The Monastery, Kerry  
Telephone: [085 749 5054](tel:0857495054)  
Email: [Kavanagh\\_sinead@hotmail.com](mailto:Kavanagh_sinead@hotmail.com)  
Website: [Dinglecounselling.com](http://Dinglecounselling.com)

### Family Resource Centre: Ballyspillane

Location: Ballyspillane Estate, Kerry  
Telephone: [064 6635589](tel:0646635589)

### Family Resource Centre: BUDS

Location: Benmore, Ballyduff, Kerry  
Telephone: [066 7148883](tel:0667148883)  
Website: [www.budsballyduff.com](http://www.budsballyduff.com)

### Family Resource Centre: Castlemaine

Location: Tralee Road, Kerry  
Telephone: [066 9767833](tel:0669767833)

### Family Resource Centre: Droichead Na Daoine

Location: Seaview, Kerry  
Telephone: [064 6675879](tel:0646675879)

### Family Resource Centre: Duagh

Location: Duagh Village, Kerry  
Telephone: [068 45333](tel:06845333)

### Family Resource Centre: Kerryhead/Ballyheigue

Location: Sraid Thaidhg, Kerry  
Telephone: [066 7116961](tel:0667116961)

### Family Resource Centre: Killorglin

Location: 39, Iveragh Park, Kerry  
Telephone: [066 9762933](tel:0669762933)

### Family Resource Centre: Listowel

Location: Ballygologue, John B Keane Road, Kerry  
Telephone: [068 23584](tel:06823584)  
Website: [listowelfrc.ie](http://listowelfrc.ie)

### Family Resource Centre: Shanakill

Location: Shanakill, Monavalley, Kerry  
Telephone: [066 7127831](tel:0667127831)  
Website: [shanakillfamilyresourcecentre.com/](http://shanakillfamilyresourcecentre.com/)

### Family Resource Centre: Shannow

Location: The Cloisters, Abbeydorney, Kerry  
Telephone: [066 7198018](tel:0667198018)

### Family Resource Centre: South West Kerry

Location: 18 Main Street, Kerry  
Telephone: [066 9481000](tel:0669481000)

### Family Resource Centre: St Brigid's

Location: Hawley Park, Kerry  
Telephone: [066 7128521](tel:0667128521)

### GP Out of Hours - South Doc

Location: Killarney, Kerry  
Telephone: [1850 335 999](tel:1850335999)  
Website: [www.southdoc.ie](http://www.southdoc.ie)

### GROW - South

Location: 34 Grand Parade, Cork  
Telephone: [021 4277520](tel:0214277520)  
Email: [southernregion@grow.ie](mailto:southernregion@grow.ie)  
Website: [www.grow.ie](http://www.grow.ie)

### Hospital - Cork University Hospital - Emergency Department

Location: Cork University Hospital, Cork  
Telephone: [021 4920200](tel:0214920200)  
Website: [www.cuh.hse.ie](http://www.cuh.hse.ie)

### Hospital - Kerry General Hospital - Emergency Department

Location: Kerry General Hospital, Oakpark Road, Mayo  
Telephone: [066 718 4000](tel:0667184000)  
Website: <http://www.hse.ie/eng/services/list/3/acutehospitals>

### Hospital - Kerry General Hospital - Mental Health Services

Location: Kerry General Hospital, Oakpark Road, Kerry  
GP referral needed for this service. Contact your GP for more information.  
Website: [www.hse.ie/eng/services/list/3/hospitals](http://www.hse.ie/eng/services/list/3/hospitals)

### Hospital - St. Finan's Hospital Killarney - Mental Health Services

Location: St. Finan's Hospital, Kerry  
GP referral needed for this service. Contact your GP for more information.

### HSE Child & Adolescent Mental Health Service Brothers of Charity Tralee

Location: Child and Adolescent Mental Health Services, Ducas House, Edward St, Kerry  
GP referral needed for this service. Contact your GP for more information.

HSE Child & Adolescent Mental Health Service  
Tralee

Location: Child & Adolescent Mental Health  
Service, 7 Greeview Terrace, Kerry  
GP referral needed for this service. Contact  
your GP for more information.

HSE Child, Adolescent & Family Psychology  
Service - Tralee

Location: HSE Child & Family Psychology  
Department, HSE Community Services,  
Rathass, Kerry  
Telephone: [064 6670750](tel:0646670750)

HSE Community Mental Health - Killarney

Location: Kerry  
GP referral needed for this service. Contact  
your GP for more information.

HSE Community Mental Health - Ardfert Primary  
Care Centre

Location: Ardfert Health Centre, Medical Centre  
Ardfert, Kerry  
GP referral needed for this service. Contact  
your GP for more information.

HSE Community Mental Health - Caherciveen  
Health Centre

Location: Cahersiveen Health Centre, Kerry  
GP referral needed for this service. Contact  
your GP for more information.

HSE Community Mental Health - Castleisland  
/Farranfore Primary Care Team

Location: Health Centre, Kealgorm House,  
Limerick Road, Kerry  
GP referral needed for this service. Contact  
your GP for more information.

HSE Community Mental Health - Kenmare  
Health Centre

Location: Kenmare Health Centre, Kerry  
GP referral needed for this service. Contact  
your GP for more information.

HSE Community Mental Health - Killorglin  
Health Centre

Location: Killorglin Health Centre, Kerry  
GP referral needed for this service. Contact  
your GP for more information.

HSE Community Mental Health - Rathass,  
Tralee

Location: HSE Community Services, Rathass,  
Kerry  
GP referral needed for this service. Contact  
your GP for more information.

HSE Community Mental Health: West Kerry  
Community Mental Health Centre

Location: Mail Road, Kerry  
GP referral needed for this service. Contact  
your GP for more information.

HSE Counselling in Primary Care - South: Cork,  
Kerry

Location: CIPC Counselling Coordinator, HSE  
South, Penrose Wharf, Penrose Quay, Cork  
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 Day Hospital - Catherina House

Location: Spa Road, Kerry  
GP referral needed for this service. Contact  
your GP for more information.  
Website: [www.hse.ie/eng/services/list/1/LHO/Kerry/Mental\\_Health\\_Services/Mental\\_Health\\_Services\\_in\\_Kerry.html](http://www.hse.ie/eng/services/list/1/LHO/Kerry/Mental_Health_Services/Mental_Health_Services_in_Kerry.html)

HSE Day Hospital - Leawood House, Killarney

Location: Leawood House, Countess Road,  
Kerry  
GP referral needed for this service. Contact  
your GP for more information.  
Website: [www.hse.ie/eng/services/list/1/LHO/Kerry/Mental\\_Health\\_Services/Mental\\_Health\\_Services\\_in\\_Kerry.html](http://www.hse.ie/eng/services/list/1/LHO/Kerry/Mental_Health_Services/Mental_Health_Services_in_Kerry.html)

HSE Day Hospital - Senan House, Listowel

Location: Senan House, Greenville Road, Kerry  
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 - South: Cork  
& Kerry

Location: Harbour Counselling Service, Penrose  
Wharf, Penrose Quay, Cork  
Telephone: [1800 234 116](tel:1800234116)  
Email: [harbour@hse.ie](mailto:harbour@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/)

Jigsaw - Kerry

Location: Unit A1 Edward Court, Kerry  
Telephone: [066 7186785](tel:0667186785)  
Email: [kerry@jigsaw.ie](mailto:kerry@jigsaw.ie)  
Website: [www.jigsaw.ie/kerry](http://www.jigsaw.ie/kerry)

Kerry LifeLine at SouthWest Counselling Centre

Location: SouthWest Counselling Centre, Lewis  
Road, Kerry  
Telephone: [064 6636100](tel:0646636100)  
Email: [info@kerrylifeline.com](mailto:info@kerrylifeline.com)  
Website: [www.kerrylifeline.com](http://www.kerrylifeline.com)

Kerry Rape & Sexual Abuse Centre  
Location: 5 Greenview Terrace, Princes Quay,  
Kerry  
Telephone: [066 7123122](tel:0667123122)  
Email: [krcc@eircom.net](mailto:krcc@eircom.net)  
Website: [www.krsac.com](http://www.krsac.com)

Le Chéile Mentoring & Youth Justice Support  
Services  
Location: Tivoli Training Centre, 24 Tivoli  
Terrace South, Dublin  
Telephone: [01 2144350](tel:012144350)  
Email: [info@lecheile.ie](mailto:info@lecheile.ie)  
Website: [www.lecheile.ie](http://www.lecheile.ie)

Living Links - Kerry  
Location: Kerry  
Telephone: [087 9006300](tel:0879006300)  
Email: [Kerry@livinglinks.ie](mailto:Kerry@livinglinks.ie)  
Website: [www.livinglinks.ie](http://www.livinglinks.ie)

Mental Health Ireland - Kerry  
Location: Kerry  
Telephone: [01 2841166](tel:012841166)  
Email: [info@mentalhealthireland.ie](mailto:info@mentalhealthireland.ie)  
Website: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

Pieta House - Kerry  
Location: 28 Moyderwell, Kerry  
Telephone: [066 7163660](tel:0667163660)  
Email: [mary@pieta.ie](mailto:mary@pieta.ie)  
Website: [www.pieta.ie](http://www.pieta.ie)

Samaritans - Kerry  
Location: 43-44 Moyderwell, Kerry  
Telephone: [066 71 22566](tel:0667122566)  
Email: [jo@samaritans.ie](mailto:jo@samaritans.ie)  
Website: [www.samaritans.org](http://www.samaritans.org)

Shine - Kerry  
Location: Kerry  
Telephone: [021 4949833](tel:0214949833)/ Regional  
Development Officer: Miriam Murphy [086 852 5755](tel:0868525755)  
Email: [info@shineonline.ie](mailto:info@shineonline.ie)  
Website: [www.shineonline.ie](http://www.shineonline.ie)

Shine - Southern Area  
Location: 14a Washington Street West, Cork  
Telephone: [086 8525755](tel:0868525755) Miriam Murphy  
Regional Officer  
Email: [south@shine.ie](mailto:south@shine.ie)  
Website: [www.shine.ie](http://www.shine.ie)

Shine Counselling - Cork  
Location: Cork  
Telephone: [021 4949948](tel:0214949948)  
Email: [counsellingcork@shine.ie](mailto:counsellingcork@shine.ie)  
Website: [www.shine.ie](http://www.shine.ie)

SouthWest Counselling Centre  
Location: SouthWest Counselling Centre, Lewis  
Road, Kerry

Telephone: [064 6636416](tel:0646636416)  
Email: [info@southwestcounselling.ie](mailto:info@southwestcounselling.ie)  
Website: [southwestcounselling.ie](http://southwestcounselling.ie)

Squashy Couch  
Location: Waterford  
Telephone: [051 859000](tel:051859000)

Student Counselling Service - Institute of  
Technology, Tralee  
Location: Institute of Technology, North  
Campus, Dromtacher, Kerry  
Telephone: [066 7191690](tel:0667191690)  
Email: [studcounsellor@staff.ittralee.ie](mailto:studcounsellor@staff.ittralee.ie)  
Website: [www.ittralee.ie](http://www.ittralee.ie)

The Carers Association  
Location: Market Square, Offaly  
Telephone: [1800 240 724](tel:1800240724)  
Email: [careline@carersireland.com](mailto:careline@carersireland.com)  
Website: [www.carersireland.com](http://www.carersireland.com)

The Social & Health Education Project (SHEP)  
Location: Village Centre, Station Road, Cork  
Telephone: [021 4666180](tel:0214666180)  
Email: [socialandhealth@eircom.net](mailto:socialandhealth@eircom.net)  
Website: [www.socialandhealth.com](http://www.socialandhealth.com)

Victim Assistance  
Location: Community Development Project,  
Rock Street, Kerry  
Telephone: [066 7119830](tel:0667119830)  
Email: [fedva@eircom.net](mailto:fedva@eircom.net)  
Website: [www.victimassistanceireland.com](http://www.victimassistanceireland.com)

## **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://Limerick)  
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:Text:Talk%20to%2050101)  
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: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: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](tel:116006), [TEXT on 085 1337711](tel:0851337711),

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/)

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