



BREAK THE CYCLE

Longford

ACCORD Longford

Location: Tellach Iosa, St. Mel's Road, Longford
Telephone: [043 3347222](tel:0433347222)
Email: accordlongford@eircom.net
Website: www.accord.ie

Acorn Community Development Project

Location: 2 Garvey's Yard, Longford
Telephone: [043 3347944](tel:0433347944)
Email: cdpacorn@eircom.net

Dublin Counselling & Therapy Centre

Location: 41 Upper Gardiner Street, Dublin 1
Telephone: [01 8788236](tel:018788236)
Email: info@dctc.ie
Website: www.dctc.ie

Family Resource Centre: Bridgeways

Location: Dean Egan Library, Main Street, Longford
Telephone: [090 6432691](tel:0906432691)

Family Resource Centre: Lus na Greine

Location: Main St, Longford
Telephone: [043 6660977](tel:0436660977)
Website: lcr.ie/

GP Out of Hours - MIDoc

Location: Laois
Telephone: [1850 302 702](tel:1850302702)
Website: www.hse.ie

GROW - Midlands

Location: GROW Midland Region, Bolger House, Patrick Street, Offaly
Telephone: [057 9351124](tel:0579351124)
Email: midlandregion@grow.ie
Website: www.grow.ie

Hospital - St. Loman's Hospital Mullingar - Mental Health Services

Location: St. Loman's Hospital, Delvin Road, Westmeath
GP referral needed for this service. Contact your GP for more information.

HSE Child & Adolescent Mental Health Services Longford/Westmeath

Location: Child & Adolescent Mental Health Services, Midland Regional Hospital Mullingar, Longford Road, Westmeath
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Longford

Location: Dublin Road, Longford
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Mullingar

Location: Green Road, Westmeath
GP referral needed for this service. Contact your GP for more information.

HSE Counselling in Primary Care - Midlands

Location: CIPC Counselling Coordinator, HSE Midlands, 21 Church Street, Offaly
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 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 - Mid

Leinster: Laois, Offaly, Longford, Westmeath
Location: HSE National Counselling Service, The Arches, 21 Church Street, Offaly
Telephone: [1800 234 113](tel:1800234113)
Email: thearches.counselling@hse.ie
Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

HSE Primary Care Psychology Service - Longford Network

Location: DUBLIN ROAD, Longford
GP referral needed for this service. Contact your GP for more information.

HSE Psychiatry of Later Life Service - Longford and Westmeath

Location: Cluain Lir Care Centre, St. Mary's Campus, Longford Road, Westmeath
GP referral needed for this service. Contact your GP for more information.

Living Links - Longford

Location: Longford
Telephone: [086 1600641](tel:0861600641)
Email: Longford@livinglinks.ie
Website: www.livinglinks.ie

Living Links - Offaly

Location: Brocca Rd, Mucklagh, Offaly
Telephone: [086 1600641](tel:0861600641)
Email: offaly@livinglinks.ie
Website: www.livinglinks.ie

Longford Community Resources Ltd

Location: Longford Community Resources Ltd, Community and Enterprise Centre, Ballinalee Road, Longford
Telephone: [043 3347944](tel:0433347944)
Email: jstroker@lcr.ie
Website: www.lcr.ie

Longford Women's Link Ltd.,
Location: Willow House, Ardnacassa Ave.,
Longford
Telephone: [033 41511](tel:03341511)
Email: info@lonfordwomenslink.org
Website: www.longfordwomenslink.org

Mental Health Ireland - Midlands, Kildare and
West Wicklow
Location: Westmeath
Telephone: [086 8353387](tel:0868353387)
Email: finola@mentalhealthireland.ie
Website: www.mentalhealthireland.ie

Recovery Self Help Method Ireland - Longford
Location: St Mel's Family Centre, Chapel Lane,
Longford
Telephone: [01 6260775](tel:016260775)
Email: info@recoveryireland.ie
Website: recoveryireland.ie/

Shine - Midlands
Location: 11 O'Connor Square, Offaly
Telephone: [086 8525281](tel:0868525281) [Karen Boylan Regional
Officer](mailto:Karen.Boylan@RegionalOfficer)
Email: midlands@shine.ie
Website: www.shine.ie

Nationwide

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

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

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

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

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

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

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

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

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

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

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

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

CARI Foundation
Location: 110 Lower Drumcondra Road, Dublin
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Telephone: [01 8308529](tel:018308529) [Dublin / 061 582200](tel:061582200)
[Limerick](http://www.limerick.ie)
Email: helpline@cari.ie
Website: 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
Website: 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 /116 111](tel:1800666666)
Email: ispcc@ispcc.ie
Website: www.childline.ie

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

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

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

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

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

Drugs.ie
Location: Nationwide
Email: info@drugs.ie
Website: www.drugs.ie

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

Website: 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

Find your local GP - ICGP
Location: Dublin 2
Telephone: [01 6763705](tel:016763705)
Email: info@icgp.ie
Website: 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
Website: www.focusireland.ie

Free Legal Advice Centres
Location: 13 Lower Dorset Street, Nationwide
Telephone: [01 8745690](tel:018745690)
Email: info@flac.ie
Website: www.flac.ie

Friends of the Elderly
Location: 25 Bolton Street, Dublin 1
Telephone: [01 8731855](tel:018731855)
Email: info@friendsoftheelderly.ie
Website: www.friendsoftheelderly.ie

Garda Stations Nationwide
Location: Nationwide
Website: 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
Website: www.gayswitchboard.ie

GROW in Ireland
Location: Apt 6 Forrest Mews, Forrest Road,
Dublin
Telephone: [1890 474 474](tel:1890474474)
Email: info@grow.ie
Website: 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
Website: www.hadd.ie

Headspace Toolkit Online
Location: Nationwide
Telephone: [01 6362400](tel:016362400)
Email: info@mhcir.ie
Website: headspaceireland.ie/

Headway Ireland
Location: Headway Ireland, Blackhall Green, Off
Blackhall Place, Dublin 7
Telephone: [01 6040800](tel:016040800)
Email: info@headway.ie / helpline@headway.ie
Website: www.headway.ie

Hearing Voices Ireland (HVI)
Location: 8 Newenham Street, Limerick,
Limerick
Telephone: [087 9259146](tel:0879259146)
Email: voicesireland@gmail.com
Website: 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
Website: www.helplink.ie

HSE - Find health services near you
Location: Nationwide
Website: www.hse.ie/eng/services/maps/

HSE Drug and Alcohol Helpline
Location: Nationwide
Telephone: [1800 459 459](tel:1800459459)
Email: helpline@hse.ie
Website: 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

HSE Information Line
Location: Nationwide
Telephone: [1850 241 850](tel:1850241850)
Email: infoline1@hse.ie
Website: 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

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

Website: 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
Website: www.inou.ie, www.redundancy.ie

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

Irish Refugee Council Drop-In Centre
Location: 37 Dame Street, Dublin 2
Telephone: [01 7645854](tel:017645854)
Email: info@irishrefugeecouncil.ie
Website: [www.irishrefugeecouncil.ie/informatio
n-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
Website: www.iwa.ie

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

LGBTMentalHealth.ie
Location: Nationwide
Website: 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

Website: 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/

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

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

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
Website: www.moveireland.ie/

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

National Crime Victims Helpline
Location: Nationwide
Telephone: [Free Phone 116 006, TEXT on 085 1337711,](tel:1160061337711)
Email: info@crimevictimshelpline.ie
Website: 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

Website: www.education.ie

Niteline Dublin
Location: Dublin
Telephone: [1800 793 793](tel:1800793793)
Email: info@niteline.org
Website: www.niteline.ie

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

OCD Ireland
Location: OCD Ireland, c/o 24 Premier Square, Finglas Road, Dublin 11
Email: info@ocdireland.org
Website: www.ocdireland.org

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

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

PleaseTalk.org
Location: Nationwide
Email: info@pleasetalk.ie
Website: 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
Website: www.positiveage.net/

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

Post Natal Distress Association - Cork
Location: Cork Maternity Hospital, Cork
Telephone: [021 4922083](tel:0214922083)
Email: support@pnd.ie
Website: www.pnd.ie

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

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

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

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

Senior Help Line
Location: Third Age Centre, Summerhill, Meath
Telephone: [01 5331811](tel:015331811)
Email: dleneghan@thirdageireland.ie
Website: 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
Website: 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
Website: 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
Website: www.svp.ie

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

SteppingUp.ie
Location: Nationwide
Website: 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
Website: www.sticksandstones.ie

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

Teen-Between
Location: 38 Upper Fitzwilliam Street, Dublin 2
Telephone: [01 6785256](tel:016785256)
Email: teenbetween@relationshipsireland.com
Website: www.teenbetween.ie

The Men's Development Network
Location: 30 O'Connell Street, Waterford
Telephone: [051 844260](tel:051844260)
Email: men@mens-network.net
Website: www.mensdevelopmentnetwork.ie,
www.whiteribbon.ie, 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
Website: 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
Website: www.teni.ie/

Turn2Me
Location: 1st Floor, 29/31 South William Street,
Dublin 2
Telephone: [087 3448429](tel:0873448429)
Email: info@turn2me.org
Website: www.turn2me.org/

Watch Your Space
Location: Nationwide
Website: www.watchyourspace.ie

WebWise
Location: Nationwide
Website: www.webwise.ie

Women's Aid
Location: 5 Wilton Place, Dublin 2
Telephone: [01 6788858](tel:016788858)
Email: info@womensaid.ie
Website: www.womensaid.ie