



BREAK THE CYCLE

Mayo

ACCORD Ballina
Location: Pastoral Centre, Cathedral Grounds,
Mayo
Telephone: 096 21478
Email: accordballina@eircom.net
Website: www.accord.ie

ACCORD Castlebar
Location: 34B Moneen, Mayo
Telephone: 094 9022214
Email: accordcbar@eircom.net
Website: www.accord.ie

ACCORD Charlestown
Location: Pastoral Centre, Mayo
Telephone: 094 9254944
Email: accordcharlestown@eircom.net
Website: www.accord.ie

Bealach Nua - Relative Peer Support Service
Location: Mayo
Telephone: [Maria McGoldrick, Relative Peer Supporter: 086 0450835](tel:0860450835) OR [Joan Higgins, Relative Peer Supporter: 087 9749288](tel:0879749288)

Befriending Mayo: Ballina Family Resource Centre
Location: Abbey Street, Ardnaree, Mayo
Telephone: 096 75573
Email: ballinafrfc@eircom.net

Befriending Mayo: Castlebar Social Services
Location: Castle Street Car Park, Castle Street,
Mayo
Telephone: 094 9021378
Email: castlebarvss@gmail.com
Website: www.castlebarvss.com

Befriending Mayo: Clar IRD, Claremorris
Location: Ballyhaunis Road, Mayo
Telephone: 094 9371830
Email: clarird@eircom.net
Website: www.clarird.com/

Befriending Mayo: Tacu Ballinrobe Family
Resource Centre
Location: Main Street, Mayo
Telephone: 094 9542908

Befriending Mayo: Westport Family & Community
Resource Centre
Location: The Fairgreen, Mayo
Telephone: 098 24419
Email: westportfrfc@eircom.net
Website: www.westportfrfc.ie

Bereavement Support - Bethany Bereavement
Support Group
Location: c/o Rathfarnham Parish Centre,
Willbrook Road, Dublin 14
Telephone: 087 9905299
Email: bethanysupport@eircom.net

Website: www.bethany.ie

Bereavement Support - Kilmoremoy
Bereavement Support Group
Location: Rathlacken, Carrowmore Lacken, Mayo
Telephone: 086 3350261
Email: kilmoremoy.bereavement@gmail.com

Bereavement Support - Lacken Bereavement
Support Group
Location: Castlelacken, Carrowmore Lacken,
Mayo
Telephone: 086 33502661

Bereavement Support - Roscommon Hospital
Specialist Palliative Care Service
Location: Roscommon County Hospital, Athlone
Road, Roscommon
Telephone: 090 6626200/ 090 6632111/ 090
6632188
Email: helen.ely@mailn.hse.ie,
geradineb.keane@hse.ie

Castlebar Counselling and Therapy Centre
Location: Clogher, Breaffy, Mayo
Telephone: 094 9028746
Email: castlebarpsychotherapy@eircom.net
Website: www.dctc.ie/associate.php

Family Centre Castlebar
Location: The Family Centre, Chapel St., Mayo
Telephone: 094 90 25900
Website: www.thefamilycentre.com

Family Resource Centre: Ballina
Location: Unit 2 Abbey Street, Ardnaree, Mayo
Telephone: 096 75573
Website: www.kbfrfc.ie/

Family Resource Centre: Cairdeas
Location: Kilmovee, Mayo
Telephone: 094 9649814

Family Resource Centre: Claremorris
Location: James Street, Mayo
Telephone: 094 9377838

Family Resource Centre: Le Cheile
Location: Tucker Street, Mayo
Telephone: 094 9025126
Website: www.lecheilefrfc.ie/

Family Resource Centre: Neart hAmhnais
Teoranta
Location: The Friary House, St Marys Abbey,
Mayo
Telephone: 094 9630031

Family Resource Centre: TACU
Location: Credit Union House, Main Street, Mayo
Telephone: 094 9542908
Website: www.tacufrc.ie

Family Resource Centre: Westport
Location: The Fairgreen, Mayo
Telephone: 098 24419
Website: www.westportfrc.ie/

GROW - Western
Location: Mosaic Centre, Harlequin Centre,
Garvey Way, Mayo
Telephone: 094 9026417
Email: westernregion@grow.ie
Website: www.grow.ie

Hospital - Kerry General Hospital - Emergency
Department
Location: Kerry General Hospital, Oakpark Road,
Mayo
Telephone: 066 718 4000
Website: http://www.hse.ie/eng/services/list/3/a_cutehospitals

Hospital - Mayo General Hospital - Emergency
Department
Location: Mayo General Hospital, Westport Road,
Mayo
Telephone: 094 9021733
Website: http://www.hse.ie/eng/services/list/3/a_cutehospitals

Hospital - Mayo General Hospital - Mental Health
Services
Location: Mayo General Hospital, Westport Road,
Mayo
GP referral needed for this service. Contact your
GP for more information.
Website: www.hse.ie/eng/services/list/3/hospitals

Hospital - Roscommon County Hospital - Mental
Health Services
Location: Roscommon County Hospital, Athlone
Road, Roscommon
GP referral needed for this service. Contact your
GP for more information.
Website: www.hse.ie/eng/services/list/3/hospitals

HSE Child & Adolescent Mental Health Service
Ballina - North Mayo
Location: Child and Adolescent Mental Health
Service, Dr. Shauna Glynn, Consultant
Psychiatrist, Mayo General Hospital, Castlebar,
Kevin Barry Street, Mayo
GP referral needed for this service. Contact your
GP for more information.

HSE Child & Adolescent Mental Health Service
Castlebar - South Mayo
Location: Child & Adolescent Mental Health
Service, St. Mary's Headquarters, Mayo
GP referral needed for this service. Contact your
GP for more information.

HSE Child & Adolescent Psychology Service Mayo
Location: Tulsa Community Psychology Service,
St. Mary's Headquarters, Mayo
Telephone: 094 9042281

HSE Community Mental Health - Ballina
Location: Ballina Community Mental Health Unit,
Mercy Road, Mayo
GP referral needed for this service. Contact your
GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/Mayo/Mental_Health_Services/

HSE Community Mental Health - Springdale
(Sector Headquarters) Claremorris
Location: Springdale Mental Health Centre, Mayo
GP referral needed for this service. Contact your
GP for more information.

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

HSE Community Mental Health - Ballinrobe
Location: Ballinrobe Mental Health Services,
Convent Road, Mayo
GP referral needed for this service. Contact your
GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/Mayo/Mental_Health_Services/

HSE Community Mental Health - Belmullet
Location: Belmullet Health Centre, Mayo
GP referral needed for this service. Contact your
GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/Mayo/Mental_Health_Services/

HSE Community Mental Health - Claremorris
Location: Ballyhaunis Road, Mayo
GP referral needed for this service. Contact your
GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/Mayo/Mental_Health_Services/

HSE Community Mental Health - Roscommon
Location: Roscommon County Hospital,
Roscommon
GP referral needed for this service. Contact your
GP for more information.
Website: www.hse.ie

HSE Community Mental Health - The Willows,
Swinford
Location: The Willows - Swinford, Dublin Road,
Mayo
GP referral needed for this service. Contact your
GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/Mayo/Mental_Health_Services/

HSE Community Mental Health - Westport
Location: 1-2 Radharc Na Greine, Altamount Street, Mayo
GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/Mayo/Mental_Health_Services/

HSE Community Mental Health and Day Hospital - St Michael's, Castlebar
Location: St. Michael's Day Hospital, Castlebar, Mayo
GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/Mayo/Mental_Health_Services/

HSE Community Mental Health Services - Mayo Primary Care Headquarters
Location: Mayo
GP referral needed for this service. Contact your GP for more information.

HSE Counselling in Primary Care - West: Galway, Mayo, Roscommon
Location: CIPC Counselling Coordinator, HSE West, 58 Upper Newcastle Road, Galway
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 Old Age Psychiatry
Location: St. Anne's Unit, Sacred Heart Hospital, Pontoon Road, Mayo
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 - West: Mayo
Location: HSE National Counselling Service, Ballina Primary Care Centre, Kevin Barry Street, Mayo
Telephone: 1800 234 114
Email: newcastle.counselling@hse.ie
Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

HSE National Counselling Service - West: Mayo
Location: HSE National Counselling Service, HSE Adult Counselling Service, Hill House, Mountain View, Mayo
Telephone: 1800 234 114
Email: newcastle.counselling@hse.ie
Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

HSE Psychiatry of Later Life Service - Mayo
Location: St. Anne's Unit, Sacred Heart Hospital, Pontoon Road, Mayo
GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/Mayo/Mental_Health_Services/

Knock Counselling Centre
Location: Knock Shrine, Mayo
Telephone: 094 9375032
Email: counselling@knock-shrine.ie
Website: www.knock-shrine.ie

Living Links - Mayo
Location: Mayo
Telephone: 086 0406666
Email: Mayo@livinglinks.ie
Website: www.livinglinks.ie

Mayo Rape Crisis Centre
Location: Mayo Rape Crisis Centre, Newtown, Mayo
Telephone: 094 9025657
Email: mayorcc@eircom.net
Website: www.mayorcc.ie

Mayo Suicide Liaison Project
Location: c/o Family Centre, Chapel Street, Mayo
Telephone: 094 9025900 / 087 2172866
Email: mairnidh@thefamilycentre.com
Website: [www.thefamilycentre.com /](http://www.thefamilycentre.com/) www.mayobewell.org

Mayo Women's Support Services
Location: Breaffy Road, Mayo
Telephone: 094 90 25409 / 094 90 27519
Email: mwss@eircom.net
Website: www.mwss.ie

Mental Health Ireland - Mayo
Location: Mayo Mental Health Association, 2 New Antrim Street, Mayo
Telephone: 087 1274040
Email: niall@mentalhealthireland.ie
Website: www.mentalhealthireland.ie

Mental Health Ireland - Roscommon
Location: Mayo Mental Health Association, 2 New Antrim Street, Mayo
Telephone: 087 1274040
Email: niall@mentalhealthireland.ie
Website: www.mentalhealthireland.ie

Mindspace Mayo
Location: Market Square, Mayo
Telephone: 094 9067001
Email: info@mindspacemayo.ie
Website: www.mindspacemayo.ie

Shine - Western Area
Location: Unit 31 Terryland House, Terryland Retail Park, Headford Road, Galway

Telephone: 086 8525157 Christina Burke
Regional Officer
Email: west@shine.ie
Website: www.shine.ie

Student Counselling Service - GMIT
Location: The Student Counselling Service, GMIT,
Dublin Road, Galway
Telephone: 091 742118 / 091 742392
Email: studentservices@gmit.ie
Website: www.gmit.ie/student-services/student-services

The Carers Association
Location: Market Square, Offaly
Telephone: 1800 240 724
Email: careline@carersireland.com
Website: www.carersireland.com

Victim Assistance
Location: Community Development Project, Rock
Street, Kerry
Telephone: 066 7119830
Email: fedva@eircom.net
Website: www.victimassistanceireland.com

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](tel:018780027) / [01 8780029](tel:018780029)
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 9
Telephone: [01 8308529](tel:018308529) Dublin / [061 582200](tel:061582200)
[Limerick](http://www.cari.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/

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: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:0761074000)

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@mhcirl.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/

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: info@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/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:1890615200)
Website: 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

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:1337711),
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:50444)
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