



BREAK THE CYCLE

Monaghan

ACCORD Monaghan

Location: St. Macartans College, Monaghan

Telephone: [047 83359](tel:04783359)

Email: accord.monaghan@eircom.net

Website: www.accord.ie

Dundalk Counselling Centre

Location: Dundalk Counselling Centre

'Oakdene', 3 Seatown Place, Louth

Telephone: [042 9338333](tel:0429338333)

Email: lizmccguckindcc@gmail.com

Website: dundalkcounsellingcentre.ie

Family Resource Centre: Clones

Location: 3 McCurtain St, Monaghan

Telephone: [047 52919](tel:04752919)

Family Resource Centre: Teach na Daoine

Location: 1 Oriel Way, Monaghan

Telephone: [047 71398](tel:04771398)

GP Out of Hours - NEDOC

Location: North East Doctor on Call Ltd, Farrell Street, Meath

Telephone: [1850 777911](tel:1850777911)

Website: www.nedoc.ie

GROW - North Eastern

Location: Louth

Telephone: [078 499 26218](tel:07849926218)

Email: info@grow.ie

Website: www.grow.ie

Hospital - Cavan General Hospital - Mental Health Services

Location: Cavan General Hospital, Lisdarn, Cavan

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 Monaghan

Location: Child & Adolescent Mental Health Service, St. Davnet's Complex, Monaghan

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

HSE Child & Adolescent Psychiatry Service Cavan

Location: CAMHS, Department of Psychiatry, Cavan General Hospital, Lisdarn, Cavan

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

HSE Child & Adolescent Psychiatry Service Monaghan

Location: Camhs Team, Department Of Child And Adolescent Psychiatry, Monaghan

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

HSE Community Mental Health - Ballybay Health Centre

Location: Ballybay Health Centre, Main Street, Monaghan

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

HSE Community Mental Health - Monaghan

Location: Adult Mental Health Service, St. Davnet's Complex, Monaghan

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

Website: www.hse.ie/eng/services/list/1/LHO/CavanMonaghan/Mental_Health_Services/Mental_Health_Services_in_Cavan_and_Monaghan.html

HSE Community Psychology Services - Monaghan

Location: North Monaghan Primary Care Unit, St. Davnets Complex, Monaghan

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

Eastern Area: Navan, Cavan, Louth, Monaghan

Location: HSE National Counselling Service, Town Hall Street, Cavan

Telephone: [1800 234 117](tel:1800234117)

Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

HSE National Counselling Service - North

Eastern Area: Navan, Cavan, Louth, Monaghan

Location: HSE National Counselling Service, 34 Brews Hill, Meath

Telephone: [1800 234 117](tel:1800234117)

Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

HSE Psychiatry of Later Life Service - Monaghan

Location: Psychiatry of Later Life Service, St. Davnet's Complex, Armagh Road, Monaghan

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

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/

Mental Health Ireland- Cavan, Louth, Meath & Monaghan

Location: Mensana House, 2 Marine Terrace, Dublin

Telephone: [086 2873526](tel:0862873526)

Email: sean@mentalhealthireland.ie

Website: www.mentalhealthireland.ie

Shine - North East

Location: Louth

Telephone: [086 8525422](tel:0868525422) [Derek Pepper](mailto:Derek.Pepper@shine.ie)

[Regional Officer](mailto:northeast@shine.ie)

Email: northeast@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 9

Telephone: [01 8308529](tel:018308529) [Dublin / 061 582200](tel:061582200)

[Limerick](mailto:helpline@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:Text:'Talk' to 50101)
Email: ispcc@ispcc.ie
Website: 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

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](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
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
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
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
Email: farmandruralstress@hse.ie

HSE Information Line
Location: Nationwide
Telephone: 1850 241 850
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

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 or 047 72863
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
Email: info@inou.ie
Website: www.inou.ie, www.redundancy.ie

Irish Patients Association
Location: 24 Church Road, Dublin 1

Telephone: 01 2722555
Email: info@irishpatients.ie
Website: www.irishpatients.ie

Irish Refugee Council Drop-In Centre
Location: 37 Dame Street, Dublin 2
Telephone: 01 7645854
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
Email: info@iwa.ie
Website: www.iwa.ie

Jigsaw - Tallaght
Location: County Hall, Block 3, Belgard Square
North, Dublin 24
Telephone: 01 4649350
Email: tallaght@jigsaw.ie
Website: www.jigsaw.ie/tallaght

Law Centres - Civil Legal Aid
Location: Nationwide
Telephone: LoCall: 1890 615 200
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
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
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
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
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/servi
ces/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:0851337711)
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