



BREAK THE CYCLE

Wicklow

ACCORD Bray

Location: The Old Presbytery, Herbert Road, Wicklow

Telephone: [01 2867712](tel:012867712)

Email: bray@dublin.accord.ie

Website: www.accord.ie

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

Bereavement Support - Kildare Suicide Bereavement Support Group

Location: Church of the Irish Martyrs, Ballycane, Kildare

Telephone: [045 895629](tel:045895629)

Email: kildaresbsg@gmail.com

Website: www.ksbsg.org

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: Greystones

Location: 28 Burnaby Court, Wicklow

Telephone: [01 2557528](tel:012557528)

Website: www.greystonesfrc.ie

GP Out of Hours - KDoc: Kildare

Location: Vista Primary Care Campus, Ballymore Road, Kildare

Telephone: [1890 599 362](tel:1890599362)

Website: www.kdoc.ie

GP Out of Hours - Care Doc

Location: St Dymphna's Hospital, Athy Road, Carlow

Telephone: [1850 334 999](tel:1850334999)

Website: www.caredoc.ie

GROW - Eastern

Location: GROW Eastern Region, 167a Capel Street, Dublin 1

Telephone: [01 8734029](tel:018734029)

Email: easternregion@grow.ie

Website: www.grow.ie

GROW - South Eastern

Location: GROW South Eastern Region, Ormonde House, Barrack Street, Kilkenny

Telephone: [056 7761624](tel:0567761624)

Email: southeastregion@grow.ie

Website: www.grow.ie

Hospital - Adelaide and Meath Hospital - Emergency Department

Location: Adelaide and Meath Hospital Dublin (Incorporating the National Children's Hospital), Dublin 24

Telephone: [01 4142000](tel:014142000)

Website: www.amnch.ie

Hospital - Adelaide and Meath Hospital - Mental Health Services

Location: Adelaide and Meath Hospital Dublin (Incorporating the National Children's Hospital), Dublin 24

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

Website: www.amnch.ie

Hospital - Naas General Hospital - Emergency Department

Location: Naas General Hospital, Kildare

Telephone: [045 849500](tel:045849500)

Website: www.naashospital.ie

Hospital - Naas General Hospital - Mental Health Services

Location: Lakeview Unit, Naas General Hospital, Kildare

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

Hospital - Newcastle Hospital Wicklow - Mental Health Services

Location: Newcastle Hospital, Wicklow

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

Hospital - St. Columcille's Hospital

Loughlinstown - Emergency Department

Location: St. Columcille's Hospital, Dublin

Telephone: [01 2825800](tel:012825800)

Website: <http://www.hse.ie/eng/services/list/3/acutehospitals>

Hospital - St. Michael's Hospital Dun Laoghaire - Emergency Department

Location: St. Michael's Hospital, Dublin

Telephone: [01 2806901](tel:012806901)

Email: info@st.michaels.ie

Website: www.stmichaels.ie

HSE Child & Adolescent Mental Health Service - Lucena Clinic Bray

Location: Lucena Clinic, Sessa House, Vevay Road, Wicklow

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

Website: www.lucenaclinic.ie

HSE Child & Adolescent Mental Health Service Linn Dara - Ballyfermot

Location: Ballyfermot James' Linn Dara CAMHS, HSE Clover Suite, 1st Floor Linn Dara CAMHS Building, Dublin 10

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

HSE Child & Adolescent Mental Health Service
Linn Dara CAMHS - Lucan
Location: Lucan Linn Dara CAMHS, HSE Clover Suite, Cherry Orchard Hospital Campus, Dublin 10
GP referral needed for this service. Contact your GP for more information.

HSE Child & Adolescent Mental Health Service
Lucena Clinic Dun Laoghaire
Location: Lucena Clinic, Century Court, 100, Upper Georges Street (behind Post Office), Dublin
GP referral needed for this service. Contact your GP for more information.
Website: www.lucenaclinic.ie

HSE Child & Adolescent Mental Health Service
Lucena Clinic North Tallaght
Location: Lucena Clinic, Exchange Hall (beside Hospital entrance roundabout), Belgard Square, Dublin 24
GP referral needed for this service. Contact your GP for more information.
Website: www.lucenaclinic.ie

HSE Child & Adolescent Mental Health Service
Lucena Clinic Wicklow
Location: Lucena Clinic, Summerhill, Wicklow
GP referral needed for this service. Contact your GP for more information.
Website: www.lucenaclinic.ie

HSE Child & Adolescent Mental Health Service
Tallaght
Location: Department of Child Psychiatry AMNCH Tallaght Hospital Dublin 24, Adelaide and Meath Hospital Dublin (Incorporating the National Children's Hospital), Dublin 24
GP referral needed for this service. Contact your GP for more information.
Website: www.amnch.ie

HSE Community Mental Health - Baltinglass
Location: Wicklow
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Arklow Adult Primary Care
Location: Castle Park, Wicklow
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Arklow Adult Primary Care
Location: Castle Park, Wicklow
GP referral needed for this service. Contact your GP for more information.

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

HSE Community Mental Health - Blessington
Location: Wicklow
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Carnew
Location: Wicklow
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Dunlavin
Location: Wicklow
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Greystones
Location: Victoria Road, Wicklow
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Mountmellick
Location: Wicklow
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Tinahely
Location: Wicklow
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Wicklow Community Care HQ
Location: Glenside Road, Wicklow
GP referral needed for this service. Contact your GP for more information.

HSE Counselling in Primary Care - Dublin Mid Leinster: South Dublin, East Wicklow
Location: CIPC Counselling Coordinator, ISA Dublin South/East Wicklow, Centenary House, 35 York Road, Dublin
GP referral needed for this service. Contact your GP for more information.
Website: <https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/>

HSE Department of Psychiatry - Adelaide and Meath Hospital Dublin (incorporating the National Children's Hospital)
Location: Adelaide and Meath Hospital Dublin (Incorporating the National Children's Hospital), Dublin 24
GP referral needed for this service. Contact your GP for more information.
Website: www.amnch.ie

HSE Mental Health - Lincara Day Centre
Location: Boghall Road, Wicklow
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.

MORE INFORMATION

HSE National Counselling Service - Dublin Mid Leinster: South Dublin, East Wicklow
Location: Avoca Counselling Service, First Floor, Centenary House, 35 York Road,, Dublin
Telephone: [1800 234 111](tel:1800234111)
Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

HSE National Counselling Service - Dublin Mid Leinster: South Dublin, East Wicklow
Location: Avoca Counselling Service, Baggott St Community Hospital, 18 Upper Baggot Street, Dublin 4
Telephone: [1800 234 111](tel:1800234111)
Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

HSE National Counselling Service - Dublin Mid Leinster: West Dublin, West Wicklow
Location: HSE National Counselling Service, 66 Old Bawn Road, Dublin 24
Telephone: [1800 234 112](tel:1800234112)
Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

Living Life Counselling
Location: Madeley, Eglinton Road, Dublin
Telephone: [01 2866729](tel:012866729)
Website: www.livinglifecounselling.com

Living Links - Wicklow
Location: Wicklow
Telephone: [01 2868413](tel:012868413)
Email: Wicklow@livinglinks.ie
Website: www.livinglinks.ie

Mental Health Ireland - Dublin City/County & East Wicklow
Location: Mensana House, 2 Marine Terrace, Dublin
Telephone: [086 8385584](tel:0868385584)
Email: michaeln@mentalhealthireland.ie
Website: www.mentalhealthireland.ie

Out and About Association - Oanda Ireland
Location: 19 Ormond Quay Upper, Dublin 7
Telephone: [1800 252 524/ 087 397 0498](tel:1800252524)

Email: oandaireland@gmail.com
Website: www.oandaireland.ie

Platinum Clubhouse E.V.E.
Location: Unit 1B, Newbridge Industrial Estate, Kildare
Telephone: [045 433229](tel:045433229)
Email: platinumclubhouse@eve.ie
Website: www.kildare.ie/platinum

Recovery Self Help Method Ireland - Bray
Location: Holy Redeemer Parish Centre, Herbert Road, Wicklow
Telephone: [01 6260775](tel:016260775)
Email: info@recoveryireland.ie
Website: recoveryireland.ie/

Shine - Eastern Area
Location: 13 Belvedere Court, Dublin
Telephone: [086 0142112](tel:0860142112)
Email: east@shine.ie
Website: www.shine.ie

Sophia Counselling Centre
Location: St. Patrick's, Wicklow
Telephone: [059 6473488 / 086 1225198](tel:0596473488)
Website: www.slisophiacentre.ie

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

Trans Greystones
Location: Greystones Family Resource Centre, 28 Burnaby Court, Wicklow
Telephone: [Transgender Equality Network Ireland 01 8733575](tel:018733575)
Email: transgreystones@gmail.com
Website: www.teni.ie

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

Wicklow Child & Family Project
Location: Wicklow Child & Family Project, The Mall, Wicklow
Telephone: [040 464725](tel:040464725)
Email: wcandfp@indigo.ie
Website: www.wicklowpartnership.ie

Wicklow Community Directory
Location: Wicklow
Website: www.wicklowcommunitydirectory.ie/taxonomy/term/19

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](tel:1800666666) / [116 111](tel:116111)
Email: ispcc@ispcc.ie
Website: www.childline.ie

Childline - Online support

Location: Nationwide
Telephone: [1800 666666](tel:1800666666) / [116 111](tel:116111)
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](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

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: 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/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.nsf/Content/Law_Centres

Legal Aid Board - Services for Asylum Seekers

Location: Nationwide

Telephone: [LoCall: 1890 615 200](tel:LoCall:1890615200)

Website: www.legalaidboard.ie/lab/publishing.nsf/Content/RLS_Offices

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](tel:116006), [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](tel:1890927277) / [01 8733500](tel:018733500)
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:116006)
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