



BREAK THE CYCLE

Carlow

ACCORD Carlow

Location: St Catherines Community Services Centre, St. Josephs Road, Carlow
Telephone: [059 9138738](tel:0599138738)
Email: accordcarlow@eircom.net
Website: www.accord.ie

Amber, Kilkenny Women's Refuge Ltd
Location: Lacken, Dublin Road, Kilkenny
Telephone: [056 7771404](tel:0567771404)
Email: kwrp@eircom.net
Website: kilkennywomensrefuge.ie

Barnardos - Family Support Project - Carlow
Location: 24 Askea Lawns, Tullow Road, Carlow
Telephone: [059 9132868](tel:0599132868)
Email: info@carlow.barnardos.ie
Website: www.barnardos.ie

Bereavement Support - Carlow / Kilkenny
Location: Carlow
GP referral needed for this service. Contact your GP for more information.

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: Bagenalstown Family Resource Centre
Location: Moneybeg, Royal Oak Road, Carlow
Telephone: [059 9722028](tel:0599722028)
Email: bagenalstownfrc@hotmail.com
Website: bagenalstownfamilyresourcecentre.yolasite.com/

Family Resource Centre: Forward Steps Family Resource Centre
Location: Chapel Lane, Carlow
Telephone: [059 9152776](tel:0599152776)
Email: forwardsteps@eircom.net

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 - 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 - St. Dymphna's Psychiatric Hospital Carlow - Mental Health Services
Location: St. Dymphna's Psychiatric Hospital, Athy Road, Carlow
GP referral needed for this service. Contact your GP for more information.

HSE Bereavement Counselling - Waterford, Wexford, Carlow, Kilkenny, Tipperary South Region
Location: Front Block, St Patrick's Hospital, John's Hill, Waterford
GP referral needed for this service. Contact your GP for more information.

HSE Child & Adolescent Mental Health Service Carlow
Location: Child & Adolescent Mental Health Services, St. Dymphna's Hospital, Athy Road, Carlow
GP referral needed for this service. Contact your GP for more information.

HSE Child & Adolescent Psychology Service Carlow/ Kilkenny
Location: HSE South Community Care Service HQ, James' Green, Kilkenny
GP referral needed for this service. Contact your GP for more information.

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

HSE Community Mental Health - Tullow
Location: Tullow, Carlow
GP referral needed for this service. Contact your GP for more information.

HSE Green Banks Crisis House
Location: Athy Road, Carlow
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 East: Waterford, Wexford, Kilkenny, Carlow, South Tipperary
Location: HSE National Counselling Service, Tyrone House, 223 Lismore Park, Waterford
Telephone: [1800 234 118](tel:1800234118)

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

HSE Psychiatry of Later Life Service - Carlow/Kilkenny

Location: Psychiatry of Later Life Service, St. Luke's General Hospital, Freshford Road, Kilkenny

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

HSE Self Harm Intervention Programme (SHIP)

Location: Self Harm Intervention Programme, Lismore Primary Care Centre, 223 Lismore Park, Waterford

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

Kilkenny/Carlow Area Supported Employment Services (KASES)

Location: Unit 1, 3rd Floor, Desart House, New Street, Kilkenny

Telephone: [056 7763903](tel:0567763903)

Email: claire@kcases.ie

Website: www.kcases.ie

Mental Health Ireland - Carlow, Kilkenny, South Tipperary, Waterford & Wexford

Location: Wexford

Telephone: [087 8353925](tel:0878353925)

Email: linda@mentalhealthireland.ie

Website: www.mentalhealthireland.ie

Mojo, Offaly

Location: Mojo Male Space, Offaly Local Development Company, Main Street, Carlow

Telephone: [087 6028801](tel:0876028801)

Website: mojo.ngo.and.offalyldc.ie

National Employment Rights Authority (NERA)

Location: Government Buildings, O'Brien Road, Carlow

Telephone: [Low Call 1890 80 80 90](tel:1890808090)

Email: info@employmentrights.ie

Website: www.employmentrights.ie

Samaritans - Kilkenny & Carlow

Location: 2 Abbeybridge, Dean Street, Kilkenny

Telephone: [056 7765554](tel:0567765554) / [056 7765750](tel:0567765750)

Email: jo@samaritans.ie

Website: www.samaritans.org

Shine - South East Area

Location: 1-2 Barronstrand Street, Kilkenny

Telephone: [086 8525562](tel:0868525562) [Martin Mathews & 086 8525747](tel:0868525747) [Jessica Statham Regional Officers](tel:0868525747)

Email: southeast@shine.ie

Website: www.shine.ie

Student Counselling Service - Carlow Institute of Technology

Location: Kilkenny Road, Carlow

Telephone: [059 9175604](tel:0599175604)

Email: counselling@itcarlow.ie

Website: www.itcarlow.ie/life-at-itc/student-services/counselling

The Alzheimer Society of Ireland

Location: The Alzheimer Society of Ireland, Midland/South East regional office, Ely House, Offaly

Telephone: [1800 341 341](tel:1800341341)

Email: helpline@alzheimer.ie

Website: www.alzheimer.ie

The Carers Association

Location: Market Square, Offaly

Telephone: [1800 240 724](tel:1800240724)

Email: careline@carersireland.com

Website: www.carersireland.com

Training and Support Kilkenny (TASK)

Location: Abbey Business Centre, Abbey St., Kilkenny

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

Victim Assistance

Location: Community Development Project, Rock Street, Kerry

Telephone: [066 7119830](tel:0667119830)

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@anamcare.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
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: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

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

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/

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](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: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
Telephone:
Website: steppingup.ie/

Email: info@womensaid.ie
Website: www.womensaid.ie

Sticks and Stones
Location: CFPC (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)