



BREAK THE CYCLE

Cork

ACCORD Bantry

Location: 30 Chapel Street, Southside, Cork
Telephone: [027 50272](tel:02750272)
Email: accordbantry@eircom.net
Website: www.accord.ie

ACCORD Cloyne

Location: St Colman's Hill, Cork
Telephone: [025 31899](tel:02531899)
Email: accordcloyne@eircom.net
Website: www.accord.ie

Barnardos - Regional Office - Cork

Location: Blackmore House, Meade Street, Cork
Telephone: [021 4310591](tel:0214310591)
Email: info@cork.barnardos.ie
Website: www.barnardos.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 - Loinnir Cork

Location: Cork
Telephone: [085 1562112](tel:0851562112)
Website: www.loinnir.com

Cork Counselling Services

Location: The Centre, Fr Matthew Street, Off South Mall, Cork
Telephone: [0214274951](tel:0214274951)
Email: Hugh@corkcounsellingservices.ie
Website: www.corkcounsellingservices.ie

Cork Gay Community Development co. Ltd

Location: 8 South Main Street, 8 South Main Street, Cork
Telephone: [021 4278470](tel:0214278470)
Email: info@gayprojectcork.com
Website: www.gayprojectcork.com

Cork Marriage Counselling Centre (CMCC)

Location: 34 Paul Street, Cork
Telephone: [021 4275678](tel:0214275678)
Email: cmccpaul@eircom.net
Website: www.corkmarriage.ie

Cork Mental Health Foundation & Housing Association

Location: Nore House, Bessboro Road, Blackrock, Cork
Telephone: [021 4511100](tel:0214511100)
Email: admin@corkmentalhealth.com
Website: www.corkmentalhealth.com

Family Resource Centre: Adrigole

Location: The Caha Centre, Adrigole, Cork

Telephone: [027 60909](tel:02760909)

Family Resource Centre: Cobh

Location: Park House, Cloyne Terrace, Cork
Telephone: [021 4816103](tel:0214816103)
Email: cobhresourcecentre@eircom.net

Family Resource Centre: Dunmanway

Location: Kilbarry Road, Cork
Telephone: [023 8856818](tel:0238856818)
Email: info@dunmanwayfrc.com
Website: dunmanwayfrc.com/

Family Resource Centre: F.A.C.T. Ballincollig

Location: The Village Shopping Centre, Station Road, Cork
Telephone: [021 4876295](tel:0214876295)

Family Resource Centre: Family Support & Community Wellbeing Project

Location: 76 South Main Street, Cork
Telephone: [023 8868107](tel:0238868107)

Family Resource Centre: Family Support and Community Wellbeing Project

Location: 4 The Courtyard, Castletownbere, Cork
Telephone: [083 1599748](tel:0831599748)

Family Resource Centre: Le Cheile

Location: Mallow Community Campus, Fair St, Cork
Telephone: [022 42439](tel:02242439)
Email: lecheilefrc@eircom.net
Website: www.lecheilefrc.ie/main-page.html

Family Resource Centre: Midleton Community Forum Ltd

Location: Oakwood Lodge, Youghal Road, Cork
Telephone: [021 4633522](tel:0214633522)

Focus Programme, National Learning Network

Location: Focus Programme, 2 Hayfield House, Clover Hill, Cork
Telephone: [0214375420](tel:0214375420)
Email: southleefocus@nln.ie
Website: www.nln.ie

GP Out of Hours - South Doc

Location: Killarney, Kerry
Telephone: [1850 335 999](tel:1850335999)
Website: www.southdoc.ie

GROW - South

Location: 34 Grand Parade, Cork
Telephone: [021 4277520](tel:0214277520)
Email: southernregion@grow.ie
Website: www.grow.ie

Hospital - Bantry General Hospital - Emergency Department

Location: Bantry General Hospital, Cork
Telephone: [027 50133](tel:02750133)

Email: jackie.daly@hse.ie

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

Hospital - Bantry General Hospital - Mental Health Services

Location: Centre for Mental Health Care & Recovery, Bantry General Hospital, Cork
GP referral needed for this service. Contact your GP for more information.

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

Hospital - Carraig Mór Centre Cork - Mental Health Services

Location: Carraig Mór Centre Cork, Shanakiel, Cork

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

Website: www.hse.ie/eng/services/list/1/LHO/CorkNorthLee/MentalHealth/Mental_Health_Services_in_Cork_North_Lee.html

Hospital - Cork University Hospital - Emergency Department

Location: Cork University Hospital, Cork

Telephone: 021 4920200

Website: www.cuh.hse.ie

Hospital - Cork University Hospital - Mental health services

Location: Sout Lee Mental Health Unit, Cork University Hospital, Cork

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

Website: www.cuh.hse.ie

Hospital - Kerry General Hospital - Mental Health Services

Location: Kerry General Hospital, Oakpark Road, Kerry

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

Website: www.hse.ie/eng/services/list/3/hospitals

Hospital - Mercy University Hospital Cork - Emergency Department

Location: Mercy University College Hospital, Grenville Place, Cork

Telephone: 021 4271971

Website: www.mu.hse.ie

Hospital - Mercy University Hospital Cork - Mental Health Services

Location: Mercy University College Hospital, Grenville Place, Cork

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

Website: www.mu.hse.ie

Hospital - St. Finbarr's Hospital, Cork - Mental Health Services

Location: St. Catherines Ward, St. Finbarr's Hospital, Douglas Road, Cork

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

Hospital - St. Stephen's Hospital Cork - Mental Health Services

Location: St. Stephen's Psychiatric Hospital, Sarsfield Court, Cork

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

HSE Child & Adolescent Mental Health Inpatient Unit - Eist Linn Blackrock, Cork

Location: Eist Linn, Child & Adolescent Mental Health Inpatient Unit, Bessborough, Cork

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

HSE Child & Adolescent Mental Health Service Brothers of Charity Cork

Location: Child and Adolescent Mental Health Services, 3 Westbourne Villas, Western Road, Cork

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

HSE Child & Adolescent Mental Health Service Brothers of Charity Dunmanway

Location: Child and Adolescent Mental Health Services, St. Mary's Road, Cork

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

HSE Child & Adolescent Mental Health Service Brothers of Charity Mahon

Location: Child and Family Clinic, Avenue de Rennes, Cork

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

HSE Child & Adolescent Mental Health Service Cork

Location: Child and Adolescent Psychiatry Department, City General Hospital, Infirmary Road, Cork

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

HSE Child & Adolescent Mental Health Service Mallow

Location: Child & Adolescent Mental Health Services, 31/32 Fair Street, Cork

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

HSE Community Mental Health - Blackrock Hall Primary Care Centre

Location: Blackrock Hall Primary Care Centre, Blackrock Avenue, Skehard Road, Cork

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

Website: www.blackrockhall.ie

HSE Community Mental Health -
Castletownbere

Location: Bank Place, Cork

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

HSE Community Mental Health - Cobh

Location: Health Centre, Bishop Street, Cork

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

HSE Community Mental Health - Coolnagarrane

Location: Hospital Grounds, Cork

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

HSE Community Mental Health - Dunmanway

Location: Primary Care Medical Centre,
Sackville Street, Cork

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

HSE Community Mental Health - Fermoy

Location: Fermoy Sector Headquarters, Pearse
Square, Cork

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

HSE Community Mental Health - Kanturk

Location: Health Centre, Percival Street, Cork

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

HSE Community Mental Health -
Mallow/Charleville

Location: Mallow Primary Health Care Centre,
Cork

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

Website: www.mphc.ie/hse/community-mental-health-team/

HSE Community Mental Health - Owenacurra
Day Hospital

Location: Owenacurra Day Hospital,
Owenacurra, Cork

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

HSE Community Mental Health - St. Mary's
Health Campus

Location: St. Mary's Health Campus, Cork

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

HSE Community Mental Health - Turas Nua
Mental Health Resource Centre

Location: Main Street, Cork

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

HSE Counselling in Primary Care - South: Cork,
Kerry

Location: CIPC Counselling Coordinator, HSE
South, Penrose Wharf, Penrose Quay, Cork

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 Day Hospital - Cúnamh Day Centre

Location: Macroom Community Hospital, Cork

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

Website: www.hse.ie/eng/services/list/1/LHO/CorkNorthLee/MentalHealth/Mental_Health_Services_in_Cork_North_Lee.html

HSE Day Hospital - Aisling Nua, Cork

Location: Block 2, St. Mary's Health Campus,
Cork

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

Website: www.crsi-cork.com/stMarys.html

HSE Day Hospital - Mount Alvernia Mallow

Location: Newberry, Cork

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

Website: www.hse.ie/eng/services/list/1/LHO/CorkNorthCounty/MentalHealth/Mental_Health_Services_in_North_Cork.html

HSE Day Hospital - Owenacurra Day Hospital

Location: Cork

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

HSE Department of Child & Adolescent
Psychiatry Cork

Location: Child and Adolescent Psychiatry
Department, City General Hospital, Infirmary
Road, Cork

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

HSE Dual Diagnosis Community Service

Location: Togher Community Centre, Cork

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 Mental Health Services - Mallow Day &
Hospital services

Location: Norwood Day Centre, Cork

GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/CorkNorthCounty/MentalHealth/Mental_Health_Services_in_North_Cork.html

HSE Mental Health Services - Ravenscourt Day Centre
Location: St. Finbarr's Hospital, Douglas Road, Cork
GP referral needed for this service. Contact your GP for more information.

HSE National Counselling Service - South: Cork & Kerry
Location: Harbour Counselling Service, Penrose Wharf, Penrose Quay, Cork
Telephone: 1800 234 116
Email: harbour@hse.ie
Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

Kerry LifeLine at SouthWest Counselling Centre
Location: SouthWest Counselling Centre, Lewis Road, Kerry
Telephone: 064 6636100
Email: info@kerrylifeline.com
Website: www.kerrylifeline.com

Le Chéile Mentoring & Youth Justice Support Services
Location: Tivoli Training Centre, 24 Tivoli Terrace South, Dublin
Telephone: 01 2144350
Email: info@lecheile.ie
Website: www.lecheile.ie

LINC - Advocating on Behalf of Lesbian and Bisexual Women in Ireland
Location: 11a White St., Cork
Telephone: 021 4808600
Email: info@linc.ie
Website: www.linc.ie

Living Links - Cork East
Location: Cork
Telephone: 087 1370792
Email: corkeast@livinglinks.ie
Website: www.livinglinks.ie

Living Links - Cork West
Location: Cork
Telephone: 085 2445575
Email: corkwest@livinglinks.ie
Website: www.livinglinks.ie

Mise (My Life)
Location: Cork
Website: www.kyss.ie/mise

MyMind
Location: 9 Dyke Parade, Cork
Telephone: 083 3525240 / 076 6801060
Email: hq@mymind.org
Website: www.mymind.org

MyMind
Location: 1 Chelmsford Road, Dublin 6
Telephone: 076 6801060
Email: hq@mymind.org
Website: www.mymind.org

MyMind Centre for Mental Wellbeing
Location: MyMind, 7A Store Street, Dublin 1
Telephone: 076-680-10-60
Email: hq@mymind.org
Website: mymind.org

Out and About Association - Oanda Ireland
Location: 19 Ormond Quay Upper, Dublin 7
Telephone: 1800 252 524/ 087 397 0498
Email: oandaireland@gmail.com
Website: www.oandaireland.ie

Pieta House - Cork
Location: Highfield Lawn, Model Farm Road, Cork
Telephone: 021 4341400
Email: mary@pieta.ie
Website: www.pieta.ie

Post Natal Distress Association - Cork
Location: Cork Maternity Hospital, Cork
Telephone: 021 4922083
Email: support@pnd.ie
Website: www.pnd.ie

Samaritans - Cork
Location: Coach Street, Cork
Telephone: 021 4271323
Email: jo@samaritans.ie
Website: www.samaritans.org

Shine - Kerry
Location: Kerry
Telephone: 021 4949833/ Regional Development Officer: Miriam Murphy 086 852 5755
Email: info@shineonline.ie
Website: www.shineonline.ie

Shine - Southern Area
Location: 14a Washington Street West, Cork
Telephone: 086 8525755 Miriam Murphy Regional Officer
Email: south@shine.ie
Website: www.shine.ie

Shine Counselling - Cork
Location: Cork
Telephone: 021 4949948
Email: counsellingcork@shine.ie
Website: www.shine.ie

SouthWest Counselling Centre
Location: SouthWest Counselling Centre, Lewis
Road, Kerry
Telephone: [064 6636416](tel:0646636416)
Email: info@southwestcounselling.ie
Website: southwestcounselling.ie

Squashy Couch
Location: Waterford
Telephone: [051 859000](tel:051859000)

Student Counselling Service - CIT
Location: Cork Institute of Technology, Rossa
Avenue, Cork
Telephone: [021 4335772](tel:0214335772)
Email: counsellingadmin@cit.ie
Website: www.mycit.ie/counselling

Student Counselling Service - Shannon College
of Hotel Management
Location: Shannon College of Hotel
Management, Shannon Airport, Clare
Telephone: [087 2678176](tel:0872678176)
Email: doney08@live.ie
Website: www.facebook.com/pages/The-Wellness-Circle/344016662431208?fref=ts

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

The Counselling Centre
Location: 7 Fr Mathew Street, Cork City, Cork
Telephone: [021 4274951](tel:0214274951)
Email: info@thecounsellingcentre.ie
Website: www.thecounsellingcentre.ie/

The Social & Health Education Project (SHEP)
Location: Village Centre, Station Road, Cork
Telephone: [021 4666180](tel:0214666180)
Email: socialandhealth@eircom.net
Website: www.socialandhealth.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/ 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](http://www.limerick.ie)
Email: helpline@cari.ie
Website: www.cari.ie

Center for Independent Living (CIL)
Location: Carmichael House, North Brunswick Street, Dublin 7
Telephone: [01 8730455](tel:018730455)
Email: info@dublincil.org
Website: www.dublincil.org

Child and Family Agency Social Workers
Location: Nationwide
Website: www.tusla.ie/services/child-protection-welfare/contact-a-social-worker/

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](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/](http://hse.ie/eng/services/list/4/olderpeople/elderabuse/Contact/)

HSE Farm & Rural Stress Helpline
Location: Nationwide
Telephone: [1800 742 655](tel:1800742655)
Email: farmandruralstress@hse.ie

HSE Information Line
Location: Nationwide
Telephone: [1850 241 850](tel:1850241850)
Email: 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](http://www.hse.ie/eng/Find_a_service)

Irish Advocacy Network
Location: Irish Advocacy Network Ltd., C/o
Health Care Unit, Monaghan
Telephone: [047 38918](tel:04738918) or [047 72863](tel:04772863)
Email: admin@irishadvocacynetwork.com
Website: www.irishadvocacynetwork.com/

Irish National Organisation of the Unemployed
Location: Araby House, 8 North Richmond
Street, Dublin 1
Telephone: [01 8560088](tel:018560088)
Email: info@inou.ie
Website: www.inou.ie, www.redundancy.ie

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

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

Irish Wheelchair Association
Location: Irish Wheelchair Associaton, National
headquarters, Aras Chuchulainn, Blackheath
Drive, Dublin 3
Telephone: [01 8186400](tel:018186400)
Email: info@iwa.ie
Website: www.iwa.ie

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

Law Centres - Civil Legal Aid
Location: Nationwide
Telephone: [LoCall: 1890 615 200](tel:LoCall:1890615200)
Website: [www.legalaidboard.ie/lab/publishing.n
sf/Content/Law Centres](http://www.legalaidboard.ie/lab/publishing.nsf/Content/Law_Centres)

Legal Aid Board - Services for Asylum Seekers
Location: Nationwide
Telephone: [LoCall: 1890 615 200](tel: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:Freetext%20'list'%20to%2050444)
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/ 083 1484527](tel:0167535540831484527)
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