



*BREAK THE CYCLE*

## Galway

### ACCORD Ballinasloe

Location: Family Centre, Brackernagh, Galway  
Telephone: [090 9643573](tel:0909643573)  
Email: [ballinasloeaccord@eircom.net](mailto:ballinasloeaccord@eircom.net)  
Website: [www.accord.ie](http://www.accord.ie)

### ACCORD Galway

Location: Pastoral Centre, Arus De Brun, Galway  
Telephone: [091 562331](tel:091562331)  
Email: [accordgalway@eircom.net](mailto:accordgalway@eircom.net)  
Website: [www.accord.ie](http://www.accord.ie)

### ACCORD Tuam

Location: 6 St Jarlath's Place, Galway  
Telephone: [093 24900](tel:09324900)  
Email: [accordtuam@eircom.net](mailto:accordtuam@eircom.net)  
Website: [www.accord.ie](http://www.accord.ie)

### Befriending Mayo: Solas Family Resource Centre, Headford

Location: Solas FRC, Main Street, Galway  
Telephone: [093 36446](tel:09336446)  
Email: [john@solasfrc.ie](mailto:john@solasfrc.ie)  
Website: [www.solasfrc.ie/](http://www.solasfrc.ie/)  
[www.solasfrc.blogspot.ie/](http://www.solasfrc.blogspot.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](mailto:bethanysupport@eircom.net)  
Website: [www.bethany.ie](http://www.bethany.ie)

### Bereavement Support - Galway Diocesan Pastoral Centre

Location: Diocesan Pastoral Centre, Arus De Brun, Galway  
Telephone: [091-565066](tel:091565066)  
Email: [pastoraladministrator@eircom.net](mailto:pastoraladministrator@eircom.net)  
Website: [www.galwaydiocese.ie/pastoral-centre](http://www.galwaydiocese.ie/pastoral-centre)

### Bereavement Support - Roscommon Hospital Specialist Palliative Care Service

Location: Roscommon County Hospital, Athlone Road, Roscommon  
Telephone: [090 6626200/ 090 6632111/ 090 6632188](tel:0906626200)  
Email: [helen.ely@mailn.hse.ie](mailto:helen.ely@mailn.hse.ie),  
[geradineb.keane@hse.ie](mailto:geradineb.keane@hse.ie)

### Castlebar Counselling and Therapy Centre

Location: Clogher, Breaffy, Mayo  
Telephone: [094 9028746](tel:0949028746)  
Email: [castlebarpsychotherapy@eircom.net](mailto:castlebarpsychotherapy@eircom.net)  
Website: [www.dctc.ie/associate.php](http://www.dctc.ie/associate.php)

### COPE Galway Waterside House

Location: Galway, Galway  
Telephone: [091 565985](tel:091565985)

Email: [waterside@copegalway.ie](mailto:waterside@copegalway.ie)  
Website: [www.copegalway.ie](http://www.copegalway.ie)

### Family Resource Centre: ARD

Location: 1st Floor, Merlin Commercial Centre, Galway  
Telephone: [091 768852](tel:091768852)

### Family Resource Centre: Clann

Location: Cregg Lodge, Station Road, Galway  
Telephone: [091 5576334](tel:0915576334)

### Family Resource Centre: Gort

Location: Church Street, Galway  
Telephone: [091 630902](tel:091630902)  
Website: [www.gortfrc.com/](http://www.gortfrc.com/)

### Family Resource Centre: Loughrea

Location: Bride St, Galway  
Telephone: [091 871149](tel:091871149)  
Website: [www.loughreafamilyresourcecentre.ie/](http://www.loughreafamilyresourcecentre.ie/)

### Family Resource Centre: Solas Family Resource Centre

Location: Solas FRC, Main Street, Galway  
Telephone: [093 36446](tel:09336446)  
Email: [john@solasfrc.ie](mailto:john@solasfrc.ie)  
Website: [www.solasfrc.ie](http://www.solasfrc.ie)

### Galway Diocesan Youth Services - No. 4 Project

Location: No. 4 Augustine Street, Galway  
Telephone: [091 568483](tel:091568483)  
Email: [gdyouthservices@gmail.com](mailto:gdyouthservices@gmail.com)  
Website: [www.gdys.org](http://www.gdys.org)

### Galway Rape Crisis Centre

Location: The Lodge, Forster Court, Galway  
Telephone: [091 564800](tel:091564800)  
Email: [admingrcc@gmail.com](mailto:admingrcc@gmail.com)  
Website: [www.galwayrcc.org](http://www.galwayrcc.org)

### Galway Suicide Bereavement Liaison Service - Galway

Location: 13 Dun Daingean, Dangan, Galway  
Telephone: [085 856 8082](tel:0858568082)  
Email:

### GP Out of Hours - West Doc

Location: Liosbán Business Park, Tuam Road, Galway  
Telephone: [1850 365 000](tel:1850365000)  
Website: [www.hse.ie](http://www.hse.ie)

### GROW - Western

Location: Mosaic Centre, Harlequin Centre, Garvey Way, Mayo  
Telephone: [094 9026417](tel:0949026417)  
Email: [westernregion@grow.ie](mailto:westernregion@grow.ie)  
Website: [www.grow.ie](http://www.grow.ie)

### Helplink Support Services (helplink.ie)

Location: 1st Floor, The Plaza, Headford Road, Galway

Telephone: (091) 759887  
Email: [helplinksupport@helplink.ie](mailto:helplinksupport@helplink.ie)  
Website: [www.helplink.ie](http://www.helplink.ie)

Hospital - Portiuncula Hospital Ballinasloe -  
Emergency Department

Location: Portiuncula Hospital Ballinasloe,  
Galway

Telephone: 090 9648200

Email: [info.portiuncula@hse.ie](mailto:info.portiuncula@hse.ie)

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

Hospital - Roscommon County Hospital - Mental  
Health Service

Location: Roscommon County Hospital, Athlone  
Road, Roscommon

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

Website: [www.hse.ie/eng/services/list/3/hospitals](http://www.hse.ie/eng/services/list/3/hospitals)

Hospital - University Hospital Galway -  
Emergency Department

Location: University Hospital Galway, Galway

Telephone: 091 524222

Website: <http://www.saolta.ie/hospital/university-hospital-galway>

Hospital - University Hospital Galway - Mental  
Health Services

Location: University Hospital Galway, Galway

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

Website: [www.guh.hse.ie](http://www.guh.hse.ie)

HSE Child & Adolescent Mental Health Inpatient  
Unit Galway

Location: Child & Adolescent Mental Health  
Inpatient Unit, Merlin Park University Hospital,  
Dublin Road, Galway

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

HSE Child & Adolescent Mental Health Service  
Galway North

Location: Child & Adolescent Mental Health  
Services - North Galway, Ballard House, Bothar  
Na Cheile, Westside, Galway

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

HSE Child & Adolescent Mental Health Service  
Galway South

Location: Child & Adolescent Mental Health  
Services, Merlin Park University Hospital, Dublin  
Road, Galway

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

HSE Child & Adolescent Mental Health Service  
Galway West

Location: Child & Adolescent Mental Health  
Services - West Galway, Ballard House, Bothar  
Na Cheile, Westside, Galway  
GP referral needed for this service. Contact  
your GP for more information.

HSE Child & Adolescent Mental Health Service  
Roscommon & East Galway

Location: Child & Adolescent Mental Health  
Services, Castlecourt House, Castle Street,  
Roscommon

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

HSE Child & Family Psychology Service Galway

Location: Primary Care Child & Family  
Psychology Service, Shantalla Health Centre,  
Galway

Telephone: 091 546050

HSE Community Mental Health - Athenry

Location: Athenry, Galway

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

Website: [www.hse.ie/eng/services/list/1/LHO/Galway/Mental\\_Health\\_Services/Mental\\_Health\\_Services\\_in\\_Galway.html](http://www.hse.ie/eng/services/list/1/LHO/Galway/Mental_Health_Services/Mental_Health_Services_in_Galway.html)

HSE Community Mental Health - Clifden

Location: Elm Tree Centre, St. Josephs Court,  
Galway

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

HSE Community Mental Health - Headford

Location: Galway

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

HSE Community Mental Health - Oughterard

Location: Health Centre, Galway

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

HSE Community Mental Health - Roscommon

Location: Roscommon County Hospital,  
Roscommon

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

Website: [www.hse.ie](http://www.hse.ie)

HSE Community Mental Health and Day

Hospital - Health Centre Brackernagh

Location: Health Centre, Brackernagh, Galway

Telephone: 090 9646258

HSE Counselling in Primary Care - West:

Galway, Mayo, Roscommon

Location: CIPC Counselling Coordinator, HSE  
West, 58 Upper Newcastle Road, Galway

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

Website: <https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/>

HSE Day Hospital - Alor Star Portumna Day Hospital

Location: St. Brendan's Road, Galway  
GP referral needed for this service. Contact your GP for more information.

Website: [www.hse.ie/eng/services/list/1/LHO/Galway/Mental\\_Health\\_Services/Mental\\_Health\\_Services\\_in\\_Galway.html](http://www.hse.ie/eng/services/list/1/LHO/Galway/Mental_Health_Services/Mental_Health_Services_in_Galway.html)

HSE Day Hospital - Ballinasloe Day Hospital

Location: Brackernagh, Galway  
GP referral needed for this service. Contact your GP for more information.

Website: [www.hse.ie/eng/services/list/1/LHO/Galway/Mental\\_Health\\_Services/Mental\\_Health\\_Services\\_in\\_Galway.html](http://www.hse.ie/eng/services/list/1/LHO/Galway/Mental_Health_Services/Mental_Health_Services_in_Galway.html)

HSE Day Hospital - Gort

Location: Ennis Road, Galway  
GP referral needed for this service. Contact your GP for more information.

Website: [www.hse.ie/eng/services/list/1/LHO/Galway/Mental\\_Health\\_Services/Mental\\_Health\\_Services\\_in\\_Galway.html](http://www.hse.ie/eng/services/list/1/LHO/Galway/Mental_Health_Services/Mental_Health_Services_in_Galway.html)

HSE Day Hospital - La Nua

Location: Ballybane Neighbourhood Village, Galway  
GP referral needed for this service. Contact your GP for more information.

HSE Day Hospital - Loughrea Day Hospital

Location: Barrack Street, Galway  
GP referral needed for this service. Contact your GP for more information.

Website: [www.hse.ie/eng/services/list/1/LHO/Galway/Mental\\_Health\\_Services/Mental\\_Health\\_Services\\_in\\_Galway.html](http://www.hse.ie/eng/services/list/1/LHO/Galway/Mental_Health_Services/Mental_Health_Services_in_Galway.html)

HSE Day Hospital - Tuam Day Hospital

Location: Toghermore campus, Dublin Road, Galway  
GP referral needed for this service. Contact your GP for more information.

Website: [www.hse.ie/eng/services/list/1/LHO/Galway/Mental\\_Health\\_Services/Mental\\_Health\\_Services\\_in\\_Galway.html](http://www.hse.ie/eng/services/list/1/LHO/Galway/Mental_Health_Services/Mental_Health_Services_in_Galway.html)

HSE Department of Psychiatry - Galway

Location: University Hospital Galway, Galway  
GP referral needed for this service. Contact your GP for more information.

Website: [www.guh.hse.ie](http://www.guh.hse.ie)

HSE National Counselling Service - West:

Galway, Mayo, Roscommon  
Location: HSE National Counselling Service, 58 Upper Newcastle Road, Galway  
Telephone: 1800 234 114  
Email: [newcastle.counselling@hse.ie](mailto:newcastle.counselling@hse.ie)

Website: [www.hse.ie/eng/services/list/4/Mental\\_Health\\_Services/National\\_Counselling\\_Service/](http://www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/)

Jigsaw - Galway

Location: Fairgreen Road, Galway  
Telephone: 091 549252/ 087 7725232

Email: [galway@jigsaw.ie](mailto:galway@jigsaw.ie)

Website: [www.jigsaw.ie/galway](http://www.jigsaw.ie/galway)

Knock Counselling Centre

Location: Knock Shrine, Mayo

Telephone: 094 9375032

Email: [counselling@knock-shrine.ie](mailto:counselling@knock-shrine.ie)

Website: [www.knock-shrine.ie](http://www.knock-shrine.ie)

Living Links - Galway

Location: Galway

Telephone: 087 4122052

Email: [info@livinglinks.ie](mailto:info@livinglinks.ie)

Website: [www.livinglinks.ie](http://www.livinglinks.ie)

Mayo Rape Crisis Centre

Location: Mayo Rape Crisis Centre, Newtown, Mayo

Telephone: 094 9025657

Email: [mayorcc@eircom.net](mailto:mayorcc@eircom.net)

Website: [www.mayorcc.ie](http://www.mayorcc.ie)

Mental Health Ireland - Galway

Location: Jigsaw Galway, Fairgreen Road, Galway

Telephone: 086 3837607

Email: [nicola@mentalhealthireland.ie](mailto:nicola@mentalhealthireland.ie)

Website: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

Pieta House - West

Location: Bishop Street, Galway

Telephone: 093 25586

Email: [mary@pieta.ie](mailto:mary@pieta.ie)

Website: [www.pieta.ie](http://www.pieta.ie)

Pro Consult: Institute of Professional Counselling

Location: No. 1 St. Helen's Street, Cooke's Corner, Galway

Telephone: 091 589581

Email: [office@proconsult.ie](mailto:office@proconsult.ie)

Website: [www.proconsult.ie](http://www.proconsult.ie)

Rape Crisis Network Ireland

Location: 4 Prospect Hill, Galway

Telephone: 1800 778888

Website: [www.rapecrisishelp.ie/](http://www.rapecrisishelp.ie/)

Samaritans - Galway

Location: 14 Nuns Island, Galway

Telephone: 091 561222

Email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

Website: [www.samaritans.org](http://www.samaritans.org)

Shine - Western Area  
Location: Unit 31 Terryland House, Terryland Retail Park, Headford Road, Galway  
Telephone: [086 8525157](tel:0868525157) [Christina Burke](mailto:Christina.Burke@shine.ie)  
Regional Officer  
Email: [west@shine.ie](mailto:west@shine.ie)  
Website: [www.shine.ie](http://www.shine.ie)

Student Counselling Service - GMIT  
Location: The Student Counselling Service, GMIT, Dublin Road, Galway  
Telephone: [091 742118](tel:091742118) / [091 742392](tel:091742392)  
Email: [studentservices@gmit.ie](mailto:studentservices@gmit.ie)  
Website: [www.gmit.ie/student-services/student-services](http://www.gmit.ie/student-services/student-services)

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](mailto:doney08@live.ie)  
Website: [www.facebook.com/pages/The-Wellness-Circle/344016662431208?fref=ts](https://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](mailto:careline@carersireland.com)  
Website: [www.carersireland.com](http://www.carersireland.com)

Traveller Counselling Service - Galway Traveller Movement  
Location: 61 Main Street, Galway  
Telephone: [087 6379074](tel:0876379074)  
Email: [info@gtmtrav.ie](mailto:info@gtmtrav.ie)  
Website: [www.gtmtrav.ie](http://www.gtmtrav.ie)

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

Youth Work Ireland Roscommon / N.E. Galway  
Location: Youth Work Ireland, Castle Street, Roscommon  
Telephone: [090 9678322](tel:0909678322)  
Email: [moroneylj@eircom.net](mailto:moroneylj@eircom.net)  
Website: [www.roscommonyouth.ie](http://www.roscommonyouth.ie)

## **Nationwide**

ALONE  
Location: Olympic House, Pleasants Street, Dublin 8  
Telephone: [01 6791032](tel:016791032)  
Email: [enquiries@alone.ie](mailto:enquiries@alone.ie)  
Website: [www.alone.ie](http://www.alone.ie)

AMEN Support Services  
Location: St. Anne's Resource Centre, Railway St., Meath  
Telephone: [046 9023718](tel:0469023718)  
Email: [info@amen.ie](mailto:info@amen.ie)  
Website: [www.amen.ie](http://www.amen.ie)

Ana Liffey Drug Project  
Location: 48 Middle Abbey Street, Dublin 1  
Telephone: [1800 786828](tel:1800786828)  
Website: [www.aldp.ie](http://www.aldp.ie)

Anam Cara  
Location: HCL House, Second Avenue, Cookstown Industrial Estate, Dublin 24  
Telephone: [01 4045378](tel:014045378)  
Email: [info@anamcare.ie](mailto:info@anamcare.ie)  
Website: [www.anamcara.ie](http://www.anamcara.ie)

ARC Cancer Support Centre  
Location: ARC House, 65 Eccles Street, Dublin 7  
Telephone: [01 8307333](tel:018307333)  
Email: [info@arccancersupport.ie](mailto:info@arccancersupport.ie)  
Website: [www.arccancersupport.ie](http://www.arccancersupport.ie)

ARC Cancer Support Centre  
Location: 557/559 South Circular Road, Dublin 8  
Telephone: [01 7078880](tel:017078880)  
Email: [info@arccancersupport.ie](mailto:info@arccancersupport.ie)  
Website: [www.arccancersupport.ie](http://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](mailto:development@aspireireland.ie),  
[education@aspire-irl.org](mailto:education@aspire-irl.org),  
[education@aspireireland.ie](mailto:education@aspireireland.ie)  
Website: [www.aspireireland.ie](http://www.aspireireland.ie)

Aware  
Location: 72 Lower Leeson Street, Dublin 2  
Telephone: [1800 80 48 48](tel:1800804848)  
Email: [supportmail@aware.ie](mailto:supportmail@aware.ie)  
Website: [www.aware.ie](http://www.aware.ie)

Barnardos - Head Office - Dublin  
Location: Christchurch Square, Dublin 8  
Telephone: [01 4530355](tel:014530355)  
Email: [info@barnardos.ie](mailto:info@barnardos.ie)  
Website: [www.barnardos.ie](http://www.barnardos.ie)

BeLonG To Youth Service  
Location: 13 Parliament Street, Parliament House, Dublin 2  
Telephone: [01 6706223](tel:016706223)  
Email: [info@belongto.org](mailto:info@belongto.org)  
Website: [www.belongto.org](http://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](mailto:bethanysupport@eircom.net)  
Website: [www.bethany.ie](http://www.bethany.ie)

Bodywhys

Location: Dublin  
Telephone: [01 2834963](tel:012834963)  
Email: [alex@bodywhys.ie](mailto:alex@bodywhys.ie)  
Website: [www.bodywhys.ie](http://www.bodywhys.ie)

Cancer Helpline

Location: Nationwide  
Telephone: [1800 200700](tel:1800200700)  
Email: [reception@irishcancer.ie](mailto:reception@irishcancer.ie)  
Website: [www.cancer.ie](http://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](mailto:helpline@cari.ie)  
Website: [www.cari.ie](http://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](mailto:info@dublincil.org)  
Website: [www.dublincil.org](http://www.dublincil.org)

Child and Family Agency Social Workers

Location: Nationwide  
Website: [www.tusla.ie/services/child-protection-welfare/contact-a-social-worker/](http://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](mailto:ispcc@ispcc.ie)  
Website: [www.childline.ie](http://www.childline.ie)

Childline - Online support

Location: Nationwide  
Telephone: [1800 666666 / 116 111](tel:1800666666)  
Email: [ispcc@ispcc.ie](mailto:ispcc@ispcc.ie)  
Website: [www.childline.ie](http://www.childline.ie)

Location: Nationwide

Telephone: [Text: 'Talk' to 50101](tel:012834963)  
Email: [ispcc@ispcc.ie](mailto:ispcc@ispcc.ie)  
Website: [www.childline.ie](http://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](http://www.Citizensinformation.ie)

CONNECT

Location: Nationwide  
Telephone: [01 8657444](tel:018657444)  
Email: [admin@connectcounselling.ie](mailto:admin@connectcounselling.ie)  
Website: [www.connectcounselling.ie](http://www.connectcounselling.ie)

CONNECT Telephone Counselling & Support

Location: PO BOX 10708, Dublin 7, Dublin  
Telephone: [01 8657444](tel:018657444)  
Email: [admin@connectcounselling.ie](mailto:admin@connectcounselling.ie)  
Website: [www.connectcounselling.ie](http://www.connectcounselling.ie)

Drugs.ie

Location: Nationwide  
Email: [info@drugs.ie](mailto:info@drugs.ie)  
Website: [www.drugs.ie](http://www.drugs.ie)

Epilepsy Ireland

Location: 249 Crumlin Road, Nationwide  
Telephone: [01 4557500](tel:014557500)  
Email: [info@epilepsy.ie](mailto:info@epilepsy.ie)  
Website: [www.epilepsy.ie](http://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](mailto:info.ntsps@exchangehouse.ie)  
Website: [www.exchangehouse.ie](http://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](mailto:info@icgp.ie)  
Website: [www.icgp.ie/go/find\\_a\\_gp](http://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](mailto:info@focusireland.ie)  
Website: [www.focusireland.ie](http://www.focusireland.ie)

Free Legal Advice Centres

Location: 13 Lower Dorset Street, Nationwide  
Telephone: [01 8745690](tel:018745690)  
Email: [info@flac.ie](mailto:info@flac.ie)  
Website: [www.flac.ie](http://www.flac.ie)

Friends of the Elderly

Location: 25 Bolton Street, Dublin 1  
Telephone: [01 8731855](tel:018731855)  
Email: [info@friendsoftheelderly.ie](mailto:info@friendsoftheelderly.ie)  
Website: [www.friendsoftheelderly.ie](http://www.friendsoftheelderly.ie)

Garda Stations Nationwide  
Location: Nationwide  
Website: [www.garda.ie/Stations/Default.aspx](http://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](mailto:director@gayswitchboard.ie)  
Website: [www.gayswitchboard.ie](http://www.gayswitchboard.ie)

GROW in Ireland  
Location: Apt 6 Forrest Mews, Forrest Road, Dublin  
Telephone: [1890 474 474](tel:1890474474)  
Email: [info@grow.ie](mailto:info@grow.ie)  
Website: [www.grow.ie](http://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](mailto:info@hadd.ie)  
Website: [www.hadd.ie](http://www.hadd.ie)

Headspace Toolkit Online  
Location: Nationwide  
Telephone: [01 6362400](tel:016362400)  
Email: [info@mhcirl.ie](mailto:info@mhcirl.ie)  
Website: [headspaceireland.ie/](http://headspaceireland.ie/)

Headway Ireland  
Location: Headway Ireland, Blackhall Green, Off Blackhall Place, Dublin 7  
Telephone: [01 6040800](tel:016040800)  
Email: [info@headway.ie](mailto:info@headway.ie) / [helpline@headway.ie](mailto:helpline@headway.ie)  
Website: [www.headway.ie](http://www.headway.ie)

Hearing Voices Ireland (HVI)  
Location: 8 Newenham Street, Limerick, Limerick  
Telephone: [087 9259146](tel:0879259146)  
Email: [voicesireland@gmail.com](mailto:voicesireland@gmail.com)  
Website: [www.voicesireland.com/](http://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](mailto:helplinksupport@helplink.ie)  
Website: [www.helplink.ie](http://www.helplink.ie)

HSE - Find health services near you  
Location: Nationwide  
Website: [www.hse.ie/eng/services/maps/](http://www.hse.ie/eng/services/maps/)

HSE Drug and Alcohol Helpline  
Location: Nationwide  
Telephone: [1800 459 459](tel:1800459459)  
Email: [helpline@hse.ie](mailto:helpline@hse.ie)  
Website: [www.hse.ie/go/drugshivhelpline](http://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](mailto:farmandruralstress@hse.ie)

HSE Information Line  
Location: Nationwide  
Telephone: [1850 241 850](tel:1850241850)  
Email: [infoline1@hse.ie](mailto:infoline1@hse.ie)  
Website: [www.hse.ie](http://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](mailto:admin@irishadvocacynetwork.com)  
Website: [www.irishadvocacynetwork.com/](http://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](mailto:info@inou.ie)  
Website: [www.inou.ie](http://www.inou.ie), [www.redundancy.ie](http://www.redundancy.ie)

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

Irish Refugee Council Drop-In Centre  
Location: 37 Dame Street, Dublin 2  
Telephone: [01 7645854](tel:017645854)  
Email: [info@irishrefugeecouncil.ie](mailto:info@irishrefugeecouncil.ie)  
Website: [www.irishrefugeecouncil.ie/information-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](tel:018186400)  
Email: [info@iwa.ie](mailto:info@iwa.ie)  
Website: [www.iwa.ie](http://www.iwa.ie)

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

Law Centres - Civil Legal Aid  
Location: Nationwide  
Telephone: [LoCall: 1890 615 200](tel:08001890615)  
Website: [www.legalaidboard.ie/lab/publishing.nsf/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:08001890615)  
Website: [www.legalaidboard.ie/lab/publishing.nsf/Content/RLS\\_Offices](http://www.legalaidboard.ie/lab/publishing.nsf/Content/RLS_Offices)

LGBT Helpline  
Location: Nationwide  
Telephone: [1890 929539](tel:1890929539)  
Email: [info@lgbt.ie](mailto:info@lgbt.ie)  
Website: [www.lgbt.ie](http://www.lgbt.ie)

LGBTMentalHealth.ie  
Location: Nationwide  
Website: [www.lgbtmentalhealth.ie](http://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](mailto:info@mabs.ie)  
Website: [www.mabs.ie](http://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/](http://www.menssheds.ie/)

Mental Health Ireland - Head Office  
Location: Mensana House, 2 Marine Terrace,  
Dublin  
Telephone: [01 2841166](tel:012841166)  
Website: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

Mental Health Reform  
Location: Coleraine House, Coleraine Street,  
Dublin 7  
Telephone: [01 874 9468](tel:018749468)  
Email: [info@mentalhealthreform.ie](mailto:info@mentalhealthreform.ie)  
Website: [www.mentalhealthreform.ie](http://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/](http://http://mentalhelp.ie/)

MentalDrinking.ie  
Location: Nationwide  
Website: [www.mentaldrinking.ie](http://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](mailto:move@moveireland.ie)  
Website: [www.moveireland.ie/](http://www.moveireland.ie/)

Muscular Dystrophy Ireland  
Location: 75 Lucan Road, Dublin 20  
Telephone: [01 6236414](tel:016236414)  
Email: [info@mdi.ie](mailto:info@mdi.ie)  
Website: [www.mdi.ie](http://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/](http://www.citizensinformationboard.ie/services/advocacy_services/)

National Crime Victims Helpline  
Location: Nationwide  
Telephone: [Free Phone 116 006, TEXT on 085 1337711,](tel:08001337711)  
Email: [info@crimevictimshelpline.ie](mailto:info@crimevictimshelpline.ie)  
Website: [www.crimevictimshelpline.ie](http://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](mailto:neps@education.gov.ie)  
Website: [www.education.ie](http://www.education.ie)

Niteline Dublin  
Location: Dublin  
Telephone: [1800 793 793](tel:1800793793)  
Email: [info@niteline.org](mailto:info@niteline.org)  
Website: [www.niteline.ie](http://www.niteline.ie)

Nurture  
Location: Bedrock, Sundrive Road, Dublin  
Telephone: [01 8430930](tel:018430930)  
Email: [admin@nurturepnd.org](mailto:admin@nurturepnd.org)  
Website: [nurturepnd.org/](http://nurturepnd.org/)

OCD Ireland  
Location: OCD Ireland, c/o 24 Premier Square,  
Finglas Road, Dublin 11  
Email: [info@ocdireland.org](mailto:info@ocdireland.org)  
Website: [www.ocdireland.org](http://www.ocdireland.org)

One in Four  
Location: 2 Holles St, Dublin 2  
Telephone: [01 6624070](tel:016624070)  
Email: [info@oneinfour.ie](mailto:info@oneinfour.ie)  
Website: [www.oneinfour.ie](http://www.oneinfour.ie)

Parentline  
Location: Nationwide  
Telephone: [1890 927277 / 01 8733500](tel:1890927277)  
Email: [info@parentline.ie](mailto:info@parentline.ie)  
Website: [www.parentline.ie](http://www.parentline.ie)



PleaseTalk.org  
Location: Nationwide  
Email: [info@pleasetalk.ie](mailto:info@pleasetalk.ie)  
Website: [www.pleasetalk.org](http://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](mailto:support@PositiveAge.net)  
Website: [www.positiveage.net/](http://www.positiveage.net/)

Positive Options  
Location: Nationwide, Dublin  
Telephone: [Freetext 'list' to 50444](tel:0145444444)  
Website: [www.positiveoptions.ie](http://www.positiveoptions.ie)

Post Natal Distress Association - Cork  
Location: Cork Maternity Hospital, Cork  
Telephone: [021 4922083](tel:0214922083)  
Email: [support@pnd.ie](mailto:support@pnd.ie)  
Website: [www.pnd.ie](http://www.pnd.ie)

Rainbows Ireland  
Location: Loreto Centre, Dublin 12  
Telephone: [01 4734175](tel:014734175)  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)

Rape Crisis Network Ireland  
Location: 4 Prospect Hill, Galway  
Telephone: [1800 778888](tel:1800778888)  
Website: [www.rapecrisishelp.ie/](http://www.rapecrisishelp.ie/)

ReachOut.com  
Location: Nationwide  
Telephone: [01 7645666](tel:017645666)  
Website: [www.reachout.com](http://www.reachout.com)

See Change (Shine)  
Location: 38 Blessington St., Dublin 7  
Telephone: [01 5413715](tel:015413715)  
Email: [info@seechange.ie](mailto:info@seechange.ie)  
Website: [www.seechange.ie](http://www.seechange.ie)

Senior Help Line  
Location: Third Age Centre, Summerhill, Meath  
Telephone: [01 5331811](tel:015331811)  
Email: [dleneghan@thirdageireland.ie](mailto:dleneghan@thirdageireland.ie)  
Website: [www.thirdageireland.ie](http://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](mailto:info@shine.ie)  
Website: [www.shine.ie](http://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](mailto:info@simoncommunity.com)  
Website: [www.simon.ie](http://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](mailto:info@svp.ie)  
Website: [www.svp.ie](http://www.svp.ie)

SpunOut.ie  
Location: Nationwide  
Telephone: [01 6753554/ 083 1484527](tel:016753554)  
Email: [info@spunout.ie](mailto:info@spunout.ie)  
Website: [www.spunout.ie](http://www.spunout.ie)

SteppingUp.ie  
Location: Nationwide  
Website: [steppingup.ie/](http://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](mailto:info@sticksandstones.ie)  
Website: [www.sticksandstones.ie](http://www.sticksandstones.ie)

Suicide or Survive  
Location: Stonebridge House, Stonebridge  
Close, Dublin  
Telephone: [1890 577 577](tel:1890577577)  
Email: [info@suicideorsurvive.ie](mailto:info@suicideorsurvive.ie)  
Website: [www.suicideorsurvive.ie](http://www.suicideorsurvive.ie)

Teen-Between  
Location: 38 Upper Fitzwilliam Street, Dublin 2  
Telephone: [01 6785256](tel:016785256)  
Email: [teenbetween@relationshipsireland.com](mailto:teenbetween@relationshipsireland.com)  
Website: [www.teenbetween.ie](http://www.teenbetween.ie)

The Men's Development Network  
Location: 30 O'Connell Street, Waterford  
Telephone: [051 844260](tel:051844260)  
Email: [men@mens-network.net](mailto:men@mens-network.net)  
Website: [www.mensdevelopmentnetwork.ie](http://www.mensdevelopmentnetwork.ie),  
[www.whiteribbon.ie](http://www.whiteribbon.ie), [www.mend.ie](http://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](mailto:info@miscarriage.ie)  
Website: [www.miscarriage.ie](http://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](mailto:office@teni.ie)  
Website: [www.teni.ie/](http://www.teni.ie/)

Turn2Me

Location: 1st Floor, 29/31 South William Street,  
Dublin 2

Telephone: [087 3448429](tel:0873448429)

Email: [info@turn2me.org](mailto:info@turn2me.org)

Website: [www.turn2me.org/](http://www.turn2me.org/)

Watch Your Space

Location: Nationwide

Website: [www.watchyourspace.ie](http://www.watchyourspace.ie)

WebWise

Location: Nationwide

Website: [www.webwise.ie](http://www.webwise.ie)

Women's Aid

Location: 5 Wilton Place, Dublin 2

Telephone: [01 6788858](tel:016788858)

Email: [info@womensaid.ie](mailto:info@womensaid.ie)

Website: [www.womensaid.ie](http://www.womensaid.ie)