



*BREAK THE CYCLE*

## **Kildare**

### **ACCORD Newbridge**

Location: Parish Centre, Station Road, Kildare  
Telephone: [045 431695](tel:045431695)  
Email: [accordnewbridge@eircom.net](mailto:accordnewbridge@eircom.net)  
Website: [www.accord.ie](http://www.accord.ie)

### **AIM Family Services**

Location: 64 Dame Street, Dublin 2  
Telephone: [01 6708363](tel:016708363)  
Email: [aimfamilyservices@eircom.net](mailto:aimfamilyservices@eircom.net)  
Website: [www.aimfamilyservices.ie](http://www.aimfamilyservices.ie)

### **Bereavement Support - TURAS LE CHÉILE**

Location: Whitestown House, Kildare  
Telephone: [086 0566819](tel:0860566819)  
Website: [www.turaslecheile.com](http://www.turaslecheile.com)

### **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 - Kildare Suicide Bereavement Support Group**

Location: Church of the Irish Martyrs, Ballycane, Kildare  
Telephone: [045 895629](tel:045895629)  
Email: [kildaresbsg@gmail.com](mailto:kildaresbsg@gmail.com)  
Website: [www.ksbsg.org](http://www.ksbsg.org)

### **Dublin Counselling & Therapy Centre**

Location: 41 Upper Gardiner Street, Dublin 1  
Telephone: [01 8788236](tel:018788236)  
Email: [info@dctc.ie](mailto:info@dctc.ie)  
Website: [www.dctc.ie](http://www.dctc.ie)

### **Family Resource Centre: Curragh Pride**

Location: 1 Griffith Road, Kildare  
Telephone: [045 456883](tel:045456883)  
Website: [www.curraghpridefrc.com](http://www.curraghpridefrc.com)

### **Family Resource Centre: Newbridge**

Location: Dara Park, Kildare  
Telephone: [045 438173](tel:045438173)  
Website: [www.newbridgefrc.ie](http://www.newbridgefrc.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](http://www.kdoc.ie)

### **GROW - Midlands**

Location: GROW Midland Region, Bolger House, Patrick Street, Offaly  
Telephone: [057 9351124](tel:0579351124)  
Email: [midlandregion@grow.ie](mailto:midlandregion@grow.ie)  
Website: [www.grow.ie](http://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](http://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](http://www.amnch.ie)

### **Hospital - Naas General Hospital - Emergency Department**

Location: Naas General Hospital, Kildare  
Telephone: [045 849500](tel:045849500)  
Website: [www.naashospital.ie](http://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.

### **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 Linn Dara CAMHS - Naas**

Location: Child & Adolescent Mental Health Services Naas, 9 Sycamore House, Cherry Orchard Hospital Campus, Kildare  
GP referral needed for this service. Contact your GP for more information.

### **HSE Child & Adolescent Mental Health Service Linn Dara CAMHS Athy**

Location: Child & Adolescent Mental Health Services Athy, Athy Health Centre, Woodstock Street, Kildare  
GP referral needed for this service. Contact your GP for more information.

HSE Child & Adolescent Mental Health Service  
Linn Dara CAMHS Celbridge  
Location: Child & Adolescent Mental Health  
Services Celbridge, Unit B4, M4 Business Park,  
Kildare  
GP referral needed for this service. Contact  
your GP for more information.

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](http://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 - Kilcullen  
Location: Kildare  
GP referral needed for this service. Contact  
your GP for more information.

HSE Community Mental Health - Aras Bhríde  
Location: Kildare, Kildare  
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 - Derrinturn  
Location: Derrinturn, Kildare  
GP referral needed for this service. Contact  
your GP for more information.

HSE Community Mental Health - Kilcock  
Location: Whitestown House, Kildare  
GP referral needed for this service. Contact  
your GP for more information.

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

HSE Day Hospital - Athy Health Centre  
Location: Athy Health Centre, Woodstock  
Street, Kildare  
GP referral needed for this service. Contact  
your GP for more information.

HSE Day Hospital - Celbridge Health Centre  
Location: Celbridge Health Centre, Kildare  
GP referral needed for this service. Contact  
your GP for more information.

HSE Day Hospital - Tus Nua  
Location: Dublin Road, Kildare  
GP referral needed for this service. Contact  
your GP for more information.

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](http://www.amnch.ie)

HSE National Counselling Service - Dublin Mid  
Leinster: Kildare  
Location: HSE National Counselling Service, 2  
McElwain Terrace, Kildare  
Telephone: [1800 234 112](tel:1800234112)  
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/)

HSE Psychiatry of Later Life Service -  
Blanchardstown  
Location: Connolly Hospital Blanchardstown,  
Dublin 15  
GP referral needed for this service. Contact  
your GP for more information.

Le Chéile Mentoring & Youth Justice Support  
Services  
Location: Tivoli Training Centre, 24 Tivoli  
Terrace South, Dublin  
Telephone: [01 2144350](tel:012144350)  
Email: [info@lecheile.ie](mailto:info@lecheile.ie)  
Website: [www.lecheile.ie](http://www.lecheile.ie)

Living Links - Kildare  
Location: Kildare  
Telephone: [087 6543311](tel:0876543311)  
Email: [kildare@livinglinks.ie](mailto:kildare@livinglinks.ie)  
Website: [www.livinglinks.ie](http://www.livinglinks.ie)

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

Recovery Self Help Method Ireland - Newbridge  
Location: Dominican College, Roseberry, Kildare  
Telephone: [01 6260775](tel:016260775)  
Email: [info@recoveryireland.ie](mailto:info@recoveryireland.ie)  
Website: [recoveryireland.ie/](http://recoveryireland.ie/)

Samaritans - Kildare  
Location: 3 McElwain Terrace, Kildare  
Telephone: [045 435299](tel:045435299)  
Email: [jo@samaritans.ie](mailto:jo@samaritans.ie)  
Website: [www.samaritans.org](http://www.samaritans.org)

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)

Sophia Counselling Centre  
Location: St. Patrick's, Wicklow  
Telephone: [059 6473488](tel:0596473488) / [086 1225198](tel:0861225198)  
Website: [www.slisophiacentre.ie](http://www.slisophiacentre.ie)

Student Counselling Service - NUI Maynooth  
Location: Student Service Centre, North  
Campus, NUI Maynooth, Kildare  
Telephone: [01 7083554](tel:017083554)  
Email: [kathleen.mcnutt@nuim.ie](mailto:kathleen.mcnutt@nuim.ie)  
Website: [www.nuim.ie/campus-life/student-wellbeing-support/counselling](http://www.nuim.ie/campus-life/student-wellbeing-support/counselling)

## **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@anamcara.ie](mailto:info@anamcara.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.cari.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:Text:'Talk' to 50101)  
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/informatio  
n-and-referral-service](http://www.irishrefugeecouncil.ie/information-and-referral-service)

Irish Wheelchair Association

Location: Irish Wheelchair Association, National  
headquarters, Aras Chuchulainn, Blackheath  
Drive, Dublin 3

Telephone: [01 8186400](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: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:LoCall:1890615200)

Website: [www.legalaidboard.ie/lab/publishing.n  
sf/Content/RLS\\_Offices](http://www.legalaidboard.ie/lab/publishing.nsf/Content/RLS_Offices)

LGBT Helpline

Location: Nationwide

Telephone: [1890 929539](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/>

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:1160061337711)  
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:01800793793)  
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](tel:016753554) / [083 1484527](tel:0831484527)  
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)