



*BREAK THE CYCLE*

## Kilkenny

### ACCORD Kilkenny

Location: Seville Lodge, Callan Road, Kilkenny

Telephone: [056 7722674](tel:0567722674)

Email: [accord@ossory.ie](mailto:accord@ossory.ie)

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

### Amber, Kilkenny Women's Refuge Ltd

Location: Lacken, Dublin Road, Kilkenny

Telephone: [056 7771404](tel:0567771404)

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

Website: [kilkennywomensrefuge.ie](http://kilkennywomensrefuge.ie)

### Bereavement Support - Carlow / Kilkenny

Location: Carlow

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

### Centre for Independent Living - Kilkenny

Location: 5a Upper New Street, Kilkenny

Telephone: [056 7723966](tel:0567723966)

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

### 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: Droichead

Location: Mill Street, Kilkenny

Telephone: [056 7755660](tel:0567755660)

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

### Family Resource Centre: Fr. McGrath Centre

Location: Fr. McGrath Community Centre, St Josephs Road, Kilkenny

Telephone: [056 7751988](tel:0567751988)

Website: [frmcgrathcentre.ie](http://frmcgrathcentre.ie)

### Family Resource Centre: Newpark Close

Location: Newpark Close, Kilkenny

Telephone: [056 7723309](tel:0567723309)

### Family Resource Centre: The Mill

Location: Main St, Kilkenny

Telephone: [056 8838466](tel:0568838466)

### GP Out of Hours - Care Doc

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

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

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

### GROW - South Eastern

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

Telephone: [056 7761624](tel:0567761624)

Email: [southeastregion@grow.ie](mailto:southeastregion@grow.ie)

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

### Hospital - St. Canice's Hospital Kilkenny

Location: St. Canice's Hospital, Lacken, Dublin Road, Kilkenny

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

### Hospital - St. Luke's General Hospital Kilkenny - Emergency Department

Location: St. Luke's General Hospital, Freshford Road, Kilkenny

Telephone: [056 7785000](tel:0567785000)

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

### Hospital - St. Luke's General Hospital Kilkenny - Mental Health Services

Location: St. Luke's General Hospital, Freshford Road, Kilkenny

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)

### HSE Bereavement Counselling - Waterford, Wexford, Carlow, Kilkenny, Tipperary South Region

Location: Front Block, St Patrick's Hospital, John's Hill, Waterford

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

### HSE Child & Adolescent Mental Health Service Kilkenny

Location: Child & Adolescent Mental Health Services, James' Green, Kilkenny

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

### HSE Child & Adolescent Mental Health Service Waterford

Location: Department of Child & Adolescent Psychiatry, Waterford Regional Hospital, Dunmore Road, Waterford

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

### HSE Child & Adolescent Psychology Service Carlow/ Kilkenny

Location: HSE South Community Care Service HQ, James' Green, Kilkenny

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

### HSE Child & Adolescent Psychology Service Kilkenny

Location: Community Services HSE, James Green, Kilkenny

Telephone: [056 7784600](tel:0567784600)

Email: [maireade.phelan@hse.ie](mailto:maireade.phelan@hse.ie)

### HSE Community Mental Health - Callan Health Centre

Location: Callan Health Centre, Kilkenny

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

HSE Community Mental Health - Carlow/Kilkenny  
Location: St. Luke's General Hospital, Freshford Road, Kilkenny  
GP referral needed for this service. Contact your GP for more information.

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

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

HSE Community Mental Health - Thomastown Health Centre, Outpatient Clinic  
Location: Thomastown Health Centre, Kilkenny  
GP referral needed for this service. Contact your GP for more information.

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

HSE Mental Health Services - Dialectical Behaviour Therapy  
Location: National DBT Project Office, Inniscarraig House, Western Road, Cork  
GP referral needed for this service. Contact your GP for more information.

HSE National Counselling Service - South East: Waterford, Wexford, Kilkenny, Carlow, South Tipperary  
Location: HSE National Counselling Service, Tyrone House, 223 Lismore Park, Waterford  
Telephone: [1800 234 118](tel:1800234118)  
Website: [www.hse.ie/eng/services/list/4/Mental\\_Health\\_Services/National\\_Counselling\\_Service/](http://www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/)

HSE Psychiatry of Later Life Service - Carlow/Kilkenny  
Location: Psychiatry of Later Life Service, St. Luke's General Hospital, Freshford Road, Kilkenny  
GP referral needed for this service. Contact your GP for more information.

HSE Self Harm Intervention Programme (SHIP)  
Location: Self Harm Intervention Programme, Lismore Primary Care Centre, 223 Lismore Park, Waterford

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

Kilkenny Bereavement Support  
Location: Villa Maria, Talbots Inch, Freshford Road, Kilkenny  
Telephone: [056 7756538](tel:0567756538)  
Email: [info@kilkennybereavementsupport.com](mailto:info@kilkennybereavementsupport.com)  
Website: [www.kilkennybereavementsupport.com](http://www.kilkennybereavementsupport.com)

Kilkenny/Carlow Area Supported Employment Services (KASES)  
Location: Unit 1, 3rd Floor, Desart House, New Street, Kilkenny  
Telephone: [056 7763903](tel:0567763903)  
Email: [claire@kcases.ie](mailto:claire@kcases.ie)  
Website: [www.kcases.ie](http://www.kcases.ie)

Mental Health Ireland - Carlow, Kilkenny, South Tipperary, Waterford & Wexford  
Location: Wexford  
Telephone: [087 8353925](tel:0878353925)  
Email: [linda@mentalhealthireland.ie](mailto:linda@mentalhealthireland.ie)  
Website: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

Samaritans - Kilkenny & Carlow  
Location: 2 Abbeybridge, Dean Street, Kilkenny  
Telephone: [056 7765554](tel:0567765554) / [056 7765750](tel:0567765750)  
Email: [jo@samaritans.ie](mailto:jo@samaritans.ie)  
Website: [www.samaritans.org](http://www.samaritans.org)

Shine - South East Area  
Location: 1-2 Barronstrand Street, Kilkenny  
Telephone: [086 8525562](tel:0868525562) Martin Mathews & [086 8525747](tel:0868525747) Jessica Statham Regional Officers  
Email: [southeast@shine.ie](mailto:southeast@shine.ie)  
Website: [www.shine.ie](http://www.shine.ie)

The Alzheimer Society of Ireland  
Location: The Alzheimer Society of Ireland, Midland/South East regional office, Ely House, Offaly  
Telephone: [1800 341 341](tel:1800341341)  
Email: [helpline@alzheimer.ie](mailto:helpline@alzheimer.ie)  
Website: [www.alzheimer.ie](http://www.alzheimer.ie)

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)

Training and Support Kilkenny (TASK)  
Location: Abbey Business Centre, Abbey St., Kilkenny  
GP referral needed for this service. Contact your GP for more information.

Victim Assistance  
Location: Community Development Project, Rock Street, Kerry  
Telephone: [066 7119830](tel:0667119830)

Email: [fedva@eircom.net](mailto:fedva@eircom.net)  
Website: [www.victimassistanceireland.com](http://www.victimassistanceireland.com)

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

### Childline - Online support

Location: Nationwide  
Telephone: [1800 666666](tel:1800666666) / [116 111](tel:116111)  
Email: [ispcc@ispcc.ie](mailto:ispcc@ispcc.ie)  
Website: [www.childline.ie](http://www.childline.ie)

Location: Nationwide  
Telephone: [Text:'Talk' to 50101](tel:0114550101)  
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/informatio-n-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.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:LoCall:1890615200)  
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/>

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/servi  
ces/advocacy\\_services/](http://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](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:116006)  
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)