



BREAK THE CYCLE

Louth

ACCORD Drogheda

Location: Verona, Cross Lane, Louth
Telephone: [041 9843860](tel:0419843860)
Email: accorddrogheda@eircom.net
Website: www.accord.ie

ACCORD Dundalk

Location: St Patrick's Grounds, Roden Place, Louth
Telephone: [042 9331731](tel:0429331731)
Email: accorddundalk@eircom.net
Website: www.accord.ie

Armagh Diocesan Pastoral Centre

Location: The Magnet, The Demense, Louth
Telephone: [042 9336393](tel:0429336393)
Email: pastoralcentredlk@gmail.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
Website: www.bethany.ie

Dowdstown counselling service ltd

Location: Dowdstown house, Dalgan Park, Meath
Telephone: [046 9021407](tel:0469021407)
Email: Dowdstownhouse@eircom.net
Website: www.dowdstownhouse.com

Dundalk Counselling Centre

Location: Dundalk Counselling Centre 'Oakdene', 3 Seatown Place, Louth
Telephone: [042 9338333](tel:0429338333)
Email: lizmcguckindcc@gmail.com
Website: dundalkcounsellingcentre.ie

Family Resource Centre: Connect

Location: 171 Moneymore, Louth
Telephone: [041 9846608](tel:0419846608)
Website: connectfrc.com

GP Out of Hours - NEDOC

Location: North East Doctor on Call Ltd, Farrell Street, Meath
Telephone: [1850 777911](tel:1850777911)
Website: www.nedoc.ie

GROW - Eastern

Location: GROW Eastern Region, 167a Capel Street, Dublin 1
Telephone: [01 8734029](tel:018734029)
Email: easternregion@grow.ie
Website: www.grow.ie

GROW - North Eastern

Location: Louth
Telephone: [078 499 26218](tel:07849926218)

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

Hospital - Cavan General Hospital - Emergency Department

Location: Cavan General Hospital, Lisdarn, Cavan
Telephone: [049 4376000](tel:0494376000)
Website: <http://www.hse.ie/eng/services/list/3/acutehospitals>

Hospital - Cavan General Hospital - Mental Health Services

Location: Cavan General Hospital, Lisdarn, Cavan
GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/3/hospitals

Hospital - Our Lady of Lourdes Hospital Drogheda - Emergency Department

Location: Our Lady of Lourdes Hospital Drogheda, Louth
Telephone: [041 9837601](tel:0419837601)
Website: <http://www.hse.ie/eng/services/list/3/acutehospitals>

Hospital - St. Brigid's Hospital Louth - Mental health services

Location: St. Brigid's Hospital, Kells Road, Louth
GP referral needed for this service. Contact your GP for more information.

HSE Child & Adolescent Mental Health Service Louth

Location: Child & Adolescent Mental Health Services, Dublin Road, Louth
GP referral needed for this service. Contact your GP for more information.

HSE Community Mental Health - Haymarket Health Centre

Location: Haymarket Health Centre, John Street, Louth
GP referral needed for this service. Contact your GP for more information.

HSE Counselling in Primary Care - North East

Location: CIPC Counselling Coordinator, North East, 34 Brews Hill, Meath
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 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 - North Eastern Area: Navan, Cavan, Louth, Monaghan
Location: HSE National Counselling Service, Town Hall Street, Cavan
Telephone: [1800 234 117](tel:1800234117)
Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

HSE National Counselling Service - North Eastern Area: Navan, Cavan, Louth, Monaghan
Location: HSE National Counselling Service, 34 Brews Hill, Meath
Telephone: [1800 234 117](tel:1800234117)
Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

Mental Health Ireland- Cavan, Louth, Meath & Monaghan
Location: Mensana House, 2 Marine Terrace, Dublin
Telephone: [086 2873526](tel:0862873526)
Email: sean@mentalhealthireland.ie
Website: www.mentalhealthireland.ie

Samaritans - Drogheda
Location: 3 Leyland Place, Stockwell Street, Louth
Telephone: [041 9843888](tel:0419843888)
Email: jo@samaritans.ie
Website: www.samaritans.org

Shine - North East
Location: Louth
Telephone: [086 8525422](tel:0868525422) [Derek Pepper](mailto:Derek.Pepper@shine.ie)
[Regional Officer](mailto:northeast@shine.ie)
Email: northeast@shine.ie
Website: www.shine.ie

Student Counselling Service - Dundalk Institute of Technology
Location: Dundalk Institute of Technology, Dublin Road, Louth
Telephone: [042 9370247](tel:0429370247)
Email: counsellor@dkit.ie
Website: www.dkit.ie/counselling

Student Counselling Service - Griffith College
Location: South Circular Road, Dublin 8
Telephone: [087 9729335](tel:0879729335) / [01 4150418](tel:014150418)
Email: su@gcd.ie, wardlawcarole@gmail.com
Website: www.pleasetalk.ie/gcd

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

Victim Assistance
Location: Community Development Project, Rock Street, Kerry

Telephone: [066 7119830](tel:0667119830)
Email: fedva@eircom.net
Website: www.victimassistanceireland.com

Nationwide

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

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

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

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

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

ARC Cancer Support Centre
Location: 557/559 South Circular Road, Dublin 8
Telephone: [01 7078880](tel:017078880)
Email: info@arccancersupport.ie
Website: www.arccancersupport.ie

Aspire - Asperger Syndrome Association of Ireland
Location: Coleraine House, Carmichael Centre, Coleraine Street, Dublin 7
Telephone: [01 8780027](tel:018780027) / [01 8780029](tel:018780029)
Email: development@aspireireland.ie,
education@aspire-irl.org,
education@aspireireland.ie
Website: www.aspireireland.ie

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

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

BeLonG To Youth Service
Location: 13 Parliament Street, Parliament House, Dublin 2
Telephone: [01 6706223](tel:016706223)
Email: info@belongto.org
Website: www.belongto.org

Bereavement Support - Bethany Bereavement Support Group
Location: c/o Rathfarnham Parish Centre, Willbrook Road, Dublin 14
Telephone: [087 9905299](tel:0879905299)
Email: bethanysupport@eircom.net
Website: www.bethany.ie

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

Cancer Helpline
Location: Nationwide
Telephone: [1800 200700](tel:1800200700)
Email: reception@irishcancer.ie
Website: www.cancer.ie

CARI Foundation
Location: 110 Lower Drumcondra Road, Dublin 9
Telephone: [01 8308529](tel:018308529) Dublin / [061 582200](tel:061582200)
[Limerick](http://www.cari.ie)
Email: helpline@cari.ie
Website: www.cari.ie

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

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

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

Childline - Online support
Location: Nationwide
Telephone: [1800 666666 / 116 111](tel:1800666666)
Email: ispcc@ispcc.ie

Website: www.childline.ie

Location: Nationwide
Telephone: [Text: 'Talk' to 50101](tel:Text:'Talk'to50101)
Email: ispcc@ispcc.ie
Website: www.childline.ie

Citizens Information
Location: Nationwide
Telephone: [Citizens Information Phone Service: 0761 074000](tel:0761074000), [Mortgage Arrears Helpline: 0761 074050](tel:0761074050)
Website: www.Citizensinformation.ie

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

CONNECT Telephone Counselling & Support
Location: PO BOX 10708, Dublin 7, Dublin
Telephone: [01 8657444](tel:018657444)
Email: admin@connectcounselling.ie
Website: www.connectcounselling.ie

Drugs.ie
Location: Nationwide
Email: info@drugs.ie
Website: www.drugs.ie

Epilepsy Ireland
Location: 249 Crumlin Road, Nationwide
Telephone: [01 4557500](tel:014557500)
Email: info@epilepsy.ie
Website: www.epilepsy.ie

Exchange House Ireland - National Traveller Suicide Prevention Service
Location: 61 Great Strand Street, Dublin 1
Telephone: [01 872 1094](tel:018721094)
Email: info.ntsps@exchangehouse.ie
Website: www.exchangehouse.ie

Family Mediation Service
Location: Nationwide
Telephone: [01 811 8650](tel:018118650)
Website: www.legalaidboard.ie/lab/publishing.nsf/content/Family_Mediation_Service

Find your local GP - ICGP
Location: Dublin 2
Telephone: [01 6763705](tel:016763705)
Email: info@icgp.ie
Website: www.icgp.ie/go/find_a_gp

Focus Ireland
Location: 9 - 12 High Street, Christchurch, Dublin 8
Telephone: [01 8815900](tel:018815900)
Email: info@focusireland.ie
Website: www.focusireland.ie

Free Legal Advice Centres
Location: 13 Lower Dorset Street, Nationwide
Telephone: [01 8745690](tel:018745690)
Email: info@flac.ie
Website: www.flac.ie

Friends of the Elderly
Location: 25 Bolton Street, Dublin 1
Telephone: [01 8731855](tel:018731855)
Email: info@friendsoftheelderly.ie
Website: www.friendsoftheelderly.ie

Garda Stations Nationwide
Location: Nationwide
Website: www.garda.ie/Stations/Default.aspx

Gay Switchboard Ireland
Location: Outhouse, 105 Capel Street, Dublin 1
Telephone: [01 8721055](tel:018721055)
Email: director@gayswitchboard.ie
Website: www.gayswitchboard.ie

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

HADD (Hyperactive Attention Deficit Disorder)
Location: Carmichael Centre, North Brunswick Street, Dublin 7
Telephone: [01 8748349](tel:018748349)
Email: info@hadd.ie
Website: www.hadd.ie

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

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

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

Helplink Support Services (helplink.ie)
Location: 1st Floor, The Plaza, Headford Road, Galway
Telephone: [\(091\) 759887](tel:091759887)
Email: helplinksupport@helplink.ie
Website: www.helplink.ie

HSE - Find health services near you
Location: Nationwide
Website: www.hse.ie/eng/services/maps/

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

HSE Elder Abuse Service
Location: Nationwide
GP referral needed for this service. Contact your GP for more information.
Website: hse.ie/eng/services/list/4/olderpeople/elderabuse/Contact/

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

HSE Information Line
Location: Nationwide
Telephone: [1850 241 850](tel:1850241850)
Email: infoline1@hse.ie
Website: www.hse.ie

HSE N.O.V.A. (National Office for Victims of Abuse)
Location: 19 Upper Ormond Quay, Dublin 7
Telephone: [1800 252 524](tel:1800252524)

HSE Service Finder
Location: Nationwide
Website: www.hse.ie/eng/Find_a_service

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

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

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

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

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

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

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

Legal Aid Board - Services for Asylum Seekers
Location: Nationwide
Telephone: [LoCall: 1890 615 200](tel:LoCall:1890615200)
Website: www.legalaidboard.ie/lab/publishing.nsf/Content/RLS_Offices

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

LGBTMentalHealth.ie
Location: Nationwide
Website: www.lgbtmentalhealth.ie

M.A.B.S. – Money Advice and Budgeting Service
Location: Nationwide, Nationwide
Telephone: [1890 283 438](tel:1890283438)
Email: info@mabs.ie
Website: www.mabs.ie

Men's Sheds: National Service
Location: Consult website for address of your local Men's Shed, Nationwide
Telephone: [051 448725](tel:051448725)
Website: www.menssheds.ie/

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

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

Mental Health Reform's MentalHelp.ie directory
Location: Coleraine House, Coleraine Street, Dublin 7
Telephone: [01 8749468](tel:018749468)
Website: <http://mentalhelp.ie/>

MentalDrinking.ie
Location: Nationwide
Website: www.mentaldrinking.ie

MORE Move (Men Overcoming Violence)
Location: Unit 2, First Floor, Clare Road Business Mall, Clare Road, Clare
Telephone: [065 6848689](tel:0656848689)
Email: move@moveireland.ie
Website: www.moveireland.ie/

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

National Advocacy Service for People with Disabilities
Location: Nationwide
Telephone: [0761 07 3000](tel:0761073000)
Website: www.citizensinformationboard.ie/services/advocacy_services/

National Crime Victims Helpline
Location: Nationwide
Telephone: [Free Phone 116 006, TEXT on 085 1337711,](tel:FreePhone116006)
Email: info@crimevictimshelpline.ie
Website: www.crimevictimshelpline.ie

National Educational Psychological Service
Location: Department of Education and Skills, Marlborough Street, Dublin
Telephone: [01 8892700](tel:018892700)
Email: neps@education.gov.ie
Website: www.education.ie

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

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

OCD Ireland
Location: OCD Ireland, c/o 24 Premier Square, Finglas Road, Dublin 11
Email: info@ocdireland.org
Website: www.ocdireland.org

One in Four

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

Parentline

Location: Nationwide
Telephone: [1890 927277](tel:1890927277) / [01 8733500](tel:018733500)
Email: info@parentline.ie
Website: www.parentline.ie

PleaseTalk.org

Location: Nationwide
Email: info@pleasetalk.ie
Website: www.pleasetalk.org

Positive Age Helpline

Location: Centre For Social Gain, St. Felim's Complex, Cavan
Telephone: [049 436 0433](tel:0494360433)
Email: support@PositiveAge.net
Website: www.positiveage.net/

Positive Options

Location: Nationwide, Dublin
Telephone: [Freetext 'list' to 50444](tel:0145444)
Website: www.positiveoptions.ie

Post Natal Distress Association - Cork

Location: Cork Maternity Hospital, Cork
Telephone: [021 4922083](tel:0214922083)
Email: support@pnd.ie
Website: www.pnd.ie

Rainbows Ireland

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

Rape Crisis Network Ireland

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

ReachOut.com

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

See Change (Shine)

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

Senior Help Line

Location: Third Age Centre, Summerhill, Meath
Telephone: [01 5331811](tel:015331811)
Email: dleneghan@thirdageireland.ie
Website: www.thirdageireland.ie

Shine - Head Office

Location: Shine Doc, Block B, Maynooth Business Campus, Co Kildare, Kildare
Telephone: [01 5413715](tel:015413715)
Email: info@shine.ie
Website: www.shine.ie

Simon Communities of Ireland

Location: Simon Communities of Ireland National Office, St. Andrew's House, 28/30 Exchequer St, Dublin 2
Telephone: [01 6711606](tel:016711606)
Email: info@simoncommunity.com
Website: www.simon.ie

Society of St Vincent de Paul

Location: SVP House, 91/92 Sean Mac Dermott Street, Dublin 1
Telephone: [01 8386990](tel:018386990)
Email: info@svp.ie
Website: www.svp.ie

SpunOut.ie

Location: Nationwide
Telephone: [01 6753554](tel:016753554) / [083 1484527](tel:0831484527)
Email: info@spunout.ie
Website: www.spunout.ie

SteppingUp.ie

Location: Nationwide
Website: steppingup.ie/

Sticks and Stones

Location: CFCP (Centre for Creative Practices), 15 Lower Pembroke Street, Dublin 2
Telephone: [087 9015199](tel:0879015199)
Email: info@sticksandstones.ie
Website: www.sticksandstones.ie

Suicide or Survive

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

Teen-Between

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

The Men's Development Network

Location: 30 O'Connell Street, Waterford
Telephone: [051 844260](tel:051844260)
Email: men@mens-network.net
Website: www.mensdevelopmentnetwork.ie, www.whiteribbon.ie, www.mend.ie

The Miscarriage Association of Ireland

Location: Carmichael House, North Brunswick Street, Dublin 7
Telephone: [01 8735285](tel:018735285)

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

Transgender Equality Network Ireland (TENI)
Location: Floor 2, 4 Ellis Quay, Dublin 7
Telephone: [01 8733575](tel:018733575)
Email: office@teni.ie
Website: www.teni.ie/

Turn2Me
Location: 1st Floor, 29/31 South William Street,
Dublin 2
Telephone: [087 3448429](tel:0873448429)
Email: info@turn2me.org
Website: www.turn2me.org/

Watch Your Space
Location: Nationwide
Website: www.watchyourspace.ie

WebWise
Location: Nationwide
Website: www.webwise.ie

Women's Aid
Location: 5 Wilton Place, Dublin 2
Telephone: [01 6788858](tel:016788858)
Email: info@womensaid.ie
Website: www.womensaid.ie