



*BREAK THE CYCLE*

## Roscommon

Bereavement Support - Roscommon Hospital  
Specialist Palliative Care Service  
Location: Roscommon County Hospital, Athlone  
Road, Roscommon  
Telephone: [090 6626200](tel:0906626200) / [090 6632111](tel:0906632111) / [090 6632188](tel:0906632188)  
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)

Family Resource Centre: Family Life Centre  
Location: Knocknashee, Roscommon  
Telephone: [071 9663000](tel:0719663000)  
Website: [familylifecentre.ie/family\\_resource\\_centre.html](http://familylifecentre.ie/family_resource_centre.html)

GP Out of Hours - NOW Doc  
Location: Leitrim  
Telephone: [1850 400911](tel:1850400911)  
Website: [www.hse.ie](http://www.hse.ie)

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

Hospital - Portiuncula Hospital Ballinasloe -  
Emergency Department  
Location: Portiuncula Hospital Ballinasloe, Galway  
Telephone: [090 9648200](tel:0909648200)  
Email: [info.portiuncula@hse.ie](mailto:info.portiuncula@hse.ie)  
Website: [http://www.hse.ie/eng/services/list/3/a\\_cutehospitals](http://www.hse.ie/eng/services/list/3/a_cutehospitals)

Hospital - Roscommon County Hospital - Mental  
Health Services  
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/hospital](http://www.hse.ie/eng/services/list/3/hospital)  
[s](#)

HSE Access to Psychological Services Ireland  
(APSI) - Roscommon  
Location: Primary Care Centre, Golf Links Road,  
Roscommon, Roscommon  
Telephone: [090-6665020](tel:0906665020)  
Website: [www.apsi.ie](http://www.apsi.ie)

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 & Adolescent Psychology Service  
Roscommon  
Location: Roscommon  
Telephone: [090 6627091](tel:0906627091)

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 Day Hospital - Roscommon  
Location: Community Mental Health Centre, HSE  
West, Primary care centre, 2nd Floor, Golf Links  
Road, Roscommon  
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 - West:  
Roscommon  
Location: HSE National Counselling Service,  
Church Road, Roscommon  
Telephone: [1800 234 114](tel:1800234114)  
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 - Roscommon  
Location: Roscommon Primary Care Centre, Golf  
Links Road, Roscommon  
Telephone: [090 6665087](tel:0906665087)  
Email: [roscommon@jigsaw.ie](mailto:roscommon@jigsaw.ie)  
Website: [www.jigsaw.ie/roscommon](http://www.jigsaw.ie/roscommon)

Knock Counselling Centre  
Location: Knock Shrine, Mayo  
Telephone: [094 9375032](tel:0949375032)  
Email: [counselling@knock-shrine.ie](mailto:counselling@knock-shrine.ie)  
Website: [www.knock-shrine.ie](http://www.knock-shrine.ie)

Living Links - Roscommon  
Location: Roscommon  
Telephone: [086 0311888](tel:0860311888)  
Email: [roscommon@livinglinks.ie](mailto:roscommon@livinglinks.ie)  
Website: [www.livinglinks.ie](http://www.livinglinks.ie)

Mayo Rape Crisis Centre  
Location: Mayo Rape Crisis Centre, Newtown,  
Mayo  
Telephone: [094 9025657](tel:0949025657)  
Email: [mayorcc@eircom.net](mailto:mayorcc@eircom.net)  
Website: [www.mayorcc.ie](http://www.mayorcc.ie)

Mental Health Ireland - Roscommon  
Location: Mayo Mental Health Association, 2 New  
Antrim Street, Mayo  
Telephone: [087 1274040](tel:0871274040)  
Email: [niall@mentalhealthireland.ie](mailto:niall@mentalhealthireland.ie)  
Website: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

Roscommon Suicide Bereavement Liaison Service  
Location: Vita House Family Centre, Abbey  
Street, Roscommon  
Telephone: [085-740 7856](tel:085-7407856) / [090-66 25898](tel:090-6625898) / [071-96 63000](tel:071-9663000)  
Email: [sraftery@vitahouse.org](mailto:sraftery@vitahouse.org)  
Website: [www.vitahouse.org](http://www.vitahouse.org)

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)

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.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: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: [info1@hse.ie](mailto:info1@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: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/services/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](tel:1890927277) / [01 8733500](tel:018733500)  
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:080050444)  
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)