



BREAK THE CYCLE

Tipperary

5 Steps to Living Well with Dementia

Location: Rosehill, Glenconnor Road, Tipperary

Telephone: [087 0550050](tel:0870550050)

Email: christina@southtipperarydementia.ie

Website: www.southtipperarydementia.ie

ACCORD Clonmel

Location: St. Mary's Pastoral Centre, Irishtown, Tipperary

Telephone: [052 6124144](tel:0526124144)

Email: clonmelaccord@gmail.com

Website: www.accord.ie

ACCORD Nenagh

Location: Loreto House, Kenyon Street, Tipperary

Telephone: [1850 585000](tel:1850585000)

Email: accordnenagh@yahoo.com

Website: www.accord.ie

ACCORD Thurles

Location: ACCORD House, Cathedral Street, Tipperary

Telephone: [0504 22279](tel:050422279)

Email: accordtipphurles@eircom.net

Website: www.accord.ie

ACCORD Tipperary Town

Location: 7 - 8 Abbey Street, Tipperary

Telephone: [062 33330](tel:06233330)

Email: accordtipphurles@eircom.net

Website: www.accord.ie

Aras Follain, Peer Support Centre

Location: Aras Follain, Peer Support Centre, Tyone, Tipperary

Telephone: [067 41906](tel:06741906)

Email: secretary@arasfollain.ie

Website: www.arasfollain.ie

Barnardos - Family Support Project - Clonmel

Location: 140 Elm Park, Tipperary

Telephone: [052 6170665](tel:0526170665)

Email: info@southtipp.barnardos.ie

Website: www.barnardos.ie

Barnardos Centre - Thurles

Location: Mall House, Slievenamon Road, Tipperary

Telephone: [050 420018](tel:050420018)

Email: info@thurles.barnardos.ie

Website: www.barnardos.ie

Barnardos Families in Education Project -

Carrick on Suir

Location: c/o Foroige, 16 Kickham Street, Tipperary

Telephone: [051 642795](tel:051642795)

Email: info@carrick.barnardos.ie

Website: www.barnardos.ie

Bereavement Support - Bethany Bereavement Support Group

Location: c/o Rathfarnham Parish Centre, Willbrook Road, Dublin 14

Telephone: [087 9905299](tel:0879905299)

Email: bethanysupport@eircom.net

Website: www.bethany.ie

Bereavement Support - South Tipperary General Hospital

Location: South Tipperary General Hospital, Palliative Care Service, Western Road, Tipperary

Telephone: [052 61 77341/ 087 6590445](tel:0526177341)

Email: maryt.connolly@maila.hse.ie

Bereavement Support - St. Mary's Bereavement Support Group

Location: St. Mary's Parish Office, Pastoral Centre, Irishtown, Tipperary

Telephone: [052 6122773](tel:0526122773)

Email: pastoralcentreclonmel@eircom.net

Children's Grief Project

Location: Ashbourne Avenue, S.C.R., Limerick, Limerick

Telephone: [061 224627](tel:061224627)

Email: childrensgriefproject@eircom.net

Website: www.childrensgriefproject.ie

Cuan Saor Women's Refuge

Location: 3 Jervis Place, Parnell Street, Tipperary

Telephone: [052 6127557](tel:0526127557)

Email: admin@cuansaor.org

Website: www.cuansaor.org

Family Resource Centre: Millennium

Location: Glengoole, Tipperary

Telephone: [052 9157992](tel:0529157992)

Website: www.mfrc.ie

Family Resource Centre: Spafield

Location: Old Road, Tipperary

Telephone: [062 63622](tel:06263622)

Website: spafieldfrc.ie

Family Resource Centre: Three Drives

Location: 22/23 Greenane Drive, Tipperary

Telephone: [062 80831](tel:06280831)

Family Suicide Bereavement Liaison Service - Clare

Location: 114 The Grange, Raheen, Limerick

Telephone: [085 856 808](tel:085856808)

Family Suicide Bereavement Liaison Service - Limerick

Location: 114 The Grange, Raheen, Limerick

Telephone: [085 856 808](tel:085856808)

Family Suicide Bereavement Liaison Service - North Tipperary

Location: 114 The Grange, Raheen, Limerick
Telephone: [085 856 808](tel:085856808)

GP Out of Hours - Care Doc

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

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

Website: www.caredoc.ie

GP Out of Hours - Shannon Doc

Location: Shannondoc Central Call Centre, St. Camillus Hospital, Shelbourne Road, Limerick

Telephone: [1850 212 999](tel:1850212999)

Website: www.shannondoc.ie

GROW - Midwestern

Location: GROW Mid Western Region, 33 Henry Street, Limerick

Telephone: [061 318813](tel:061318813)

Email: midwesternregion@grow.ie

Website: www.grow.ie

Hospital - South Tipperary General Hospital - Emergency Department

Location: South Tipperary General Hospital, Western Road, Tipperary

Telephone: [052 6177000](tel:0526177000)

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

Hospital - South Tipperary General Hospital - Mental Health Services

Location: South Tipperary General Hospital, Western Road, Tipperary

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

Website: www.stgh.org

Hospital - St. Joseph's Psychiatric Hospital Limerick

Location: St. Joseph's Psychiatric Hospital, Mulgrave Street, Limerick

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

Hospital - University Hospital Limerick - Mental Health Services

Location: University Hospital Limerick, Dooradoyle, Limerick

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

Website: www.hse.ie/eng/services/list/3/hospitals

Hospital - University Hospital Nenagh - Emergency Department

Location: Mid Western Regional Hospital Nenagh, Tipperary

Telephone: [067 31491](tel:06731491)

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

Hospital - University Hospital Nenagh - Mental Health Services

Location: Mid Western Regional Hospital Nenagh, Tipperary

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

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

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 Limerick, Clare, North Tipperary

Location: Child & Adolescent Mental Health Services, Merriott House, 5/6 Henry Street, Limerick

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

HSE Child & Adolescent Psychiatry Service - Tipperary

Location: Child & Adolescent Psychiatry Service, Coleville House, Coleville Road, Tipperary

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

HSE Child & Families Psychology Service - Carrick-on-Suir

Location: Health Centre, Waterford Road, Tipperary

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

HSE Child & Primary Care Psychology Service - Tipperary Town

Location: Child and Family Agency TULSA, Yellow House, St. Luke's Hospital, Western Road, Tipperary

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

HSE Community Mental Health - Cuan Croi Day Centre

Location: Cuan Croi Day Centre, St. Vincent's Court, Tipperary

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

HSE Community Mental Health - Nenagh

Location: Dromin Road, Tipperary

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

Website: www.hse.ie/eng/services/list/1/LHO/NippELimk/Mental

[_Health_Services/Mental_Health_Services_in_North_Tipperary_and_East_Limerick.html](http://www.hse.ie/eng/services/list/1/LHO/NippELimk/Mental_Health_Services/Mental_Health_Services_in_North_Tipperary_and_East_Limerick.html)

HSE Community Mental Health - South Tipperary Community Mental Health Centre
Location: South Tipperary Community Mental Health Centre, Western Road, Tipperary
GP referral needed for this service. Contact your GP for more information.

HSE Day Hospital - Carraig Oir
Location: Tipperary
GP referral needed for this service. Contact your GP for more information.

HSE Day Hospital - Nenagh Day Hospital
Location: Dromin House, 2 Dromin Road, Tipperary
GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/NippELimk/Mental_Health_Services/Mental_Health_Services_in_North_Tipperary_and_East_Limerick.html

HSE Day Hospital - St. Mary's Day Hospital
Location: Parnell Street, Tipperary
GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/NippELimk/Mental_Health_Services/Mental_Health_Services_in_North_Tipperary_and_East_Limerick.html

HSE Day Hospital - Thurles Day Hospital
Location: St. Mary's Health Centre, Tipperary
GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/NippELimk/Mental_Health_Services/Mental_Health_Services_in_North_Tipperary_and_East_Limerick.html

HSE Disability Psychology Services – Supports for Parents of Children on the Autism Spectrum
Location: South Tipperary Therapy Services, Western Road, Tipperary
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 Mental Health Services Clare - Acute Hospital
Location: Dept of Acute Psychiatry, Ennis General Hospital, Clare
GP referral needed for this service. Contact your GP for more information.

HSE Mental Health Services Clare - High Support Unit
Location: Gort Glas, Lifford Road, Clare
GP referral needed for this service. Contact your GP for more information.

HSE National Counselling Service - Mid West: North Tipperary
Location: Cré House, Tipperary
Telephone: [1800 234115](tel:1800234115)
Email: acs@hse.ie
Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

HSE National Counselling Service - Mid West: North Tipperary
Location: Hospital of the Assumption, Tipperary
Telephone: [1800 234115](tel:1800234115)
Email: acs@hse.ie
Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

HSE National Counselling Service - Mid West: North Tipperary
Location: Tyone Health Centre, Tipperary
Telephone: [1800 234115](tel:1800234115)
Email: acs@hse.ie
Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

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/

HSE Psychiatry of Later Life Service - Tipperary
Location: Heywood Lodge, Heywood Road, Tipperary
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.

Knockanrawley Resource Centre
Location: Knockanrawley, Tipperary
Telephone: [06252688](tel:06252688)
Email: Knockcentremanager@gmail.com
Website: www.knockanrawley.ie

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
Website: www.lecheile.ie

Location: Urra, Ballycommon, Tipperary
Telephone: [087 4122052](tel:0874122052)
Email: info@livinglinks.ie
Website: www.livinglinks.ie

Living Links - Tipperary
Location: Tipperary
Telephone: [087 9693021](tel:0879693021)
Email: tipperary@livinglinks.ie
Website: www.livinglinks.ie

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

Mental Health Ireland - Clare & North Tipperary
Location: Museum House, Francis Street, Clare
Telephone: [086 0480201](tel:0860480201)
Email: elainec@mentalhealthireland.ie
Website: www.mentalhealthireland.ie

Pieta House - Roscrea
Location: The Glebe, Ballyhall, Tipperary
Telephone: [0505 22568](tel:050522568)
Email: mary@pieta.ie
Website: www.pieta.ie

Samaritans - Limerick & Tipperary
Location: 20 Barrington Street, Limerick
Telephone: [061 412111](tel:061412111)
Email: jo@samaritans.ie
Website: www.samaritans.org

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

Squashy Couch
Location: Waterford
Telephone: [051 859000](tel:051859000)

Student Counselling Service - Shannon College of Hotel Management
Location: Shannon College of Hotel Management, Shannon Airport, Clare
Telephone: [087 2678176](tel:0872678176)
Email: doney08@live.ie
Website: www.facebook.com/pages/The-Wellness-Circle/344016662431208?fref=ts

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
Website: www.alzheimer.ie

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

Tipperary Rape Crisis & Counselling Centre
Location: 20 Mary Street, Tipperary
Telephone: [052 6127677/6127676](tel:0526127677)
Email: trcc@eircom.net
Website: www.tipperaryrapecrisisandcounsellingcentre.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.

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@anamcara.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.limerick.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](tel:1800666666) / [116 111](tel:116111)
Email: ispcc@ispcc.ie
Website: www.childline.ie

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

Location: Nationwide
Telephone: [Text: 'Talk' to 50101](tel:50101)
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/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
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:080050444)

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