



BREAK THE CYCLE

Limerick

Barnardos Family Support Service, Limerick North

Location: 1/2 Pine View Gardens, Limerick
Telephone: 061 - 329 298
Email: info@limerick.barnardos.ie
Website: www.barnardos.ie

ACCORD Limerick

Location: St Munchin's College, Corbally, Limerick
Telephone: 061 343000
Email: accordlimerick@eircom.net
Website: www.accord.ie

ACCORD Limerick West

Location: The Parish Centre, Newcastle West, Limerick
Telephone: 069 61000
Email: accordnewcastlewest@eircom.net
Website: www.accord.ie

Ana Liffey Drug Project

Location: 48 Middle Abbey Street, Dublin 1
Telephone: 1800 786828
Website: www.aldp.ie

Barnardos Centre and Regional Office - Limerick

Location: St Mary's National Girls School, Bishop Street, Limerick
Telephone: 061 493 587
Email: info@islandgate.barnardos.ie
Website: www.barnardos.ie

Barnardos Family Support Service, Limerick South

Location: 373/374 O'Malley Park, Southill, Limerick
Telephone: 061-319 290
Email: info@southill.barnardos.ie
Website: www.barnardos.ie

CARI Foundation

Location: 110 Lower Drumcondra Road, Dublin 9
Telephone: 01 8308529 Dublin / 061 582200 Limerick
Email: helpline@cari.ie
Website: www.cari.ie

Children's Grief Project

Location: Ashbourne Avenue, S.C.R., Limerick, Limerick
Telephone: 061 224627
Email: childrensgriefproject@eircom.net
Website: www.childrensgriefproject.ie

Family Resource Centre: Croom

Location: The Mill, Limerick
Telephone: 061 602878

Family Resource Centre: Hospital
Location: Knockainey Road, Limerick
Telephone: 061 383884
Website: www.hospitalfrc.com

Family Resource Centre: Northside

Location: 26-28 Clonconnane Road, Limerick
Telephone: 061 326623
Website: www.stmunchinsfrc.ie/

Family Resource Centre: Southill

Location: 267-268 Avondale Court, O'Malley Park, Limerick
Telephone: 061 440250
Website: www.southillareacentre.ie/

Family Suicide Bereavement Liaison Service - Clare

Location: 114 The Grange, Raheen, Limerick
Telephone: 085 856 808
Email:

Family Suicide Bereavement Liaison Service - Limerick

Location: 114 The Grange, Raheen, Limerick
Telephone: 085 856 808
Email:

Family Suicide Bereavement Liaison Service - North Tipperary

Location: 114 The Grange, Raheen, Limerick
Telephone: 085 856 808
Email:

GOSHH - Gender Orientation Sexual Health HIV

Location: Redwood Place, 18 Davis Street, Limerick
Telephone: 061314354
Email: info@goshh.ie
Website: www.GOSHH.ie

GP Out of Hours - Shannon Doc

Location: Shannondoc Central Call Centre, St. Camillus Hospital, Shelbourne Road, Limerick
Telephone: 1850 212 999
Website: www.shannondoc.ie

GROW - Midwestern

Location: GROW Mid Western Region, 33 Henry Street, Limerick
Telephone: 061 318813
Email: midwesternregion@grow.ie
Website: www.grow.ie

GROW - South

Location: 34 Grand Parade, Cork
Telephone: 021 4277520
Email: southernregion@grow.ie
Website: www.grow.ie

Hearing Voices Ireland (HVI)

Location: 8 Newenham Street, Limerick, Limerick

Telephone: 087 9259146
Email: voicesireland@gmail.com
Website: www.voicesireland.com/

Hospital - Kerry General Hospital - Emergency Department
Location: Kerry General Hospital, Oakpark Road, Mayo
Telephone: 066 718 4000
Website: <http://www.hse.ie/eng/services/list/3/acutehospitals>

Hospital - Kerry General Hospital - Mental Health Services
Location: Kerry General Hospital, Oakpark Road, Kerry
GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/3/hospitals

Hospital - St. John's Hospital Limerick - Emergency Department
Location: St. John's Hospital Limerick, St. John's Square, Limerick
Telephone: 061 462222
Email: info@stjohnshospital.ie
Website: www.stjohnshospital.ie

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 Ennis - Emergency department
Location: Mid Western Regional Hospital Ennis, Clare
Telephone: 065 6863100
Email: <http://www.hse.ie/eng/services/list/3/acutehospitals>
Website: www.hse.ie/eng/services/list/3/hospitals

Hospital - University Hospital Ennis - Mental Health Services
Location: Mid Western Regional Hospital Ennis, Clare
GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/3/hospitals

Hospital - University Hospital Limerick - Emergency Department
Location: University Hospital Limerick, Dooradoyle, Limerick
Telephone: 061 301111
Website: <http://www.hse.ie/eng/services/list/3/acutehospitals>

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 Family Resource Centre
Location: Knockainey Road, Limerick
Telephone: 061 383884
Email: hospitalfrc@eircom.net
Website: www.hospitalfrc.com

HSE Child & Adolescent Mental Health Service Limerick
Location: Child & Adolescent Mental Health Services, 90 O'Connell Street, Limerick
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 & Families Psychology Service - Limerick
Location: St. Camillus' Hospital, Shelbourne Road, Limerick
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/NTipperary/Mental_Health_Services/Mental_Health_Services_in_North_Tipperary_and_East_Limerick.html

HSE Counselling in Primary Care - Mid West: Limerick, Clare, North Tipperary
Location: CIPC Counselling Coordinator, HSE Mid West, Adult Counselling Service, 6 Mount Vincent Terrace, O'Connell Avenue, Limerick
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 Day Hospital - Churchtown Day Hospital
Location: Churchtown, Limerick
GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/Limerick/Mental_Health_Services/Mental_Health_Services_in_Limerick.html

HSE Day Hospital - Kilmallock Day Hospital
Location: Railway Road, Limerick
GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/Limerick/Mental_Health_Services/Mental_Health_Services_in_Limerick.html

HSE Day Hospital - St. Anne's Day Hospital
Location: Roxboro Road, Limerick
GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/Limerick/Mental_Health_Services/Mental_Health_Services_in_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/NTippELimk/Mental_Health_Services/Mental_Health_Services_in_North_Tipperary_and_East_Limerick.html

HSE Day Hospital - Tevere Day Hospital
Location: Shelbourne Road, Limerick
GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/Limerick/Mental_Health_Services/Mental_Health_Services_in_Limerick.html

HSE Day Hospital - Willowdale
Location: , Limerick
GP referral needed for this service. Contact your GP for more information.
Website: www.hse.ie/eng/services/list/1/LHO/Limerick/Mental_Health_Services/Mental_Health_Services_in_Limerick.html

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 Milford Care Centre
Location: Castletroy, Limerick
GP referral needed for this service. Contact your GP for more information.
Website: www.milfordcarecentre.ie

HSE National Counselling Service - Mid West: Limerick
Location: HSE Adult Counselling Service, 6 Mount Vincent Terrace, O'Connell Avenue, Limerick
Telephone: 1800 234115
Email: acs@hse.ie
Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/

HSE Psychiatry of Later Life Service - Limerick
Location: St. Camillus' Hospital, Shelbourne Road, Limerick
GP referral needed for this service. Contact your GP for more information.

Kerry LifeLine at SouthWest Counselling Centre
Location: SouthWest Counselling Centre, Lewis Road, Kerry
Telephone: 064 6636100
Email: info@kerrylifeline.com
Website: www.kerrylifeline.com

Le Cheile Limerick
Location: No 3 Sexton Street, Limerick
Telephone: 087 2485742
Email: lecheilelimerick@eircom.net
Website: www.lecheilelimerick.net

Le Chéile Mentoring & Youth Justice Support Services
Location: Tivoli Training Centre, 24 Tivoli Terrace South, Dublin
Telephone: 01 2144350
Email: info@lecheile.ie
Website: www.lecheile.ie

Limerick Social Service Council - Counselling Service
Location: Limerick Social Services Council, Upper Henry St, Limerick
Telephone: 061 314111
Email: info@lssc.ie
Website: www.lssc.ie

Limerick youth service mental health and well-being team
Location: Limerick youth service, Lower Glentworth Street, Limerick
Telephone: 086 3895031
Email: Siobhanob@limerickyouthservice.org
Website: www.limerickyouthservice.com

Living Links - Limerick
Location: Limerick
Telephone: 087 7998427
Email: limerick@livinglinks.ie
Website: www.livinglinks.ie

Mental Health Ireland - Limerick
Location: Limerick
Telephone: 086 0275569

Email: lindap@mentalhealthireland.ie
Website: www.mentalhealthireland.ie

MyMind

Location: 1 Chelmsford Road, Dublin 6
Telephone: [076 6801060](tel:0766801060)
Email: hq@mymind.org
Website: www.mymind.org

MyMind

Location: 66 O'Connell Street, Limerick
Telephone: [085 7810747](tel:0857810747) / [076 6801060](tel:0766801060)
Email: hq@mymind.org
Website: www.mymind.org

MyMind Centre for Mental Wellbeing

Location: MyMind , 7A Store Street , Dublin 1
Telephone: [076-680-10-60](tel:076-680-10-60)
Email: hq@mymind.org
Website: mymind.org

Pieta House - Midwest

Location: Ardaulin, Limerick
Telephone: [061 484444](tel:061484444)
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 - Mid-West

Location: Clare
Telephone: [087 7878222](tel:0877878222) Ann-Marie Flanagan
Regional Officer
Email: midwest@shine.ie
Website: www.shine.ie

SouthWest Counselling Centre

Location: SouthWest Counselling Centre, Lewis Road, Kerry
Telephone: [064 6636416](tel:0646636416)
Email: info@southwestcounselling.ie
Website: southwestcounselling.ie

Squashy Couch

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

Student Counselling Service - Mary Immaculate College

Location: MIC Counselling Service, Mary Immaculate College, South Circular Road, Limerick
Telephone: [061 204948](tel:061204948) / [204919](tel:061204919)
Email: adminatappi@gmail.com
Website: micportal@mic.ul.ie/

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

Student Counselling Service - University of Limerick

Location: Student Counselling, University of Limerick, Limerick
Telephone: [061 202327](tel:061202327)
Email: info@counselling.ul.ie
Website: www.ul.ie/counselling

The Carers Association

Location: Market Square, Offaly
Telephone: [1800 240 724](tel:1800240724)
Email: careline@carersireland.com
Website: www.carersireland.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@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 / 01 8733500](tel:1890927277)
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 / 083 1484527](tel:016753554)
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