

DIRECTORY OF SERVICES

Scan for our full list





www.dnetaskforce.ie



info@dnetaskforce.ie



087 720 9767

Addiction / Substance Use Support

All HSE funded services are free of charge

Baldoyle Family Resource Services

We provide services including Drugs/Alcohol, Family Support, Counselling, Gambling Support, Community Development and provide space for community groups.



01 832 6115



085 251 8564



ndowdall@bfrs.ie

Beldale Treatment Centre

Methadone treatment service Monday, Wednesday, Thursday, Friday 9am – 12 noon & 2pm – 4pm Tuesday 9am to 10.30am & 2pm – 4pm, Saturday/Sunday 9am – 11am



Old Belcamp Lane, Darndale



01 848 8951

Bonnybrook Satellite Clinic, 'Brookhaven'

Methadone treatment service Tuesday 2pm – 4pm, Wednesday 8am –12pm, Friday 9am – 12 noon Coolock Clinic, Wednesday 2pm - 4pm



Glin Road 📏

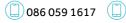


01 877 0205

Brooke Recovery Hub

This is a joint initiative with Donnycarney Addiction, Family and Child Service. We are providing wraparound addiction and recovery support to service users and their families in the Coolock and Bonnybrook area. We support people on a one-to-one basis, as well as providing recovery groups, auricular acupuncture, 5-Steps family group and early intervention work with local schools.

We are open 9-5pm Monday, Wednesday, Thursday, Friday and until 8.30pm on Tuesdays.





083 386 2886

Cocaine Support

If you think you would benefit from support to reduce or stop, free and non-judgemental services are available in your community to help you. If you are over 18, living or working in Dublin North (city or county) and interested in exploring your relationship with cocaine with a view to reduce or stop your use.

All services are provided in partnership with the HSE through community-based services across the north Dublin area and are free of charge and non-judgemental.

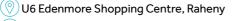




Coolmine EDIT

Coolmine is a national drug and alcohol treatment service. We believe that everyone should have the opportunity to overcome addiction and lead a fulfilled and productive life. Our team provides:

- One to one case management using evidence based approaches
- Gender specific services including Inreach / Outreach
- Inclusive service for Traveller Communities, Parents and Young People.
- Evidence based group interventions







Dales Centre

We work with individuals and families from the Dublin 17 area who are affected by problematic drugs and alcohol use.







info@thedalescentre.ie

Donnycarney Addiction Service - Donnycarney Youth Project

The team provide free and confidential services to all service users regardless of their substance of choice/gambling, to support them in their journey towards recovery and a more positive lifestyle. We support people on a one-to-one basis, as well as educational and therapeutic groups, counselling, day programme, HSE Methadone prescribing clinic and SMART Recovery© evening group. We are open 9-5pm Monday, Wednesday, Friday and until 8.30pm on Tuesdays & Thursdays



Dublin North East Drug & Alcohol Task Force

We are supported by statutory, voluntary, community and public representatives who work in partnership with us to provide and maintain a system of supports and services for individuals, families and communities through which existing and future problem drug use is prevented, reduced and managed. We provide information on local addiction and family support services as well as drug prevention, education and training services

Rachel, Family Support Practitioner 087 468 7664 rclarke@dyp.ie
Stephani, Finance & Admin Officer 087 720 9767 office@dnetaskforce.ie
Charles, Coordinator 087 797 7499 coordinator@dnetaskforce.ie

Edenmore Satellite Clinic

Drug Misuse, GP, Nurse, Prescribing, Methadone Maintenance, Needle Exchange.

© Edenmore Health Centre

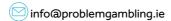
01 848 0666

sissdnc@hse.ie

Extern Gambling Support

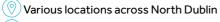
The Problem Gambling project provides free support to people living who have been negatively impacted by problem gambling, through providing supports, resources and referral pathways for problem gamblers and their families.





Gambling & Gaming Support Service

A new, free and confidential support service is available for anyone who suffers from problem gambling or gaming and living in Dublin North City or County (DNCC). The service offers counselling to under-18s and adults with problem gaming or gambling and family support to the families and carers coping with another person's problem gambling or gaming.







HSE Drug and Alcohol Helpline



1800 459 459



HSE Social Inclusion Addiction Services

Mental Health, suicide support, initial assessment, comprehensive assessment, liaison officer.

🚫 01 778 4491 🛭 🖾 kilbarrack.dncc@hse.ie

Integrated Alcohol Service for Dublin North City and County

A free service for people over the age of 18, living in Dublin North City or County and experiencing problem alcohol use or alcohol use disorder. Services provided include: SAOR Extended Brief Intervention in primary care centres, medical support, care planning & shared care, case management.



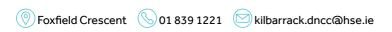
Kilbarrack Coast Community Programme

We work to the highest professional standards with people who have become involved with drugs and their families. We preventively work with young people to stop them becoming involved in drug misuse and to participate in community development.



Kilbarrack Satellite Clinic

Drug Misuse Support, GP, Nurse, Prescribing, Methadone Maintenance.



Labour Inclusion Programme

L.I.P. was set up to help former substance users who have undergone a rehabilitation programme and who want to take the next steps towards rebuilding their lives.







SUPPORT – service user participation & engagement

We gather valuable insights directly from people using Drug & Alcohol services & associated Family Support services. Our aim is to use the feedback we collect to help inform service improvement. Please contact us if you would like to give feedback about your current or previous experience using services in Dublin Northeast.







TravAct

We provide supports and other services to the Traveller Community in Dublin North East including a drug and alcohol worker.







Traveller Addiction Outreach

Coolmine Therapeutic Community provides drug and alcohol misuse support to the Traveller Community in North Dublin City and County.





01 699 1077 Contravellersupport@coolminetc.ie

Family Support

Archways Systemic Family Support

Archways Systemic Family Support is a pilot programme developed from extensive research. Using a new evidence-informed intervention programme that works with young people, their families and the community. The programme aims to strengthen families, remove barriers to prosocial opportunities and increase community efficacy.







Artane Coolock Family Resource Centre

We Provide Workshops, Adult Education, Affordable Counselling, Community Café (last Friday of every month and it's FREE), Parent and Toddler Group, Photocopying, C.V building, Use of public computers, Mass Cards, Parent Led Autism Network.







manager@artanefrc.com

Aster Family Support

Family Support, Meitheal, Household Assistance Programme, Triple P Parent Support, Family Resource Centre Programme to combat disadvantage and improve function of family unit.

Oconexus Day Care Centre, Bonnybrook



info@asterfamilysupport.ie

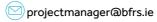
Baldoyle Family Resource Services

We provide a number of services including Drugs/Alcohol, Counselling, Gambling Support, Community Development and provide space for community groups.

Core Activities: Information and referral service, Counselling and Rainbows programme, Parent and toddler group, Parenting programmes, Women's group, Men's group/Men's Shed, Adult education courses, Family support; drugs and alcohol, sober space / social activities, Summer project, Meals on Wheels, Senior Alerts, Mental health workshops







Bonnybrook Parent Support Project







Coolmine EDIT Parents Under Pressure

The Parents Under Pressure (PUP) program is a parenting program specifically developed for families who are facing multiple adversities including parental substance abuse, mental health problems, family conflict and severe financial stress.



01 867 3209



bernadette.ogrady@coolminetc.ie

Dales Centre

For people within the family, who are impacted by addiction we offer 5 Step and other Family Support. We have a trained and experienced family support practitioner.







Donnycarney Family and Child Service – Donnycarney Youth Project

We provide a targeted wraparound service to meet the identified needs of families and children who are affected by addiction. We support people on a one-to-one basis, as well as providing adult and early intervention group work, counselling, auricular acupuncture and family activities. We are open 9-5pm Monday, Wednesday, Thursday, Friday and until 8.30pm on Tuesdays.



01 831 4985



086 022 8905



🕽 familysupport@dyp.ie

Doras Buí

Information & Support, Teen Parent Support Project, Courses & Events, Early Years Services, Counselling for Parents and for Children.



Bunratty Drive, Coolock and serving surrounding areas



018484811

info@dorasbui.ie

DRIVE (Drug Related Intimidation & Violence Engagement)

DRIVE is an interagency project to respond to drug related intimidation and violence. The key objective is to support victims and build the capacity of communities to respond to drug-related intimidation and violence. We help services to support victims of drug related intimidation with bespoke training, resources and signposting to local specialist support services.





087 720 9767 info@dnetaskforce.ie

Dublin North East Family Support Coordinator

Based in Kilbarrack Coast Community Programme (KCCP) Brenda Browne coordinates family support for Dublin North East. Contact Brenda to talk about your family support needs. Brenda operates clinics in various location in Dublin North East.





01 832 4516 Drenda.browne@kccp.ie

KEEP Family Support Project

We offer practical and emotional support to families experiencing a variety of issues. This can be provided in their own home or in the community. The interventions are needs led and referral to more specialized services can be made.



Kilmore West Youth Project



01 847 4548



louisesmith.kwyp@gmail.com

KCCP Family Support

We offer a variety of supports to family members affected by drug/alcohol misuse, providing information, advice and support. Drug awareness & other courses, counselling and acupuncture. The Family Support group meets on a Wednesday at 8pm.



01 832 4516



info@kccp.net

Túsla - The Child and Family Agency

The Child and Family Agency's services include a range of universal and targeted services such as: Child protection and welfare services; Educational welfare services; Psychological services; Alternative care; Family and locally-based community supports; Early years services; Domestic, sexual and gender-based violence services.



Coolock Primary Health Centre



Child & Family Support Coordinator



01 921 4200

Preparing for Life

Preparing for Life supports parents to nurture their children so the child, family and community can thrive. Core activities include: Perinatal Supports & Baby Care, Home Visiting, Positive Parenting Programmes, Early Years Education, Quality Support, Infant Mental Health, Play Therapy and Family Support.



Darndale



01 877 1509



pfl.info@nspartnership.ie

Youth Services

Donnycarney Youth Project

DYP facilitates a variety of programmes and activities aimed at nurturing young people's individual talents, abilities, while creating opportunities for new learning experiences that will enhance their personal development and equip them in adulthood to play an active part in society.

Monday: 10:30-7.00 | Tuesday: 12:00-10.00 | Wednesday: 12:00-10.00 | Thursday: 10:30-7.00 | Friday: 10:00-6:00



Donnycarney Youth Justice Project

We provide support to address the needs of young people who have been referred from local JLO's, other agencies or concerned family members.

Monday: 10:30-7.00 | Tuesday: 12:00-10.00 | Wednesday: 12:00-10.00 | Thursday: 10:30-7.00 | Friday: 10:00-5:00



KCCP Reach Out Project (18-25yrs)

The Reach Out Project (Community Employment) - works with eighteen to twenty-five-year-old cannabis users and polysubstance drug users. Training and personal development are considered as essential parts of recovery here, with a particular emphasis being placed on improving physical and psychological well-being. The aim is to help people address their specific issues, whatever that may be, and help them re-integrate into the community and progress on to more fulfilling lives.

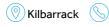




KCCP Youth Matters (9-21yrs)

A Programme for Young People aged 9-21 years to provide young people with a range of stimulating and varied activities presenting a drug free model of socialization. Age appropriate games and informal life skills teaching are an integral part of the programme. Activities include summer projects,trips away,fun days,talent contests, Halloween and Christmas parties and much more!! Counselling is available free of charge. Parental Consent is required for those who are under 18 years of age. Youth Matters is staffed by trained and experienced youth workers.

The group meets (Mon; 5pm-9pm) & (Tues, Wed, Thurs; 5pm to 8pm)







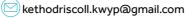
KEEP Belmayne, Youth Justice Project

Delivered by KWYP, Keep Belmayne works with young people aged between 12 and 17 years and their families. As well as encouraging young people to move away from offending behaviour. We do this through building positive relationships supporting young people to make informed decisions in their lives.









Kilmore West Youth Project

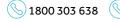
We are a community-based youth and family service governed by a voluntary board of directors. We provide a range of supports and services to meet the needs of young people and families in the Coolock area. UBU Your Place, Your Space Youth Project, KEEP Youth Diversion Project, KEEP Family Support Project, counselling service to over 18's.





Listen Project

Free Counselling for young people aged 12 to 21 years.





Extern Dublin Bay North, Youth Diversion Project

The projects offer opportunities for education, employment and training as well as sport, art, music and other activities. Early intervention is defined as 'providing support at the earliest possible stages when problems occur'. We support those children aged 8-11, who have been identified by youth justice workers, or by others working in the community, as at risk of future offending, by virtue of the behaviours and/or family circumstances present at such an early age. We support families of young people who have offended or are at risk of offending, with the aim to reduce the offending behaviour.



S.A.S.S.Y.

HSE community service providing support to young people under 18 years of age, resident in Dublin North City and County for whom drug use or alcohol use is having a significant negative impact on their daily lives. Four Counsellors and one consultant child and adolescent psychiatrist provide individual counselling, cognitive therapy and psychiatric assessment.



Sphere 17

Drop-in, Group Work, Individual Support, Outreach, Outings and summer projects, Residential Activities, Events, Out n About Detached Youth Service.

Priorswood 01 867 9677	O1 867 4348
Bonnybrook	
generalmail@sphere17.ie	Out N About 086 136 4215

St Monica's Youth Centre

The Youth Resource Centre is a mainstream youth club with learning opportunities and activities. There is also a Youth Project provides support to Young People in the community who are between 10 years old and 21 years old who might be at risk or at severe risk in the community.



01 848 0829

The BLEND

Based in the Hub, Belmayne and The Junction, Clongriffin Tuesdays to Saturdays (with late night provision) we provide an Integration Focussed Community Youthwork project. The target group are young people living in Belmayne and Clongriffin aged 10 - 18 with focus on referrals for migrants and the integration of new communities.

We offer skills and interest based programmes (music, tech, cookery, art, leadership, special interests, sport), issue based supports (integration, antiracism, sexual health, mental health,) outreach, Youth Cafes, Volunteer led clubs and more.



Foróige, Belmayne, Clongriffin



086 203 4952



geraldine.keenan@foroige.ie





Orlaith Fagan () 086 203 4954



oralith.fagan@foroige.ie

Woodale Youth Justice Project

We provide the following services: Youth diversion 12-17 years, Prevention and Early Intervention 10 -11 years and Family Support (for the families of young people engaging with the project, not open for external referrals). Referrals are from the Garda Juvenile Liaison Officer (JLO) following a caution in the local Garda Station or by other professionals such as youth workers, teachers, and social workers who believe that young person might be at risk of involvement in offending behaviour. We offer support, encouragement and opportunities related to education, training, employment, work experience, and involvement in pro-social activities.



Priorswood (\sigma) 01 867 4348





Darndale



S 01 867 9677

tanya.walker@sphere17.ie

Harmonstown Youthreach

01 831 3057

Youthreach

If you're aged between 16 to 20 years and you left school early and would like to get guidance, training and work experience and qualifications, Youthreach may be for you. Youthreach is all about your personal development, and training and education and each centre offers a safe and supportive place for you to go to learn.

Coolock Youthreach, Priorswood
01 847 4633 087 190 2863 caitriona.mccolgan@yrkilmore.cdetb.ie

david.deery@yrartane.cdetb.ie

Community Services

Belmayne Community Group

We advocate for community facilities and services as well as providing a Youth Club supported by Foróige: juniors 5 to 12 years and seniors, 13 to 17 years. We put on frequent community events and details can be sourced from linda.brady@nspartnership.ie

The Hub provides a space for various community groups providing community development, addiction support, youth work and family support such as The Dales Centre, KCCP, KWYP, Doras Buí, Northside Partnership and Archways Systemic Family Support



Belmayne Community Hub





085 779 6109 / 085 152 2236



belmaynecommunitygroup@gmail.com

Discovery Centre

The centre welcomes new learners for training in woodwork & construction, sport & recreation, catering & hospitality and hair & beauty. Start your training course at any time during the year. Learners receive breakfast, lunch and a training allowance while participating on the course.





Darndale \(\infty 01 877 1660



trinaoconnor@discoveryctc.ie

Free Community Mediation Service

Community Law & Mediation's services are free and confidential and offer an alternative method for parties involved in a dispute to resolve their issues and reach an agreement, which is acceptable to both sides.

Community Mediation, which involves conflict resolution between neighbours regarding noise, litter, antisocial behaviour etc. Parental Mediation, which helps parents to resolve issues such as custody, access, guardianship and maintenance. Elder Mediation for seniors and their adult children on issues such as living arrangements and care giving. Workplace Mediation for small community organisations. This aims to resolve problems that arise in the workplace, in an informal way, focusing on maintaining future work relationships. Grandparent Visitation, which offers grandparents an opportunity to support and remain involved in the lives of their grandchildren especially following a parental separation.



01 847 7804



mediationadmin@communitylawandmediation.ie

Northside Partnership

The Northside Partnership works with local people, representatives from communities, the state, employers, trade unions and elected representatives to improve the opportunities for people and communities in Dublin North East.

We offer a range of programmes and services to support individuals, local organisations, groups and communities in the areas where we work. We support all people and groups in our community including people looking for work, students, people starting their own business, children and families, young people, older people, parents and guardians, and childcare providers.

Kilbarrack	01 832 0995	© Coolock	01 848 5630
info@north	nsidepartnership.ie	:	

Traveller Services

Exchange House Ireland National Travellers Service

Exchange House Ireland National Travellers Service is an organisation of Traveller and non-Travellers and a leading provider of front line and support services to some of the most marginalised Travellers in Ireland since 1980. We are a multi-disciplinary service provider offering Education and Training Services, Children and Young People Services, Family Support and Crisis Intervention Services, Addiction Services and the National Traveller Mental Health Service.



01 872 1094



්) info@exchangehouse.ie

Pavee Point Traveller and Roma Centre

Pavee Point Traveller and Roma Centre is a national NGO comprising Travellers, Roma and majority population that works at local, regional, national and international levels to address Traveller and Roma inequalities and promote human rights. Campaigns and services include: Policy on Gender Equality, Prevention of Violence Against Women, Roma Programme, Traveller Men's Health Programme, Mental Health Initiative, Maternal Health, Primary Health Care for Travellers Project, Gender Equality Programme, Drug Alcohol Addiction Programme, Education Programme.



01 878 0255



info@pavee.ie

The STAR Project

The STAR project, supported through the National Traveller & Roma Inclusion Strategy, aims to help the children of Traveller and Roma families in North Dublin get the most out of school. We can help your child go to school every day, reach their full potential when in class and in school activities and make school a happy place where children want to stay.

John McDonnell, Education Worker





john.mcdonnell@nspartnership.ie



Diana Joyce, Education Worker



087 436 6183

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diana.joyce@nspartnership.ie

TravAct

We provide quality support and developmental services, advocacy services and information support to the Traveller Community in North Dublin. Services include: CE Project, Drugs Outreach, Education, Accommodation & Housing Project, Primary Health Care Project, TravAct Youth Project.



01 848 6515



michelle@travact.ie info@travact.ie



Traveller Addiction Outreach

Coolmine Therapeutic Community provides drug and alcohol misuse and other support to the Traveller Community in North Dublin City and County.



01 699 1077



travellersupport@coolminetc.ie

Health Centres

Coolock Primary Care Centre, Cromcastle Rd, Kilmore, Dublin , D05 FH98	© 01 921 4200
Darndale Health Centre, Darndale Belcamp Village Centre, The Link Road, Dublin 17, D17 X050	O 1 877 1550
Baldoyle Health Centre, Willie Nolan Road, Baldoyle, Dublin 13, D13 PY27	O 1 778 4470
Howth Health Centre, Willie Nolan Road, Baldoyle, Dublin 13, D13 PY27	©01 832 2984
Raheny Health Centre, 33 Main Street, Raheny, Dublin 5	© 01 831 0386
Tonlegee Primary Care Centre, Tonlegee Rd, Grange, Dublin 5, D05 K1H9	© 01 921 2301
Kilbarrack Health Centre, Foxfield Crescent, Kilbarrack, Dublin 5	©01 778 8501

Domestic and Gender Based Violence

Sonas Services

We support women and children experiencing domestic abuse by providing effective, quality services. We advocate on women and children's behalf with other services and on issues that impact on the safety, welfare and wellbeing of women and children experiencing domestic abuse.

Emergency help numbers (\$\)1800 222 223



01 866 2015

For Advice, Outreach, Court Accompaniment

Aoibhneas

Domestic abuse support for women and children. We provide 24-hour support, information and referral services, access to safe accommodation - for women and children forced to leave their home due to domestic abuse. We provide: Refuge Accommodation; Outreach and Community Support; Drop-in Service; Court Preparation and Accompaniment Service and Child and Youth Specific Services

Call free for Immediate Support, open 24hrs, 7 days a week



1800 767 767

Ruhama

Our support services are FREE, confidential and tailored to your individual needs. You do not need a visa or to speak English to access our services. We are here for any woman who is affected by prostitution at any time in her life.

Text REACH to 50100 for free, confidential support



1800 02 02 02 Freephone

SATU - Sexual Assault Treatment Units

We're here to help you if you've been raped or sexually assaulted. We are on call 24 hours a day, 7 days a week, 365 days a year. If you need urgent help, call 112 or 999.

If you have reported the incident to the Gardaí, they will arrange your appointment and help you get to the Sexual Assault Treatment Unit (SATU). Otherwise, please ring the number of your local SATU before you arrive. This is so that we can help you make the best plan for your care, give you directions and make sure someone is here to meet you.



Rotunda Hospital Campus



Weekdays from 8am to 5pm



01 817 1736

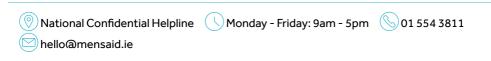


After 5pm and weekends, ask for SATU



Men's Aid

Men's Aid Ireland provide a confidential service ensuring all male victims of Domestic Violence / Coercive Control receive the required support to be safe. Men's Aid support those victims who, from a gender perspective, primarily identify as male, including non-binary, intersex and transgender men within its support and services provision.



Male Advice Line

The National Male Advice Line (MAL) offers confidential phoneline advice and support to Male victims of domestic violence and abuse during specific hours, seven days a week, 365 days a year. It is a FREEPHONE service.



MEND

MEND (Men Ending Domestic Abuse) is a programme for men, who have been violent or abusive within their intimate partner relationships. It is a project of Men's Development Network. The primary aim of the programme is the safety and wellbeing of women and children.



Useful Contact Details

Alcoholics Anonymous	© 01 842 0700
Alone	© 0818 222 024
Alzheimer Society of Ireland	(S) 1800 341 341
Anam Cara	(S) 01 404 5378
Aware Support Line (depression & anxiety)	1800 80 48 48
Barnardos Children's Bereavement Service	© 01 473 2110
BeLonG To Youth Service (LGBTI+)	© 01 670 6223
Bereavement Support Line	(S) 1800 80 70 77
Bodywhys	alex@bodywhys.ie
Care Line (Family Carers Ireland)	(S) 1800 240 724
Childline (24 hour free service)	(S) 1800 666 666
Childline	Text: 50101 or Call: 1800 666 666
Citizens Information Centre	© 0818 07 4000
Connect (for adults who experienced abuse/trauma/neglect in childhood	(S) 1800 477 477
Crime Victims Helpline	116 006
Dublin Rape Crisis Centre	(S) 1800 778 888
Dublin Regional Homelessness Executive	(S) 1800 707 707

Exchange House National Travellers Service	©01 872 1094
Firstlight	(S) 1800 391 391
FLAC (free legal advice)	© 01 906 1010
Focus Ireland (support for homeless people)	© 01 881 5900
Gamblers Anonymous	© 01 872 1133
Garda Confidential Line	© 1800 666 111
Gardaí, Fire Brigade, Ambulance & Coast Guard	999 / 112
Gender Identity Family Support Line	© 01 907 3707
GROW (supporting mental health recover)	© 0818 474 474
HSE CIPC - Bereavement Service	©01 795 7170
HSE Drugs & Alcohol Helpline	1800 459 459
HSE HIV and Sexual Health Helpline	1800 459 459
HSELive (National Information Line)	S 1800 700 700
HUGG (bereaved by suicide)	© 01 513 4048
Immigration Helpline	© 01 674 0200
Jigsaw Dublin 15 (12-25)	© 01 525 3090
Jigsaw Dublin City (12- 25)	© 01 658 3070
LGBT Helpline	(S) 1800 929 539
Male Advice Line	S 1800 816 588
Men's Aid (support for men)	© 01 554 3811

Money Advice and Budgeting Service	© 0818 07 2000
My Options (Unplanned pregnancy support)	S 1800 828 010
MyMind (low cost)	© 0818 500 800
Narcotics Anonymous	©01 672 8000
National Learning Network (info line Swords)	© 01 840 4120
Niteline (student support line)	(S) 1800 793 793
One Family (parenting alone)	© 01 662 9212
Parentline	© 01 873 3500
Peer Advocacy in Mental Health	© 01 547 0510
Pieta (suicide and self-harm, free)	S 1800 247 247
Pieta Booking Enquiries (Freephone)	©0818 111 126
Pieta Helpline (suicide and self-harm)	S 1800 247 247
Pieta Text Support	text 'HELP' to 51444
Rainbows (support for 7–15 experiencing loss)	© 01 473 4175
Samaritans 24 hour Freephone Listening Service	
SASSY (HSE support service for under 18s)	© 01 778 5980
Seniorline	(S) 1800 804 591
Shine Brief Information and Support Line	©01 860 1610
Soilse	© 01 872 4922

St Vincent de Paul	© 01 855 0022
Suicide Bereavement Liaison Officer – Pieta	(L) 085 870 6574
TeenLine	(S) 1800 833 634
Text About It	Text HELLO to 50808
Traveller Counselling Service	© 086 308 1476 / 01 868 5761
Turn2me (online counselling)	www.turn2me.ie
Women's Aid	Text: 087 959 7980 or Call: 1800 341 900
YourMentalHealth.ie 24/7 Information Line	(S) 1800 111 888

Useful Websites

www.alustforlife.com	www.mentalhealthireland.ie
www.askaboutalcohol.ie	www.mymind.org
www.drugs.ie	www.niteline.ie
www.hse.ie	www.samaritans.org
www.jigsaw.ie	www.spunout.ie
www.lgbt.ie	www.turn2me.ie

Date of issue August 2024

The information provided within is correct at time of printing but is subject to change.

Notes

Notes







