

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
<h2>Carlow</h2>					
Carlow Mental Health Association	www.carlowmentalhealth.ie		<u>085-8181353</u>	carlowmentalhealth@hotmail.com	Promote mental health
Suicide Bereavement Group		Askea Parish Centre, Brownseshill, Carlow	059 9131323	roquigley@hotmail.com	Individual counselling.
Teach Bhríde		Tullow, Carlow.	059-9152465	teachbhríde@eircom.net	Bereavement Support/Counselling
TALK IT OVER (CARLOW)		Nampara, Killeshin Road, Carlow.	086-3364961/087-7662743	talkitover@o2.ie	32 Active Listeners in the service. Free and confidential service available 2 nights per week, Monday and Wednesday from 6.30 to 8.30.WORK FROM HSE OFFICES AT CASTLEHILL CARLOW.
Carlow Regional Youth Service	www.carlowys.ie	Kennedy Street, Carlow.	059 9130476	carlowys@iol.ie	Youth counselling services provide both bereavement and suicide bereavement counselling. Opening hours: 9.30am-5.30pm
Bagenalstown Family Resource Centre		Moneybeg, Royal Oak Road, Bagenalstown, Co. Carlow.	059 9723196	bagenalstownfrc@hotmail.com	Bereavement Support
Forward Steps Resource Centre		Chapel Lane, Tullow, Co. Carlow.	059-9152776	forwardsteps@eircom.net	Bereavement Support/Counselling
HSE SOUTH (WATERFORD,	www.hse.ie		051-874013	john.kennedy1@hse.ie,	

KILKENNY, CARLOW, SOUTH TIPPERARY. Carlow Regional Youth Service	www.carlowys.ie	Montgomery House, Athy Road, Carlow.	059-9130476	agatha.lawless@hse.ie carlowwys@iol.ie	
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Cavan

Cavan-Monaghan Mental Health Board		St Davnets Hospital, Monaghan			
Bailieborough MHA					
Cavan MHA					
Cootehill MHA		34 Market Street, Cootehill, Co. Cavan.			
Aware, Cavan	www.aware.ie	Bridge Street Centre, Bridge Street, Cavan Town, Co. Cavan	01-6617211	info@aware.ie ?	Postponed until further notice
SOSAD Kingscourt	www.sosadireland.ie	21 Lower Main Street, Kingscourt, Cavan	042-9668992, 086-0459168	kingscourt@sosadireland.ie	24 hour emergency - bereavement support/counselling
SOSAD Cavan	www.sosadireland.ie	3 Tower Hamlets, Farnham Street, Cavan, Co. Cavan.	049-4326339/083-4339090	cavan@sosadireland.ie	24 hour emergency - bereavement support/counselling
Cavan Suicide Bereavement Support	http://www.cfrc.ie/services/suicide-support	Cavan Family Resource Office, Lr. Main St., Cavan Town, Co. Cavan.	049-4371363/0494372999	cavfamil@oceanfree.net	Suicide support group/bereavement services. Opening hr: 10am-5pm Mon-Fri
Kingscourt Bereavement Support Group		Parochial House, Kingscourt, Co. Cavan	042-9667186/042-9667314	info@kingscourtparish.com	Bereavement Support
Teach Osaill	http://forum.cavancommunity.ie	Tullacmongan Resource Centre, Kilmooney Drive, Co. Cavan.	049-4372730	tullacmongancdp@eircom.net	Bereavement Support
HSE NORTH EAST Garreth Phelan, Suicide Prevention	www.hse.ie	Health Promotion Unit, HSE Dublin North East, St. Brigids	041-6850674	garreth.phelan@hse.ie	Suicide Prevention Support Officer

Resource Officer St. Dymphna's Mental Health Hospital Ióistín na nóg	Complex, Ardee, Co. Louth. Kilconner Residential Care Services Drumnalara Ballinagh, Cavan	059-9136301 049 436 7582 / 086 605 9365	ioistinnanog@ireland.com
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Clare					
East Clare MHA		c/o Scarriff Day Centre, HSE, Scarrif, Co. Clare			
Ennis MHA		Coole Lodge, Francis St., Ennis, Co. Clare	065-6846922		
North Clare MHA		Stella Maris Facility, Lisdoonvarna, Co. Clare	065-7075100		
Shannon MHA		Mount Allen, O'Callaghan's Mills, Co. Clare			
West Clare MHA		McMahon & Williams Solicitors, Frances St., Kilrush, Co.Clare.	065-9051009		
Mental Health Development Officer Clare			086-8079406	annei.buckley@hse.ie	
Aware, Ennis	www.aware.ie	Day Hospital, Gort Road, Ennis, Co. Clare.	087-2993142		Support Service, Counselling.
The Samaritans	www.samaritans.org	Sunville, Kilrush rd, Ennis, Co. Clare.	065-6829777		Support Service
Clare Mental Health Services		Cappahard Lodge, Tulla Road, Ennis, Co. Clare.	065-6865440		Counselling
Amethyst Resource for Human Development	222.holistic.ie/amethyst	Ballybroghan, Killaloe, Co. Clare.	061-374533	amethyst@iol.ie	Counselling
Congress Information & Opportunities Centre		Connolly House, Unit 7A, Elevation Business Building, Clonroad, Ennis, Co. Clare.	065-6841009	cioc@eircom.net	Solas Suicide Support
Living Links	www.livinglinks.ie	Clare			Outreach, practical help,

Shannon Bereavement Group		Shannon Parish Office, Shannon, Co. Clare.	061-364133	shannonparish@eircom.net	advice and support to persons bereaved by suicide. Visit bereaved families and also provide Rainbows facility for children.
STEM (Strength Through Every Meeting)		River's Leap, Corofin, Co. Clare.	087-6383988	paulinebrad@eircom.net	Group therapy for the bereaved.
Clare Suicide Bereavement Support		Innovation House, Roslevan Centre, Tulla Road, Ennis, Co. Clare.	087-3698315		Suicide Bereavement Support
Bernie Carroll, Suicide Strategy Coordinator		HSE WEST, St. Joseph's Hospital, Mulgrave Street, Limerick.	061-461454	berniem.carroll@hse.ie	Suicide Strategy Coordinator
Clare Youth Service	www@clareyouthservice.org	Carmody Street, Ennis, Co. Clare	065-6845350	info@clareyouthservice.org	
National Association for victims of bullying		Frederick Street Clara Co offaly	0506 31590		Association for victims of bullying

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Cork					
Family Ministry Cork		Family Centre, 34 Paul Street, Cork	021-4275136	familyministry@eircom.net	Seedlings - a grief support programme for 12-18 year olds and bereavement support for spouses. Also provides parish bereavement training and support/counselling. Opening hours: 10am-4pm Mon-Fri.

Families of Beara Support Group		C/O The Caha Centre, Adrigole, Cork	027-60909	familiesofbeara@gmail.com	Information, referral to other services, counselling and CBT.
Irish Friends of the Suicide Bereaved		The Planning Office, St. Finbarr's Hospital, Douglas Road, Cork.	021-4316722	ifsb@gofree.indigo.ie	Support and counselling for people bereaved by suicide.
Living Links	www.livinglinks.ie	Cork	087-1370792		Living links provides outreach, practical help, advice and support to persons bereaved by suicide. Trained individuals are available to offer confidential, practical support and advice to families bereaved by suicide. Organises the 'living with loss' programme which provides bereavement support to teenagers who have suffered loss in their lives. Programme is community based.
Mitchelstown Family Co-Ordinating Group		Ballyhoura Deveopment, Baldwin Street, Mitchelstown, Cork	086-6080304/025-85213	c.ryan@ballyhoura.org	A website dedicated to providing bereavement support.
National Suicide Brereavement Support Network	www.nsbsn.org	4 St. Francis Court, Cork Hill, Youghal, Cork		info@nsbsn.org	Bereavement Counselling/Support
LE CHEILE FAMILY RESOURCE CENTRE	www.lecheilefrc.ie	33 Fair Street, Mallow, Co. Cork	022-42439	lecheilefrc@eircom.net	Bereavement Counselling/Support
THE GRACE CENTRE		South Square, Clonakilty, Co. Cork	087-2887649	patricia1945@live.ie	Bereavement Counselling/Support
MACROOM FAMILY RESOURCE CENTRE	http://macroomfrc.com/	Fairfield, Masseytown, Macroom, Co. Cork.	026-20744	seamus@macroomfrc.com	To educate, inform and support the community on the issue of suicide.
Charleville Suicide Awareness Project		27 Mannixville, Charleville, Co. Cork.	086-3576109/063-21008		Swicide Awareness
Suicide Aware	www.suicideaware.ie	Hillside House, Rochestown, Cork.	087-9454202	suicideaware@gmail.com	Inform and educate people locally on support available. Create links with like-minded groups. To provide support directly to bereaved families and young people through group support and LOW COST counselling.
Mayfield Action on Suicide		C/O Mayfield CDP, 328 Old Youghal Road, Cork.	021-4508562		

Diadhuit Suicide Prevention Ireland Limited		c/o Corbett Solicitors, Davis Building, Mallow, County Cork.				Therapeutic First Response.
Youth Suicide Prevention Ireland	www.yspi.eu	Atrium Business Centre, Blackpool Retail Park, Blackpool, Cork City.	021 - 2427171/72 Fax 021 2380163		info@yspi.eu	Suicide Awareness
Console	www.console.ie	Console House, 1A Perrott Avenue, College Road, Cork.	021 427 4218			Suicide Bereavement Support
Cork Irish Friends of Suicide Bereaved		Planning Offices, St. Finbarr's Hospital, Douglas, Co. Cork.	021-4316722			
National Suicide Research Foundation	www.nsrif@iol.ie	Western Gateway Building, Room 4.28, University College Cork or 1 Perrott Avenue college road cork	021-4205551 / 0214277499 Fax 021 4277 545		mary.nsrif@iol.ie	Educational
HSE Cork - Coordinator of Training and Support Services		Mental Health Resource Office, HSE South, Perrott House, Skibbereen Hospital Grounds, Skibbereen, Co. Cork.	028-40402		agnes.cahill@hse.ie	
Inspire Ireland	www.inspireireland.ie	2nd Floor, 6 George's Quay, Cork, Co. Cork.	01 4744840			Youth Services
Lookout			087 7119799			
Samaratins Cork	www.samaratins.ie	7/8 Coach Street, Cork City, Cork.	1850 609090			Support Service
Cork Youth Work Ireland	www.cdys.ie	Mallow Community Youth Centre, New Road, Mallow, Co. Cork	022-53526		info@cdys.ie	
Move Men Overcoming Violence Emotions	www.moveireland.ie		086 0691834		moveireland.ie	
Tabor Lodge, addiction treatment Centre						
Forest		Belgooly, Co Cork	021 4887110		emailinfo@forest.ie	
IAS: Irish Association of suicidology	www.las.ie	16 new Antrim St, Castlebar, Co Mayo	1850882772 353 94 92 50858 Fax 353 94 92 50859		joscott@eircom.net	Managing grief and loss after suicide

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<h2>Donegal</h2>					
Donegal Youth Service	www.donegalyouthservice.ie	16-18 Port Road, Letterkenny, Co. Donegal	074-9129630	dys@eircom.net	
Jigsaw Donegal		Pearse Road, Letterkenny, Co. Donegal	074 972 6920		Youth Organisation
Foróige		16-18 Port Road, Letterkenny, Co. Donegal			Youth Organisation
Northwest Mens Helpline		Millbrae, Carndonagh, Co. Donegal	074 9329300		Helpline
Donegal Living Links	www.livinglinks.ie	Family Enrichment Centre, Stranorlar, Co. Donegal.			Bereavement Support
Dept. of Health Promotion	www.hse.ie	HSE West, Saimer Court, Ballyshannon, Co. Donegal		sarahm.meehan@hse.ie	Educational
Family Ministry Support and Development Group		Pastoral Centre, Monastery Avenue, Letterkenny, Co. Donegal.	074-9121853		Bereavement Counselling/Support
Donegal Bereavement Therapy Services	www.hse.ie		07491-23670		
Help Care Northwest Ltd.		Tabor House, Drimark, Donegal Town, Co. Donegal.	087-2879707		Counselling
HSEW Bereavement Councelling centre		Millenium Court, Pearse Road, Letterkenny, Co. Donegal.	074-9123695		Bereavement Counselling/Support
Steer Mental Health Org.		5 Rosemount Villas, Letterkenny, Co. Donegal.	074-9177311		Counselling
Aware, Donegal	www.aware.ie	The Family Resource Centre, Upper Main Street, Donegal Town, Co. Donegal.	01-6617211		Every Monday at 7.30pm except bank holidays.
Aware, Letterkenny	www.aware.ie	4a Pearse Road, (above B-Bobs Hairdresser), Letterkenny, Co. Donegal.	01-6617211		Letterkenny Relatives Group - First Monday of every month at 8pm. Letterkenny Support Group - Every Tuesday at 8pm.
Aware, Buncrana	www.aware.ie	Nursing Unit, McGinn Avenue, Buncrana, Co. Donegal.			Second and fourth Monday of every month at 7.30pm.

Mental Health Services		Clonmany Mental Health Association Ballyshannon MHA Buncrana & District MHA Carrick MHA Clonmany MHA Cloughaneely MHA Donegal Town MHA Dungloe MHA Killybegs MHA Letterkenny MHA Merville MHA			
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Dublin

Canal Communities Regional Youth Service	www.ccrys.org	23 Tyreconnell Road, Inchicore, Dublin 8.	01-4738439	info@ccrys.org	
Abate Counselling & Employee Assistance Programme	www.abatecounselling.ie	110 Seafield Road, Clontarf, Dublin 3.	1800-222833	counselling@indigo.ie	Provides counselling and therapy throughout Ireland and individual counselling in suicide bereavement and general bereavement.
Glen Abbey Centre		Belgard Road Tallaght, Dublin 24	01 4516754 Fax 01 4621283		Addition service
Teen Counselling		20 Church Road Ballybrack Co Dublin	01 2721411 Fax 01 2721468	ballybrack@teencounselling.com	Teen counselling
St. John of God Hospital		Stillorgan Co Dublin	01 2881781		Teen counselling / treatments drug alcohol etc.
Shankill Counselling Service		Unit 3 Quinns Road, Shankill,	01 2820110		

SAOL Project	Co Dublin				
Anna Liffey Drug Project	58 Amiens Street Dublin 1	01 8553391/3	joan@saolproject.ie		Support for current drug users or ex-users
Drug Treatment Centre Board	13 Lower Abbey Street Dublin 1	01 8786899			Support for current drug users or ex-users
Coolmine House	Trinity Court Pearse Street Dublin 2	01 6771122			Support for current drug users
	19 Lord Edward Street Dublin 2	01 6793765/01 6794822			Out Patient treatment, after care support, counselling, advisory service, opiate & Benzodiazepine detoxification, referral to inpatient treatment, Methadone maintenance, medical treatment & psychiatric assessment, HIV testing and Outreach Service.
Baggot Street Clinic Treatment Centre	19 Haddington Road Dublin 4	01 6602189/01 6602227			Support for current drug users or ex-users
Merchants Quay Ireland	4 Merchants Quay Dublin 8	01 679044	info@mqp.ie		Out Patient treatment, after care support, advisory service, treatment & Psychiatric assessment, HIV testing and Outreach Service, group therapy and family therapy.
Domville House	Ballymun Road Ballymun Dublin 9	01 8620298			
Cuan Dara Detoxification Unit	Cherry Orchard Hospital ballyfermot Dublin 10	01 6232200 / 01 6262476			
Fortune House	Cherry Orchard Hospital ballyfermot Dublin 10	01 6237356			Cocaine Addiction support
Ballymun Youth Action Project	1A Balcurris Road Ballymun Dublin 11	01 8428071 Fax 01 8621025			Addictions Drugs, Alcohol, Gambling
Addiction Response Crumlin	101 Cashel Road Dublin 12	01 4563111			Out Patient treatment, After Care support, Counselling, Advisory & Information service, Methadone Maintenance, Outreach Service, Family Support and Education

Mountview/Blakestown CDT	105 Coolmine Industrial Estate Coolmine, Dublin 15	01 8219140 Fax 018219259		Drop in centre, Prison Care, Community Care, Aftercare, Management/control programme in relation to drug use and peer support training Help for families affected by problem drug use.
CARP-Killinardan	Killinarden Way, Tallaght, Dublin 24	01 4626033 Fax 01 4625061	prac@eircom.net	
JADD Project Ltd	Fortunestown's way Jobstown Tallaght Dublin 24	01 4597756		
St Dominics Community Response project	Old Bawn Tallaght Dublin 24	01 4620624 / 01 4148632		
St Aengus Community Action Network	Castletymon Tallaght Dublin 24	01 4612239		
Centrecare	Dublin Diocesan Social Service Centre 1A Cathedral Street, Dublin 1	01 8726775 Fax 01 8727003	cntcare@inigo.ie	
Salvation Army	P.O. Box 2098 114 Marlborough Street Dublin 1	01 8740987 Fax 01 8747478		
Homeless Girls Hostel	19 Upper Sherrard Street Dublin 1	01 8743742		Permanent & temporary accommodation for homeless teenage girls
Housing Association for Intergrated Living	Shamrock Chambers 59-61 Dame Street Dublin 2	01 6718444 Fax 01 6703265	info@hail.ie	Voluntary housing association for people with special needs
Focus Ireland	14a Eustace Street Dublin 2	01 6712555	info@focusireland.ie	Housing information, advice and settlement service for those with severe accommodation problems
Simon Community	National Office St. Andrew's House, 28-30 Exchequer Street Dublin 2	01 6711606	info@simoncommunity.ie	Prevent and reverse of homelessness
Homeless persons unit	16-19 Wellington Quay Dublin 2	1800 724724		Welfare, accommodation and income maintenance to homeless people
St Vincent de Paul Society	New Cabra Road, Dublin 7	01 8384164	info@svp.ie	Support for people experiencing difficulties
Sonass Housing Association	148 Phibsboro Road, Dublin 7	01 8309088 Fax 01 8309095	info@sonasshousing.ie	Housing for woman and children who are homeless due to violence
The Loft	The Extension, St John's Lane Dublin 8	01 6770691		City centre day centre, Supportive environment for the homeless away from the streets

TRUST		Bride Road Dublin 8	01 4543799	info@trust-ireland.ie	Provides welfare, accommodation and income maintenance to homeless people
Homeless persons unit		149 James St, Dublin 8	1800 724724		
Tallaght Homeless advice unit		St Mary's Priory Tallaght, Dublin 24	01 4048100 Fax 01 4596784		Homeless Advice
Interaid		27 Wyattville Close Ballybrack Co Dublin	01 2885888		Low cost interim accommodation for those who are socially disadvantaged.
CROSSCARE: DUN LAOGHAIRE NIGHT SERVICE		Tivolin Road, Dun Laoghaire, Co Dublin National Information Centre for centre for unmarried mothers Parents 14 Gandon House Custom House Square IFSC Dublin 1	01 836011/0863668063		Emergency accommodation
Treoir	www.treoir.ie		01 6700120 Fax 01 6700199	info@treoir.ie	
Cherish	www.cherish.ie	2 Lower Pembroke Street Dublin 2	01 6629212 / 1890 66 22 12Fax 01 6629096	cherish@eircom.ie	Support for one parent families, single pregnant women.
One parent exchange & network		Unit 19 Greendale Shopping Centre, Kilbarrack Dublin 5	01 8320264 / 086 8143297	open@indigo.ie	
Gingerbread Ireland	www.gingerbreadhouse.ie	Carmichael House North Brunswick Street Dublin 7	01 8146618 Fax 01 8146619	info@gingerbreadhouse.ie	Helping parents parenting alone with new realities
PARENTSALONE RESOURCE CENTRE		Bunratty Drive Coolock, Dublin 17	01 8484811 fax 01 8481116	parc@indigo.ie	
Tallaght young lone parents centre		Brookfield Enterprise Centre, Tallaght Dublin 24	01 462322 / 0863823739		Helping young lone parents
P.E.T. Parents Empowering Themselves			01 8020484		
Pregnancy Counselling Service			1850 622626		Counselling and support for pregnant women
Absolutely Unplanned Pregnancy LTD			1800 559280		Counselling and support service for pregnant girls
Cura		30 South Anne Street Dublin 2	01 6710598		Information, advice, counselling to women with unplanned pre
Irish Family Planning Association	www.ifpa.ie	Solomons House, 42a Pearse Street Dublin 2	01 4740944 Fax 01 4740945	post@ifpa.ie	Service to promote sexual health and support reproductive choice

PACT		15 Belgrave Road Rathmines, Dublin 6	1850 0673333		Helping people with unplanned pregnancy, placing a child for adoption, people seeking to adopt, searching for information about birth relatives.
Men's Aid	www.mensaid.org		1890 390999		Helpline for male victims of violence
St Clare's Unit		The Childrens Hospital Temple Street Dublin 1	01 874521 / 01 8742887		Assessment service for young people if there is a concern of sexual abuse
Well Woman Head Office			25 Capel Street Dublin 1	01 8749243 Fax 01 8749339	info@wellwomancentre.ie
Sexual Assault Unit		Rotunda hospital Dublin 1	01 8730700 Fax 01 8726523	info@rotunda.ie	Victims of sexual assault, victims must be accompanied by a garda
One in Four	www.oneinfour.org	2 Holles Street Dublin 2	01 6624070	info@oneinfour.org	Support for people who have experienced sexual abuse or sexual violence
Dublin Rape Crisis Centre	www.drcc.ie	70 lower Leeson Street Dublin 2	01 6614911 / 1800 778888	rcc@indigo.ie	24 hour telephone service for victims of rape and sexual abuse, Counselling and therapy for victims
Women's Aid		Everton House 47 Old Cabra Road Dublin 7	01 8684721 Fax 01 8684722 Helpline 1800 341 900		
First conact		Richmond Business Campus, Brunswich street Dublin 7	1850 323233		Aiming to reduce male domestic violence
CARI Children at risk in Ireland Foundation	www.cari.ie	110 Lower Drumcondra Road, Drumcondra, Dublin 9	01 830 8529 Fax 01 8306309	info@cari.ie	Counselling service for children teens and their families who have experienced sexual abuse.
Turning Point		23 Crofton Road Dun Laoghaire, Co Dublin	01 2807888 Fax 01 2800643	turningpoint@eircom.net	
Dublin Lesbian Line SI	www.transgender.org		01 878 3621	si@transgender.org	Social gatherings for transgender people in Ireland
Gloria	www.gloria.ie		01 8620420	info@gloria.ie	Gay & Lesbian Organisations Helpline
Centrecare		1a Cathedral Street Dublin 1	01 8726775	info@centrecare.ie	Gay & Lesbian Organisations Helpline
GMHP Outreach Services		Outhouse Community Centre 105 Capel Street Dublin 1	01 8734952 Fax 01 8650090		Gay & Lesbian Organisations Helpline
Belong to Youth Project	www.belongto.org	C/o Outhouse 105 Capel	01 8734184	belongto@eircom.net	Gay & Lesbian Organisations

Amnesty International LGBT Group		Street Dublin 1				Helpline
National Lesbian and Gay Federation		48 Fleet Street Dublin 2	01 6776361		jloughra@amnesty.ie	Gay & Lesbian Organisations Helpline
Gay SwitchBoard Dublin	www.iol.ie/gsd/	6 South William Street Dublin 2	01 6710939			Gay & Lesbian Organisations Helpline
Equality Authority		Carmichael House North Brunswick Street Dublin 7	01 8721055			Gay & Lesbian Organisations Helpline
Gay mens health project		2 Connel Street Dublin 2	01 4713333			Gay & Lesbian Organisations Helpline
Dublin Aids Alliance		19 Haddington Road Dublin 4	01 6602189			Gay & Lesbian Organisations Helpline
Catherine Mc Auley Centre		The Eriu Centre, 53 Parnell Square West, Dublin 1	01 8733799			Support service for people living with HIV
Ruhama women's Project		23 Herbert Street Dublin 2	01 6387500 Fax 01 6387568			Helps woman who are on the margins and are nor receiving help form the church or other societies
Akidwa		Senior House All Hallows College Drumcondra, Dublin 9	01 8360292 Fax 01 8360268		admin@ruhama.ie	Service for women in prostitution including outreach on the streets
Access Ireland		19 Belvedere Place Dublin 1	01 8552143 Fax 01 8552089			Service and social network for African woman
Anti-Racism Campaign		Dominick Court 40 Lwr. Dominick Street, Dublin 1	01 8780589 Fax 01 8780589			
Bosnian Community development project		C/o Upper Camden Street Dublin 2	087 2338143			
Immigrant Council Of Ireland		40 Pearse Street Dublin 2	01 6719202 Fax 01 6719202			
Irish Council for Civil Liberties		42 Upper Dorest Street Dublin 1	01 8656525 Fax 01 8749695		info@immigrantcouncil.ie	
Africa Cultural Project		40- 41 Lower Dominick Street Dublin 1	01 8783136 Fax 01 8783109		iccl@iol.ie	Supporting Africans in Ireland
Africa Solidarity Centre		Ulster Bank Chambers 4 Lower O'Connell Street Dublin 1	01 8780613 Fax 01 8780615			Supporting Africans in Ireland
Migrants Rights Centre		Terenure Enterprise Centre, 17 Rathfarnham Road, Terenure Dublin 6	01 4903237 Fax 01 4903238			
Exchange House Traveller Mabs		3 Beresford Place Dublin 1	01 8881355 Fax 01 8881086		mic@columban.com	Helping travellers with knowledge and skills required to avoid getting into dept
		Unit 2, North Park, North Road, Finglas, Dublin 11	01 8648510 Fax 01 8648511			

Recovery Inc.		Ireland Area, Po Box 2210 Dublin 13	01 6260775 Fax 016264799		Mental Health organisation
MHI Mental Health Ireland		Mensana House, 6 Adelaide Street Dun Laoghaire Co Dublin	01 2841166	info@mentalhealthireland.ie	Help for people who are mental ill
AI-ANON ALATEEN FAMILY GROUPS		5 Capel Street Dublin 1	01 732699		Fellowship for young people whom are effected by parents compulsive drinking.
Mater Dei Counselling service		MaterDei institute Clonliffe Road, Dublin 3	01 8371892 Fax 01 8372025		Counselling for Alcohol, Gambling etc
EAP Associates		Chelmsford House 1 Chelmsford Road, Renelagh, Dublin 6	01 4964219		Addiction service
Stanhope Centre		Lr grangegorman Dublin 7	01 6773965 Fax 02 6778469		Addiction service
SOUTH DUBLIN CO COUNCIL CELTIC BOARD (community and youth work)			086 8126280		
The Albany Clinic		Lower Fitzwilliam Street, Dublin 2	01-6612222	bolgercat@hotmail.com	General counselling practice.
Anam Cara Parental & Sibling Bereavement Support	www.anamcara.ie	Unit 3, 78 Walkinstown Road, Dublin 12.	01-2958567	info@anamcara.ie	Bereavement support from bereaved parents to bereaved families following the death of a son or daughter. NO CHARGE
Balbriggan Family Centre	www.docharity.net	13 Drogheda Street, Balbriggan, Dublin	01-8414122	bfc@docharity.net	Individual and group counselling for the bereaved/suicide bereaved. Opening hours: 830am-800pm Mon and Thurs, 8.30-5.15 Tues, Wed, Fri
Barnardos	www.barnardos.ie	Christchurch Square, Christchurch, Dublin 8.	01-4530355/01-4732110	bereavement@barnardos.ie	Early intervention/trauma service for children and their families counselling. Telephone helpline for public concerned about grieving child. Training and consultation for groups whose work brings them into contact with bereaved children bereaved by sudden death. Longer term bereavement.

Opening hours: Mon, Wed and
Fri 10.00am-12.00noon NO
Charge

Barnardos	www.barnardos.ie	cottage childcare project tivoli rd	01 280 0586	Service for children and families
Barnardos	www.barnardos.ie	Loughlinstown Drive	01 282 0328	Service for children and families
Barnardos	www.barnardos.ie	Dunlaoghaire	01 284 2323	Service for children and families
Barnardos	www.barnardos.ie	Roselawn Dublin 15	01 820 0211	Service for children and families
Barnardos	www.barnardos.ie	Mukhuddart Dublin 15	01 820 4023	Service for children and families
Barnardos	www.barnardos.ie	Brookfield Dublin 24	01 462 3222	Service for children and families
Barnardos	www.barnardos.ie	St Muirins Hse Dublin 24	01 452 3755	Service for children and families
Barnardos	www.barnardos.ie	Ballyfermot Dublin 10	01 626 1985	Service for children and families
Barnardos	www.barnardos.ie	Jobstown Dublin 24	01 459 8035	Service for children and families
Barnardos	www.barnardos.ie	St Dominics Dublin 24	01 452 5091	Service for children and families
Barnardos	www.barnardos.ie	Newlands Business Park Dublin 22	01 403 2086	Service for children and families
The Irish Health Culture Association		66 Eccles Street, Dublin 7.	01-8304078	
Mental Health Ireland		6 Adelaide Street, Dun Laoighaire	01-2841166	
Mental Health Commission		St. Martin's House, Waterloo Road, Dublin 4.	01-6362400	
Lisdeel House Children's centre		Swords Road Santry Dublin 9	01 8424525	Daughters of Charity Residential Centres
Royal Oak Children's Centre		5-7 Oak Avenue Royal Oak, Santry, Dublin 9	01 8424566 fax 01 8429801	Daughters of Charity Residential Centres
Royal Oak Fostering	fostering@r.oak		01 8424925	Daughters of Charity Residential Centres Fostering

Lisdeel Fostering Initiative			01 8625195 / 086 9092556	mary.payne@docharity.net	Service
St Vincents Day Nursery		Drumfinn Avenue Ballyfermot Dublin 10	01 6268545 Fax 01 6268545	dorothy.duffy@docharity.net	Daughters of Charity Residential Centres Fostering Service
St. Louise's Day Nursery		North William Street Dublin 1	01 8554034 Fax 01 8349694	louise.dunne@docharity.net	Daughters of charity day care nurseries
Bereavement Counselling Service		Management Office	086 1725483		Daughters of charity day care nurseries
Daughters of Charity		Child and Family Service Management Office, First Floor, T. O' Rielly Building, Swords Road, Santry, Dublin 9	01 8425100 Fax 01 8425152	admin@docharity.net	
Youth Work Ireland	http://www.youthworkireland.ie/site/youth-service/				
Mental Health Services		Ballyfermot MHA Crumlin & District MHA Drumcondra & District MHA Dublin 15 MHA Dublin Housing MHA Dun Laoighaire MHA Fingal MHA Finglas MHA Friends of Kilrock House MHA St. Brendan's MHA St. Loman's MHA Tallaght MHA Vergemount & District MHA			
Inspire Ireland Foundation	www.reachout.com	1st Floor, 29-31 South William Street, Dublin 2 and 2/6 George's Quay, Cork.	017645666/0214317773/0876 286871	derek@inspireireland.ie	
Aware, Swords	www.aware.ie	Senior Citizen Complex, Main Street, Swords, Co. Dublin	01-6617211		Every Tuesday at 730pm
Aware, Northside	www.aware.ie	Dominican College, Griffith Avenue, Dublin 9.	01-6617211		Every Wednesday at 7.30pm

Aware, Dublin Central.	www.aware.ie	Dublin Central Mission Hall, 9 Lower Abbey Street, Dublin 1.	01-6617211		Every Monday (excl Bank Holidays) at 730pm. Daytime group meets Tuesdays at 1pm. Every Wednesday at 7.15pm except the 2nd Wednesday of each month (when the Aware lecture takes place) where the meeting begins at 6pm.
Aware, Dublin 8 Dublin Relatives	www.aware.ie	St. Patrick's Hospital, James' Street, Dublin 8	01-6617211		
Aware, Dublin 2 Young Persons Group	www.aware.ie	Grounds of Church of Ireland, 72 Lower Leeson Street, Dublin 2.	01-6617211		Every Thursday at 7.30pm
Aware, Dublin Southside	www.aware.ie	Parochial Hall, Grounds of Sacred Heart Church, Donnybrook, Dublin 4.	01-6617211		Every Thursday at 7.30.
Aware, Tallaght	www.aware.ie	St. Maelruain's Parish Centre, Grounds of Church of Ireland, Tallaght Village, Co. Dublin.	01-6617211		Every Monday excluding bank holidays at 730pm.
Console		Dublin 7, 8, 9, 11, 12, 13, & 14			
Console, Tallaght	www.console.ie	The Dominican Retreat Centre, Tallaght Village, Dublin 24.	01-8685232		
Console, Clondalkin.	www.console.ie	The Beacon of Light, 2 Rosse Court, Balgaddy Road, Clondalkin, Dublin 22.	01-8685232		
Aware, Cabinteely.	www.aware.ie	Family Life Centre, St. Brigid's Church, Cabinteely, Co. Dublin.	01-6617211		Every Wednesday at 7.30pm.
Dublin Deora Project	www.deora-project.org		01-8550730		Bereavement
Dublin Blessed Sacrament Chapel	www.blessedsacramentuki.org		01-8724597		Bereavement
Dublin Bereavement Counselling Service	www.bereavementireland.com		01-6768882		Bereavement
Dublin Dochas Ballymun	www.dochas.info		086-8569283		Bereavement
Dublin Dochas Blanchardstown	www.dochas.info		01-8200915		Bereavement
Dublin Tallaght Suicide Bereavement Support Group			01-8391766		Bereavement/Support
Dublin Northside Counselling Service			01-8484789		Bereavement
Pieta House	www.pieta.ie	Lucan Road, Lucan, Co. Dublin.	01-6010000	joan@pieta.ie	Suicide and Self Harm Crisis Centre
Spun Out	www.spunout.ie	Sean MacBride House, 48	01 6753554	info@spunout.ie	Youth Website

The Samaritans Ireland	www.samaritans.org	Fleet Street, Dublin 2	01 6710071	jo@samaritans.ie	
Mental Health Ireland	www.mentalhealthireland.ie	4-5 Usher's Quay, Dublin 8. 6, Adelaide Street, Dun Laoghaire, Co. Dublin.	01 2841166		Promote Positive Mental Health Description: Suicide Action West Tallaght is a RAPID initiative involving representatives from a wide range of services in Tallaght. It aims to develop a comprehensive suicide prevention strategy for the residents of West Tallaght.
Suicide Action West Tallaght	http://www.tallaghtdtf.ie/component/sobi2/?sobi2Task=sobi2Details&catid=28&sobi2Id=146		01 466 4244	suicideactionwt@gmail.com	01-7645666 Youth Empowerment Provision of info booklets & useful phone numbers. Provision of suicide related training such as SafeTALK and ASIST in conjunction with HSE. Home visits to families bereaved by suicide, by trained support workers who have themselves experienced suicide. A bereavement support booklet which details the emotional and legal implications associated with a suicide. Referral to a range of professional suicide support services. Bereavement Support Group. Drop-in office for information, support and referral.
Inspire Ireland Young Social Innovators	www.youngsocialinnovators.ie	First floor, Dublin 2. 3 Dawson St, Dublin 2.	01 6458033		
Suicide Awareness Dublin 15		Corduff Resource Centre, Blackcourt Road, Dublin 15.	085 8182090		
Turn 2 me	www.turn2me.org	2 Liptons Court, Temple Lane South, Temple Bar, Dublin 2.			Online peer support
GROW	www.grow.ie	GROW Eastern Region, 167a Capel Street, Dublin 1.	01 8734029/1890474474	Online form	Support Service
Console	www.console.ie	National helpline	1800 201 890	info@console.ie	Suicide bereavement support
Console	www.console.ie	All Hallows College Gracepark	01 857 4300 Fax 01 8574310		

Console	www.console.ie	road Drumcondra Dublin 8 Console House, 68 Ardpatrick Road, Off Navan Road, Dublin 7.	01 868 5232		Suicide Bereavement Support
The Samaritans Dublin	www.samaritans.org	112 Marlborough St, Dublin 1	(01) 872 7700		Support Service
National Office for Suicide Prevention	www.nosp.ie	Population Health Directorate, HSE, Dr. Steeven's Hospital, Dublin 8.	01-6352139		Information and Signposting
Mind and Body Works	www.mindandbodyworks.com	15 Wicklow St, Dublin 2.	01 6771021	info@mindandbodyworks.com	Counselling
Beacon of Light		4 Collinstown grove	clondalkin	Dublin 22	01-4578700
Beaumont Hospital Social Work Dept.		Beaumont Rd.			01 8093290
The Bereavement Counselling Service		GSPC, Dublin St., Baldoyle, Dublin 13.	01 8391766		Bereavement Support
Bethany Bereavement Support Group		c/o Rathfarnham Parish Centre, Willbrook Road, Rathfarnham, Dublin 14.	087 9905299		Bereavement Support
An Cuan Centre		2 Rathgar Avenue, Rathgar, Dublin 6.	01 490 6628		Counselling
Dochas Baldoyle		Respond Housing Development, Grange Road, Baldoyle, Dublin 13.	01 8063883		Suicide Bereavement Support
Dochas Hope After Suicide		Ballymun Psychiatric Clinic, Ballymun Health Centre, Ballymun, Dublin 11.	086 8569283		Suicide Bereavement Support
Drug Treatment Centre		Trinity Court, 30-32 Pearse St., Dublin 2.	01 6488600		Suicide Bereavement Support
Dublin Counselling and Therapy Centre	www.dctc.ie	41 Upper Gardiner St, Dublin 1.	01 8788236	info@dctc.ie	Counselling
Fairview Therapy Centre	www.fairviewtherapycentre.ie	10 Fairview Strand, Fairview, Dublin 3.	01 8561289	info@fairviewtherapycentre.ie	Counselling
Fingal Counselling Services	www.counsellingatfingal.com	Director of Services	01 8902596		Counselling trained in depression and suicide bereavement.
Finglas Suicide Network	www.fingalcounsellingservice.org	46-47 Mellowes Rd., Finglas, Dublin 11.	01 8648899	donna@the-bees.com	Suicide prevention/Bereavement services
Greine Counselling		Glebeview House, River Mall, Swords, Co. Dublin.	01 8107667		Counselling
Group Analytic Practice		29 Lwr. Abbey Street, Dublin 1.	01 8786486		Counselling

HSE Bereavement Service		1st Floor, Park House, North Circular Road, Dublin 7.	01 8823020	josephine.kinsella@hse.ie	Bereavement Support
Johnstown Therapy Centre	www.johnstowntherapy.com	35a Johnstown Rd., Cabinteely, Dublin 18.	01-2024837	info@johnstowntherapy.com	Provides a range of holistic treatments and psychotherapy/counselling. All of the therapists who work from the centre are highly qualified and have a vast amount of experience in their field. Charge: Yes. General bereavement support for any student registered in college. Opening hours: Mon-Thurs 10am-4pm
NCAD Counselling Centre		100 Thomas St. Dublin 8.	01 6364200	counsellor@ncad.ie	Counselling
North Dublin Clinical Psychological Services		Psych. Department, St. Brendan's Hospital, Rathdown Road, Dublin 7.	01 8380137		Suicide Bereavement Support
Northside Counselling Service		Coolock Development Centre, Bunratty Drive, Bonnybrook, Dublin 17.	01 8484789		Counselling
Oasis Counselling Service		1 Drumfinn Park, Ballyfermot, Dublin 10.	01 6268519		Counselling
Riverside Counselling Service	www.riversidehpcounselling.ie	Blessed Sacrament Chapel, 20 Bachelor's Walk, Dublin 1.	01 8724597	liams63@yahoo.ie	Counselling
Dochas		The Oratory, Blanchardstown Centre, Dublin 15.	01 8200915		Suicide Bereavement Support
St. Catherines Counselling		The Priory, Tallaght, Dublin 24.	01 4513076		Counselling
St. Vincents Trust		9 Henrietta St., Dublin 1.	01 8874100		Bereavement Support
Tabor Counselling and Therapy		316 The LawnsBelgard Heights, Tallaght, Dublin 24.	01 4518869		Counselling
Teen Counselling		Crosscare Teen Counselling, Red House, Clonliffe Road, Dublin 3.	01 8371892		Youth Counselling
Turas Family Centre		Our Lady Immaculate School, Darndale, Dublin 17.	01 8678180		Bereavement Support
Clanwilliam Institute		18 Clanwilliam Terrace, Grand Canal Quay, Dublin 2.	01-6761363		Bereavement Support
NEWLANDS INSTITUTE FOR COUNSELLING		2 Monastery Road, Clondalkin, Dublin.	01-4594573		Counselling
Genesis Psychotherapy & Family Therapy Services.	www.genesistherapy.ie	Blackcourt Road, Corduff, Blanchardstown, Dublin 15.	01-8202764	office@genesistherapy.ie	Bereavement Support

Hesed House	www.hesedhouse.ie	74 Tyrconnell Road, Inchicore, Dublin 8.	01-4549474	office@hesedhouse.ie	Bereavement Support
St. Kevin's Family Resource Centre.		St Kevin's Girls School, Kilnamanagh, Tallaght, Dublin 24.	01-4627149		Bereavement Support
Kairos Counselling Centre		29 St. Mary's Drive, Walkinstown, Dublin 12.	01-4099742		Bereavement Support/counselling
Hill Street Family Resource Centre		Hill Street Playground, Dublin 1.	01-8746810		Bereavement Support
Killinarden Family Resource Centre		Killinarden Way; Killinarden, Tallaght, Dublin 24.	01-4527053		Bereavement Support
Cherry Orchard Family Resource Centre		The Bungalow, 28 Elmdale Drive, Cherry Orchard, Dublin 10.	01-6231367 Fax 01 6202703	marie@cofrc.com / loretta@cofrc.com	Bereavement Support
Cherlith		Cherith Centre, Firhouse Road, Firhouse.	086-1982533		Bereavement Support
Counselling and Therapy Service		c/o An Síol, 19 Manor Street, Dublin 7.	01-6772170		Bereavement Support/counselling
Inclusion Ireland		Unit C2, The Steelworks, Foley Street, Dublin 1.	01-8559891		Bereavement Support
Loreto Centre		Crumlin, Dublin 12.	01-4541078		Bereavement Support
The Village Counselling Service		Main Building, Killinarden Enterprise Park, Tallaght, Dublin 24.	01-4664205		Bereavement Support
Target Counselling Service		Holy Trinity School, Donaghmeade, Dublin 13.	01-8670279		Bereavement Support/counselling
Family Therapy Centre		St. Dominic's Secondary School, Ballyfermot, Dublin 10.	085-1001224		Bereavement Support
National Association of Widows in Ireland		Coleraine House, Coleraine Street, Dublin 7.	01-8733622		Bereavement Support
Liberties Counselling	www.libertiescounselling.com	11 Meath St, Dublin 8.	01-4736491	info@libertiescounselling.com	Bereavement Support/counselling
HSE KILDARE, WICKLOW, SOUTH DUBLIN	www.hse.ie	Dept of Health Promotion, HSE Dublin Mid-Leinster, 52 Broomhill Road, Tallaght, Dublin 24.	01-4632800	training.sdkw@hse.ie	
HSE MID-LEINSTER LONGFORD, WESTMEATH, LAOIS, OFFALY	www.hse.ie	Suicide Prevention Office, HSE Dublin Mid Leinster, Old Birr Hospital, John's Terrace, Birr, Co. Offaly.	057-9357807	josephine.rigney@hse.ie	Suicide Prevention Officer
HSE NORTH DUBLIN	www.hse.ie	Health Promotion	01-8976121	roisin.lowry@hse.ie	Resource Officer: Mental

<p>National Youth Council of Ireland</p>		<p>Department, Nexus Building, Blanchardstown Corporate Park, Ballycoolin, Dublin 15. National Youth Health Programme, National Youth Council of Ireland, 3 Montague Street, Dublin 2.</p>	<p>01-4784122</p>	<p>siobhan@nyci.ie</p>	<p>Health Promotion and Suicide Prevention.</p>
<p>Nurture Post Natal Depression Support Services</p>	<p>www.nurturepnd.org</p>		<p>01-8430930</p>	<p>ilowry25@gmail.com</p>	<p>One on one SKYPE counselling sessions. Located in Dublin. Nurture is a young, vibrant and unique charity established in Ireland January 2011. We offer Support Services to Mothers, Dads, Partners and Families battling with Post Natal Depression, Depression in pregnancy, Post Traumatic Stress Disorder and Post-Partum Psychosis. We also work in other areas around pregnancy and childbirth. Did you know there are aprx 40,000 Mothers in Ireland every year diagnosed with these illnesses, that's a lot of Mothers! Nurture offers: Affordable Counselling via One to One / Skype, Support Groups, Life Motivational Skills Courses, Education and Training.</p>
<p>Console Living with Suicide</p>		<p>68 Ard Patrick Road off Navan rd Dublin 7</p>	<p>01 8685232 Helpline 1800 201 890</p>		<p>Adult suicide bereavement support group</p>
<p>Barnardos Bereavement</p>		<p>Hyde square 654 south circular road Dublin 8</p>	<p>01 4530355</p>	<p>bereavement@barnardos.ie</p>	<p>Bereavement counselling for children</p>
<p>Dochas</p>		<p>Roselawn health Centre Roselawn road Castleknock Dublin 15</p>	<p>01 8200915 / 086 8090633 / 086 8270551</p>		
<p>Turas Le Cheile</p>			<p>086 0566819</p>		
<p>CBT Solutions</p>	<p>www.cbtsolution.ie</p>	<p>2A Orchard Road Clondalkin, Dublin 22</p>	<p>086 3814366 / 087 7961427</p>	<p>eoin@cbtsolutions.ie marina@cbtsolutions.ie</p>	<p>Bereavement support Service Counselling & Psychotherapy services</p>

Connect Counselling			1800 477 477 Freephone		
Irish mens group	www.irishmensgroup.ie		01 6877448	info@irishmensgroup.ie	
Child and Family Counselling		Unit 7 Coolport, Coolmine			Daughters of Charity Family
Aistear Beo		Business Park Blanchardstown	01 8852680 Fax 01 8852684	aistear_beo@eircom.net	centre
Cross Care Teen Counselling		Dublin 15			
Drumcondra		The Red house Clonliffe road	01 8371892 Fax 018372025	drumcondrateenc@crosscare.i	Teen Counselling
Cross Care Teen Counselling		Dublin3		e	
Clondalkin		Quarryvale Community and	01 6231398 Fax 016232594	clondalkinteenc@crosscare.ie	Teen Counselling
Clondalkin		leisure centre Greenfort			
Tallaght		Gardens Dublin 22	01 4623083 Fax 014627483	tallaghtteen@crosscare.ie	Teen Counselling
Tallaght		Shalom Raheen Park			
Finglas		Springfield Dublin 24	01 8646014 Fax 018646015	finglasteen@crosscare.ie	Teen Counselling
Finglas		19 Glasilawn Avenue Dublin 11	01 2844852 Fax 012360872	dunlaoghairteenc@crosscare	Teen Counselling
Dun Laoghaire		72 York Road, Dun Laoghaire		.ie	
Dun Laoghaire		Co Dublin	01 8324516 Fax 01 8324568	info@kccp.net	
Kilbarrack Coast community		Kilbarrack Community Hall			
programme ltd		Greendale Road Kilbarrack	01 4578700 Fax 01 4578700	thearches.counselling@hse.ie	Adult Counselling Service
Beacon of Light Counselling		Dublin 5	1800234113 / 0579327140 /		
Centre		4 Collinstown grove Clondalkin	0579327141 Fax 0579327617	admin@d12dvs.ie	
Centre		Dublin 22	01 4002080 / 014002085	move@moveireland.ie	
The Arches		21 Church St Tullamore Co	01 8724357	clondalkindvs@eircom.net	
The Arches		offaly and Dublin			
Domestic Violence Service	www.d12dvs.ie	Dublin 12	01 467 0655 0872581177	info@womansaid.ie	
Domestic Violence Service				info@sonashousing.ie	
Move Men Overcoming	www.moveireland.ie				
Violence Emotions		Everton House 47 Old Cabra	01 8684721 Fax 018684722		
Clondalkin Domestic violence		Road Dublin 7			
Service		Unit 8 Liberty Corner, Foley	01 8349027 Fax 018349028		
Service		Street, Dublin 1			
Womens Aid	www.womensaid.ie	Dublin central mission Lower	18008114142		
Womens Aid		abbey street			
Sonash Housing Association	www.sonashousing.ie	Le Fanu House 3b Le Fanu	01 6238001	info@ballyfermotadvance.ie	Community Drug team
Sonash Housing Association		Road Ballyfermot Dublin 10			
LifeRing Service Centre					
LifeRing Service Centre		St Stephens Green House	01 6114100	info@fsa.ie	
Ballyfermot Advance Project	www.ballyfermotadvance.ie	Earlsfort Terrace, Dublin 2			
Ballyfermot Advance Project					
Family Therapy Centre					
Family support agency					
(parenting positively	www.fsa.ie				
Barnardos					

Life line			041 984 7552 / 086 154 3722		
The drug treatment court (office)		Richmond Courthouse North Brunswick Street Dublin 7	01 888 6294 Fax 01 878 7728		Supervised treatment, education and rehabilitation for offenders with drug problems
Tallaght Drugs Task force		Tallaght partnership Killinarden enterprise centre Dublin 24	01 4664243 / 0876577957		
Addiction Response Crumlin	www.addictionresponsecrumlin.ie	160A Sunshine Industrial Estate Crumlin Road Dublin 12	01 4113222 Fax 01 4113230		Community employment, aftercare and family support programmes.
Bawnogue youth & family support group			087 7831012 / 01 4572928 / 01 4572957		
Teen Challenge International	www.teenchallenge.ie	Teen challenge national office 42a Pearse street, Dublin 2	01 671 4436	office@teenchallenge.ie	Restoring broken lives
Ballyfermot Star		7 Drumfin Park Dublin 10	01 6238002 Fax 01 623 6297	info@ballyfermotstar.ie	Support treatment aftercare rehab for drug users their families and the community
Ballyfermot Star Réalt Nua		Unit 36c Lavery Avenue Park west ind est Dublin 12	01 612 0950 Fax 01 612 0951	info@ballfermotstar.ie	Support treatment aftercare rehab for drug users their families and the community
Rutland Centre	www.rutlandcentre.ie	Knocklyon Road, Templeogue, Dublin 16	01 494 6358 Fax 01 494 6444	info@rutlandcentre.ie	Addiction treatment and Recovery
Outhouse	www.outhouse.ie	105 Capel Street, Dublin 1	01 873 4999 Fax 01 865 0090	info@outhouse.ie	Community Resource centre for gay and lesbian
Drugs Outreach	drugsoutreach@belongto.org		087 3283 668		Supporting Lesbian Gay Bisexual and transgender youth
Mabs (Clondalkin)	www.mabs.ie	Unit 5 Village Centre Clondalkin Dublin 22	01 4575782 01 4570550		Money budgeting service
Mabs (Cherryorchard)	www.mabs.ie	The Orchard Community Centre Cherry Orchard Grove Dublin 10	01 6233900		Money budgeting service
Mabs (Ballyfermot)	www.mabs.ie		01 6235443 Fax 01 6231295		Money budgeting service
Mabs (Tallaght)	www.mabs.ie	Unit 6-7 1st Floor, Block 6 High Street Tallaght Dublin 24	01 4203278 / 01 4203279 Fax 01 4203276		Money budgeting service
The Marino Therapy Centre	www.marinotherapycentre.com	42 Malahide Road, Clontarf Dublin 3	01 83303126		
PPD The Psychological Centre	http://theppd.eu/(English) http://theppd.org/(Polish)	Chelmsford house Chelmsford Road 1 Ranelagh, Dublin 6	01 443 3961 / 085 7810747	info@theppd.eu / info@theppd.org	Psychological and assessment service for immigrants
Recovery International	www.recovery-inc-ireland.ie	Bridge House, Cherry Orchard	01 626 0775	info@recovery-inc-ireland.ie	Cognitive behaviour self-

Ciall youth project		Hospital, Ballyfermot, Dublin 10	01 456 3508 Text 085 765 3128	ciallproject@eircom.net	managed recovery.
Schizophrenia Ireland	www.io;ie/lucia	Herberton Centre Raleigh Square Crumlin Dublin 12	1890 621 631 / 01 860 1620 Fax 01 860 1602	schizi@iol.ie	Under 18's substance misuse support service
Shine		38 Blessington Street Dublin 7	01 8601620 Fax 01 8601602	info@shineonline.ie	
The Job club		36 blessington street Dublin 7	01 8601610 Fax 01 8601548	smetcalfe@shineonline.ie	
The Basin Club		39 Blessington Street Dublin 7	01 8601610 Fax 01 8601548	thebasinclub@eircom.net	
Space		St Frances clinic childrens university hospital temple stret Dublin 1	01 716 6321	lorna.power@cuh.ie	Supporting parents and carers of young people who self-harm.
OSPI Europe		National Suicide Research foundation	021 4277499	claire.nsr@iol.ie	Suicide research
Aware	www.aware.ie	72 lower leeson street Dublin 2	01 661 7211 Fax 01 661 7217	info@aware.ie	Helping to defeat depression
Headline	www.headline.ie	36 blessington street Dublin 7	01 827 9022 Fax 01 827 9020	info@headline.ie	Monitoring programme for mental health and suicide Service and support for people who have experienced sexual violence
One in four	www.oneinfour.org	2 holles street Dublin 2	01 662 4070	info@oneinfour.org	
CARI		110 Lower Drumcondra Rd Dublin 9	01 8308 529 Fax 01 8306309 / 1890 924567	info@cari.ie	Children at risk in Ireland
Saoirse Women's refuge		Po Box 10819 Tallaght Dublin 24	01 463 0000		Woman's refuge
Suicide bereavement support group		Rowlagh Church (Clondalkin)	087 1386229		Support group young people
Suicide bereavement support group		Beacon of Light	087 1386229		Support group adults
Teen - line Ireland			01 462 2128 / 01 462 2124 / 1800 833634	info@teenline.ie	
Eve Limited		Thomas Court Centre 26 Hanbury Lane Thomas Street Dublin 8	01 453 1722 Fax 01 4536129	thomascourtcentre@eircom.net	Rehabilitation Service
Eve Limited		Emmet House 138-140 Thomas Street Dublin 8	01 671 9664 Fax 01 679 1754	eveadmin@eve.ie	Rehabilitation Service
Samaritans		112 Marlborough Street Dublin 1	01 872 7700	jo@samaritans.org	
A.B.C Anti bullying research and resource unit	www.abc.tcd.ie	ARTS Building Trinity College Dublin 2	01 6082573	imcguire@tcd.ie	

Parentline	Carmicheal House, North Brunswick Street Dublin 7	1890 927 277	parentline@eircom.net	
Out and about	140 st laurences road dublin 3	01 833 8252		National organisation for sufferers of agoraphobia
Emigrant Advice	1a Cathedral Street Dublin 1	01 8732844 Fax 01 8727003	info@emigrantadvice.ie	
Equality Authority	2 Clonmel Street Dublin	1890 245 545		
National Anti racism awareness programme	Department of Justice, Equality and Law Reform, Bishops Square, Redmonds hill Dublin 2	01 4790272 Fax 01 4790 201		
Irish Traveller Movement	14/5 Eustace street Dublin 2	01 6796577 Fax 01 4790201		Traveller support service
PAVEE POINT	46 North Great Charles Street Dublin 1	01 8780255 Fax 01 8742626		Irish travellers and settled people working together.
Exchange House	Exchange house, Travellers Services 42 James Street Dublin 8	01 454 6488	info@exchangehouse.ie	Traveller service
Nar-Anon	38 Gardiner Street Dublin 1	01 8748431		Help for relatives of addicts
Talbort Centre	29 Upper Buckingham Street Dublin	01 8363434 / 01 8366748		One to one counselling
Soilse	1-2 Henriette Place Dublin 1	01 872 4535		Prescribed medication programme
Soilse	6-7 North Fredrick Street Dublin 1	01 872 4535		Drug - free
CanTeen	C/O Irish Cancer Society 5 Northumberland Road Dublin 4	1800 200 700	reception@irishcancer.ie	Support group for people between the age of twelve and twenty-five that have or had cancer
Aware	147 Phibsborough Road Dublin 7	01 8308449 Fax 01 8306840	aware@iol.ie	Support groups for people with depression
245 Club	Alexian Brotherds, 245 North Circular Road Phibsborough, Dublin 7	01 838 9871		Social club for people affected by schizophrenia
Recovery Mental Health Organisation	5 Shelton Gardens Dublin 12	01 455 9074		
Barrymore house	217 North Circular Road Dublin 7	01 868 0608 Fax 01 868 1411		Addictions
Alcoholics Anonymous	109 South Circular Road Dublin 8	01 4538998		
Inchicore Community Drugs team	205 Emmet Road Inchicore Dublin 8	01 473 6502		Addictions

Ballymun Youth Action Project		1a Balcurris Road Ballymun, Dublin 11	01 8428 071 Fax 01 862 1025		Addictions
JCM house		Blanchardstown Hospital Blanchardstown Dublin 15	01 822 0220 Fax 01 822 1092		Addictions
The Cluain Mhuire Service		Newtonpark Avenue, Blackrock, Co Dublin	01 2833766 Fax 01 2833886		Addictions
Community Addiction Counselling		Health centre patrick street Dun Laoghaire	012301897 Fax 01 2808472		Addictions
The Hanley Centre		Eblana Mews Eblana Avenue Dun Laoghaire Co Dublin	01 280 9795	info@thehanlycentre.com	Dysfunction, treatment
The Alano club of ireland		21 Patrick Street Dun laoghaire	01 280 5402		Club for recovering alcoholics
S.W.A.N.		South west active Network family support 1 Main street Tallaght Dublin 24	01 4628006	swanfsg@eircom.net	Support for families affected by addiction
One Child International		One Child International Ltd Suite One, Marrion House, 1-3 Fitzwilliam street lower, Dublin 2 Ireland	868849193	edaly@abusewatch.net	
Bethany Ballinasloe Bereavement Support Group		c/o Presbytery, Dunlo Street, Ballinasloe, Galway.	087-2376977		Bereavement Support
The Samaritans	www.samaritans.org	14 Nun's Island, Galway City, Galway.	091 561222		Support Service
National Office for Suicide Prevention			091 775388	training@nosp.ie	
HSE West		HSE West, 1st Floor West City Centre, Seamus Quirke Road, Galway	091-548360	mary.osullivan@hse.ie	Suicide Prevention Resource Officer
Cathrine Mc Auley Centre		Dublin 2	01 638 7500 Fax 01 638 7568		Minority Group Associations/Helpline
Ruhama Womens Project		Dublin 2	01 8360292 Fax 01 836 0268		Minority Group Associations/Helpline
Akidwa		Dublin 1	01 855 2143		Minority Group Associations/Helpline
Anti-racism Campaign		Dublin 2	087 2338143		Minority Group Associations/Helpline
The Mews		Dublin 7	01 8381142 Fax 01 8381173		Minority Group Associations/Helpline
Bosnian Community Development Project		Dublin 2	01 6719202 Fax 01 671 9202		Minority Group Associations/Helpline
Immigrant Council of ireland		Dublin 1	01 865 6525 Fax 01 874 9695		Minority Group Associations/Helpline

Irish Council for civil Liberties		Dublin 1	01 878 3136 Fax 01 878 3109		Minority Group
Africa Cultural Project		Dublin 1	01 878 0613 Fax 01 878 0615		Associations/Helpline
Africa Solidarity Centre		Dublin 1	01 490 3237 Fax 01 490 3238		Minority Group
Migrants rights centre		Dublin 1	01 888 1355 Fax 01 888 1086		Associations/Helpline
Exchange house traveller Mabs		Dublin 11	01 864 8510 Fax 01 864 8511		Minority Group
Recovery Inc		Dublin 13	01 626 0775 Fax 01 626 4799		Associations/Helpline
Mental health Ireland		co Dublin	01 284 1166		Minority Group
CENTERCARE		Dublin Diocesan Social Service Centre, 1a Cathedral street Dublin 1	01872 6775 Fax 01 872 7003	cntcare@inigo.ie	Associations/Helpline
Salvatoin Army		P.O.Box2098, 114 Marlborough street, Dublin1	01 8740987 Fax 01 8747478		Info & support for homeless people
Granby Centre	www.salvationarmy.ie	9-10 Granby Row, Dublin 1	01 8725500	michael.dredge@salvationarmy.ie	Room for 107 men/women
Lefroy House	www.salvationarmy.ie	12-14 Eden Quay, Dublin 1	01 8743762		For families and young people
Cedar house	www.hse.ie	Marlborough Place Dublin 1	01 8731241		Shelter for 50 men
Homeless girls hostel		19 upper sherrard Street Dublin 1	01 8743742		Permanent & temporary Accommodation for homeless teenage girls
Housing association for integrated living		Shamrock Chambers 51-61 Dame street, Dublin 2	01 6718444 Fax 01 6703265	info@hail.ie	Voluntary housing association
Focus Ireland		14a Eustace Street Dublin 2	01 6712555	info@focusireland.ie	Housing information
Simon Community		National office St. Andrew's House, 28-30 Exchequer Street Dublin 2	01 6711606	info@simoncommunity.ie	Prevention and reverse of homelessness
Homeless person unit		16-19 wellington Quay Dublin 2	1800724724		
St. Vincent de Paul Society		New Cabra Road, Dublin 7	01 8384164	info@svp.ie	Support for families
Sonash Housing Association		148 Phibsboro Road Dublin 7	01 8309088 Fax 018309095	info@sonashousing.ie	Transitional housing for women & children
The Loft		The Extension St. John's lane (West) Dublin 8	01 6770691		Intervention service to young homeless people in Dublin
Trust		Bridge Road Dublin 8	01 4543799	info@trust-ireland.ie	Befriending for people who are homeless

Homeless person unit		149 James St, Dublin 8	1800 724724		
Iveagh Hostel		Bridge Road Dublin 8	14540182		
Los Angeles Society		4 Conyngham Road, Dublin 8	16774982		
Tallaght homeless Advice unit		St. Mary's Priory, Tallaght Dublin 24	01 4048100 Fax 014596784		Drop in advice unit
Interaid		27 Wyattville Close, Ballybrack Co Dublin	01 2885888		Low cost interim accommodation
Crosscare: Dun Laoghaire night service		Tivoli Road, Dun Laoghaire Co. Dublin	01 836011 / 086 3668063		Provides emergency accommodation
Treoir	www.treoir.ie	14 Gandon House, Custom House Square, IFSC Dublin 1	01 6700120 Fax 01 6700199	info@treoir.ie	National Information centre for unmarried Parents
Cherish	www.cherish.ie	2 lower pembroke st, Dublin 2	01 6629212 Fax 01 6629096	cherish@eircom.ie	Support for one parent Families
One Parent exchange & network		Unit 19, Greendale shopping centre Kilbarrack Dublin 5	01 8320264 / 086 814 3297	open@indigo.ie	
GINGERBREAD IRELAND	www.gingerbread.ie	Carmicheal house North Brunswick Street Dublin 7	01 8146618 Fax 01 8146619	info@gingerbread.ie	Support groups for single parents
Parents alone resource centre		bunratty drive Coolock Dublin 17	01 8484811 Fax 01 8481116	parc@indigo.ie	
Tallaght lone parents centre				lonefett@indigo.ie	
Tallaght young lone parents service		Brookfield Enterprise Centre Tallaght Dublin 24	01 462322 / 0863823739		For young mother 22 years and under
Lone Parents being wise and being young		Tymon/st Aengus / Brookfield / Killinarden	01 4516322 / 0868338969		
New Leaf		The Braken Court Hotel, Balbriggan Co. Dublin	087 2591532		Meets every Thursday Night 8pm
P.E.T. Parents Empowering Themselves		Enterprise House Balbriggan Co Dublin	01 8020484		
Pregnancy Counselling Service			1850 622626		Counselling and support for pregnant women
Life			1850 281281		Pregnancy Services
Absolutely unplanned pregnancy LTD			1800 559280		Counselling and support for pregnant women
CURA		30 South Anne Street Dublin 2	01 6710598		Counselling and support for pregnant women
Irish Family Planning Association	www.ifpa.ie	Solomons House 42A Pearse Street Dublin 2	01 474 0944 Fax 01 474 0945	post@ifpa.ie	Counselling, information, education & medical services
Pact		15 Belgrave Road Rathmnes Dublin 6	1850 673333		
Mens aid	www.mensaid.org		1890 390999		

National Helpline for men			085 7328141		Referral point to counselling service
St Clare's Unit		The Childrens Hospital Temple Street Dublin 1	01 8745214 / 018742887		Assessment service for young people where sexual abuse has or may have occurred.
Well Woman Head Office Sexual Assault Unit		Rotunda Hospital Dublin 1	25 Capel Street Dublin 1 01 8730700 Fax 01 8726523	01 8749243 Fax 01 8749339 info@rotunda.ie	info@wellwomancentre.ie
One in Four	www.oneinfour.org	2 Holles Street Dublin 2	01 6624070		Support to men & women who have experienced sexual abuse or sexual violence
Dublin Rape Crisis Centre	www.drcc.ie	70 Lower Leeson Street Dublin 2	Freephone 1800778888	rcc@indigo.ie	24 hour telephone service
Women's Aid		Everton House 47 Old Cabra Road Dublin 7	Helpline 1800 341 900		
First Contact		Richmond Business Campus Brunswick Street Dublin 7	1850 323233		Support Male domestic violence
Turning Point		23 Crofton Road Dun Laoghaire Co Dublin	01 2807888 Fax 01 2800643	turningpoint@eircom.net	
CARI Children at Risk in Ireland Foundation	www.cari.ie	National office 110 Lower Drumcondra Road Dublin 9	01 8308529 Fax 01 8306309	info@cari.ie	Counselling service for people who have experienced sexual abuse
Crosscare Teen Counselling		The Red House Clonliffe road Dublin 3	01 837 1892	drumcondrateenc@crosscare.ie	Teen counselling
Crosscare Teen Counselling		Quarryvale Community and Leisure centre Greenfort gardens	01 623 1398 Fax 01 623 2594	clondalkinteenc@crosscare.ie	Teen counselling
Crosscare Teen Counselling		Shalom Raheen Park Springfield Dublin 24	01 462 3083 Fax 01 4627483	tallaghtteenc@crosscare.ie	Teen counselling
Crosscare Teen Counselling		19 Glasilawn Avenue Dublin 11	01 864 6014 Fax 01 864 6015	finglasteenc@crosscare.ie	Teen counselling
Rutland Centre	www.rutlandcentre.org	Rutland Centre Knocklyon Road, Templeogue, Dublin 16	01 494 6358 Fax 01 4946444	rutlandcentre_ed@eircom.net	Addiction Treatment centre
National Educational Psychological		50 Tower Road Clondalkin Dublin 22	01 464 2268 Fax 014642060	info@pcicollege.ie	PCI College
Huntingtons Disease	www.huntingtons.ie	Carmichael House North Brunswick Street Dublin 7			
Drugs Outreach			087 328 3668		Gay & Lesbian Organisation
SI Social gatherings for transgendered people		Dublin	01 878 3621		Gay & Lesbian Organisation
Outhouse		Dublin 1	018734999 Fax 018650090		Gay & Lesbian Organisation
Gloria		Dublin	01 862 0420		Gay & Lesbian Organisation

CentreCare	Dublin 1	01 8726775	Gay & Lesbian Organisation
GMHP Outreach Services	Dublin 1	01 873 4952	Gay & Lesbian Organisation
Belong to youth project	Dublin 1	01 873 4184	Gay & Lesbian Organisation
Amnesty International LGBT Group	Dublin 2	01 677 6361	Gay & Lesbian Organisation
National Lesbian and Gay Federation	Dublin 2	01 671 0939	Gay & Lesbian Organisation
Gay mens health project	Dublin 4	01 660 2189	Gay & Lesbian Organisation
Gay switch board	Dublin 2	01 872 1055	Gay & Lesbian Organisation
Equality Authority	Dublin 2	01 417 3333	Gay & Lesbian Organisation

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
<h2>Galway</h2>					
Aware North West Connemara	www.aware.ie	Forum Offices, Darling Street, Letterfrack, Co. Galway.	087-2993142		First Thursday of each month at 8pm.
Jigsaw Galway		Fairgreen Road, Galway City.	091 549 252		Youth Organisation
Console	www.console.ie	9A Elm Park, Renmore, Galway.	091 769942		Suicide Bereavement Support
Console		Console House 26 Bowling Green Galway city	091 537 333 Fax 091 537 373		Suicide Bereavement Support
Galway Diocesan Pastoral Centre		Arus De Brun, Newtownsmith, Galway	091 565066		counselling
Pro Consult		1 St. Helens Street, Cook's Corner, Galway	091 589581		counselling
Youth Work Ireland		41-43 Prospect Hill, Galway City, Galway.	091 561637		Youth Organisation
Solas Family Resource Centre		Main Street, Headford, Galway.	093-36446	info@solasfrc.ie	Bereavement Support
Move Men Overcoming Violence Emotions	www.moveireland.ie		091-536400	move@moveireland.ie	
Aware Loughrea	www.aware.ie	Loughrea Respond Community, Meadowbrook Court, Loughrea, Co. Galway.	087-2993142		2nd and 4th Monday of each month at 8pm.

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
Kerry					
Kerry Diocesan Youth Service East Kerry MHA (branch of Kerry MHA) Castleisland MHA (branch of Kerry MHA) Iveragh MHA (branch of Kerry MHA) Kenmare MHA (branch of Kerry MHA) Kerry MHA Killarney MHA (branch of Kerry MHA) Killorglin MHA (branch of Kerry MHA) Listowel & District MHA (branch of Kerry MHA) Tralee MHA (branch of Kerry MHA) West Kerry MHA (branch of Kerry MHA)	www.kdys.ie	Fairhill, Killarney, Co. Kerry Cherryfield House, Coolgrane, Killarney, Co. Kerry	064-6631748 087 6998901	killarney@kdys.ie	
Aware Kerry Relatives	www.aware.ie	The Meadowlands Hotel, Castle Street, Tralee, Co. Kerry	087-2993142		1st Wednesday of every month at 8pm.
Aware Tralee	www.aware.ie	St. John's Church, Castle Street, Tralee, Co. Kerry	087-2993142		Every Tuesday at 8pm
Jigsaw Kerry		Unit A1, Edward Court, Tralee, Co. Kerry.	066 7186785		Youth Organisation
Console		Catherine McAuley Centre, Balloonagh, Tralee, Co. Kerry	01-610 2638		Suicide Bereavement Support
Southwest Counselling Centre (Kerry Lifeline)	Emmett's Road, Killarney, Co. Kerry.	064 6636100			Suicide Support
Castlemaine Family Resource		Tralee Rd., Castlemaine, Co.	066-9767833		Bereavement Support

Centre		Kerry.			
Living Links Kerry		Sean Scoil, Sunhill, Killorglin, Co. Kerry.	066-9790953 / 087-7955908		Suicide Bereavement Support
Listowel Family Resource Centre		Upper Church St, Listowel, Co. Kerry	068-23584		Bereavement Support
Killorglin Family Resource Centre		39 Iveragh Park, Killorglin, Co. Kerry	066-9762933		Bereavement Support
South West Kerry Family Resource Centre		6 West Main Street, Cahersiveen, Co. Kerry.	066-9481000		Bereavement Support
Droichead Na Daoine (Sneem)		Seaview, Sneem, Co. Kerry.	064-75879		Bereavement Support
Ballyspillane Community and Family Resource	Ballyspillane Estate, Killarney, Co. Kerry	064-6635589			Bereavement Support
Cuan Counselling Service		The Monastery, The Mall, Dingle, Co. Kerry.	087-8275084		Counselling
Buds Family and Community Resource Centre	Benmore, Ballyduff, Tralee, Co. Kerry	066-7148883			Bereavement Support
Kerry Counselling Centre		D17 Edward Court, Edward Street, Tralee, Co. Kerry.	066 7122931		Counselling
Kerry Adolescent Counselling Service		Balloonagh, Tralee, Co. Kerry	066 7181333		Youth Counselling
Killarney Community Hospital		Home Care Office, Killarney, Co. Kerry.	064 39645		Counselling
Medical Centre		7 Cloondara, Oakpark, Tralee, Co. Kerry	066 7121792		Counselling
Tarbert Bereavement Support Group		C/O St. Marys Church, Tarbert, Co. Kerry	068 36144		Bereavement Support
Be Aware Prevent Suicide		Ballaugh, Killarney, Co. Kerry.	086-2308788		Suicide Awareness
HSE South, Cork and Kerry		Mental Health Resource Office, HSE South, Perrott House, Skibbereen Hospital Grounds, Skibbereen, Co. Cork.	028-40402	agnes.cahill@hse.ie	Coordinator of Training and Support Services, Mental Health Resource Office.

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
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Kildare

Kildare Youth Services	www.kys.ie	Canal Stores, Basin Street, Naas, Co. Kildare.	045-897893 045-856968	reception@kys.ie	
Athy MHA					
Celbridge MHA					
Friends of Larine House MHA Naas, Newbridge & Kildare MHA					
Aware, Leixlip	www.aware.ie	Scoil San Carlo, Captain's Hill, Leixlip, Co. Kildare.	01-6617211		Every Monday at 8pm (excl Bank Hols) Relatives support group also in the same venue at 8.00pm.
Athy Community Council		82 Leinster St., Athy, Kildare.	059 8638099		Bereavement Support
Kildare Suicide Bereavement Support		Tandys Bridge, Oldtown, Naas, Co. Kildare.	045 895629		Suicide Bereavement Support
Bethany Athy		c/o 22 Woodstock St., Athy, Kildare.	056 8632596		Bereavement Support
Newbridge Family Support Centre		264 Dara Park, Newbridge, Kildare.	045 43873		Counselling
BETHANY MAYNOOTH BEREAVEMENT SUPPORT GROUP	2 Maynooth Park, Maynooth, Co. Kildare.	01-6293018			Bereavement Support
Personal Counselling and Psychotherapy Centre	Suite 2 Castle Buildings, Friary Road, Naas, Co. Kildare.	045 896699			Counselling
Console	www.console.ie	Console House, 4 Whitethorn Grove, Celbridge.	01 610 2638		Suicide Bereavement Support
Kildare Suicide Bereavement Support			045-895629		
HSE (Kildare, Wicklow, South Dublin.)	www.hse.ie	Dept of Health Promotion, HSE Dublin Mid-Leinster, 52 Broomhill Road, Tallaght, Dublin 24.	01-4632800	training.sdkw@hse.ie	Department of Health Promotion
Kildare Turas Le Cheile Move Men Overcoming Violence Emotions	www.moveireland.ie	First Floor, Clare Road, Ennis, Co Clare	086-0566819		
		National Learning Network Unit J4 Maynooth Business Campus, Maynooth Co Kildare	0877966180 (Kildare)	move@moveireland.ie	Men overcoming violence
Chioces Programme			01 6510 329	nlnchoicem@nln.ie	Rehabilitative training for mental health
Smile Ireland	www.pr1.ie /	Kandoy House 2 Fairview	015143000 Fax 015143005	helen@pr1.ie	

Accord Central Office	www.smileireland.ie	Strand Dublin 3 Ireland	0862332725		
	www.accord.ie	Columba Centre, Maynooth Co, Kildare	01 505 3112 Fax 01 6016410	admin@accord.ie	Marriage and relationship Counselling
Teen Challenge International	www.teenchallenge.ie	Teach Shechem, Rickardstown, Newbridge Co Kildare	045 436416	office@teenchallenge.ie	
Choices Programme		National learning network	059 8640024 Fax 059 8640025	nlnchoicea@nln.ie	Rehabilitative training for mental health
Choices Programme		National learning network Naas	045 521 093 086 210 6411	nlnchoiceK@nln.ie	Rehabilitative training for mental health
Link 2b active	www.sdcsp.ie	South Dublin County Sports Partnership, C/o County Hall, Tallaght Dublin 24	01 414 9000 ext 2678	info@sdscsp.ie	Activity at reduced rates
Missing persons helpline			1800 616617		
Kildare Community Partnership		Jiggenstown Commercial Centre Old Limerick Road Naas Co Kildare	045 895450		
KILDARRE CO CHILDCARE COMMITTEE		The wods, Clane, Co Kildare	045 861307		

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
<h2>Kilkenny</h2>					
Ossory Youth	www.ossoryyouth.com	Desert Hall, New Street, Kilkenny	056-7761200		
Kilkenny MHA					
Aware, Kilkenny.	www.aware.ie	Fr. McGrath Family Resource Centre, St. Joseph's Road, Kilkenny.	01-6617211		Every Thursday at 7.30pm
Lifeline		C/O Ossory Youth, Desert Hall, New Street, Kilkenny.	056 7761200		Suicide Awareness
Kilkenny Bereavement Support		Villa Maria, Talbot Inch, Freshford Road, Kilkenny.	056 7756538		Bereavement Support

Kilkenny Social Service		Waterford Rd., Kilkenny.	056 7756998		Suicide bereavement Support Counselling Youth Organisation Training and Development Officer in Suicide Prevention.
Patrick St. Medical Centre		Patrick St., Kilkenny.	086 8877936		
Foroige		9 Dean St., Kilkenny.			
HSE	www.hse.ie	John Kennedy (SafeTALK)	051-874013	john.kennedy1@hse.ie ,	
Defence Forces		Agatha Lawless (ASIST)	056 7721174	agatha.lawless@hse.ie desmacauley@eircom.net	

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Laois

Youth Work Ireland Laois	www.ywilaois.ie	Shamrock House, Abbeyleix Road, Portlaoise, Co. Laois	057-8665010	laoisyouth@gmail.com	
Portarlington MHA					
Portlaoise MHA					
Rathdowney MHA					
Portlaois Bereavement Support Group		Portlaoise Parish Centre, Portlaoise, Co. Laois.	057-8621142/086-8157320		Bereavement Support
Mountmellick Development Association		Irishtown, Mountmellick, Co. Laois.	057-8624525		Bereavement Support
Portarlington Care Service Ireland		Portarlington Enterprise Centre, Canal Road, Portarlington, Co. Lais.	087 1302899		Counselling
HSE Longford, Westmeath, Laois, Offaly.	www.hse.ie	Suicide Prevention Office, HSE Dublin Mid Leinster, Old Birr Hospital, John's Terrace, Birr, Co. Offaly.	057-9357807	josephine.rigney@hse.ie	Suicide Prevention Officer.
Phoenix Project New beginnings	www.phoenixproject.ie	The Waterfront Offices French Church Street Portarlington Co Laois	057 8636830 057 8636831	support@phoenixproject.ie	Free advice & assistance to people encountering legal, financial and emotional difficulties arising from debt

Limerick Youth Service	www.limerickyouthservice.com	5 Lower Glentworth Street, Limerick	061-412444	lys@limerickyouthservice.com	
Le Cheile	www.lecheile.info		061-446786	lecheilelimerick@eircom.net	
Mental Health Officer			061-461323	patsy.obrien@mailh.hse.ie	
Pieta House	www.pieta.ie	Ardaulin, Mungret, Limerick.	061-484444	mary@pieta.ie	Suicide and Self Harm Prevention Centre
Console Limerick	www.console.ie	Console House, 114 The Grange, Raheen, Limerick	061 306792		Suicide Bereavement Support
Regional Suicide Bereavement Healing Programme		Limerick Diocesan Pastoral Centre, Denmark Street, Limerick.	061 400133		Suicide Bereavement Support
Abbeyfeale Bereavement Support Group		Mountmahon, Abbeyfeale, Co. Limerick	068 31203		Bereavement Support
Ardagh/Carrickerry Bereavement Group		Glensharrold, Athea, Co. Limerick.			Bereavement Support
Hospital Family Resource Centre		Knockaney Rd., Co. Limerick.	061 383884		Counselling At the heart of the Compassionate Community project is the understanding that the experiences of death, dying, loss and care affect us all, but they are never easy to deal with. They talk together about death and dying, how they support and care for each other through illness, loss and grief.
Milford Care Centre	www.compassionatecommunities.ie	Castletroy, Co. Limerick	086-7851684	c.mcgloughlin@milfordcarecentre.ie	
Our Lady of the Rosary Bereavement Support Group		C/O 3 Sunville Court, North Circular Road, Limerick.	087 2366981		
Our Lady Queen of Peace Bereavement Support Group		27 Daly Ave., Jonesboro, Co. Limerick.	061 415651		
Social Services Centre		Henry St., Limerick, Co. Limerick.	061 314111		
Southill Family Resource Centre		267 Avondale Court, O'Malley Park, Southill.	061-440250		Bereavement/Counselling

Fedamore Loss and Bereavement Support Group		Fedamore, Co. Limerick.	061-390341		Bereavement Support
St. Munchin's Family Resource Centre		26-28 Clonconnane Road, Ballynanty, Co. Limerick	061-326623		Bereavement/Counselling
HSE West: Limerick, Clare, North Tipperary		HSE WEST, St. Joseph's Hospital, Mulgrave Street, Limerick.	061-461454	berniem.carroll@hse.ie	Suicide Strategy Coordinator
Suicide Prevention Limerick			087-2725743		Patrol the river in Limerick for people who might be thinking about suicide.
Move Men Overcoming Violence Emotions			61367881	move@moveireland.ie	
CARI		2 Garryowen Road St Johns Limerick	061 413331	carifoundation@indigo.ie	Children at risk in Ireland

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
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Longford

Youth Work Ireland County Longford		6 Earl Street, Longford	043-334090	longfordyouthservice@gmail.com	
Longford Community Mental Health Centre			086-8157320		
Midland Living Links	www.livinglinks.ie	Brocca Road, Mucklagh, Tullamore, Co. Offaly	086-1600641		Suicide Bereavement Support
HSE	www.hse.ie	Suicide Prevention Office, HSE Dublin Mid Leinster, Old Birr Hospital, John's Terrace, Birr, Co. Offaly.	057-9357807	josephine.rigney@hse.ie	Suicide Prevention Office

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
<h2>Louth</h2>					
SoSad Dundalk		31 Williamson's Place, Dundalk.	042-9668992		24 hour suicide emergency support from our 5 branches that offer a range of suicide prevention and suicide intervention initiatives. Detailed suicide risk assessments, free one to one counselling, regular follow up calls, suicide bereavement support, advice and care, suicide awareness events and campaigns.
SoSad Drogheda		60 Trinity Street, Drogheda, Co. Louth.	041 9848754		24 hour suicide emergency support from our 5 branches that offer a range of suicide prevention and suicide intervention initiatives. Detailed suicide risk assessments, free one to one counselling, regular follow up calls, suicide bereavement support, advice and care, suicide awareness events and campaigns.
Armagh Diocesan Pastoral Centre	www.parishandfamily.ie/Pastoral_Centre	Mount Oliver Centre, Dundalk, Co. Louth	042 9371234	pastoralcentredlk@oceanfree.net	Bereavement support
Jean Casey (Counsellor)		Lynnbrook, The Lynns, Annagassan, Co. Louth	042-9372047	jeancasey@eircom.net	Provides counselling and psychotherapy to individuals and groups; also gives talks and workshops.
Drogheda Community Services		Scarlet Crescent, Drogheda, Co. Louth.	041 9836084	info@droghedacsc.net	One-to-one bereavement counselling. Counselling available 9.00am to 5.00pm and evenings by appointment.

					SERVICE AVAILABLE FOR FREE.
Apple Tree Foundation	www.appletreefoundation.ie	Roden House, Roden Place, Dundalk, Co. Louth.	042-9329532		The vision of Dundalk Youth Centre is to create a supportive relational environment where young people in our community are welcomed, valued and encouraged to get in touch with and express their individual gifts through creativity and the arts.
Samaritans	www.samaritans.org	3 Leyland Place, Stockwell Street, Drogheda, Co. Louth.	041-9843844	jo@samaritans.org	
O'FIAICH COLLEGE PASTORAL CARE	http://www.ofiaichcollege.ie/support.html	Hoey's Lane, Dundalk, Co. Louth	042-9331398	info@ofi.ie	Provides one-to-one counselling for individuals experiencing bereavement and family issues. This service is available for free. Counselling Organisation with Christian ethos. By appointment.
DUNDALK CHRISTIAN COUNSELLING CENTRE		Ardee Terrace, Ardee Road, Dundalk, Co. Louth	042-9327094		Affordable counselling services:
Dundalk Councelling Centre		Oakdene, 3 Seatown Place, Dundalk	042-9333042		Marriage/Relationship counselling, Child Counselling, Bereavement Counselling/Support. Meetings: Every Wednesday at 8pm, except 2nd Wednesday of each month.
Aware Drogheda	www.aware.ie	Peter Street, Drogheda, Co. Louth	085-8568204		
Drogheda MHA					
Dundalk MHA			042-9337564		Raising awareness of mental health issues.
HSE	www.hse.ie	Health Promotion Unit, HSE Dublin North East, St. Brigids Complex, Ardee, Co. Louth.	041 6850674	garreth.phelan@hse.ie	
Youth Work Ireland Louth	www.youthworkireland.ie	Rivercourt Business Centre, Dundalk, Co. Louth.	042-9338323	kevin@lyf.ie	

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
<h1>Mayo</h1>					
Castlebar Counselling and Therapy Centre "Four Winds"	www.dctc.ie	Westport Road, Castlebar, Mayo.	094 9028746/087-2229679	castlebarpsychotherapy@eircom.net	Provide individual counselling, couples and family counselling, training in working with suicide bereaved and public lectures. Open: Mon-Fri 9.30am-5.30pm evening appointments available.
Knock Counselling Centre	http://www.knock-shrine.ie/uploads/documents/Knock%20Counselling%20Brochure.pdf	Knock Shrine, Knock, Mayo	094 9388100	counsellingknock@eircom.net	Counselling for individuals and families of the bereaved and suicide bereaved; group sessions for those bereaved by suicide.
Solace The Family Life Centre	www.familylifecentre.ie	Chapel Street, Castlebar, Mayo.	094-9025900	info@familylifecentre.ie	Provide individual and group bereavement support and suicide bereavement support; Rainbows programme and in-service training for bereavement support worker. Opening hours: 9.30am-5.30pm. Closed 1pm-2pm.
Console, Swinford	www.console.ie	Whitethorn Cottage, Tullynahoo, Midfield, Swinford, Co. Mayo	01-6102638		Suicide Bereavement Support/24 hour freephone suicide prevention helpline.
The Health Service Executive Western Area Ballina MHA (branch of Mayo MHA) Ballinrobe MHA (branch of Mayo MHA) Ballintubber MHA (branch of Mayo MHA)		St. Mary's Hospital, Castlebar, Co. Mayo	094-9021333		

Mayo MHA Westport MHA (branch of Mayo MHA)	www.mentalhealthmayo.ie	2 New Antrim Street, Castlebar, Co. Mayo.	094-9038148	online form	
Aware Ballinrobe	www.aware.ie	The Credit Union House, Main Street, Ballinrobe, Co. Mayo	087-2993142	wecanhelp@aware.ie	Regular Support Group meets every Thursday at 8pm. The Relatives Support Group meets once a month (the last Thursday of the month at 8pm)
Aware Castlebar	www.aware.ie	St. Vincent de Paul Centre, Auray Place, Castlebar, Co. Mayo.	087-2993142		Every Tuesday at 8.30pm. Relatives' group meets 1st Tuesday of the month.
HSE West	www.hse.ie	HSE West, 1st Floor West City Centre, Seamus Quirke Road, Galway	091-548360	mary.osullivan@hse.ie	Suicide Prevention Resource Officer.
IAS The Irish Association of Suicidology	www.ias.ie	16 New Antrim St Castlebar Co Mayo	094 9250858 Fax 094 9250859	info@ias.ie	
Neps National education psychological	www.education.ie/neps	Neps Head Office Frederick Court 24/27 North Frederick Steet Dublin 1	01 889 2787/89		Contact Head office for all other centres around the country.

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
Meath					
Navan Mental Health Housing Association		1 The Courtyard Mews, Navan, Co. Meath	046-9073419		
Amen	www.amen.ie	St Anne's Resource Centre, Railway Street, Navan, Meath	046 9023718/0469076864	info@amen.ie	Provide a helpline, counselling support and peer support. Opening Hours: 9am-5pm

Bethany Ashbourne		126 Deerpark, Ashbourne, Co. Meath.	087-2715222		Provide listening support service to individuals and groups and home visits as requested. Opening hours: 8pm-9pm on 3rd Tuesday of each month and 10.30am-11.30am on 3rd Wednesday of each month. No charge.
Eureka Secondary School		Kells, Meath.	046-9240132		Offer general bereavement support to individuals and groups and home visits as requested.
Kells Parish Bereavement Support Group	www.kellsparish.ie	C/O Parish Office, Kells, Meath	Martin Grace	info@kellsparish.ie	To visit, listen and support people with the death of a love one or loss of any kind. A safe space is provided for people to talk freely either in a group setting or on a one to one basis about their experience of grief. Opening hours: Tuesday to Saturday 10.30to 1.00pm and 2.00-5.00pm
Living Links	www.dowdstownhouse.com	Dowdstown House, Dalgan Park, Navan, Co. Meath	046 9021407	dowdstownhouse@eircom.net	Provide confidential, practical support and advice to those families bereaved by suicide. Opening hours: 10.00am-1.00pm
Ray Youth Cafe Jigsaw Meath		Trim, Co. Meath. 1 Brews Hill, Navan, Co. Meath	086 2118793 046 9071702 / 086 7269626		Youth Organisation Youth Organisation 24 hour suicide emergency support from our 5 branches that offer a range of suicide prevention and suicide intervention initiatives.
SoSad		4 O'Growney Tce, Navan, Co. Meath	046 9031855		Detailed suicide risk assessments, free one to one counselling, regular follow up calls, suicide bereavement support, advice and care, suicide awareness events and

					campaigns.
Kells People's Resource Centre		5 Church Street, Kells, Co. Meath	046-9247161		Bereavement Support
Meath Youth Federation	www.meathyouthfederation.ie	14 Ludlow Street, Navan, Co. Meath	046-9022707	myfed@eircom.net	
HSE North East (Cavan, Monaghan, Louth, Meath.	www.hse.ie	Health Promotion Unit, HSE Dublin North East, St. Brigids Complex, Ardee, Co. Louth.	041 6850674	garreth.phelan@hse.ie	Suicide Prevention Resource Officer
Kells MHA					
South Meath MHA					
Move Men Overcoming Violence Emotions	www.moveireland.ie		868561005	move@moveireland.ie	
Mosney Preschool Facility Accommodation Centre		Mosney Co Meath	041 982 9200 / 086 3822480	liz.oreilly@docharity.net	Daughters of Charity Day care Nurseries

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
Monaghan					
Ballybay MHA					
Carrickmacross MHA					
Castleblaney MHA					
Monaghan MHA					
SoSad		6A Parnell St., Carrickmacross, Co. Monaghan	042-9668992		
Blaney Blades		Iontas, Clonnabury, Castleblaney, Co. Monaghan	042-9753410		Bereavement Support
Monaghan Bereavement		32 Park St., Monaghan, Co.	047-82196		Bereavement Support

Support Group		Monaghan.			
Life Support		19/20 Rear Office, Park Street, Monaghan Town, Co. Monaghan.	1890-555121		Bereavement Support
HSE North East (Cavan, Monaghan, Louth, Meath.	www.hse.ie	Health Promotion Unit, HSE Dublin North East, St. Brigids Complex, Ardee, Co. Louth.	041 6850674	garreth.phelan@hse.ie	Suicide Prevention Officer
Youth Work Ireland Roscommon & NE Galway	www.youthworkireland.ie/monaghan	Youth Information Centre, York Street, Castleblaney, Co. Monaghan	042-9751979	info@ywimonaghan.ie	
Mind Yourself		Iontas, Clonnabury, Castleblaney, Co. Monaghan	087 982 9224		

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
Monaghan					
Birr MHA					
Tullamore MHA					
Aware, Tullamore Relatives		The Community Mental Health Centre, Bury Quay, Tullamore, Co. Offaly.	01-6617211		
Offaly Cloghan House			086-8157320		
Tullamore Bereavement Support Group		Parish Centre, Benburb Street, Tullamore, Co. Offaly.	057-9326604		Bereavement Support
Midland Suicide Bereavement Support Group		The Arches, 21 Church Street, Tullamore, Co. Offaly.	086 8157320		Suicide Bereavement Support
Midland Suicide Bereavement Support Group		Community Mental Health Centre, Wilmer Road, Birr, Co. Offaly	086 8157320		Suicide Bereavement Support
Living Links Midlands	www.livinglinks.ie	Brocca Rd, Mucklagh, Tullamore, Co. Offaly.	086-1600641		Suicide Bereavement Support
Ferbane Bereavement Group		The Presbytery, Ferbane, Co. Offaly	090-6454380		Bereavement Support

Clara Community & Family Resource Centre		The Parochial Hall, River Street, Clara, Co. Offaly.	057-9331928		Bereavement Support
Arden View Community & Family Resource Centre		Arden View, Tullamore, Co. Offaly	057-9320598		Bereavement Support
Jigsaw Offaly		Cormac Street, Tullamore, Co. Offaly.	086 836 2376		Bereavement Support
HSE Officer Mid-Leinster	www.hse.ie	Suicide Prevention Office, HSE Dublin Mid Leinster, Old Birr Hospital, John's Terrace, Birr, Co. Offaly.	057-9357807	josephine.rigney@hse.ie	Suicide Prevention Officer

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
<h2>Roscommon</h2>					
The Family Insitute	www.achonrydiocese.org/index.php/family-institute	Church Street, Ballaghaderreen, Roscommon.	094 9861000	ethnaogrady@eircom.net	Counselling and psychotherapy. Brochure: http://www.achonrydiocese.org/famins.pdf
Family Life Centre	www.familylifecentre.ie	Boyle, Co. Roscommon	071-9663000	info@familylifecentre.ie/bconlon@familylifecentre.ie	Counselling and psychotherapy centre Vita House Family Centre provides professional counselling and psychotherapy services available to individuals, couples, families and groups. Bereavement support, suicide bereavement support on individual basis and in a group context by request. Rainbows programme for children and adolescents. Opening Hours M-F 9.30am to 5.30pm
Vita House Family Centre	www.vitahouse.org	Abbey Street, Roscommon, Co. Roscommon.	090 6625898	vitahouse@eircom.net or info@vitahouse.org	

<p>Living Links</p>	<p>www.livinglinks.ie</p>		<p>086-0311888</p>		<p>Living Links provides outreach, practical help, advice and support to persons bereaved by suicide. Trained individuals are available to offer confidential practical support and advice to families bereaved by suicide. Provide a co-ordinated range of services in a particular geographical area which are relevant, accessible and attractive to young people.</p>
<p>Youth Work Ireland</p>	<p>www.roscommonyouth.ie</p>	<p>Castle Street, Roscommon, Co. Roscommon.</p>	<p>090-9678322/090-6625395</p>	<p>yicrosc@eircom.net</p>	<p>Youth Organisation - Jigsaw works by engaging young people, organisations, families and other support agencies in the community, so that we are all better able to respond to the mental health and well-being needs of young people aged 12-25.</p>
<p>Jigsaw Roscommon</p>	<p>www.jigsaw.ie/roscommon</p>	<p>Unit 12, Tower B, Roscommon West Business Park, Golf Links Road, Roscommon Town.</p>	<p>091 549 252</p>	<p>roscommon@jigsaw.ie</p>	<p>Counselling Organisation Mon-Fri 10.am-5.00pm Available at a low cost. Counselling issues covered include suicidal feelings and self-harm. Graeme did some research into suicide and subsequently to launch 'Choose Life' in an effort to raise coping with thoughts of suicide, self-harm or depression. These DVDs have been ordered by over 300 secondary schools around the country, mainly for use in religion and SPHE classes.</p>
<p>CUAN AIRE FAMILY LIFE CENTRE</p>		<p>St. Patrick's Street, Castlereagh, Co. Roscommon</p>	<p>094-9620057</p>		<p>Counselling Organisation Mon-Fri 10.am-5.00pm Available at a low cost. Counselling issues covered include suicidal feelings and self-harm. Graeme did some research into suicide and subsequently to launch 'Choose Life' in an effort to raise coping with thoughts of suicide, self-harm or depression. These DVDs have been ordered by over 300 secondary schools around the country, mainly for use in religion and SPHE classes.</p>
<p>Hope Trust</p>	<p>www.hopecounseling.ie</p>	<p>Ballybrogan, Lecarrow, Co. Roscommon</p>	<p>090 6489839/0851140983</p>	<p>info@hopecounseling.ie</p>	<p>Meetings</p>
<p>Aware, Ballaghaderreen</p>	<p>www.aware.ie</p>	<p>Health Centre, Convent Road, Ballaghaderreen, Co. Roscommon.</p>	<p>087-2993142</p>		<p>Meetings</p>

Aware, Ballina	www.aware.ie	Family Resource Centre, Abbey Street, Ardnaree, Ballina, Co. Mayo	087-2993142		Note on GRASP: Unfortunately this support meeting is currently not available. The meeting hopes to resume in October 2012. (Wednesday, 8pm to be reconfirmed for October.)
Ballaghaderreen MHA					
Boyle MHA					
Castlerea MHA					
Roscommon MHA					
HSE	www.hse.ie	HSE West, 1st Floor West City Centre, Seamus Quirke Road, Galway		mary.osullivan@hse.ie	Suicide Prevention Resource Officer: Roscommon

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
Sligo					
Ballymote Family Resource Centre	www.familyresource.ie	Wolfe Tone Street, Ballymote, Co. Sligo.	071-9197818/071-9189876	ballymotefrc@eircom.net	Bereavement Support/Provide support and info to the Ballymote area. Offer counselling, bereavement and suicide bereavement groups and seminars on loss and bereavement. Opening hours: 9.30am-4.00pm, Counselling by appointment. No charge. Provide support and counselling to individuals and families. Opening hours: 9.30am-5.30pm Mon-Fri Charge: Yes.
St. Michaels Family life Centre	www.stmichaelscentre.wordpress.com	Church Hill, Sligo.	071-9170329	stmichaelsfamilylifecentre@eircom.net	
Sligo Social Service Council Ltd	www.sligosocialservices.ie	Charles Street, Sligo	071-9145682	sligosocialservices@eircom.net	

North Connaught Youth Service	www.youthworkireland.ie /www.ncycs.ie	Rockwood Parade, Sligo.	071-9145578	youthservice@eircom.net	Support the development of young people, to enable them to take greater control of their own lives by making decisions and to exercise responsibility and contributing to the development of both their community and their society. Mental Health Promotion Officer and Suicide Prevention Resource Officer. Support meetings 2nd and 4th Wednesday of each month at 8pm.
HSE	www.hse.ie	HSE West, JFK House, JFK Parade, Sligo	071-9135061	michaelp.rainsford@hse.ie	
Aware, Sligo	www.aware.ie	Markievicz House, Barrack Street, Sligo	01-6617211		
Ballymote MHA					
Easkey MHA Sligo MHA Tubbercurry MHA					

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
Tipperary					
Living Links	www.livinglinks.ie	Urra, Ballycommon, Nenagh, Co. Tipperary.	087-4122052	info@livinglinks.ie	Living Links provides outreach, practical help, advice and support to persons bereaved by suicide. Trained individuals are available to offer confidential practical support and advice to families bereaved by suicide.
South Tipperary Gen. Hospital	www.hse.ie	Western Road, Clonmel, Tipperary.	052-77341	maryt.connolly@maila.hse.ie	General bereavement
Suicide Understanding and		c/o Caragh, Brittas Road,	0504-21476		Suicide Bereavement Support

Support(SUAS)		Thurles, Tipperary			- 24 hour phone service. No charge.
HSE	www.hse.ie	HSE WEST, St. Joseph's Hospital, Mulgrave Street, Limerick.	061-461454	berniem.carroll@hse.ie	Suicide Strategy Coordinator
North Tipperary Community Services		Loreto House, Kenyon Street, Nenagh.	067-31800		Bereavement Support
St. Olivers Bereavement Service		St. Olivers Parish Office, Glenconnor, Clonmel, Co. Tipperary.	052 6125679		One-to-one support offered to the bereaved. Opening hours: 930am-430pm. No charge
John Kennedy (safeTALK) and Agatha Lawless (ASIST), Training and Development Officer in Suicide Prevention. Spafield Family Resource Centre	www.hse.ie		051-874013		Training and Development Officer in Suicide Prevention.
ST. MICHAEL'S BEREAVEMENT SUPPORT GROUP	St. Michael's Road, Co. Tipperary	Old Road, Cashel, Tipperary.	062-63622		Bereavement Support
Thurles Bereavement Support Group		062-51283			Bereavement Support
Bethany Borrisokane Bereavement Support Group	Borrisokane, Co. Tipperary	Stannix House, Thurles, Co. Tipperary	086-8904369		Bereavement Support
Templemore Community Services Centre		086-8060636			Bereavement Support
Aware, Thurles	www.aware.ie	Bank Street, Templemore, Co. Tipperary	0504-31244		Bereavement Support
Youth Work Ireland	www.trys.ie	St. Vincent De Paul Centre, Parnell Street, Thurles, Co. Tipperary.	085-8568204		
Nenagh & District MHA		Croke Street, Thurles, Co. Tipperary.	0504-23426	trysmanager@eircom.net	
Roscrea MHA					
South Tipperary MHA					
Thurles MHA					
West Tipperary MHA					
Move Men Overcoming Violence Emotions	www.moveireland.ie		067 27882	move@moveireland.ie	

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
<h1>Waterford</h1>					
Console	www.console.ie	Youth Services Centre, Farronshoneen, Dunmore Road, Co. Waterford.	1800-201890	info@console.ie	Suicide Bereavement Support/24 hour freephone suicide prevention helpline. Individual counselling, telephone counselling and support and support groups. No charge.
Family Ministry	http://www.waterfordlismore.com/category/family-ministry/	St. John's College, John's Hill, Waterford.	051-858772/051-874199	anabrad@eircom.net	
The Men's Development Network	http://www.mens-network.net/	30 O'Connell Street, Waterford.	051-844260	men@mens-network.net	
HSE	www.hse.ie		051-874013	john.kennedy1@hse.ie , agatha.lawless@hse.ie	
Aware, Waterford City.	www.aware.ie	Edmund Rice Heritage Centre, Mount Sion, Barrack Street, Waterford City	01-6617211		
West Waterford Bereavement Support Group	www.westwaterfordbereavement.org	c/o Ring Post Office, Ring, Dungarvan, Co. Waterford.	058-46100		
St Brigid's Family and Community Centre		37 Lower Yellow Road, Waterford.	051-375261		Bereavement Support
Waterford and South Tipperary Community Youth Service	www.wstcys.ie	Edmund Rice Youth and Community Centre, Manor Street, Waterford	051-351105	wrys@iol.ie	
Waterford Cairdeas					
Waterford MHA					
West Waterford MHA					

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
<h2>Westmeath</h2>					
Counselling Services		Convent of Mercy, Rochfortbridge, Westmeath	087-9219525		Individual counselling.
Bethany St. Camillus Bereavement Support Group		Griffinstown, Kinnegad, Co. Westmeath.	01 4943142		Services include a drop in centre at St. Camillus' Killucan Westmeath and a bereavement meeting on the last Thursday of the month or on request.
Bethany St. Camillus Bereavement Support Group		St. Camillus Nursing Centre, Killucan, Co. Westmeath.	087-9117432		Services include a drop in centre at St. Camillus' Killucan Westmeath and a bereavement meeting on the last Thursday of the month or on request.
Midlands Living Links	www.livinglinks.ie	Brocca Road, Mucklagh, Tullamore, Co. Offaly.	086 1600641		Living Links provides outreach, practical help, advice and support to persons bereaved by suicide. Trained individuals are available to offer confidential practical support and advice to families bereaved by suicide.
Mullingar Community Mental Health Centre			044-9342746		
Suicide Bereavement Support Mullingar		Community Mental Health Centre, Grace Rd, Mullingar, Co. Westmeath.	044- 939 4540		Suicide Bereavement Support
HSE	www.hse.ie	Suicide Prevention Office, HSE Dublin Mid Leinster, Old Birr Hospital, John's Terrace, Birr, Co. Offaly.	057-9357807	josephine.rigney@hse.ie	Suicide Prevention Office
Aware Mullingar	www.aware.ie	Mullingar Congress Centre,	01-6617211		

Console Athlone	www.console.ie	Friars Mill Road, Mullingar, Co. Westmeath.	091-769942		
Mullingar Mental Health Association	www.aisling.ie	Sonass Healthcare, Cloghanboy, Athlone, Co. Westmeath.			
Midlands Regional Youth Service	www.mrys.org	Pump Lane, Athlone, Co. Westmeath	090-6477075/086-1237142	info@mrys.org	
Athlone MHA					

Name of Organisation	Website	Postal Address	Contact Numbers	Contact Email	Information About the Service
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Wexford

Console Wexford	www.console.ie	Console House, 14 Francis Street, Wexford.	053 912 2787		
Oasis Counselling Service		Creagh, Gorey, Wexford.	053-9421591	berniehackett@oceanfree.net	Counselling.
St. Senans Hospital		Enniscorthy, Co. Wexford	053 9243233	sheilab.kissane@hse.ie	Adult mental health services.
Wexford Community Care Centre	www.hse.ie	Grogan's Road, Wexford Town, Wexford.	053-9123522	karen.loane@maila.hse.ie	No charge. Provide therapy to children under 18 and consultation to parents
Family Life Service		St. Bridget's Centre, Roche's Road, Wexford.	053-9123086		Bereavement/Counselling
Youth Work Ireland (Wexford)		Francis Street, Wexford,.	051-389509		Youth Bereavement Support
Speak		Unit 3, Rosc House, John Street, Gorey.			Suicide Awareness
Senior Citizen's Concern		St. Louis Day Care Centre, Ramsgrange, New Ross, Co. Wexford.	051-389509		Bereavement Support
Wexford HOPE Suicide Bereavement Support Group			053-23899		
Aware Wexford	www.aware.ie	Shamrock Room, Clonard	01-6617211		Meeting every Wednesday at

