

# Resource Pack

The following is a non-exhaustive resource list of community based services offering mental health supports.

*\*Please Note: The NGS is not responsible for content on external websites.*

Addiction and Substance Misuse	
<b>HSE Drugs &amp; Alcohol Helpline</b>	This confidential service has both a freephone Helpline (1800 459 459) and an email support service (helpline@hse.ie). <a href="https://www.drugs.ie">https://www.drugs.ie</a>
<b>Alcoholics Anonymous</b>	<a href="https://www.alcoholicsanonymous.ie/">https://www.alcoholicsanonymous.ie/</a>
<b>Al-Anon</b>	Al-Anon offers understanding and support for families and friends of alcoholics in an anonymous environment, whether the alcoholic is still drinking or not. The parents, children, wives, husbands, friends and colleagues of alcoholics could all be helped by Al-Anon and Alateen whether or not the drinker in their lives recognises that a problem exists. <a href="http://www.al-anon-ireland.org/">http://www.al-anon-ireland.org/</a>
<b>Narcotics Anonymous</b>	<a href="https://www.na-ireland.org/">https://www.na-ireland.org/</a>
<b>Community Addiction Teams (CAT)</b>	A number of local CAT services have been established to provide support to those impacted by addiction. Further information can be sought by searching for addiction services in your local area.
<b>HSE Substance Misuse Team</b>	The Substance Misuse Services in the South East provide free confidential, drug, alcohol and gambling treatment services. <a href="http://www.wexfordcypsc.ie/young-people-and-mental-health/hse-substance-misuse-team">http://www.wexfordcypsc.ie/young-people-and-mental-health/hse-substance-misuse-team</a>
<b>SASSY</b>	SASSY (Substance Abuse Service Specific to Youth) is a HSE community service providing support to young people under 18 years of age, resident in Dublin North City and County for whom drug use or alcohol use is having a significant negative impact on their daily lives. Four Counsellors, one family therapist and one consultant child and adolescent psychiatrist provide individual counselling, cognitive therapy, family therapy and psychiatric assessment. <a href="https://www.hse.ie/eng/services/list/5/addiction/dublinnorthaddictionssy/">https://www.hse.ie/eng/services/list/5/addiction/dublinnorthaddictionssy/</a>

## Anger Management

Access Counselling:	<p>Group and individual anger management interventions.</p> <p>Tel: 01 5240708.</p> <p><a href="http://www.accesscounselling.ie/counselling-services/anger-management-counselling-dublin/">http://www.accesscounselling.ie/counselling-services/anger-management-counselling-dublin/</a></p>
MOVE – Men Overcoming Violence	<p>Offers the Choices Group programme (23 weeks) is a weekly group process that draws on CBT, motivational interviewing and other approaches for men struggling with violent behaviour. This programme facilitates to taking responsibility for their violence and change their attitude and behaviour</p> <p>MOVE also provides all female partners/ex-partners of the men on the MOVE programmes information, support and safety planning during and after their partners/ex-partners attendance on the programme.</p> <p><a href="http://www.moveireland.ie">www.moveireland.ie</a></p>

## Anxiety

Anxiety Ireland	<p>Anxiety Ireland provides information, encouragement and expert psychotherapy to those suffering with anxiety in Ireland. They provide online Cognitive Behavioural Therapy (CBT) and connect clients to their network of accredited therapists to address their anxiety. They provide services to those with General Anxiety, OCD, Panic Attacks, Social Anxiety Disorder, Phobias and PTSD.</p> <p><a href="https://anxietyireland.ie/">https://anxietyireland.ie/</a></p>
Social Anxiety Ireland	<p>They offer the <b>Social Anxiety Program</b> which adopts a cognitive behavioural model and is a group conducted over fourteen weeks. A group for young adults is also now being offered. Participants can self-refer through the website which also provides recommendations of additional resources such as books.</p> <p><a href="https://socialanxietyireland.com/">https://socialanxietyireland.com/</a></p>
OCD Ireland	<p>OCD Ireland is a national organisation which provides support (including groups) and information to people suffering with Obsessive Compulsive Disorder (OCD), Body Dysmorphic Disorder (BDD) and Trichotillomania (TTM).</p> <p><a href="http://www.ocdireland.org/">http://www.ocdireland.org/</a></p>
Recommended Books:	<p><i>"Overcoming Anxiety; A Self-Help Guide Using Cognitive Behavioral Techniques"</i> is a highly recommended book by Helen Kennerley.</p> <p><i>"Overcoming Social Anxiety &amp; Shyness"</i> by Gillian Butler.</p>

## Attention Deficit Hyperactivity Disorder (ADHD)

HSE ADHD National Clinical Programme	<a href="https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/adhd/">https://www.hse.ie/eng/about/who/cspd/ncps/mental-health/adhd/</a>
ADHD Ireland	Provides supports and information for adults with ADHD including self-care, interventions, assessment, employment and upcoming events. <a href="https://adhdireland.ie/">https://adhdireland.ie/</a>

## Bipolar Disorder/ Schizophrenia

SHINE (The Schizophrenia Association of Ireland)	<p>Shine is a national organisation providing information and support for people affected by mental health difficulties. They support individuals and family members through:</p> <ul style="list-style-type: none"> <li>• individual and group work,</li> <li>• counselling, and training and education led by professionals and peers (people with lived experience of mental health difficulties or people who have lived experience of supporting a family member or relative). Shine also offers a 4 Week Introductory Online Support Groups including: <ul style="list-style-type: none"> <li>- Living with self-experience of mental health challenges.</li> <li>- Relatives and supporters of a person with mental health challenges.</li> </ul> </li> </ul> <p>To find out more about the Online Support Group please or to register your interest in upcoming dates email <a href="mailto:onlinesupport@shine.ie">onlinesupport@shine.ie</a> <a href="http://www.shine.ie">www.shine.ie</a></p>
AWARE	Offers a Bipolar Disorder Programme (Living Well With Bipolar Disorder Programme) as well as additional free resources and supports. <a href="http://www.aware.ie">www.aware.ie</a>

## Brain Injury

Headway	Offers a range of rehab services for people with acquired brain injury. Their aim is to help rebuild life after brain injury. Services are tailored to individual following initial assessment.  <a href="https://headway.ie/">https://headway.ie/</a>
Acquired Brain Injury Ireland	Offers a range of residential and community rehab services including psychological services, day resource centre, family and carers support.

<https://www.abiireland.ie/>

## CANCER

**ARC Cancer Centres** Free counselling for people diagnosed with cancer and their loved ones. Also offer drop-in centre and complementary therapies.  
<http://www.arccancersupport.ie/>

## Carers

**Family Carers Ireland and Young Carers** Carers support groups in various locations across Ireland. Also offer counselling, advocacy, legal advice.  
<https://familycarers.ie>

**Young Carers** A service for those under the age of 18 who care or help to care for family member with illness, mental health problems, disability, addiction. Offer groups, information, advocacy, training, respite breaks, school support and online support.  
**Phone: 1800 240724**  
<http://www.youngcarers.ie>

## Chronic Pain/ Illness

**Chronic Pain/ Illness Support Group (Dublin)** This group aims to give support for those coping with chronic pain, physical disability and illness. We support each other through sharing experiences, feelings and knowledge.  
<https://www.meetup.com/Chronic-Pain-Illness-Support-Group-Dublin>

**The Diabetes Federation** The Diabetes Federation of Ireland is a registered charitable organisation dependent solely on voluntary donations to fund its activities. In addition to offering dietician, podiatry & Orthotics and Diabetic Retinopathy, it also offers counselling services for those who may be:

- Struggling with your, or a family member's, diabetes diagnosis
- Feeling worried or anxious
- Feeling depressed
- Finding it difficult to cope with daily life

<https://www.diabetes.ie>

## Depression

### Pieta House

Offers a range of free supports including individual therapy sessions (at least once a week) for people presenting as suicidal.

Phone: 1800 247 247

[www.pieta.ie](http://www.pieta.ie)

### Samaritans Ireland

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout Great Britain and Ireland, often through their telephone helpline.

FREEPHONE: **116 123**

Or use online chat function at:

<https://www.samaritans.org/ireland/samaritans-ireland/>

### Aware

Aware is a voluntary organisation which aims to assist people affected by depression, bipolar disorder and related mood conditions.

They provide information, resources and a range of services including:

- Support and Self Care Groups
- Support Line. The Aware Support Line service is a free service and is available to anyone, aged 18 years and over, who is seeking support and information about issues relating to their own mood or the mood of a friend or family member, or who experiences depression, anxiety or bipolar disorder. **Freephone 1800 80 48 48** (Available 7 days a week, 10am to 10pm)
- Programmes including "Life Skills Group Programme", "Living Well with BiPolar", and "Relatives and Friends Programme" (This programme is specifically for those supporting a loved one experiencing depression or bipolar disorder).

[www.aware.ie](http://www.aware.ie)

### Suicide or Survive

Suicide or Survive (SOS) is a nationwide Irish charity focussed on breaking down the stigma associated with mental health issues and ensuring that those affected have access to quality recovery services that are right for the individual.

They offer a number of programmes including:

- Wellness workshops
- **The Eden Programme**

(The programme runs over 26 weeks and aims to empower participants to make appropriate choices in terms of their day to day lives and more particularly in times of emotional crisis, reduce the potential of death by suicide by the participants and increase awareness of suicide and suicide prevention while also addressing the stigma that exists around mental health).

	<ul style="list-style-type: none"> <li>- <b>WRAP Programme</b> (WRAP (Wellness Recovery Action Plan) is a 2 day programme that helps you develop your own personally tailored Wellness Action Plan that you can use on a day-to-day basis to manage your wellness and that you can use if you become unwell to restore it.) <a href="https://suicideorsurvive.ie/">https://suicideorsurvive.ie/</a></li> </ul>
<b>GROW</b>	<p>Grow Ireland</p> <p>"GROW's mission is to nurture mental health, personal growth, prevention and full recovery from all kinds of mental illness"</p> <p>GROW offers the "<b>Grow Programme</b>", a 12 step programme focused on recovery and growth.</p> <p><a href="https://grow.ie">https://grow.ie</a></p>

## Eating Disorders

<b>Bodywhys</b>	<p>The <b>BODYWHYS</b> (Eating Disorder Association of Ireland) website provides excellent information/ resources on disordered eating including Anorexia, Bulimia, Binge eating and other eating related difficulties. Their website includes information on upcoming events as well as free resources and supports for family members of individuals struggling with eating difficulties.</p> <p><a href="https://www.bodywhys.ie/active-waiting/understanding-eating-disorders/binge-eating-disorder/">https://www.bodywhys.ie/active-waiting/understanding-eating-disorders/binge-eating-disorder/</a></p>
<b>Self-guided Supports</b>	<p><i>"Binge Eating: Breaking the Cycle. A self-help guide towards recovery"</i> is a self-help guide to managing binge eating developed by the HSE and BodyWhys. It is available for free download at:</p> <p><a href="https://bodywhys.ie/wp-content/uploads/2017/02/BEDBookletUpload.pdf">https://bodywhys.ie/wp-content/uploads/2017/02/BEDBookletUpload.pdf</a></p> <p><i>"Overcoming Your Eating Disorder: Guided Self-Help Workbook: A cognitive-behavioral therapy approach for bulimia nervosa and binge-eating disorder"</i> by Steward Agras and Robin Apple. This workbook is also recommended for self-guided intervention and is now also available online at:</p> <p><a href="https://www.oxfordclinicalpsych.com/view/10.1093/med:psych/9780195334562.001.0001/med-9780195334562">https://www.oxfordclinicalpsych.com/view/10.1093/med:psych/9780195334562.001.0001/med-9780195334562</a></p>

## Grief and Loss

### Helplines that offer bereavement support

<b>Irish Hospice Foundation Bereavement Support Line</b>	<p>A confidential space for people to speak about their experience or to ask questions relating to the death of someone.</p> <p>Freephone <u>1800 807 077</u> 10am to 1pm, Monday to Friday</p> <p><a href="http://www.hospicefoundation.ie">www.hospicefoundation.ie</a></p>
--	---

<b>Barnardos Helpline</b>	<p>Bereavement information and support for children and families.</p> <p>Phone <u>01 473 2110</u> 10am to 12pm, Monday to Thursday</p> <p>Visit <a href="http://www.barnardos.ie">www.barnardos.ie</a></p>
<b>Pieta House</b>	<p>Free individual counselling, therapy and support for people who have been bereaved by suicide and for people who are thinking about suicide.</p> <p>Freephone <u>1800 247 247</u> anytime</p> <p>Text <b>HELP to 51444</b> - standard message rates apply</p> <p><a href="http://www.pieta.ie">www.pieta.ie</a></p>
<b>Samaritans</b>	<p>Emotional support for anyone who is struggling to cope or needs someone to listen without judgement or pressure.</p> <p>Contact <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a></p> <p><b>Freephone 116 123</b> anytime</p> <p>Visit <a href="http://www.samaritans.org">www.samaritans.org</a></p> <p>A free text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis.</p> <p>Text HELLO to <b>50808</b> anytime</p>
<b>Organisations that offer bereavement resources and support</b>	
<b>The Irish Hospice Foundation</b>	<p>Information and resources for coping with grief in children, adolescents and families, including podcasts on grief and loss, guided practices on grief, and videos on understanding loss and grief.</p> <p><a href="http://www.hospicefoundation.ie">www.hospicefoundation.ie</a></p>
<b>Advocates for victims of homicide (ADVIC)</b>	<p>ADVIC offers counselling to those who have lost someone to homicide.</p> <p>Phone: 1800 852 000.</p> <p><a href="https://advic.ie/">https://advic.ie/</a></p>
<b>Widow.ie</b>	<p>Provides information and self-help resources for widows, widowers and bereaved life partners.</p> <p><a href="http://www.widow.ie">www.widow.ie</a></p>
<b>Organisations for bereaved parents and families</b>	
<b>Anam Cara</b>	<p>Supports parents after bereavement by signposting to services and providing information evenings in the community throughout the country.</p> <p><a href="http://www.anamcara.ie">www.anamcara.ie</a></p>
<b>Bethany (Dublin)</b>	<p>Bethany Bereavement Support Group are a voluntary community and parish based service. Their objective is to support the bereaved through the grieving process and our services are totally free of charge and confidential within the law. Services include group meetings, individual supports at drop-in centres, home visits to bereaved adults when requested, telephone support and organising or assisting at Remembrance Services, and other events arranged to support those bereaved in the Community.</p>

	<a href="https://www.bethany.ie/">https://www.bethany.ie/</a>
The Irish Cancer Society	Offers a range of bereavement supports. <a href="https://www.cancer.ie">https://www.cancer.ie</a>
Féileacáin	Provides support to anyone affected by the death of a baby during or after pregnancy. <a href="http://www.feileacain.ie">www.feileacain.ie</a>
Pregnancy and Infant Loss Ireland	Provides information for bereaved parents and healthcare staff about pregnancy and infant loss. <a href="http://www.pregnancyandinfantloss.ie">www.pregnancyandinfantloss.ie</a>
FirstLight	Provides crisis intervention and free professional counselling services to bereaved parents and family members who have suddenly lost a child up to 18 years. <a href="http://www.firstlight.ie">www.firstlight.ie</a>
A Little Lifetime Foundation	Provides information and support to bereaved parents and families. <a href="http://www.alittlelifetime.ie">www.alittlelifetime.ie</a>
Supports for Under 18's	
Barnardos	Specialist bereavement service where children and young people are supported to grieve. Provides information on grief in children, adolescents and families and free e-books. <a href="http://www.barnardos.ie">www.barnardos.ie</a>
The Irish Childhood Bereavement Network	Information and resources for coping with grief in children, adolescents and families. <a href="http://www.childhoodbereavement.ie">www.childhoodbereavement.ie</a>
Rainbows	Supports children and young people with bereavement or parental separation. <a href="http://www.rainbowsireland.ie">www.rainbowsireland.ie</a>
Supports for people bereaved by suicide	
HUGG	Information and support groups for anyone over 18 years who has lost a loved one to suicide. Services are provided by people who have been bereaved by suicide. <a href="http://www.hugg.ie">www.hugg.ie</a>
Pieta	Free individual counselling, therapy and support for people who have been bereaved by suicide and for people who are thinking about suicide. Freephone <a href="tel:1800247247">1800 247 247</a> anytime. Text HELP to 51444 - standard message rates apply <a href="http://www.pieta.ie">www.pieta.ie</a>
The Suicide Bereavement Liaison Service	Free, confidential service that provides assistance and support after the loss of a loved one to suicide. The liaison officer can meet with a bereaved family as a group or individually. They can answer questions about some of the difficult



(HSE)	<p>practical issues following a death by suicide. They also provide guidance or assistance in accessing a therapeutic service, or even just to talk with someone locally about what has happened. This service is provided by these agencies:</p> <p><a href="http://pieta.ie">pieta.ie</a> (nationwide)</p> <p><a href="http://vitahouse.org">vitahouse.org</a> (Roscommon)</p> <p><a href="http://thefamilycentre.com">thefamilycentre.com</a> (Mayo)</p>
-------	---

## Men's Mental Health

<b>Irish Men's Sheds Association</b>	<p>Provides a space in your community where men can find meaning, friendship and belonging.</p> <p><a href="http://menssheds.ie/find-a-shed-map/">http://menssheds.ie/find-a-shed-map/</a></p>
<b>Misfits Men's Social Group</b>	<p>Aiming to promote acceptance, understanding and support for men's mental health by participating in a range of social activities.</p> <p><a href="mailto:misfitsfightittogether@gmail.com">misfitsfightittogether@gmail.com</a></p> <p><a href="https://www.facebook.com/MisfitsMenSocialClub2018/">https://www.facebook.com/MisfitsMenSocialClub2018/</a></p>

## Mindfulness, Meditation and Relaxation

<b>Headspace</b>	<p>Headspace (App also available)</p> <p><a href="http://www.headspace.com">www.headspace.com</a></p>
<b>Calm</b>	<p>Calm (App also available)</p> <p><a href="http://www.calm.com">www.calm.com</a></p>
<b>Beaumont Hospital</b>	<p>Mindfulness and Relaxation Centre at Beaumont Hospital</p> <p>Provides an excellent range of free online mindfulness and meditation resources available for download.</p> <p><a href="http://www.beaumont.ie/marc">http://www.beaumont.ie/marc</a></p>

## Mental Health Resources for Under 18s

<b>Jigsaw</b>	<p>Various regional centres across the country. Offers a drop-in and appointment service in-person and online for young people aged 12-25 years old. Services include 1:1 therapy sessions, support workers and additional resources (live chats, group chats online etc).</p> <p><a href="https://www.jigsaw.ie/">https://www.jigsaw.ie/</a></p>
<b>CAMHS Resources</b>	<p>Includes websites, apps, free downloads, books and videos.</p> <p><a href="https://www.camhs-resources.co.uk/">https://www.camhs-resources.co.uk/</a></p>
<b>Spunout</b>	<p>Provides information and supports on mental health for young people</p> <p><a href="https://spunout.ie/category/mental-health">https://spunout.ie/category/mental-health</a></p>
<b>A Lust for Life</b>	<p>Mental health website young people which offers a CBT online course focused on anxiety and low mood:</p>

	<a href="http://www.alustforlife.com/section/mental-health/cbt-online-course">http://www.alustforlife.com/section/mental-health/cbt-online-course</a>
Recommended websites:	<a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a> <a href="https://www2.hse.ie/mental-health/">https://www2.hse.ie/mental-health/</a> <a href="https://www.mentalhealthireland.ie/your-mental-health/">https://www.mentalhealthireland.ie/your-mental-health/</a>

## Mental Health Services

### Publicly funded counselling / therapy services

Counselling in Primary Care (CIPC)	<p>CIPC provides time limited counselling to adults over 18 years who are medical card holders and experiencing mild to moderate psychological and emotional difficulties such as: depression, anxiety, panic reactions, relationship problems, loss issues, stress. The service provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. Referral to CIPC is through your GP or member of your local primary care team.</p> <p><a href="https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/">https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/</a></p>
Primary Care Psychology (not requiring medical card)	<p>Referral through GP. Public service offering free group and individual intervention for adults with mild to moderate mental health difficulties.</p> <p><a href="https://www.hse.ie/eng/services/list/2/primarycare/pcteams/">https://www.hse.ie/eng/services/list/2/primarycare/pcteams/</a></p>
Stress Control Class (Through Primary Care Psychology Services)	<p>A number of Primary Care Psychology Services across the country offer the HSE Stress Control Group.</p> <p>This is a free six session class for adults run by the HSE and includes:</p> <ul style="list-style-type: none"> <li>o Educational/lecture style – clients need to be able to engage with this format.</li> <li>o Handouts for each session and a relaxation CD are provided to attendees.</li> </ul> <p>Session 1: Learning about stress. Session 2: Controlling your body.  Session 3: Controlling your thoughts.  Session 4: Controlling your actions. Session 5: Controlling panic.  Session 6: Controlling sleep problems and Course review</p> <p>Please contact your local Primary Care Psychology Service to see if they are offering this group.</p> <p><a href="https://www.hse.ie/eng/services/list/2/primarycare/pcteams/">https://www.hse.ie/eng/services/list/2/primarycare/pcteams/</a></p>
Jigsaw	<p>Various regional centres across the country. Offers a drop-in and appointment service in-person and online for young people aged 12-25 years old. Services include 1:1 therapy sessions, support workers and additional resources (live chats, group chats online etc).</p> <p><a href="https://www.jigsaw.ie/">https://www.jigsaw.ie/</a></p>

Private therapy/ counselling services	
The Psychological Society of Ireland	<p>Provides a directory of Chartered Clinical and Counselling Psychologists.  <a href="https://www.psychologicalsociety.ie">https://www.psychologicalsociety.ie</a></p> <p><i>* Chartered membership of the PSI is only awarded to independently verified Clinical and Counselling Psychologists. It is therefore <b>strongly recommended</b> that individuals check whether privately practising psychologists have attained this accreditation prior to engagement.</i></p>
The Irish Association for Counselling and Psychotherapy	<p>Provides a directory of accredited counsellors and psychotherapists.  <a href="http://www.iacp.ie">www.iacp.ie</a></p>
Recommended Websites	<p><b>Mental Health Ireland</b></p> <p>Voluntary organisation offering booklets about wellbeing, anxiety and seminars and training.  (01) 284 1166  info@mentalhealthireland.ie  <a href="https://www.mentalhealthireland.ie/">https://www.mentalhealthireland.ie/</a></p>

Parenting and Maternal Mental Health	
Nurture	<p>Offers counselling (both in person/online/by phone/support groups) for women experiencing maternal mental health issues, or issues related to pregnancy, conception and miscarriage.  Tel: 085 8619585.  <a href="http://nurturecharity.org">http://nurturecharity.org</a></p>
<u>Cuidiu</u>	<p>Parent to Parent voluntary support charity. Offers parent to parent/peer support, toddler groups etc.  <a href="http://www.cuidiu.ie">http://www.cuidiu.ie</a></p>
AIMS Ireland Birth Healing support group	<p>AIMS Ireland facilitates a closed group for women whom have experienced a difficult or traumatic childbirth offering a safe place to share stories and provide peer support. If you are interested in this group, please contact by email: <a href="mailto:support@aimsireland.com">support@aimsireland.com</a> or via Facebook private messages. You will be required to provide an email address to be added.  <a href="http://aimsireland.ie/">http://aimsireland.ie/</a></p>
Postnatal Depression Ireland	<p>Support line: (021) 4922083  Attended from Monday to Friday between 9am and 1pm.  <a href="http://www.pnd.ie">http://www.pnd.ie</a>.</p>
One Family Ireland	<p>Low cost counselling related to parenting, family and personal issues, unplanned pregnancy, post-termination counselling, young people in care, and play therapy</p>

for children aged 4 to 10.

Also offers helpline, mediated parenting plans for people with children who are separating. Courses and support for one parent families, those who share parenting responsibilities and those in the process of separating.

<https://onefamily.ie/>

## Sexual Assault and Abuse

### National Counselling Service (NCS)

The HSE National Counselling Service (NCS) offers counselling and psychotherapy available free of charge across the country to residents in the Republic of Ireland. The service is for adults who experienced childhood abuse or neglect.

<https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/>

### Dublin Rape Crisis Centre

The Dublin Rape Crisis Centre is a national organisation offering a wide range of services to any person affected by rape, sexual assault, sexual harassment or childhood sexual abuse. These services include webchat support, one-to-one counselling, court accompaniment, online trauma support programme, outreach services, specialised training, youth programmes & outreach, awareness raising & campaigning, and policy & advocacy work. They also provide a national 24-Hour Helpline 1800 77 8888

<https://www.drcc.ie/>

### 1 in 4

Offers programmes to help adults who have experienced childhood sexual abuse, their families, and those who have engaged in sexually harmful behaviour. They work in all aspects of sexual violence in an effort to break the cycle of abuse. 1 in 4 offers individual, group and family therapy for both the victim and perpetrators of sexual abuse. Phone 01 6624070

<https://www.oneinfour.ie/>

## Sexual Health

### Sexual Wellbeing

Provides information and resources on consent, STI's, sexual health, contraception, sexual function and more.

<https://www.sexualwellbeing.ie/sexual-health/>

### Wellwoman Clinic

Provides a large range of services, resources and information on sexual and reproductive health.

<https://wellwomancentre.ie/health-matters/sexual-health/>

### SH24

Award winning experts in sexual and reproductive health. They provide free at-home STI's testing kits. Their website also provides a directory of all sexual health

	clinics where you can get free and confidential support in Ireland, in addition to information on STI's, unplanned pregnancy, contraception and HIV prevention. <a href="https://sh24.ie/">https://sh24.ie/</a>
HSE	<a href="https://www.hse.ie/eng/health/hl/yoursexualhealth/">https://www.hse.ie/eng/health/hl/yoursexualhealth/</a>
Man2Man	Provides information on sexual health information for men who have sex with men, MSM including condoms, STI testing and support services. <a href="http://Man2Man.ie">Man2Man.ie</a>
Gay Men's Health Service (GMHS)	The GMHS is located at the Meath Primary Care Campus, Heytesbury Street, Dublin 8. D08 HX97. GMHS is Ireland's only dedicated statutory sexual health and wellbeing service for gay and bisexual men, men who have sex with men and the trans population. Provides a range of services including clinic times, information, free condoms, counselling, personal development and more.  <a href="https://www.hse.ie/eng/services/list/5/sexhealth/gmhs/">https://www.hse.ie/eng/services/list/5/sexhealth/gmhs/</a>
Ruhuma	Ruhama is a Dublin-based NGO that works on a national level with women affected by prostitution and other forms of commercial sexual exploitation. They are the only specialist, frontline NGO in Ireland working specifically to support women, including transgender women, who are actively involved in prostitution, are seeking to exit (leave) prostitution, are victims of sex trafficking or who have a past experience of prostitution/sex trafficking. They provides a <b>FREE</b> confidential support – Text <b>REACH</b> to 50100 or call <b>01 8360292</b> .  <a href="http://www.ruhuma.ie">www.ruhuma.ie</a>

## Resources and Services for the Trans Community

National Gender Service	Provides a list of peer and family supports in addition to information on fertility preservation and sexual health. <a href="http://www.nationalgenderservice.com">www.nationalgenderservice.com</a>
Supports for Adults -	Below are some different organisations who offer peer groups and support around the country.
TENI	Transgender Equality Network Ireland. Provides Advocacy, education and support. <a href="http://TENI: www.teni.ie">TENI: www.teni.ie</a>
Gender Rebels	"Advocates and supports all transgender, non-binary, intesex and gender non-conforming individuals". <a href="https://www.genderrebelscork.com/">https://www.genderrebelscork.com/</a>
BelongTo	<a href="http://www.belongto.org">www.belongto.org</a>
GOSSH	<a href="http://www.gossh.ie">www.gossh.ie</a>
The Outhouse	<a href="http://www.outhouse.ie">www.outhouse.ie</a>

LGBT Ireland	<p>LGBT Ireland facilitates freephone helpline numbers:</p> <p>This is to offer support and listening services. The National LGBT+ Helpline is a <b>freephone number – 1800 929 539</b>.</p> <p>There is also a transgender family support line available twice a week at <b>01 907 3707</b>.</p> <p><a href="https://lgbt.ie/">https://lgbt.ie/</a></p>
Partnership with MyMind for LGBTI+ Community	<p>LGBT Ireland has partnered with MyMind in 2022 to offer free counselling and psychotherapy to LGBTI+ community members this year, funded by NOSP and HSE. <i>MyMind have centres in Galway, Limerick, Cork and Dublin offering in-person, online and telephone counselling.</i> MyMind has provided LGBT Ireland with voucher codes so they can issue <b>12 free sessions</b> to service users from January 2022 – December 2022. If you identify an LGBTI+ service user who might benefit from this support, they can simply reach out to <a href="mailto:info@lgbt.ie">info@lgbt.ie</a> and we will provide their unique voucher code to avail of this support, which we hope will be supportive.</p>
Supports for Young Adults – Support Groups are offered by the following services for children and young adults:	
TENI	<a href="http://www.teni.ie">www.teni.ie</a>
BelongTo	<a href="http://www.belongto.org">www.belongto.org</a>
GOSSH	<a href="http://www.gossh.ie">www.gossh.ie</a>
LGBT Ireland	<p><a href="http://www.lgbt.ie/lgbt-youth-groups">www.lgbt.ie/lgbt-youth-groups</a></p> <p>LGBT Ireland also facilitate a transgender family support line which is available twice a week at:</p> <p>Phone: <b>01 907 3707</b>.</p>
Turn2me.ie	<p><a href="http://www.turn2me.ie">www.turn2me.ie</a></p> <p>Provides support for your mental health online.</p>
Supports for family members	
Gender identity family support line	<p>There is a gender identity family support line, which can be reached at <b>01 907 3707</b>. This line is open from 6-9pm on the second and fourth Sunday of the month.</p>
Gendered.ie	<p>There is an online educational tool aimed at supporting families and their LGBT youth found at:</p> <p><a href="http://www.Gendered.ie">www.Gendered.ie</a></p>

## Members of Travelling Community

Traveler Counselling Service	Offers individual therapy, child and family Therapy and couples counselling. <a href="http://travellercounselling.ie">http://travellercounselling.ie</a>
Pavee Point	Non-governmental organisation working to support and advocate for people from Traveller and Roma communities. They provide a list of local organisations and information. <a href="https://www.paveepoint.ie">https://www.paveepoint.ie</a>

## Violence/Abuse

Women's Aid	One to One Support Service. Drop-in service. Court accompaniment service. The Women's Aid One to One Support Service provides in depth information and support to women experiencing domestic violence. Women's Aid National Freephone Helpline on <b>1800 341 900</b> , open 24 hours a day, 7 days a week. <a href="https://www.womensaid.ie/">https://www.womensaid.ie/</a>
Sonas	Sonas is the largest provider of frontline services to women and children experiencing domestic abuse in the greater Dublin region. They provide crisis interventions, outreach, key workers and access to some housing for victims of domestic violence. In emergencies call 01-8662015. Advice/Outreach call 087 952 5217. <a href="http://www.domesticabuse.ie/">http://www.domesticabuse.ie/</a>
Dublin Rape Crisis Centre	Offer counselling/therapy for adult survivors of rape, sexual assault, sexual harassment and childhood sexual abuse. Accompaniment services to Garda stations, the Sexual Assault Treatment Unit and courts. 24 hour helpline <b>1800 77 8888</b> . <a href="http://www.drcc.ie/">http://www.drcc.ie/</a>

## Additional Therapeutic Input

CORU (Regulating Health and Social Care Professionals)	<a href="http://www.coru.ie">www.coru.ie</a> CORU provides a list of independently accredited and registered Speech and Language Therapists (SLT's) and Occupational Therapists (OT's). <i><b>It is strongly recommended to use CORU registered clinicians only</b></i>
--	--

### Speech and Language Therapy

The Irish Association of Speech and Language Therapists (IASLT)	<a href="https://www.iaslt.ie/">https://www.iaslt.ie/</a>
---	---

## Occupational Therapy

Association of  
Occupational  
Therapists of  
Ireland <https://www.aoti.ie/>