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| **Resource** | **Phone Number** | **Website** | |
| **ADDICTION** | | | |
| Al-Anon & Al-Ateen | 01 873 2699 | | [www.al-anon.org](http://www.al-anon.org/) |
| Alcohol & Drugs Helpline | 1800 459 459 | | [www.drugs.ie](http://www.drugs.ie/) |
| Alcoholics Anonymous – National | 01 842 0700 | | [www.alcololicsanonymous.ie](http://www.alcololicsanonymous.ie/) |
| Alcoholics Anonymous – Leinster | 01 852 7000 | | [www.alcololicsanonymous.ie](http://www.alcololicsanonymous.ie/) |
| Gamblers Anonymous | 01 872 1133 | | [www.gambglersanonymous.ie](http://www.gambglersanonymous.ie/) |
| HSE Drugs & Alcohol Helpline | 1800 459 459 | | [www.drugs.ie](http://www.drugs.ie) |
| HSE CADS ADAPT (Adolescent Drug & Alcohol Prevention & Treatment) Service | 087 4518358 Email: [CADS.adapt@hse.ie](mailto:CADS.adapt@hse.ie) | | [www.hse.ie](http://www.hse.ie) |
| HSE CADS (Community Drug & Alcohol Service) | 044 93 95200 /  057 93 15801 | | [www.hse.ie](http://www.hse.ie) |
| Merchants Quay (Drug &Alcohol Prevention & Treatment Support Service) | 086 7934920  Email: [dats@mqi.ie](mailto:dats@mqi.ie) | | [www.mqi.ie](http://www.mqi.ie) |
| **BEREAVEMENT SERVICES** | | | |
| Anam Cara (Parental & Sibling Bereavement Support) | 01 404 5378 | | [www.anamcara.ie](http://www.anamcara.ie/) |
| Barnardos Children’s Bereavement Service | 01 473 2110 | | [www.barnardos.ie](http://www.barnardos.ie/) |
| Cuisle Cancer Bereavement Service (Laois) | 057 86 81492 | | [www.cuislecancersupport.com](http://www.cuislecancersupport.com) |
| Dochas Cancer Care Centre (Offaly) | 057 93 28268 | | www.dochasoffaly.com |
| Pieta Suicide Bereavement Liaison Service | 086 418 0088 | | [www.pieta.ie](http://www.pieta.ie/) |
| Irish Hospice Foundation (Bereavement Support) | 1800 807 077 | | www.hospicefoundation.ie |
| Rainbows Child Bereavement Support | 01 473 4175 | | www.rainbowsireland.ie |
| **COUNSELLING SERVICES** | | | |
| Accessible Counselling Tullamore | 057 93 52879 | | www.accessiblecounselling.ie |
| BeLonG To LGBT+ Youth Counselling Service | 01 670 6223/  085 856 9312 | | www.belongto.org |
| Cari (Child Sexual Abuse Counselling) | 1890 924 567 | | www.cari.ie |
| Connect (National Adult Counselling Service) | 1800 477 477 | | www.connectcounselling.ie |
| HSE Counselling in Primary Care | 057 93 70605 | | www.hse.ie |
| HSE Adult Counselling Service (Childhood Abuse) | 057 93 27141 | | [www.hse.ie](http://www.hse.ie) |
| NURTURE (Pregnancy, birth + post natal support) | 085 861 9585 | | www.nurturehealth.ie |
| PCI Counselling Service Midlands (reduced cost) | 0818 555 450 | | https://www.pcicollege.ie/counselling-service/lowcostcounselling |
| My Mind (low cost) | 0818 500 800 | | www.mymind.org |
| Midlands Crisis Pregnancy Counselling Service | 1800 200 857 /  057 93 70605 | | www.hse.ie |
| Travelling Community Counselling Service | 01 868 5761 /  086 308 1476 | | www.travellercounselling.ie |
| Turn2Me online counselling service |  | | www.turn2me.ie |
| **FAMILY SERVICES** | | | |
| HSE Primary Care (Adults and Children)Psychology Service – Offaly | 057 93 19599 | | [www.hse.ie](http://www.hse.ie) |
| HSE Primary Care (Adults and Children) Psychology Service – Laois | 057 86 92564 | | [www.thefamilycentre.com](http://www.thefamilycentre.com/) |
| Family Resource Centres:  Clara, Co. Offaly:  Tullamore, Co. Offaly:  Mountmellick, Co. Laois:  Portlaoise, Co. Laois: | 057 93 31928  057 93 20598  057 86 24601  057 86 86151 | | www.familyresource.ie |
| Jigsaw Offaly | 057 93 5871 | | [www.jigsaw.ie](http://www.jigsaw.ie) |
| Parent Line | 01 8733500 | | [www.parentline.ie](http://www.parentline.ie/) |
| Tusla – Child and Family Support Services:  Tullamore – Offaly  Portlaoise – Laois | 057 93 19280  057 86 92567 / 92568 | | [www.tusla.ie](http://www.tusla.ie/) |
| Tusla, Social Work Department. | 057 93 19599 | | [www.tusla.ie](http://www.tusla.ie/) |
| **MENTAL HEALTH SERVICES** | | | |
| Aware (support for depression and anxiety) | 1800 804 848 | | [www.aware.ie](http://www.aware.ie/) |
| Bodywhys (support for eating disorders) | 01 210 7906 | | [www.bodywhys.ie](http://www.bodywhys.ie/) |
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| GROW (Support Groups for adults) | 08180 474 474/  057 93 51124 | | [www.grow.ie](http://www.grow.ie/) |
| Jigsaw Offaly | 057 93 5871 | | [www.jigsaw.ie](http://www.jigsaw.ie) |
| Mental Health Ireland – National Office  Area Development Officer | 01 284 1166  096 835 3387 | | [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie) |
| Peer Advocacy in Mental Health | 01 5470510 | | [www.peeradvocacyinmentalhealth.com](http://www.peeradvocacyinmentalhealth.com/) |
| Pieta – Midlands  Helpline:  Therapy Enquiries: | 090 642 4111  1800 247 247  0818 111 126 | | [www.pieta.ie](http://www.pieta.ie/) |
| Shine – Info Line  Area Development Officer: | 01 541 3715  086 852 5281 | | [www.shine.ie](http://www.shine.ie/) |
| **CRISIS SUPPORT AND INFORMATION HELPLINES:** | | | |
| Active Retirement Ireland | 01 873 3836 | | [www.activeirl.ie](http://www.activeirl.ie) |
| ALONE  Helpline: | 01 679 1032  0818 222 024 | | [www.alone.ie](http://www.alone.ie) |
| Alcoholics Anonymous | 01 842 0700 | | [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie) |
| Al Anon / Alateen | 01 873 2699 | | <https://al-anon.org/> |
| Citizens Information | 0818 07 4000 | | www.citizensinformation.ie |
| Bodywhys (support for eating disorders) | 01 210 7906 | | www.bodywhys.ie |
| Childline | 1800 666 666 | | [www.childline.ie](http://www.childline.ie) |
| FLAC (free legal advice) | 01 906 1010 | | www.flac.ie |
| Gamblers Anonymous | 01 872 1138 | | [www.gamblersanonymous.ie/](http://www.gamblersanonymous.ie/) |
| HSE Drug & Alcohol Helpline | 1800 459 459 | | [www.hse.ie](http://www.hse.ie) |
| HSE HIV and Sexual Health Helpline | 1800 700 700 | | www.hivireland.ie |
| HSE National Information Helpline (HSE Live) | 1800 700 700 | | [www.hse.ie](http://www.hse.ie/) |
| LGBT National Helpline | 1800 929 539 | | [www.lgbt.it](http://www.lgbt.it/) |
| MABS Helpline | 0818 072 000 | | [www.mabs.ie](http://www.mabs.ie/) |
| Mens Sheds | 01 891 6150 | | www.menssheds.ie |
| MiDoc (Midlands Out of hours Doctor service) | 1850 302 702 | |  |
| MOVE (Men Overcoming Violence) | 085 874 8108 | | [www.moveireland.ie/](http://www.moveireland.ie/) |
| My Options (Unplanned pregnancy support) | 1800 828 010 | | www.hse.ie |
| Parentline | 1890 927 277 | | [www.parentline.ie](http://www.parentline.ie) |
| Post Natal Depression Ireland | 021 492 3162 | | www.pnd.ie |
| Rape Crisis & Sexual Abuse Centre (Regional) | 1800 32 3232 | | https://www.rcni.ie/ |
| Women’s Aid National Helpline | Text: 087 959 7980 /  1800 341 900 | | www.womensaid.ie |
| Samaritans Ireland (Freephone) | 116 123 | | [www.samaritans.org](http://www.samaritans.org) |
| Senior Line (listening service for older people) | 1800 804 591 | | [www.thirdageireland.ie/seniorline](http://www.thirdageireland.ie/seniorline) |
| St. Vincent de Paul Freephone | 01 8848200 | | [www.svp.ie; info@svp.ie](http://www.svp.ie/) |
| Transgender Equality Network Ireland | 01 8733575 | | [www.teni.ie](http://www.teni.ie/) |
| YourMentalHealth.ie 24 hr Information Line | 1800 111 888 | | www.yourmentalhealth.ie |