

**your  
mental  
health.ie**

Information | Support | Services

**1800 111 888**

Turn2me (online counselling) .....www.turn2me.ie

**Addiction Services**

Alcoholics Anonymous.....01 842 0700

Crosscare Drug & Alcohol Programme (12 – 25) .....01 557 4705

Gamblers Anonymous.....01 872 1133

HSE Drugs & Alcohol Helpline .....1800 459 459

Narcotics Anonymous .....01 672 8000

North Dublin Drugs Task Force (Office: option 1, Fingal

Families: option 2, Community Care: option 3) .....01 223 3493

SASSY (HSE support service for under 18s).....01 778 5980

Soilse .....01 872 4922

**Domestic Abuse Services**

Male Advice Line .....1800 816 588

Mens Aid (support for men) .....01 554 3811

Women’s Aid..... Text: 087 959 7980 or Call: 1800 341 900

**Young People’s Services**

BeLonG To LGBTQ+ Youth Ireland.....01 670 6223

Childline .....1800 666 666

Jigsaw North Fingal, (12-25)..... 01 960 3020

Rainbows (support for 7–16 experiencing loss) .....01 473 4175

Skerries Youth Support Service (12-24).....089 616 7222

Swords Youth Service.....01 840 5100

TeenLine .....1800 833 634

**Family Services**

Aster Family Resource Centre, Balbriggan .....01 223 3242

Daughters of Charity Child and Family Service.....01 842 5100

Family Mediation.....01 233 4400

HSE Primary Care Parent Advice Clinic Balbriggan

(2nd and 4th Tuesday of each month (9am- 9:30am) .....01 921 3204

One Family (parenting alone).....01 662 9212

Parentline.....01 873 3500

Date of issue November 2025  
The information provided within is correct at time of printing  
but is subject to change.

**WEBSITES**

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

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

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

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

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

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

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

[www.mymind.org](http://www.mymind.org)

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

[www.samaritans.org](http://www.samaritans.org)

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

[www.turn2me.ie](http://www.turn2me.ie)

**NUMBERS WHEN  
YOU NEED THEM**  
**North County Dublin**



### Crisis Supports

Gardaí, Fire Brigade, Ambulance and Coast Guard.....999 / 112  
My GP: .....  
My Mental Health Service .....  
My Key Worker .....  
Samaritans 24 hour Freephone Listening Service ..... 116 123  
.....email: jo@samaritans.ie  
Childline (24 hr free service) ..... Call: 1800 666 666  
Text About It ..... Text 'HELLO' to 50808

### GP Out of Hours Service

D-DOC (North Dublin) .....0818 22 44 76 / 041 685 0720

### Hospitals

Beaumont Hospital.....01 809 3000

Children's Health Ireland at Temple Street.....01 878 4200  
Connolly Hospital, Blanchardstown.....01 646 5000  
The Mater Misericordiae University Hospital.....01 803 2000

### Support and Information Helplines

Alone.....0818 222 024  
Alzheimer Society of Ireland ..... 1800 341 341  
Aware Support Line (depression and anxiety)..... 1800 80 48 48  
Bodywhys ..... email: alex@bodywhys.ie Call: 01 210 7906  
Careline (Family Carers Ireland) ..... 1800 240 724  
Citizens Information .....0818 07 4000  
Connect (telephone counselling for adults who experienced abuse/  
trauma/neglect)..... 1800 477 477

Crime Victims Helpline..... 116 006  
Dublin Rape Crisis Centre ..... 1800 778 888  
Dublin Regional Homelessness Executive ..... 1800 707 707  
Exchange House National Travellers Service.....01 872 1094  
FLAC (free legal advice).....01 906 1010  
Focus Ireland (challenging homelessness).....01 881 5900  
Garda Confidential Line..... 1800 666 111  
GROW (supporting mental health recover).....0818 474 474  
HSE HIV and Sexual Health Helpline..... 1800 459 459  
HSELive (National Information Line)..... 1800 700 700  
Immigrant Council of Ireland Helpline .....01 674 0200  
LGBT Helpline ..... 1800 929 539

MABS (Money Advice and Budgeting Service) .....0818 07 2000  
My Options (Unplanned pregnancy support) ..... 1800 828 010  
National Learning Network.....087 325 0158  
NiteLine (student support line)..... 1800 793 793  
Peer Advocacy in Mental Health..... 01 547 0510  
Pieta Helpline (suicide and self-harm) ..... 1800 247 247  
Pieta Text Support ..... text 'HELP' to 51444  
Pieta Booking Enquiries (Freephone).....0818 111 126  
Seniorline..... 1800 804 591  
Shine Brief Information and Support Line ..... 01 860 1610  
St Vincent de Paul ..... 01 855 0022  
Transgender Family Support (Tues 10am-12pm & Sun 6pm-9pm).....  
..... 01 907 3707

YourMentalHealth.ie 24/7 Information Line..... 1800 111 888

### Bereavement Services

Anam Cara.....01 404 5378  
Barnardos Children's Bereavement Service ..... 01 473 2110  
Bereavement Support Line..... 1800 80 70 77  
Bethany (Parish based service).....087 990 5299  
Firstlight..... 1800 391 391  
Féileacáin (stillbirth and neonatal death support) .....085 249 6464  
HUGG (bereaved by suicide) ..... 01 513 4048  
Suicide Bereavement Liaison Officer – Pieta .....0818 111 126

### Counselling Services

Crosscare Teen Counselling (12-18 free) ..... 01 557 4705

Fingal Counselling Service (16+ free).....01 890 2596

HSE National Counselling Service:  
Counselling for adults who experienced  
abuse in childhood ..... 1800 234 110  
CIPC - Counselling in Primary Care for adults  
with a medical card by GP referral ..... 01 795 7170  
Counselling for former residents  
of mother and baby homes..... 1800 234 110  
MyMind (low cost) ..... 0818 500 800  
Northside Counselling Service (free)..... 01 848 4789  
Pieta Swords/Balbriggan.....01 884 0532 / 0818 111 126  
Traveller Counselling Service.....01 868 5761 / 086 308 1476