

Oasis – Deora Counselling

Phone: 01 836 4524

Email: info@oasiscentre.ie

Website: www.oasiscentre.ie

Service Provided: Deora Counselling is a specialised counselling and crisis intervention service working with bereavement and suicide loss. Direct services include individual, group, assessments, crisis intervention, ASIST and safeTALK training.

Address: 2 St. Laurence's Place East, North Dock, Dublin 1.

MyMind

Phone: 0818 500 800

Access: Self-Referral

Website: www.mymind.org

Opening Hours: Mon – Fri: 8am – 9pm and Sat: 8am – 7pm

Service Provided: Counselling and psychotherapy for what you need, where you are, what you can afford. Low cost, high quality counselling and psychotherapy which is delivered by a qualified team of counsellors, psychologists and psychotherapists.

Address: 7a Store Street, Dublin 1.

The Listen Project/Sphere 17

Phone: 1800 303 638

Access: Self-referral

Service Provided: This is a FREE youth counselling project which focuses on improving wellbeing by providing young people (aged 12 – 21 and living in Dublin 5, 7, 13 & 17) with one to one support.

Community Mental Health Teams

Access: GP referral only

Service Provided: Community Mental Health Teams provide specialist mental health services to people across Dublin North City and County experiencing mental health difficulties.

Crisis Information

There are many agencies and services in Dublin North City and County that can help and advise you or someone known to you who may be feeling worried, depressed or suicidal. The first response should be to attend your GP (family doctor) or D-Doc (out of hours service). A GP can provide treatment and advice on what to do for yourself and/or refer to a Community Mental Health Team or for other services or treatment. In an emergency, you should call the emergency services or attend the Emergency Department at one of these hospitals – Connolly Hospital, The Mater Hospital or Beaumont Hospital, or for children under the age of 16, CHI at Temple St.

Crisis Text Line: Text HELLO to 50808

D-Doc

Phone: 0818 22 44 76 or 041 685 0720

D-Doc provide a service for urgent medical problems from 6pm - 8am, Mon - Fri and 24 hours on Sat, Sun and all public holidays. If you need medical advice during these times please call a number above.

Emergency Services

Phone: 999 / 112

The official emergency telephone numbers for people to contact the emergency services for urgent assistance i.e. Ambulance, Coast Guard, Gardaí and Fire Service.

Samaritans

Phone: 116 123

Email: jo@samaritans.ie

Samaritans offer emotional support 24 hours a day, 365 days a year to anyone who is in distress, lonely, struggling to cope or feeling suicidal.

Resource Officers for Suicide Prevention

sandra.taylor@hse.ie

johnc.duffy@hse.ie

Connecting for Life
DUBLIN NORTH CITY and
COUNTY

Mental Health
Supports

www.yourmentalhealth.ie

The hub for everything mental health.

Information Line: 1800 111 888

Freephone any time to find supports
and services near you.



Fingal Counselling Service

Phone: 01 890 2596

Access: Self-Referral

Email: info@counsellingatfingal.com

Website: www.counsellingatfingal.com

Opening hours: Mon – Fri, 10 am – 1pm

Service Provided: The service offers a safe and confidential environment where clients are encouraged and supported while working through their difficulties.

Address: BASE Resource Centre, Brackenstown, Swords.

Target Counselling

Phone: 01 867 0279

Access: Self-Referral

Email: counselling@targeteducation.net

Website: www.targeteducation.ie

Opening Hours: Mon – Fri: 9:30am – 1:30pm

Service Provided: Target offer confidential, one to one non directive counselling. This service is offered by counsellors trained to listen, support and counsel.

Address: Donaghmede House, Newbrook Rd, Donaghmede, Dublin 13.

HSE Primary Care Psychology Service

Phone: 01 846 7004 (Dublin North City)/01 921 4445 (Dublin North County)

Access: GP or Self-Referral

Email: referrals.dnc@hse.ie

Service Provided: Primary Care Psychology aims to work with clients to empower them to manage their mental health and to promote psychological wellbeing.

Advice clinic services are provided at various locations across Dublin North City and County on the second and fourth Tuesday of every month.

HSE National Counselling Service (NCS)

The NCS provides consistent, quality counselling and psychotherapy to a wide range of clients. NCS services includes CIPC, CaPA and Counselling for former Residents of Mother and Baby Homes.

Counselling In Primary Care (CIPC)

Phone: 01 795 7170

Access: GP Referral /Primary Care Team professional referral

Referral email: CIPCDNC@hse.ie

Service Provided: CIPC provides time limited counselling to adult medical card holders with mild to moderate psychological difficulties.

Address: 1st Floor, St. Fintan's, North Street, Swords.

Counselling and Psychotherapy for Adults who experienced childhood abuse or neglect (CaPA)

Phone: 1800 234 110

Access: Self-Referral

Email: referncs.dncc@hse.ie

Service Provided: The CaPA service for Adults who experienced childhood abuse or neglect provides trauma-informed counselling/therapy from NCS centres nationwide.

Address: Prospect House, Prospect Road, Glasnevin, Dublin 9.

Counselling for Former Residents of Mother and Baby Homes

Phone: 1800 234 110

Access: Self-Referral

Email: referncs.dncc@hse.ie

Service Provided: The NCS provides counselling to adults who spent time in Mother and Baby Homes in Ireland.

Address: Prospect House, Prospect Road, Glasnevin, Dublin 9.

Pieta Dublin North

Phone: 1800 247 247 (to speak to a therapist)

Phone: 0818 111 126 (for booking enquiries)

Access: Self-Referral or GP referral

Website: www.pieta.ie

Service Provided: Free individual counselling, therapy and support for people who self-harm or are thinking about suicide and for people who have been bereaved by suicide.

Address: Bridge Street, Swords, Co Dublin and 309 Collins Avenue, Dublin 9.

Northside Counselling Service

Phone: 01 848 4789

Access: Self-Referral

Website: www.northsidecounselling.ie

Opening hours: Mon, Tues, and Thurs: 10am – 4pm, 6.30pm – 8.30pm, Wed: 10am – 4pm, 6pm – 8pm, Fri: 10am –12:00pm

Service Provided: Northside offer a caring, confidential, professional and non-judgmental service that allows you to talk about anything that may be troubling you, in a safe and secure therapeutic space.

Address: Coolock Development Centre, Bunratty Drive, Dublin 17.

Shine Dublin

Phone: 01 860 1620 or 086 014 2112

Access: Self-Referral

Email: support@shine.ie

Website: www.shine.ie

Opening Hours: Mon – Fri: 9am – 4:30pm

Service Provided: Shine provides a range of services to people affected by mental health difficulties, their family members, friends and supporters. Services include individual support, mental health and recovery education and workshops, peer-led support groups, and up-to-date information and signposting to partner services.

HSE Primary Care Social Work Service

Phone: Contact your local Primary Care/Health Centre and ask to speak with the Primary Care Social Worker.

Access: Any professional referral or self-referral.

Email: referrals.dnc@hse.ie (Dublin North City) or referrals.nd@hse.ie (North Dublin)

Service Provided: This service provides short term interventions to all age groups with the aim to enhance the quality of life and wellbeing of the local population. Telephone Advice Clinics are available at several locations across Dublin North City and County on the 1st and 3rd week of each month, generally 10am -12pm in Dublin North City or in Dublin North from 09:30am - 11am.