

your  
mental  
health.ie

Information | Support | Services

1800 111 888

Ana Liffey Drug Project..... 1800 78 68 28  
Gamblers Anonymous..... 01 872 1133  
HSE Drugs & Alcohol Helpline ..... 1800 459 459  
Narcotics Anonymous ..... 01 672 8000  
North Inner City Drug & Alcohol Task Force ..... 087 175 2121  
What's Up BRYR Counselling Service (10 – 24 years old, free) .....  
..... Text: 085 876 6618 or call: 01 866 7600

#### Addiction Services

Alcoholics Anonymous..... 01 842 0700  
Ana Liffey Drug Project..... 1800 78 68 28  
Gamblers Anonymous..... 01 872 1133  
HSE Drugs & Alcohol Helpline ..... 1800 459 459  
Narcotics Anonymous ..... 01 672 8000

North Inner City Drug & Alcohol Task Force ..... 087 175 2121  
SAOL Project ..... 01 855 3391  
SASSY (HSE support service for under 18s)..... 01 778 5980  
HSE Soilse ..... 01 872 4922

#### Domestic Abuse Services

Male Advice Line ..... 1800 816 588  
Men's Aid ..... 01 554 3811  
Women's Aid..... Text: 087 959 7980 Call: 1800 341 900

#### Young People's Services

Belong To LGBTQ + Youth Ireland..... 01 670 6223  
Childline ..... 1800 666 666  
Jigsaw Dublin City, (12- 25)..... 01 658 3070  
Rainbows (support for 7–16 experiencing loss) ..... 01 473 4175

Teenline ..... 1800 833 634

#### Family Services

Ballymun Child & Family Resource Centre Adult Counselling/ Child  
Psychotherapy Service (low cost)..... 01 852 7183  
Daughters of Charity Child and Family Service..... 01 842 5100  
Family Mediation..... 01 874 7446  
Hill St Family Resource Centre..... 01 874 6810  
HSE Primary Care Psychology Parent Advice Clinics:

Ballymun ..... 01 846 7109  
Summerhill ..... 01 9211 501  
Vernon Avenue..... 01 853 9500  
One Family (parenting alone)..... 01 662 9212  
Parentline..... 01 873 3500

#### WEBSITES

[www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)      [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)  
[www.aware.ie](http://www.aware.ie)      [www.mymind.org](http://www.mymind.org)  
[www.drugs.ie](http://www.drugs.ie)      [www.niteline.ie](http://www.niteline.ie)  
[www.hse.ie](http://www.hse.ie)      [www.samaritans.org](http://www.samaritans.org)  
[www.jigsaw.ie](http://www.jigsaw.ie)      [www.spunout.ie](http://www.spunout.ie)  
[www.lgbt.ie](http://www.lgbt.ie)      [www.turn2me.ie](http://www.turn2me.ie)

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

NUMBERS WHEN  
YOU NEED THEM

Dublin 1, 3 and 9



Connecting for Life  
Dublin North City and County

## 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 hour free service) ..... 1800 666 666  
Text About It .....Text HELLO to 50808

## GP Out of Hours Service

D-DOC .....0818 22 44 76 / 041 685 0720

## Hospitals

Beaumont Hospital.....01 809 3000

Children's Health Ireland at Temple Street .....01 878 4200  
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..... Text: 085 133 7711 or Call: 116 006  
Dublin Rape Crisis Centre ..... 1800 778 888

Dublin Regional Homelessness Executive ..... 1800 707 707  
Exchange House National Travellers Service.....01 872 1094  
First Fortnight (support for homeless people).....086 777 7222  
FLAC (free legal advice) .....01 906 1010  
Focus Ireland (challenging homelessness).....01 881 5900  
Garda Confidential Line..... 1800 666 111  
GROW (supporting mental health recovery) .....0818 474 474  
HSE HIV and Sexual Health Helpline..... 1800 459 459  
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/Rehab .....01 205 7200

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 Service ..... 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 .....01 884 8200  
Transgender Family Support (Tues 10am-12pm & Sun 6pm-9pm)  
.....01 907 3707  
YourMentalHealth.ie 24 hr Information Line..... 1800 111 888

## Bereavement Services

Anam Cara.....085 2888 888 / 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  
Féileacáin (stillbirth and neonatal death support) .....085 249 6464  
HUGG (bereaved by suicide) .....01 513 4048  
Oasis – Deora Counselling (low cost) .....01 836 4524  
Suicide Bereavement Liaison Officer – Pieta .....0818 111 126

## Counselling Services

Crosscare Teen Counselling, (12-18, free).....01 557 4705  
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  
Oasis Centre (low cost) .....01 836 4524  
Pieta Helpline (suicide and self-harm) ..... 1800 247 247  
Traveller Counselling Service, .....086 308 1476 / 01 868 5761  
Turn2me (online counselling) .....www.turn2me.ie  
What's Up BRYR Counselling Service (10 – 24 years old, free) .....  
Text: 085 876 6618 or call: 01 866 7600

## Addiction Services

Alcoholics Anonymous.....01 842 0700