

**your
mental
health.ie**

Information | Support | Services

1800 111 888

The Listen Project Youth Counselling (12–21)..... 1800 303 638
 Traveller Counselling Service.....01 868 5761 / 086 308 1476
 Turn2me (online counselling).....www.turn2me.ie

Addiction Services

Alcoholics Anonymous.....01 842 0700
 Gamblers Anonymous.....01 872 1133
 HSE Drugs & Alcohol Helpline 1800 459 459
 Dublin North East Drug and Alcohol Task Force087 720 9767
 Narcotics Anonymous.....01 672 8000
 SAOL01 855 3391
 SASSY (HSE support service for under 18s).....01 778 5980
 Soilse 01 872 4922

Domestic Abuse Services

Male Advice Line 1800 816 588
 Men’s Aid01 554 3811
 Women’s Aid..... text: 086 387 6555 or call: 1800 341 900

Young People’s Services

BeLonG To Youth Service (LGBTI+).....01 670 6223
 Childline 1800 666 666
 Jigsaw Dublin City (12- 25).....01 658 3070
 Rainbows (support for 7–13 experiencing loss).....01 473 4175
 TeenLine 1800 833 634
 Sphere 17 Regional Youth Service.01 867 4348

Family Services

Artane Coolock Family Resource Centre.....01 8512 289
 Baldoyle Family Resource Centre.....01 832 6115
 Daughters of Charity Child and Family Service.....01 842 5100
 Aster Family Support 01 516 1146
 Family Mediation.....01 634 4320
 HSE Primary Care Parent Advice Clinic: Coolock01 921 3204
 One Family (parenting alone).....01 662 9212
 Parentline.....01 873 3500

Websites

www.askaboutalcohol.ie www.mentalhealthireland.ie
www.aware.ie www.mymind.org
www.drugs.ie www.niteline.ie
www.hse.ie www.samaritans.org
www.jigsaw.ie www.spunout.ie
www.lgbt.ie www.turn2me.ie

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 The information provided within is correct at time of printing
 but is subject to change.

**NUMBERS WHEN
YOU NEED THEM**
Dublin 5, 13 and 17



Connecting for Life
 Dublin North City and County

Crisis Supports

Gardaí, Fire Brigade, Ambulance & 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

Support and Information Helplines

Alone.....0818 222 024

Alzheimer Society of Ireland 1800 341 341

Aware Support Line (depression & anxiety) 1800 80 48 48

Bodywhys.....email: alex@bodywhys.ie01 210 7906

Careline (Family Carers Ireland) 1800 240 724

Citizens Information0818 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

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

HSE Live (National Information Service)..... 1800 700 700

Immigrant Council of Ireland Helpline01 674 0200

LGBT Helpline 1800 929 539

MABS (Money Advice and Budgeting Service)0818 07 2000

My Options (Unplanned pregnancy support) 1800 828 01

National Learning Network/Rehab01 205 7200

NiteLine (student support line)..... 1800 793 793

Peer Advocacy in Mental Health01 547 0510

Pieta Helpline (suicide and self-harm) 1800 247 247

7Pieta Text Support text 'HELP' to 51444

Pieta Booking Enquiries (Freephone).....0818 111 126

Seniorline..... 1800 80 45 91

Shine Brief Information and Support Line01 860 1610

St Vincent de Paul01 855 0022

Transgender Family Support (Tues 10am-12pm & Sun 6pm-9pm).....
.....01 907 3707

.....01 907 3707

YourMentalHealth.ie 24 hr Information Line..... 1800 111 888

Bereavement Services

Anam Cara.....01 404 5378

Barnardos Children's Bereavement Service01 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 – Pieta0818 111 126

Counselling Services

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

Doras Buí Lone Parents Counselling Service01 848 4811

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 referral01 795 7170

Counselling for former residents

of mother and baby homes..... 1800 234 110

MyMind (low cost)0818 500 800

Northside Counselling Service.....01 848 4789

Pieta (suicide and self-harm)..... 1800 247 247

Target Counselling.....01 867 1967