

NUMBERS WHEN YOU NEED THEM

Dublin 7, 11 & 15



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 ItText HELLO to 50808

GP Out of Hours Service

D-DOC0818 22 44 76 / 041 685 0720

Hospitals

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 & anxiety)	1800 80 48 48
Bodywhys.....email: alex@bodywhys.ie	Call: 01 210 7906
Care Line (Family Carers Ireland).....	1800 240 724
Citizens Information Centre	0818 07 4000
Connect (for adults who experienced abuse/trauma/neglect in childhood).....	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 (support for homeless people).....	01 881 5900
Garda Confidential Line.....	1800 666 111
Gender Identity Family Support Line.....	01 907 3707
GROW (supporting mental health recover).....	0818 474 474
HSE HIV and Sexual Health Helpline.....	1800 459 459
HSELive (National Information Line).....	1800 700 700
Immigration Helpline	01 674 0200
LGBT Helpline	1800 929 539

Money Advice and Budgeting Service.....	0818 07 2000
My Options (Unplanned pregnancy support)	1800 828 010
National Learning Network (info line Swords)	01 840 4120
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
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
HSE CIPC - Bereavement Service.....	01 795 7170
HUGG (bereaved by suicide)	01 513 4048
Suicide Bereavement Liaison Officer – Pieta	085 870 6574

Counselling Services

Crosscare Teen Counselling	01 557 4705
Genesis Therapy (D15 residents, low cost)	01 820 2764

MyMind (low cost)	0818 500 800
Pieta (suicide and self-harm, free).....	1800 247 247
Traveller Counselling Service	086 308 1476 / 01 868 5761
Turn2me (online counselling)	www.turn2me.ie
What's Up BRYR Counselling (10–24).....	01 866 7600

Addiction Services

Alcoholics Anonymous.....	01 842 0700
Blanchardstown Drug & Alcohol Task Force	01 824 9590
Crosscare Drug & Alcohol Programme (12–18)	01 836 0911
Finglas Addiction Support Team	01 811 0595
Finglas Cabra Drug & Alcohol Task Force.....	01 830 7440

your
mental
health.ie

Information | Support | Services

1800 111 888

Gamblers Anonymous.....	01 872 1133
HSE Drugs & Alcohol Helpline	1800 459 459
Narcotics Anonymous.....	01 672 8000
National Family Support Network	01 898 0148
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

Ballymun Family Resource Centre Play Therapy & Child Psychotherapy (4- 17 year olds, low cost).....	01 852 7183
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BeLonG To Youth Service (LGBTI+).....	01 670 6223
Childline	Text: 50101 or Call: 1800 666 666
Jigsaw Dublin City (12- 25).....	01 658 3070
Jigsaw Dublin 15 (12-25)	01 525 3090
Rainbows (support for 7–15 experiencing loss)	01 473 4175
TeenLine	1800 833 634

Family Services

Barnardos Family Support Project Finglas	01 864 2433
Daughters of Charity Child and Family Service.....	01 842 5100
Family Mediation.....	01 811 8650
HSE Primary Care Psychology Parent Advice Clinics	
Blanchardstown	01 829 7233

Corduff	01 795 6700
Grangegorman	01 867 6200
Wellmount, Finglas.....	01 856 7700
One Family (parenting alone).....	01 662 9212
Parentline.....	01 873 3500
Mountview Family Resource Centre	01 820 6171
Wellview Family Resource Centre.....	01 826 2878

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

WEBSITES

www.askaboutalcohol.ie

www.alustforlife.com

www.drugs.ie

www.hse.ie

www.jigsaw.ie

www.lgbt.ie

www.mentalhealthireland.ie

www.mymind.org

www.niteline.ie

www.samaritans.org

www.spunout.ie

www.turn2me.ie