

your
mental
health.ie

Information | Support | Services

1800 111 888

Addiction Services	
Alcoholics Anonymous.....	01 842 0700
Blanchardstown Drug & Alcohol Task Force	01 824 9590
Crosscare Drug & Alcohol Programme (12–25)	01 557 4705
Finglas Addiction Support Team	01 811 0595
Finglas Cabra Drug & Alcohol Task Force.....	01 830 7440
Gamblers Anonymous.....	01 872 1133
HSE Drugs & Alcohol Helpline	1800 459 459
Narcotics Anonymous.....	01 672 8000
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
Belong To LGBTQ+ Youth Ireland.....	01 670 6223
Childline	1800 666 666
Jigsaw Dublin City (12- 25).....	01 658 3070
Jigsaw Dublin 15 (12-25)	01 525 3090
Pieta Blakestown & Mountview Youth Initiative.....	090 642 4111
Rainbows (support for 7–16 experiencing loss).....	01 473 4175
TeenLine	1800 833 634

Family Services	
Daughters of Charity Child and Family Service.....	01 842 5100
Family Mediation.....	01 234 4400
Finglas West Family Resource Centre	086 796 6255
HSE Primary Care Psychology Parent Advice Clinics	
Blanchardstown	01 829 7233
Corduff	01 795 6700
Navan Rd	01 868 6802
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

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

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 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 It	Text HELLO to 50808

GP Out of Hours Service

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

Children's Health Ireland at Temple Street	01 878 4200
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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
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 recovery)	0818 474 474
HSE HIV and Sexual Health Helpline	1800 459 459
HSE Live (National Information Line)	1800 700 700
Immigrant Council of Ireland Helpline	01 674 0200
LGBT Helpline	1800 929 539
Irish Hospice Foundation's Info & Support Line	1800 60 70 66
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	01 557 4705
Genesis Therapy (D15 residents, low cost)	01 820 2764

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
Pieta (suicide and self-harm, free)	1800 247 247
Traveller Counselling Service	086 308 1476 / 01 868 5761
Turn2me (online counselling)	www.turn2me.ie
WhatsUP BRYR Counselling (10–24)	01 866 7600