



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Connecting for Life
Donegal

HSE Donegal

Regional & National Resource List

www.yourmentalhealth.ie

www.healthpromotion.ie

[**#littlethings**](#)

1) Urgent Help and Support

- **G. P. Out of Hours Now DOC:** provides an urgent GP service to patients in Donegal
Tel: 1850 777 911
- **Emergency Department:**
Letterkenny university Hospital: 07491 23595
- **Samaritans:** Providing emotional support and a listening ear 24 hours a day, 365 days a year to those passing through a personal crisis.
Helpline: 116 123

Dublin office: 01 671 0071

Email: jo@smaritans.org

Web: www.smaritans.org

2) G.P. Referral, Statutory Supports

- **Child & Adolescent Mental Health Services (CAMHS)**
CAMHS, Donegal Tel: 07491 20340
- **Donegal Mental Health Services** - services are provided through:
Tel: 07491 16024

3) Suicide Prevention and Bereavement

- **National Office for Suicide Prevention (NOSP):** NOSP provides cross-sectoral support for implementation of Ireland's suicide prevention strategy. The NOSP is a core part of the [HSE National Mental Health Division](#), providing strong alignment with mental health promotion and specialist mental health services delivery as appropriate.

National Office for Suicide Prevention

Stewarts Hospital, Mill Lane, Palmerstown, Dublin 20

Tel: 01 6201672

Email info@nosp.ie

Web: www.nosp.ie

- **Local Resource Officer for Suicide Prevention**

Sean Mc Grory

Resource Officer for Suicide Prevention

HSE Donegal Mental Health Service

St Conal's Campus,

Letterkenny,

Co. Donegal.

Tel: 087 7949771

Sean.mcgrory@hse.ie

- **Pieta House:** provides a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm. You can contact us at any hour of the day by phoning **Freecall 1800 247 247**, or you can simply text **HELP** to **51444**.

For all other queries, please email info@pieta.ie

Web: www.pieta.ie

Pieta Northwest

3rd Floor, Grand Central Building Canal Road, Letterkenny Co. Donegal F92EK7Y

Phone: (074) 9126594

Opening Hours

Mon - Fri: 10am to 5pm

The Suicide Bereavement Liason (SBL) Service can offer you guidance, practical information and support at a time when you may feel your world has been changed.

The SBL Officer can meet with anyone who is impacted by, and responds to the community within 8 weeks of a death by suicide.

Marie Burke Tel: 085 877 2028

Email: marie.burk@pieta.ie

- **Suicide or Survive. (SOS):** SOS endeavors to challenge the stigma attached to mental illness and provide education and therapeutic programmes that increase understanding of suicide and play an active role in its prevention.

Tel: 1890 577 577

Web: www.suicideorsurvive.ie

Email: info@suicideorsurvive.ie

4) Mental Health Support

- **HSE Information Helpline:** The 'HSE infoline' aims to provide the public with easy access to information on over 100 health and social service topics.
8am to 8pm Monday – Saturday with a 24hr Answer Machine Service
Phone: 1850 24 1850
Email: info@hse.ie
- **National Service Users Executive:** Vision for Change, the report of the Expert Group on Mental Health Policy, has advocated the setting up of a National Service Users Executive.
Contact us at info@nsue.ie
Tel: 085 1212386
Web: www.nsue.ie
- **AWARE:** Aware provides support and information to individuals and families affected by depression, through its loCall Helpline, Support Groups, Online Support Groups and email support service.
Helpline: 1800 80 48 48
Online Support: supportmail@aware.ie
Web: www.aware.ie

- GROW in Ireland:** GROW's Mission is to nurture mental health, personal growth, prevention and full recovery from all kinds of mental illness. Weekly Meetings are held throughout the North East.
 GROW Support Office: 01 840 8236
 Information Line: 1890 474 474
 Web: www.grow.ie
 Email: info@grow.ie
- Mental Health Ireland (MHI):** MHI is a national voluntary movement committed to promoting positive mental health in the first instance, and helping those with a mental health difficulty, their families and carers. It does this through its Development Officer team across the country and 100 local voluntary Mental Health Associations.
Donegal Development Officer: Bill Vaughan
 Tel: 086 772 3287
 Email: bill@mentalhealthireland.ie
www.mentalhealthireland.ie
- SHINE:** The national organisation dedicated to upholding rights and addressing the needs of all those affected by enduring mental illness through the promotion and provision of high quality services working to ensure the continual enhancement of the quality of life of the people it serves.
 Email: info@sirl.ie
 Web: www.sirl.ie or www.recover.ie

Donegal Mental Health Advocacy Services

The organisation dedicated to providing a comprehensive range of community services, in response to the identified needs of our population and service users, in accordance with best practice and modern standards of care.

Court Manor House, Justice Walsh Road, Letterkenny, Co. Donegal, F92 DYC4

EMAIL: info@donegaladvocacy.ie

CALL US: 0749116024/0860858703/0868227007

- BODYWHYS.** Bodywhys is the national voluntary organisation supporting people affected by eating disorders.
 Dublin: 01 2834963/ Helpline: 1890 200 444
 Web: www.bodywhys.ie
 Email: info@bodywhys.ie /alex@bodywhys.ie

5) Addiction Services

- HSE Alcohol Helpline 1800 459 459**
www.askaboutalcohol.ie
- HSE Primary Care Addiction Service:** The aim of the service is to provide community based interventions to address the harms associated with the misuse of alcohol and other substances.
- HSE Drugs & Alcohol Helpline: 1800 459 459
 Web: www.drugs.ie

- **HSE West Co. Donegal Alcohol & Drug Service**
 Address: 9 St Eunans Court Convent Rd, Letterkenny, Donegal
 Phone number: (074) 9128769
 Email: cora.mcaleer@hse.ie
- **Narcotics Anonymous (NA):** A nonprofit, international, community-based organization for recovering addicts. NA members learn from one another how to live drug-free and recover from the effects of addiction in their lives. We offer recovery from the effects of addiction through working a twelve step program, including regular attendance at group meetings.
 Tel: 086 862 9308 CHECK???
 Email: info@na-ireland.org
 Web: www.na-ireland.org
- **Smoking Cessation:** QUIT is a HSE health education campaign aimed at encouraging smokers to quit.
 Tel: 1850 201203
 Web: www.quit.ie
- **A.A:** Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism (over 18's only).
 General Service Office of Alcoholics Anonymous
 Unit 2, Block C, Santry Business Park
 Swords Road, Dublin 9
 Tel: 01 8420700
 Email: gso@alcoholicsanonymous.ie
 Web: www.alcoholicsanonymous.ie
- **Al-Anon:** Al-Anon offers understanding and support for families and friends of problem drinkers in an anonymous environment, whether the alcoholic is still drinking or not.
Alateen: Alateen is part of the Al-Anon fellowship and is for young people, aged 12 – 17 inclusive, who are affected by a problem drinker.
 Al-Anon, Room 5, 5 Capel Street, Dublin 1
 Tel: 01 8732699
 Email: info@alanon.ie
 Web: www.alanon.ie
- **Gamblers Anonymous (GA):** GA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling.
 Tel: 01 872 1133
 Email: info@gamblersanonymous.ie
 Web: www.gamblersanonymous.ie

6) Abuse, Violence and Victim Support

- **HSE National Counselling Services (Rian):** For adults who have experienced physical, emotional, sexual or neglectful abuse during childhood.
Freephone: 1800 234 117
www.hse-ncs.ie
- **Donegal Rape Crisis Centre:** Provide a professional counselling and support service, in a safe and secure environment, for people who have been affected by abuse or sexual violence - thus enabling us to break the silence surrounding abuse and sexual violence in our community.
Phone No: 074-9128211
Free phone: 1800 44 88 44
Email: info@donegalrapecrisis.ie
- **Donegal Domestic Violence Service**
Helpline : 1800 262 677
Tel: 074-91 29725
Email: ddvsrefuge@gmail.com
Website: <http://www.donegaldomesticviolenceservice.ie>
Women's Aid National Freephone Helpline: 1800 341 900
- **Donegal Women's Centre:** offers counselling, support, courses and other services for women in County Donegal at the centre and our outreach centres.
Phone: (074) 912 4985
Email: womenscentrelkenny@eircom.net
- **Support after Homicide:** Offers a service to families bereaved by murder. It is a confidential service providing support nationally.
Mark Kerrigan, Co-ordinator, Tel: 087 9837322

7) Counselling Services

- **Counselling in Primary Care Service (CIPC):** For people with mild to moderate psychological difficulties. It is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. The service is for medical card holders, who are 18 years of age or over, and who want help with psychological problems that are appropriate for time limited counselling in primary care.

Address: 69 Ballyraine Road, Letterkenny, Co. Donegal.
Tel: 074 9167250 (Donegal Office)
- **Jigsaw Donegal**
Provides a free and confidential support service for young people aged 12–25 on Pearse Road in Letterkenny. Jigsaw Donegal aims to make sure that young people's voices are heard, and that they get the right support, where and when they need it.
Contact Details
Telephone: 074 97 26920
Email: donegal@jigsaw.ie

- **Pastoral Centre**

Provides a place of welcome for all people. It serves as a resource for all individuals, families and communities through support services and educational programmes. This website outlines the services offered all year round. The main areas are: Counselling, Family and Bereavement Care, Pastoral Development, Support Services, Support Groups, Personal Development, Health and Education.

Address: Monastery Avenue, Letterkenny, Co. Donegal, F92 HP66

Email: pastoralcentre@raphoediocese.ie

Phone: 074 9121853

- **Family Resource Centres (FRC's):** FRCs provides a range of universal and targeted services and development opportunities that address the needs of families, including the provision of counselling and support to individuals and groups.

- **Cara House**, 108 Lower Main Street, Letterkenny.

Tel: 074 912 39 86 / info@carahouse.ie

- **Donegal FRC**, Upper Main St, Donegal Town, Co Donegal

Tel: 074 97 25337 Email: donegalfamilyresource@eircom.net

- **Downstrands FRC**, Kilclooney, Portnoo,

Tel: 0749545879, Email: downstrandsfrc@yahoo.ie

- **Dunfanaghy FRC**, Main Street, Dunfanaghy,

Tel: 074 913 6548, Email: dunfresource@eircom.net

- **Finn Valley FRC**, Ceol na Coille, Drumboe Ave.,

Tel: 074 9131245 Mobile: 086 0218645 Email: admin@finnvalleyfrc.ie

- **Mevagh FRC**, ras Ros Goill, Downings, Letterkenny,

Tel: 074 915 5055 Fax: 074 915 5055 Mobile: 0879228944

Email: info@mevaghfrc.com

- **Moville FRC**, James's St, Gort North, Moville, Co. Donegal

Tel: 074 938 5548

- **Pettigo FRC**, Main St, Pettigo, Co Donegal

Tel: 071 986 1924, Email: theforgefrc@eircom.net

- **Raphoe FRC**, ST Michaels Place, Castle Road, William St, Raphoe

Tel: 074 914 5796 Mobile: 0873641503, Email: raphoefrc@eircom.net

- **Raphoe Springboard FRC**, Raphoe Springboard,

Tel: 074 0917 3918, Email: springboardfsp@gmail.com

- **St Johnston & Carrigans Family Resource Centre**, Chapel Road, St Johnston, Lifford,

Tel: 074 9148551, Mobile: 0852524429, Email: coordinator@stjohnfrc.ie

- **Travellers Counselling Service:** Independent, confidential, non judgmental and culturally appropriate counselling service which is specially set up for Travellers over 18 years in the Greater Dublin Area.

6 New Cabra Road, Phibsborough, Dublin 7

Tel: 086 308 1476

Email: travcounselling@hotmail.com

8) LGBT Services

- **BreakOut:** is a youth project focused on Lesbian, Gay, Bisexual, Transgender young people aged between 12 and 30 years. The project operates a weekly drop-in provision in Letterkenny, as well as training, information and one to one support. BreakOut is a project for young LGBTI people, LGBTI Allies and young people that believe in social justice.
Tel: (074) 91 29630,
Email: admin@donegalyouthservice.ie
- **BeLonG To:** Organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 23.
Parliament House, 13 Parliament Street, Dublin 2
Tel: 01 670 6223
Email: info@belongto.org
Web: www.belongto.org
- **LGBT Helpline:** Offers support to LGBT people and their families. We're here to listen in confidence and without judgement, seven days a week. You can talk to us by phone or online through our instant messaging service or by coming along to one of our peer support groups.
LGBT Helpline: 1890 929 539
Email: info@lgbt.ie
Web: www.lgbt.ie

9) Children and Youth Support Services

- **Donegal Youth Service** is a countywide youth agency with over 30 affiliated youth clubs, and numerous projects which have been developed as a direct response to the needs of young people. Projects which support their mental, emotional and physical health, provide training and empower them to reach their own individual potential.
Tel: 074 91 29630
Email: admin@donegalyouthservice.ie
- **FoRoige:** is a county wide youth service, its purpose is to enable young people to involve themselves consciously and actively in their development and in the development of society.
Danny Harkin Regional Youth Officer. Danny.Harkin@foroige.ie
Tel: 086 7808867.
Web: www.foroige.ie
- **Support Helplines**
ISPCC Childline: 1800 66 66 66
Teenline: 1800 833 634
- **Support Websites**
www.spunout.ie: Youth led national charity empowering young people to create personal & social change.
www.barnardos.ie/teenhelp : An information website for young people coping with difficulties.
www.childline.ie : Childline Online is for young people up to the age of 18. If you have been affected by bullying you may access support by texting the word 'Bully' to 50101. You may also contact Teentext by texting 'Talk' to 50101. These services are available from 10am to 4am every day.

10) Benefits/Advice/Financial Worries

- **Citizens Information Centres (CICs):** Provide free, impartial information, advice and advocacy on a broad range of public and social services.

Buncrana: 12 Lower Main St, Ardaravan, Buncrana, F93 H9PP, Phone: 076 107 5490

Letterkenny: Public Services Centre, Neil T Blaney Rd, Drumnahoagh, Letterkenny, Phone: 076 107 5530

Carndonagh: Public Services Centre, Malin Rd, Gort Glebe, Carndonagh, Phone: 076 107 5500

Donegal Town: Donegal Public Services Centre, Drumlonagher, Donegal Town, Phone: 076 107 5510

Milford: Milford Public Services Centre, Main St, Forquar, Milford, Phone: 076 107 5450

Dungloe: Dungloe Public Services Centre, Gweedore Road, Dunglow, Dungloe, Phone: 076 107 5430

Ballyshannon: Library Building, Public Services Outreach Centre, Abbeyview, Ballyshannon, Phone: 076 107 5480

- **MABS – Money Advice and Budgeting Service:** MABS is the national money advice service, guiding people through dealing with debt for more than 20 years.

Derrybeg MABS, Iarthar Dun na nGall, Derrybeg, Letterkenny, F92 KF82, Tel: 0761 07 2650, Email: iarthar_dhun_na_ngall@mabs.ie

North Donegal MABS, Canal House, Lower Main Street, Letterkenny, F92 DE7V Tel: 0761 07 2460, Email: letterkenny@mabs.ie

North Donegal MABS - Inishowen Office, 16 Ardaravan Square, Buncrana, F93 N883 Tel: 0761 07 2470, Email: buncrana@mabs.ie

South Donegal MABS, Donegal Public Services Centre, Drumlonagher, Donegal Town, F94 DK6C Tel: 0761 07 2480, Email: southdonegal@mabs.ie

11) Farm and Rural Stress

- **Farm & Rural Stress:** Living in the country? Feeling Down? Contact the Farm and Rural Stress Helpline on:
Freephone: 1800 742 645 open daily 6pm to 10pm
Email: farmandruralstress@hse.ie

12) Other Support Services

- **Emergency Numbers 999 or 112 for:**
 - **Ambulance**
 - **Gardai**
 - **Fire Brigade**
- **Parentline:** provides information and a listening ear to parents in the Republic of Ireland.
Carmichael House, North Brunswick Street, Dublin 7
Tel: 1890 927 277
Email: info@parentline.ie
Web: www.parentline.ie
- **Men's Sheds:** The Irish Men's Sheds Association are a charity focused on supporting a grass-roots network of sheds, workshops and meeting places for men of all ages across the whole of Ireland.
Tel: 01 891 6150
Web: www.menssheds.ie
- **National Advocacy Service (NAS):** An independent advocacy service for people with disabilities. NAS supports people: to receive assistance with specific issues; to access their rights and entitlements; to have their voice heard when decisions are being made about their life; to express their views and wishes in relation to quality of life issues.
National Advocacy Service: Enquiry Phone Line - 0761 07 3000; Email – info@advocacy.ie