

Parentline:

Advice and support for parents under stress
Carmichael House, Nth Brunswick St,
Dublin 7
Local call: 1890 927 277

Prisoners' Family Infoline:

A confidential service for anyone who is affected by the imprisonment of a family member, partner or friend.
Local call: 1890 252 578

Rape Crisis Centre:

Provides counselling for survivors of rape, sexual abuse or child sexual abuse
24 hour helpline freephone 1800 778888
Email: rcc@indigo.ie
Web: www.drcc.ie

Rehab's Headsup Service:

Headsup is the text support and information service provided by Rehab. It is a 24 hour texting service. Text the word 'Headsup' to the number 50424 and a list of topics will be sent. Choose a topic and instantly a list of confidential anonymous helpline numbers will be forwarded.

Samaritans:

24 hour confidential emotional support
Tel: 1850 609090
Email: jo@samaritans.org
Web: www.samaritans.org

Teen-line Ireland:

A confidential helpline service to listen to teenagers about any problems or worries they might be having.
Freefone helpline: 1800 833 634
Email: info@teenline.ie
Web: www.teenline.ie

The Church of Ireland Marriage Council:

Aims to resource the Church as it supports marriage and family life. Programmes include Marriage Matters, Marriage Preparation and Marriage Counselling.
Web: www.marriagematters.ireland.anglican.org

The Drugs and Alcohol Programme: (DAP)

Drugs Awareness Programme, Crosscare, The Red House, Clonliffe College, Dublin 3
Provides a wide range of services including an interactive online live helper who will help answer your questions on drugs and alcohol.
Tel: 01 836 0911
Email: info@drugawareness.ie
Web: www.dap.ie (website has a youth section)

Women's Aid:

Help for women abused in their own home
Everton House, 47 Old Cabra Road, Dublin 7
Tel: 1800 341900/868 4721
Email: info@womensaid.ie
Web: www.womensaid.ie

A—Z OF USEFUL CONTACTS FOR SUPPORT

AIM Family Services:

Confidential family law information service and family mediation service. AIM provides a number of leaflets and publications on many legal aspects of family separation.
64 Dame St, Dublin 2
Tel: 01 670 8363
Email: aimfamilyservices@eircom.net
Web: www.aimfamilyservices.ie

Al-anon-Ireland:

Support for families of problem drinkers. Alateen is for 12-17 year olds who are affected by a problem drinker.
Information centre, Room 5, 5 Capel St, Dublin 1
Tel: 01 873 2699
Email: info@al-anon-ireland.org
Web: www.al-anon-ireland.org

AMEN:

Confidential support service for male victims of domestic abuse and their children
St Anne's Resource Centre,
Railway St, Navan, Co, Meath
Tel: 046 9023718
Email: info@amen.ie
Web: www.amen.ie www.amen.ie

Aware:

Provides information and support to people who experience depression
Tel: 1890 303 302
Email: aware@iol.ie
Web: www.aware.ie

**Bereavement Counselling Service:**

Dublin St, Baldoyle, Dublin 13
Tel: 01 839 1766
Email: bereavement@eircom.net
Web: www.bereavementireland.org

Bodywhys:

Help, support and understanding for anorexia and bulimia nervosa
Tel: 1890 200 444
Email: info@bodywhys.ie
Web: www.bodywhys.ie

CARI Foundation:

Counselling and support for children affected by sexual abuse
Tel: 1890 924 567
Email: helpline@cari.ie
Web: www.cari.ie

Childline:

Support for children up to 18 years old
Tel: Freefone 1800 666 666
Email: ispcc@ispcc.ie
Web: www.childline.ie

Children's Rights Alliance:

A website providing up-to-date information on developments affecting children and young people up to the age of 18 in Ireland.
Children's Rights Alliance, 4 Upper Mount St, Dublin 2
Tel: 01 662 9400
Email: info@childrensrights.ie
Web: www.childrensrights.ie

Citizens' Information Board:

Central Office
7th Floor, Hume House
Ballsbridge, Dublin 4
Tel: 01 605 9000
Email: info@ciboard.ie
Web: www.citizensinformationboard.ie
For those newly out of work, the Citizens' Information Board has set up a help line
Web: www.losingyourjob.ie

Console:

Support, education and training for those bereaved by suicide
All Hallows College, Drumcondra, Dublin 9
Helpline: 1800 201 890
Email: info@console.ie
Web: www.console.ie

Crime Victims' Helpline:

Provides support and information for victims of crime
Callsave: 1850 211 407
Web: www.crimevictimshelpline.ie

Crimestoppers:

Freefone: 1800 250 025

Crisis Pregnancy Agency:

4th Floor, 89-94 Capel St Dublin 1
Tel: 01 814 6292
Web: www.crisispregnancy.ie

Drugs/HIV Helpline:

Regarding substance use, HIV or sexual health
Freefone: 1800 459 459

EAR Ireland:

Addressing life/work issues at the earliest stage
Tel: 01 495 9440
Email: eap@earireland.com
Web: www.eap-solutions.com

Family Mediation service:

1st Floor, St Stephen's Green House,
Earlsfort Terrace, Dublin 2
Tel: 01 634 4320
Email: fmsearlsfort@welfare.ie
Web: www.fsa.ie

Family Support Agency:

St, Stephen's Green House,
Earlsfort Terrace, Dublin 2
Tel: 01 611 4100
Email: familysupport.agency@welfare.ie
Web: www.fsa.ie

Focus Ireland:

Provides support for the homeless
9-12 High St, Christchurch, Dublin 8
Tel: 01 671 2555
Web: www.focusireland.ie

Food Safety Authority of Ireland:

Abbey Court, Lower Abbey St, Dublin 1
Food Safety Helpline:
Local call 1890 336677
Tel: 01 817 1300
Web: www.fsai.ie

Free Legal advice Centre:

13 Lower Dorset St, Dublin 1
Tel: 01 874 5690
Web: www.flac.ie

Garda Confidential Helpline:

Freefone: 1800 666 111

Gas Emergency: (Leaks only)

Callsave: 1850 20 50 50

Gay switchboard: (Parent support)

Carmichael House, Nth Brunswick St,
Dublin 7
Tel: 01 872 1055

Gingerbread: (Association for one-parent families)

Carmichael House, Nth Brunswick St,
Dublin 7
Tel: 01 814 6618
Web: www.gingerbread.ie

Immigrant Council of Ireland:

2 St Andrews St, Dublin 2
Tel: 01 674 0200
Email: info@immigrantcouncil.ie
Web: www.immigrantcouncil.ie

Irish Society for the Prevention of Cruelty to Children: (ISPCC)

29 Lower Baggot Street, Dublin 2
Tel: 01 676 7960
Email: ispcc@ispcc.ie
Web: www.ispcc.ie

Legal Aid Board:

Quay St, Cahirciveen, Co, Kerry
Local call: 1890 615200
Email: info@legalaidboard.ie
Web: www.legalaidboard.ie

Marriage & Relationship (Accord):

Catholic marriage care service. Offers safe, professional and confidential support for couples and individuals in their marriages and relationships.
Central Office, Columba Centre, Maynooth, Co, Kildare
Tel: 01 505 3112
Email: admin@accord.ie
Web: www.accord.ie

Marriage & Relationship Counselling Services (MRCS):

Provides non-denominational counselling service to people, married or living together, single or separated, who are experiencing difficulties in their relationship.
38 Upper Fitzwilliam St, Dublin 2
Local helpline: 1890 380 380
Email: info@mrccs.ie
Web: www.mrccs.ie

Money Advice & Budgeting Service: (MABS)

Help for those facing debt
Tel: 1890 283 438
Web: www.mabs.ie

Move Ireland:

Help for men overcoming violence
Carmichael House, Nth Brunswick St,
Dublin 7
Tel: 01 782 4357
Email: moveireland@eircom.net
Web: www.moveireland.ie

National Consumer Agency:

4 Harcourt Rd, Dublin 2
Local call: 1890 432 432
Web: www.consumerconnect.ie

National Council on Ageing and Older People:

11th Floor Hawkins House, Hawkins St,
Dublin 2
Tel: 01 674 3299
Email: info@ncaop.ie
Web: www.ncaop.ie

National Network of Women's Refuges and Support Services:

27 Church St, Athlone, Co, Westmeath
Tel: 090 647 9078
Email: admin@nnwrss.com
Web: www.nnwrss.ie

National Poisons Centre:

Beaumont Hospital, Beaumont Rd,
Dublin 9
Tel: 01 837 9964/01 809 2566

One Family:

Voice, support and action for one parent families in Ireland.
Cherish House, 2 Lower Pembroke St,
Dublin 2
Local call: 1890 62 22 12
Email: info@onefamily.ie
Web: www.onefamily.ie

Parental Equality:

Shared parenting and joint custody support
15a Clanbrassil St, Dundalk, Co, Louth
Tel: 042 933 3163
Web: www.parentalequality.ie