



HSE Mid West Directory of Mental Health Services and Supports for Recovery

2024



Message from Nuala Kelly - Head of Service, Mental Health, Mid West Community Healthcare

I am delighted to present the HSE Mid West Directory of Mental Health Services and Supports for Recovery 2024

The HSE Mid West Mental Health Services have created this directory in response to a need identified by the people using our services and those supporting them, through our Mental Health Engagement fora. The work of completing the Directory was undertaken by the Area Forum which is comprised of those working in the Mental Health Services, our Community Partners and those attending our services.

We understand from our Mental Health Engagement fora that people can often feel confused or overwhelmed when seeking information or further support for themselves or others. Our ambition in introducing this directory is to provide everyone with access to reliable information about the Mental Health services and agencies operating across the Mid West region. Thank you to all those who have contributed and made the Directory a reality.

The Directory lists statutory, non- statutory, community & voluntary, national and regional agencies that are supporting recovery for people who experience mental health difficulties. The Directory outlines where each agency is based, what each agency specifically does and how you can contact them for more information.

The directory is a simple step towards supporting recovery in our region. I hope it will be of benefit to you. Please share it far and wide.

Best wishes

Nuala Kelly
Head of Service, Mental Health
HSE Mid West Community Healthcare

March 2024



HSE
Mental Health
Engagement
& Recovery

Details in this print version dated March 2024. This is not an exhaustive list. Organisations providing mental health services and supports who wish to be included in further print and digital versions are invited to contact via email on MidWestMHE@hse.ie for application details and inclusion.

Artwork in this directory illustrates the five recovery components **Connectedness, Hope, Identity, Meaning & Purpose and Empowerment**: from the CHIME theoretical framework for personal recovery which was developed based on research by Dr Mary Leamy and her colleagues. MidWest Forum members designed the five beautiful illustrations based on recovery experiences, in collaboration with illustrator and graphic recorder Esther Blodau.

To Get Urgent Help

Call 112 or 999 if you or someone you know is about to harm themselves or someone else.

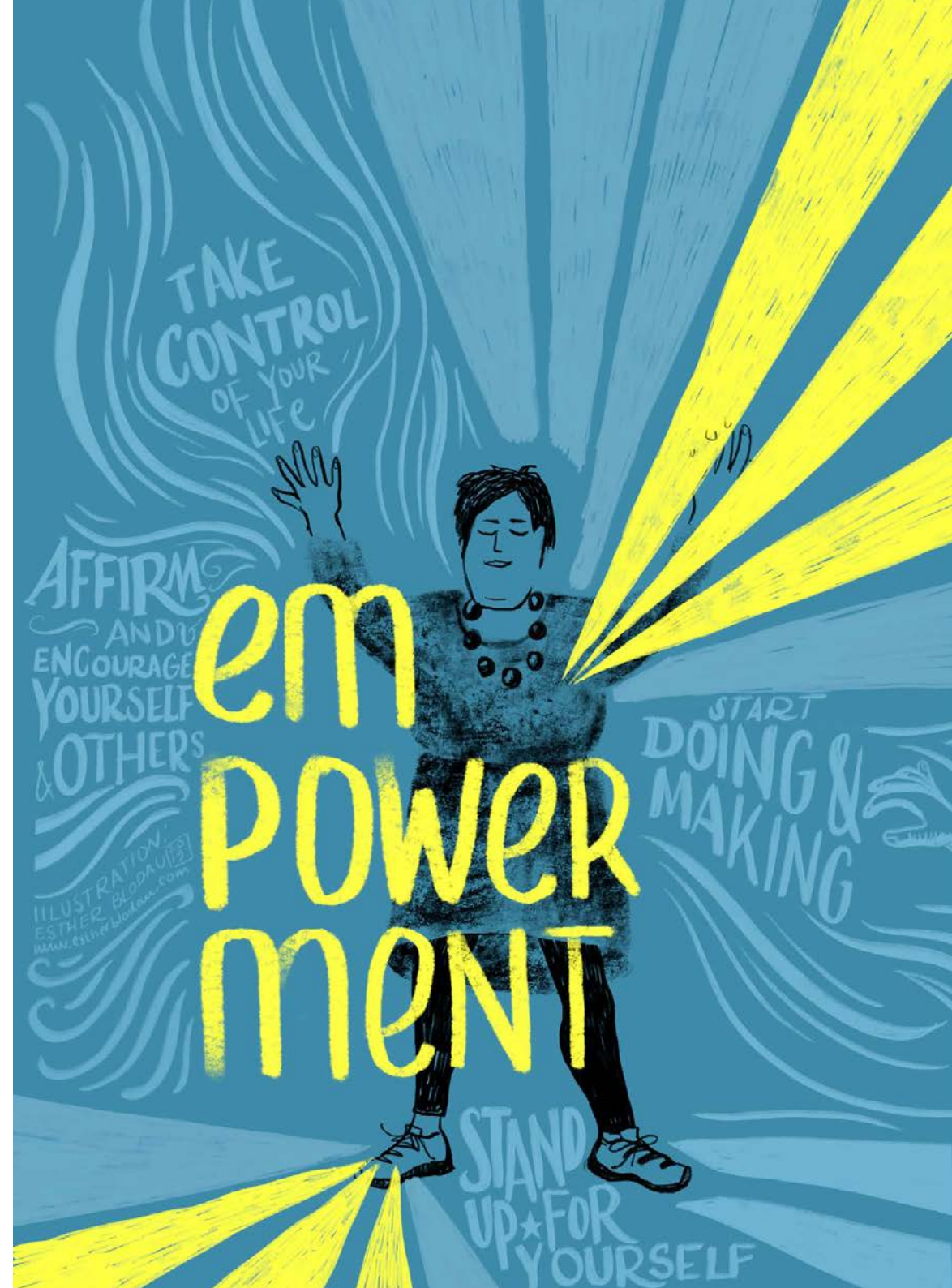
24/7 Crisis Text Line text to 50808 when in crisis and a trained crisis volunteer will receive the text and respond.

Visit www.yourmentalhealth.ie or call the information line anytime day or night, freephone 1800 247 247 for information on mental health and what other services and supports are available near you.

GPs can offer support to anyone in crisis. If possible bring someone with you to your local GP during clinic open hours.

Out-of-Hours GP Service - contact ShannonDoc 0818 123500 or 061 459500 for medical support outside normal surgery hours.

LIMERICK SERVICES





Limerick Mental Health Services




Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Crisis Service Limerick</p>   <p>HSE Mental Health Services</p>	<p>Hospital based 24 hour service available 7 days per week including bank holidays. Provides face-to-face assessment.</p>	<p>University Hospital Limerick Dooradoyle Limerick</p>	<p>Telephone: 061 301111 University Hospital Limerick Reception Website: www.hse.ie/eng/services/list/1/lho/limerick/mental-health-services</p>
<p>Department of Psychiatry Unit 5B</p>   <p>HSE Mental Health Services</p>	<p>Offers a comprehensive mental health service to adults.</p>	<p>Acute Psychiatric Unit 5B University Hospital Limerick Dooradoyle Limerick</p>	<p>Telephone: 061 482 354</p>
<p>Emergency Department University Hospital Limerick</p>   <p>Connecting for Life</p>	<p>Provides emergency care for adult and paediatric patients with a core focus on diagnosis, treatment and management of acute and urgent injuries and illnesses.</p>	<p>Emergency department University Hospital Limerick Dooradoyle Limerick</p>	<p>Telephone: 061 301111 / 061 482120</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Child and Adolescent Mental Health Services (CAMHS) Limerick Teams</p> 	<p>Provides specialist mental health services to children & adolescents aged up to 18 years of age with moderate to severe mental health difficulties, and their families. This service is provided by specialist multi-disciplinary mental health teams (MDT) whose members include Psychiatrists, Nurses, Psychologists, Social Workers, Occupational Therapists and Speech & Language Therapists.</p>	<p>East Limerick, Limerick Central and West Limerick CAMHS Community Mental Health Teams Rosbrien Road Rosbrien Limerick V94 XW57</p> <p>West Limerick Team Killeline Medical Centre Newcastle West County Limerick V42 DE41</p>	<p>Telephone: 061 483388 Mon-Fri 9.30am-5pm</p> <p>Website: www2.hse.ie/mental-health/services-support/camhs</p> <p>Telephone: 069 79100 Mon-Fri 9.30am-5pm</p>
<p>Community Mental Health Teams (CMHT)</p> 	<p>Provides specialist mental health services to people experiencing a mental health difficulty in Limerick. If you are experiencing a mental health difficulty, please contact your GP for a referral to a Community Mental Health Team. Based in Community Mental Health Centres (CMHC) and Day Hospitals.</p>	<p>Churchtown HSE CMHC Newcastle West, County Limerick V42 AF88</p> <p>Kilmallock HSE CMHC Railway Road, Kilmallock, County Limerick V35 VP21</p> <p>St Anne's HSE CMHC 28 Roxboro Road, Limerick City V94 T950</p> <p>Tevere HSE CMHC Shelbourne Road, Limerick V94 AXW6</p> <p>Willowdale HSE CMHC Raheen, Limerick V94 K2R2</p>	<p>Telephone: 069 61799 Mon-Fri 9am-5pm</p> <p>Telephone: 063 98668 Mon-Fri 9am-5pm</p> <p>Telephone: 061 315177 Mon-Fri 9am-5pm</p> <p>Telephone: 061 452971 Mon-Fri 9am-5pm</p> <p>Telephone: 061 302248 Mon-Fri 9am-5pm</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>HSE Psychiatry of Later Life Limerick</p>  	<p>The Psychiatry of Later Life Team provides specialist mental health services to people over sixty five who are coming to the service for the first time. We work in partnership with local GPs, hospitals and other local health care and social services.</p>	<p>Unit 3 St Camillus Hospital, Shelbourne Road, Limerick</p> <p>Tearmann Ward St Camillus Hospital, Shelbourne Road, Limerick</p>	<p>Telephone: 061 483779 Mon-Fri 9.30am-5pm</p> <p>Telephone: 061 483696 Mon-Fri 9.30am-5pm</p>
<p>HSE Rehabilitation Psychiatry Services</p>  	<p>Specifically aims to address the requirements for people with severe and enduring mental illness and complex needs through the rehabilitation and recovery services.</p>	<p>HSE Rehabilitation Psychiatry Services St.Joseph's Health Campus Mulgrave street Limerick</p>	<p>Telephone: 061 461 500</p>
<p>ADDICTION SERVICES HSE Mid West Limerick Drugs and Alcohol Service</p>  	<p>Provides a range of services to those experiencing substance misuse including outreach, harm reduction, counselling, education, prevention and methadone programme.</p>	<p>Corporate House Mungret Street Limerick</p>	<p>Telephone: 061 318633</p> <p>Website: www.hse.ie/eng/services/list/5/addiction/midwestaddiction/</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>HSE Specialist ADHD in Adults Service</p>  	<p>ADHD (attention deficit/hyperactivity disorder) in adults is an impairing lifelong condition which is under diagnosed in most European countries (including Ireland), leading to impaired quality of life following ineffective treatment thereby resulting in on-going distress and impairment. People with ADHD once diagnosed benefit from mental health treatment including psychosocial interventions.</p>	<p>St.Joseph's Health Campus Mulgrave Street Limerick.</p>	<p>Speak to your GP about symptoms, who may make a referral for further assessment with your local Community Mental Health Team, if appropriate. Further information on the App (Download App: ADHD in Adults)</p>
<p>HSE Specialist Perinatal Mental Health Services</p>  	<p>It is just as important to be aware of and have treatment for mental health problems as it is for physical health problems in pregnancy. This service offers advice to women with mental health problems who may be planning a pregnancy. It is possible to ask your GP, midwife, mental health midwife, public health nurse or psychiatrist if they can refer you to a perinatal mental health service.</p>	<p>University Maternity Hospital Ennis Road Limerick</p>	<p>Telephone: 061 483 116</p>



Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>EDUCATION SERVICES HSE Mid West ARIES Recovery Education Service</p> 	<p>Offers a range of courses free of charge that includes information and educational materials on recovery and wellbeing in mental health.</p> <ul style="list-style-type: none"> • With communities • With the mental health services • For mental health staff • With 3rd level students • Online • Online self-paced course available 24/7 	<p>Mid West ARIES Recovery Education, Roselawn House, University Business Complex, National Technology Park, Limerick, V94 6K65</p>	<p>Telephone: 061 492085 085 8768517 086 2873526</p> <p>Email: Michael.oneill8@hse.ie Margaret.keane9@hse.ie Cillian.Keane@hse.ie</p> <p>Website: www.hse.ie/mwaries</p> <p>Facebook: www.facebook.com/MidWestAries/</p> <p>Twitter: www.twitter.com/MidWestAries</p> <p>YouTube channel: www.youtube.com/@MidWestARIES</p> <p>Instagram: www.instagram.com/midwestaries</p>

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<p>HSE Mental Health Engagement</p>  	<ul style="list-style-type: none"> • Mental Health Engagement events are held in each county throughout the year. • This is a place for service users, family members and carers to voice their experiences, raise issues and be consulted and involved in the development of mental health services in their area. 	<p>HSE Mental Health Engagement Office, Roselawn House, University Business Complex, National Technology Park, Limerick, V94 6K65</p>	<p>Telephone: 061 492086 / 087 6560854</p> <p>Email: midwestmhe@hse.ie</p> <p>Website: www.hse.ie/eng/services/list/4/mental-health-services/mentalhealthengagement/</p>
<p>SUICIDE PREVENTION Office for Suicide Prevention HSE Mid West CHO3</p> 	<p>Supports the implementation of Connecting for life Mid West, Suicide Prevention Action Plan 2017-2020. If someone is at risk of suicide, is supporting someone who is at risk of suicide or has been bereaved through suicide, our offices can provide resources and signposting to other services for those in need of support. We provide this service on an individual and community level.</p>	<p>Office for Suicide Prevention, Roselawn House, University Business Complex, National Technology Park, Limerick, V94 6K65</p>	<p>Telephone: 061 492096</p> <p>Email: srotraining.lcnt@hse.ie</p> <p>Website: www.connectingforlifemidwest.ie</p> <p>Contact details for your local resource office for Suicide Prevention can be located here: www.hse.ie/eng/services/list/4/mental-health-services/nosp/resourceofficers/</p>

Community and Voluntary Organisations

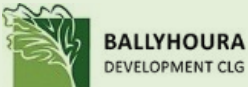



Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Community Crisis Response Team Building suicide-safer communities</p> 	<p>Out of hours suicide prevention team travelling across Limerick City and County to anyone in suicidal distress from 5pm-6am 7 nights a week. Supporting people all over Ireland via phone.</p>	<p>Unit 7 Rathkeale Enterprise Centre, Rathkeale, County Limerick</p>	<p>Crisis Line: 085 1777631 From 5pm – 6am daily Office Line (general enquiries): 061 785661 Mon – Fri 9am-5pm Email: info@ccrtireland.ie Website: www.ccrtireland.ie</p>
<p>GROW</p> 	<p>Provides recovery focused weekly peer support groups for adults over 18 who may be struggling with any aspect of their mental health.</p>	<p>Grow 33 Henry Street Limerick</p> <p>Please check website or contact by phone for information on local groups</p>	<p>Telephone: 061 318813 Email: midwesternregion@grow.ie Website: www.grow.ie Twitter: @GROW_Ireland Facebook: @GROWIreland facebook.com/GROWIreland</p>
<p>Haven Hub</p> 	<p>We offer peer support, suicide prevention, mental health wellness courses and programs.</p>	<p>Lower Bedford Row, Bedford Row, Limerick V94 PT93</p>	<p>Telephone: 085 2019250 Email: info@havenhub.ie Website: www.havenhub.ie</p>
<p>Jigsaw Limerick</p> 	<p>Provides a free non-judgemental and confidential mental health support service for young people aged 12-25 living, working or studying in Limerick City and County. We provide guidance and support for young people who are going through a difficult or distressing time. We also provide advice and guidance for anyone who is concerned about a young person in their life.</p>	<p>Jigsaw Limerick 3rd Floor Arthur's Quay House Arthur's Quay Limerick</p>	<p>Telephone: 061 974510 Email: limerick@jigsaw.ie Website: www.jigsaw.ie Twitter: @jigsawLimerick Facebook: Jigsaw Limerick Instagram: Jigsaw Limerick</p>

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<p>Kilmallock Mental Health Association</p> 	<p>Supports and promotes mental health awareness in communities through various activities including the delivery of MHI workshops on Mental health & wellbeing, peer led day services, Recovery colleges, Recovery Fairs etc.</p>	<p>Kilmallock Limerick</p>	<p>For more information contact: kilmallockmha@mentalhealthireland.ie</p>
<p>Limerick City Traveller Health Programme</p> 	<p>The Limerick City Traveller Health Programme is a peer led project that delivers evidence based health messages to the Limerick City Traveller community.</p>	<p>Our Lady of Lourdes Community Centre Childers Road, Rosbrien, Limerick</p>	<p>Telephone: 086 8066199 Email: Trish.Davoren@lssc.ie Website: www.lssc.ie</p>
<p>Limerick Mental Health Association / Le Chéile</p> 	<p>Provide activities and courses with a focus on recovery pathways for individuals under the care of mental health services or anybody struggling to cope.</p>	<p>Limerick Mental Health Association 3 Sexton Street Limerick Le Chéile 3 Sexton Street Limerick</p>	<p>Telephone: 061 446786 Email: info@limerickmentalhealth.ie Website: www.limerickmentalhealth.ie</p>
<p>North Liberties Mental Health Association</p> 	<p>Supports and promotes mental health awareness in communities through various activities including the delivery of MHI workshops on mental health & wellbeing ,peer led day services, recovery colleges, recovery fairs etc.</p>	<p>North Liberties Limerick</p>	<p>Email: northlibertiesmha@mentalhealthireland.ie</p>




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<p>Raheen & District Mental Health Association</p> 	<p>Supports and promotes mental health awareness in communities through various activities including the delivery of MHI workshops on mental health & wellbeing ,peer led day services, recovery colleges, recovery fairs etc.</p>	<p>Raheen Limerick</p>	<p>Email: raheenmha@mentalhealthireland.ie</p>
<p>West Limerick Mental Health Association</p> 	<p>Supports and promotes mental health awareness in communities through various activities including the delivery of MHI workshops on mental health & wellbeing ,peer led day services, recovery colleges, recovery fairs etc.</p>	<p>West Limerick</p>	<p>Email: westlimerickmha@mentalhealthireland.ie</p>
<p>TALK THERAPY Limerick Social Services</p> 	<p>Provides support and counselling to communities in Limerick. Deliver services through the Child and Family Service, Early years services, Counselling service and Services for older people.</p>	<p>Limerick Social Services Upper Henry St Limerick V94 2W14</p>	<p>Telephone: 061 314111 Email: info@lssc.ie counselling@lssc.ie Website: www.lssc.ie</p>
<p>My Mind</p> 	<p>Provides affordable face to face and online counselling and psychotherapy services.</p>	<p>My Mind 50 O' Connell Street Limerick</p>	<p>Telephone: 0818 500 800 Email: hq@mymind.org Website: www.mymind.org</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Pieta</p> 	<p>Provides one to one counselling for people who have suicidal ideation, people who engage in self-harm and people bereaved by suicide.</p>	<p>Pieta ArdAulin Mungret Co. Limerick</p>	<p>Telephone: 01 4585490 / 061 484444 Helpline: 1800 247 247 Email: mary@pieta.ie / info@pieta.ie Website: www.pieta.ie</p>
<p>Rape Crisis MidWest</p> 	<p>Provides counselling and support to men and women who have or are experiencing any form of sexual violence.</p>	<p>Rape Crisis Midwest Phoenix House Punch's Close Rosbrien Road Limerick</p>	<p>Telephone: 1800 311511 Email: info@rapecrisis.ie Website: www.rapecrisis.ie Facebook: @rapecrisismidwest Instagram: @rapecrisismidwest</p>
<p>Samaritans of Limerick & Tipperary</p> 	<p>Our volunteers support the public via telephone, email, text and face-to-face calls to the branch. We are also active in the community, working and educating in schools, third level, prisons and supporting the most vulnerable in our society.</p>	<p>Samaritans Limerick & Tipperary 20 Barrington Street Limerick</p>	<p>Telephone: 116 123 Email: jo@samaritans.ie Website: www.samaritans.org</p>
<p>ADAPT Domestic Abuse Services</p> 	<p>Provides information and support to women and children experiencing domestic abuse. We provide 24 hour confidential Freephone, emergency refuge accommodation, 1-to-1 outreach support, court accompaniment and accompaniment to other services, support groups for women as well as services for children and young people.</p>	<p>ADAPT Domestic Abuse Services ADAPT House Rosbrien Limerick</p>	<p>Telephone: 061 412354 Email: info@adaptservices.ie Website address: www.adaptservices.ie</p>

Other organisations that may be of assistance





Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
 <p>Ballyhoura Development CLG</p>	<p>Ballyhoura Development is responsible for the delivery of a range of programmes, including Community Inclusion, Social Enterprise and Environmental projects. Supports communities and individuals across North East Limerick, and into North Cork.</p>	<p>Ballyhoura Development Main St Kilfinane County Limerick V35 T2P3</p>	<p>Telephone: 063 91300 Email: reception@ballyhoura.org Website: www.ballyhouradevelopment.com Facebook: @ballyhouradevelopment</p>
 <p>Blue Box Creative Arts Therapy Centre</p>	<p>Our mission is to serve the most vulnerable & marginalised young people and their families to realise their potential through the medium of Creative arts therapies.</p>	<p>Blue Box Creative Arts Therapy Centre Unit FO, LEDP Roxboro Road Limerick</p>	<p>Telephone: 061 315070 Email: admin@bluebox.ie/info@bluebox.ie Website: www.bluebox.ie Facebook: www.facebook.com/BlueBoxCharity Twitter: www.twitter.com/Blue_Box_CLC</p>
 <p>Community Substance Misuse Team</p>	<p>Supports young people and families impacted by substance misuse in the Mid West.</p>	<p>Community Substance Misuse Team 2nd Floor Arthurs Quay House, Arthur's Quay Limerick</p>	<p>Telephone: 061 318904 Email: admin@csmt.ie Website: www.csmt.ie</p>
 <p>Croom Family Resource Centre</p>	<p>Provides programmes that work to combat disadvantage and strengthen and empower children, families and communities.</p>	<p>The Scouts Den High Street Croom Co.Limerick</p>	<p>Telephone: 061 602878 Email: info@croomfrc.com Website: https://croomfrc.com</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Employability Limerick</p> 	<p>Provides a free employment support service aimed at helping those with illness, injury disability and/or mental health condition into work.</p>	<p>Employability Limerick 5 Mallow street Limerick</p>	<p>Telephone: 061 493095</p> <p>Email: info@employabilitylimerick.ie Ursula@employabilitylimerick.ie</p> <p>Website: www.employabilitylimerick.ie</p> <p>Facebook: Employability Limerick facebook/ Employability</p>
<p>Focus Ireland</p> 	<p>We support families and individuals at risk or affected by homelessness.</p>	<p>Focus Ireland Catherine place Limerick</p>	<p>Telephone: 01 8815900</p> <p>Email: help@focusireland.ie</p> <p>Website: www.focusireland.ie</p>
<p>GOSHH (Gender, Orientation, Sexual Health, HIV)</p> 	<p>Provide prevention, care and support services relating to LGBT, HIV and Sexual health.</p>	<p>GOSHH Redwood Place 18 Davis St. Limerick</p>	<p>Telephone: 061 314354</p> <p>Email: info@goshh.ie</p> <p>Website: www.goshh.ie</p>

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<p>Hospital Family Resource Centre</p> 	<p>Provides programmes that work to combat disadvantage and strengthen and empower children, families and communities.</p>	<p>Knockainey Road Hospital Co.Limerick</p>	<p>Telephone: 061 383 884 Email: info@hospitalfrc.com Website: www.hospitalfrc.com</p>
<p>Limerick Youth Service Be Well Team</p> 	<p>Provides support to and promotes the mental health and wellbeing of young people (14 to 25 yrs) from Limerick City and County.</p>	<p>Limerick Youth Service Be Well Team Limerick Youth Service Northside Youth Space Ballynanty Road Ballynanty Limerick</p>	<p>Telephone: 086 3895031 Email: bewellteam@limerickyouthservice.org Website: www.limerickyouthservice.com/what-we-do/about/youth-mental-health/</p>
<p>Limerick and Clare Education and Training Board</p> 	<p>Plays a leading role in the provision of high quality education and training in the region.</p>	<p>Limerick and Clare Education and Training Board Marshal House Dooradoyle Road Limerick</p>	<p>Telephone: 061 442100 Email: info@lcetb.ie Website: www.lcetb.ie</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Limerick Sports Partnership</p> 	<p>LSP's goal is to 'Get Limerick Active' by promoting physical activity & sports participation along with offering educational opportunities to marginalized communities across Limerick.</p>	<p>UL Sport Arena, University of Limerick, Castletroy, Limerick V94XT66</p>	<p>Telephone: 061 333600 Email: info@limericksports.ie Website: https://limericksports.ie/ Facebook @LimerickSportsPartnership</p>
<p>National Learning Network Limerick</p> 	<p>Supported vocational training for people with extra support needs. QQI L3 to L5 awards available with a view to obtaining employment or further education.</p>	<p>Raheen Business Park, Raheen, Limerick V95FN40</p>	<p>Telephone: 061 229777 Email: Limerick@NLN.ie Website: www.nln.ie</p>
<p>Limerick Citizens Information Centres</p> 	<p>You can drop into your local centre or contact it by phone and email for information, advice and advocacy. Make sure you check your local service's opening hours if you are dropping in. Appointments are offered as needed following an initial assessment.</p> <p>You can also call the Citizens Information Phone Service on 0818 07 4000, Monday to Friday, 9am-8pm</p>	<p>Kilmallock CIC Pastoral Centre Sheere's Street Kilmallock County Limerick V35 AH77</p> <p>Limerick CIC Riverstone House (Ground Floor) Henry Street Limerick V94 3T28</p> <p>Newcastle West CIC 1st Floor, The Desmond Complex Gortboy Newcastle west County Limerick</p>	<p>Telephone:0818 07 5770 Email: kilmallock@citinfo.ie</p> <p>Telephone: 0818 07 5780 Email: limerick@citinfo.ie Facebook: @LimerickCIC</p> <p>Telephone: 0818 07 5780 Email: newcastlewest@citinfo.ie Website: www.citizensinformation.ie</p>

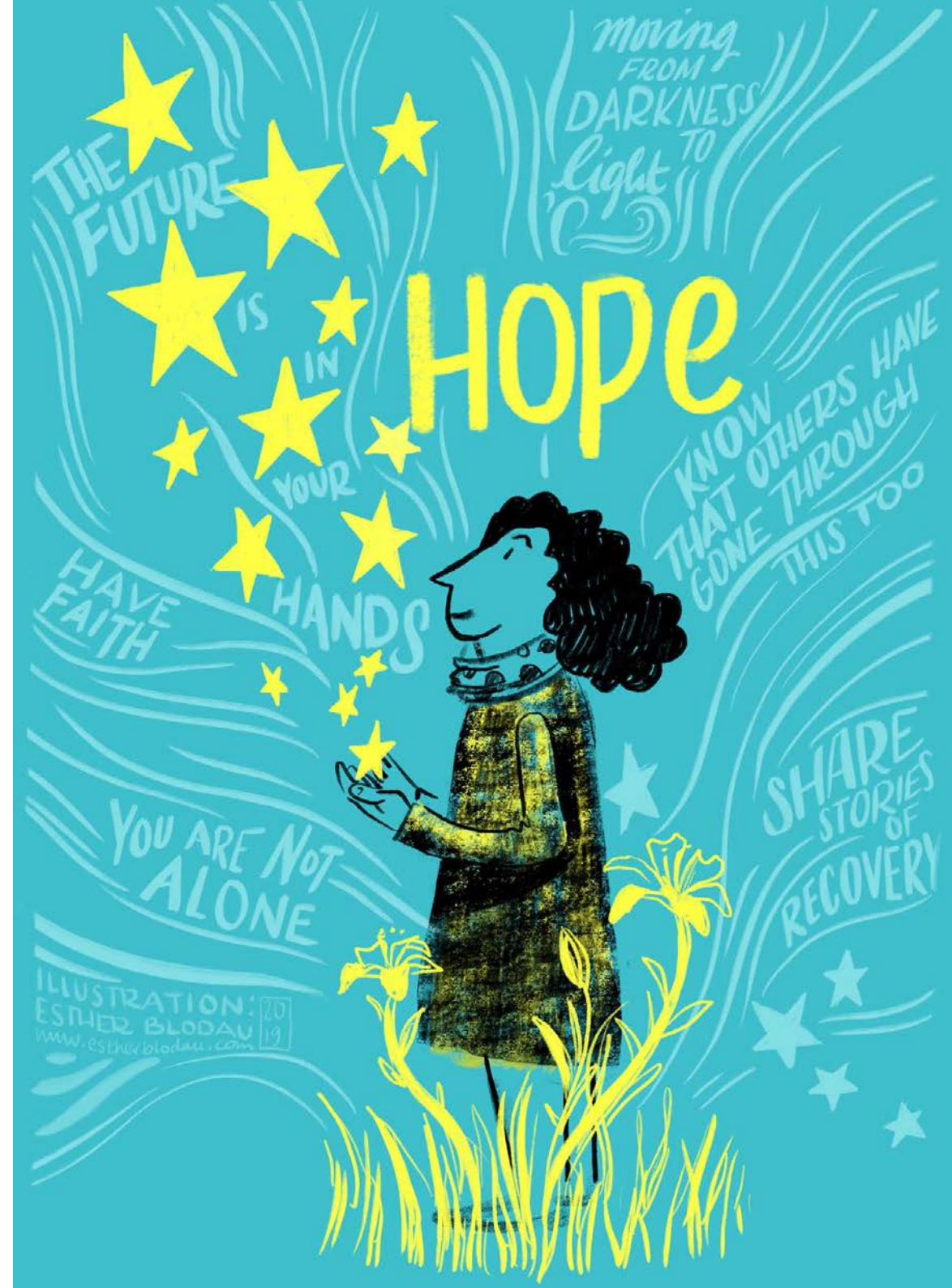
Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Mabs The Money Advice and Budgeting Service Limerick</p> 	<p>Provides a money advice service, helping with money management, budgeting, and guiding people through debt. MABS is a free, confidential and independent service.</p>	<p>Floor 1, Riverstone House, 23-27 Henry Street, Limerick</p>	<p>Telephone: 0818 07 2210 Email: limerick@mabs.ie Website: www.mabs.ie</p>
<p>Northside Family Resource Centre</p> 	<p>Provides programmes that work to combat disadvantage and strengthen and empower children, families and communities.</p>	<p>Clonconnane Road Ballynanty Limerick</p>	<p>Telephone: 061 326623 Email: info@northsidefrc.ie Website: www.northsidefrc.ie</p>
<p>Northstar Family Project</p> 	<p>Provides a safe space to listen, support and empower families and friends affected by another person's drug and alcohol misuse.</p>	<p>Northstar Family Support Project Hopeful House 28 John Street Limerick City</p>	<p>Telephone: 061 459260 Email: info@northstarproject.ie Facebook: @ Northstarfamilysupportproject Website: www.northstarproject.ie</p>

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<p>Novas</p> 	<p>Provides services throughout the mid-west region for people who are homeless, at risk of homelessness or experiencing social marginalisation. We have a range of services such as temporary, emergency and long-term accommodation, Housing First, community detox, respite and family services.</p>	<p>Novas Head Office 87 O Connell Street Limerick</p>	<p>Telephone: 061 370325 Freephone: 1800 606060 Email: info@novas.ie Website: www.novas.ie Twitter: @novasireland</p>
<p>ADDICTIONS Saoirse Addiction Treatment Centre CLG</p> 	<p>Provides addiction counselling, harm reduction and recovery programmes in relation to problems caused by drugs, alcohol or gambling. The service is free and confidential and provided to those 18 years and over.</p>	<p>Saoirse Addiction Treatment Centre CLG 18b Davis Street Limerick City</p>	<p>Telephone: 085 8184590 Email: saoirsetc@gmail.com Website: www.saoirse.ie</p>
<p>Social Prescribing Service Limerick City</p>  	<p>Social Prescribing is a free support service offered by the HSE in collaboration with partners in the community that aims to reduce social isolation and improve people's health and wellbeing.</p>	<p>PAUL Partnership Unit 32 Tait Business Centre Dominic Street Limerick</p>	<p>Telephone: 061 419388 / 087 6924042 Email: mhannan@paulpartnership.ie Website: www.paulpartnership.ie/social-prescribing/</p>






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<p>Southill Family Resource Centre</p>	<p>Provides programmes that work to combat disadvantage and strengthen and empower children, families and communities.</p>	<p>267 Avondale Court O' Malley Park Southill Co.Limerick</p>	<p>Telephone: 061 440250 Website: www.southillfrc.com</p>
<p>Vincent de Paul Drop in Service</p> 	<p>Our goal is to fight poverty in all its forms through the practical assistance to people in need. Provide a range of services for vulnerable people through local offices, shops, resource centres, housing, day care and holiday schemes.</p>	<p>Vincent de Paul Drop in Centre Ozanam House Hartstonge street Limerick</p>	<p>Telephone: 061 317327 Email: info@svp.ie Info.midwest@svp.ie Website: www.svp.ie</p>
<p>West Limerick Primary Healthcare Project for Travellers</p> 	<p>The project aims to improve the health and quality of life for Travellers in West Limerick. Qualified Traveller Women visit homes offering health information and telling people about local services.</p>	<p>West Limerick Primary Healthcare Project for Travellers, West Limerick Resources Clg, Round House, St. Mary's Road, Newcastle West, Limerick, V42 AN22</p>	<p>Telephone: 069 61316 Email: reception@wlr.ie Website: www.wlr.ie Facebook @WLPHCP</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>TALK THERAPY Third Level Student Supports</p> 	<p>This service provides all students with the opportunity to talk in a confidential setting about any issues which she or he may not feel comfortable discussing with anyone else.</p>	<p>Mary Immaculate College Limerick South Circular Road Limerick</p>	<p>Website: https://www.mic.ul.ie/about-mic/college-services/counselling-service</p> <p>Email: counselling@mic.ul.ie</p> <p>Twitter: /MICLimerick</p>
<p>TUS Midwest Student Counselling Service Limerick</p> 	<p>TUS Midwest Student Counselling Service is a confidential, inclusive and compassionate service available to all registered students free of charge.</p> <p>Our team of experienced psychologists, psychotherapists and counsellors provide accessible student- centred psychological support to assist students with challenges which may impact their mental health, academic development or college experience.</p>	<p>TUS Midwest TUS Moylish Campus Moylish Park Limerick V94 EC5T</p>	<p>To request an appointment please email:</p> <p>Email: counselling.midwest@tus.ie</p> <p>Website: www.tus.ie/counselling</p>
<p>UL Éist Student Counselling & Wellbeing Service</p> 	<p>A primary mental health care service for registered students of UL providing support and counselling.</p>	<p>UL Éist CM-073 University of Limerick Castletroy Limerick</p>	<p>Telephone: 061 202327</p> <p>Email: counselling@ul.ie</p> <p>Website: www.ulsites.ul.ie/studentaffairs/counselling-service</p>

CLARE SERVICES



Clare Mental Health Services

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Department of Acute Psychiatry Ennis General Hospital</p>  	<p>Offers a comprehensive mental health service to adults, the elderly and also provides a limited service to adolescents.</p>	<p>Department of Acute Psychiatry Ennis General Hospital Gort Road Lifford Ennis V95 HN29</p>	<p>Telephone: 065 686 3218</p>
<p>Child and Adolescent Mental Health Services (CAMHS) Clare Teams</p>  	<p>Provides specialist mental health services to children & adolescents aged up to 18 years of age with moderate to severe mental health difficulties, and their families. This service is provided by specialist multi-disciplinary mental health teams (MDT) whose members include Psychiatrists, Nurses, Psychologists, Social Care Workers, Occupational Therapists and Speech & Language Therapists.</p>	<p>Clare West and Clare East CAMHS Community Mental Health Teams Unit 6 Quin Road Business Park Quin Road Ennis County Clare V95 YT73</p>	<p>Telephone: 065 6706601 Mon-Fri 9.30am-5pm</p> <p>Website: https://www2.hse.ie/mental-health/services-support/camhs</p>
<p>Clare Mental Health Service for Older People</p>  	<p>In-patient acute services step down and convalescent care, day services, rehabilitation, community services, home care and home helps.</p>	<p>Clare Mental Health Service for Older people Gort Glas Ennis Co.Clare</p>	<p>Telephone: 065 6705100</p>
<p>Out of Hours Service Clare</p>  	<p>Out of hours phone support and in-person service provided by mental health nursing staff for current mental health service users in the region. For non-service users who require urgent out-of-hours medical services, please contact ShannonDoc Out-of-Hours GP Service.</p>	<p>Ennis General Hospital Gort Road Lifford Ennis V95 HN29</p>	<p>Telephone number provided to support current service users. 4:30pm-3:30am</p> <p>For ShannonDoc Telephone: Locall 0818 123500 or 061 459500</p>



Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Community Mental Health Teams Clare (CMHT)</p> 	<p>Provides specialist mental health services to people experiencing a mental health difficulty in Clare. If you are experiencing a mental health difficulty, please contact your GP for a referral to a Community Mental Health Team. Based in Community Mental Health Centres (CMHC) and Day Hospitals.</p>	<p>Ennis Day Hospital CMHC Gort Road, Dulick, Ennis, County Clare V95 XP38</p> <p>West Clare Mental Health Services St Joseph's Terrace Kilrush, County Clare V15 CH98</p> <p>Shannon CMHC Shannon Health Centre, County Clare V14 Y029</p> <p>North Clare Mental Health Services Stella Maris CMHC Kilfenora Road, Lisdoonvarna, County Clare V95 NF2C</p>	<p>Telephone: 065 6863708 Mon-Fri 9:30am-5pm</p> <p>Telephone: 065 9054100 Mon-Thurs 9am-5pm Fri 9am-4pm</p> <p>Telephone: 061 718403 Mon-Thurs 9am-5pm Fri 9am-4pm</p> <p>Telephone: 065 7075100 Mon-Thurs 9am-5pm Fri 9am-4pm</p>
<p>HSE Mid West Clare Drug and Alcohol Service</p> 	<p>Provides a range of services to those experiencing substance misuse including outreach support, harm reduction, counselling and education.</p>	<p>Museum House Francis Street Ennis Co.Clare</p>	<p>Telephone: 065 6865852</p> <p>Website: www.hse.ie/eng/services/list/5/addiction/midwestaddiction/</p>

Community and Voluntary Organisations





Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
ADDICTIONS Bushypark Treatment Centre 	<p>A residential treatment centre for alcohol addiction, drugs and gambling. We treat people from 18 years upwards. Family support and aftercare provided.</p>	<p>Bushypark Treatment Centre Bushypark House Ennis Co.Clare</p>	<p>Telephone: 065 6840944 Email: bushyparkhouse@clarecare.ie Website: www.bushypark.ie</p>
Clare Suicide Bereavement Support 	<p>Befriends and supports individuals, families & communities who are bereaved by suicide, whether recently or in the past. The listening support & caring understanding of a trained volunteer is available by phoning our contact numbers.</p>	<p>Innovation House Roslevan Centre Tulla Road Ennis Co.Clare</p>	<p>Telephone: 086 0565373 / 087 369 8315 Email: sbs.clare@gmail.com Website: www.claresuicidebereavementsupport.com</p>
Haven Hub Ennis 	<p>We offer peer support, suicide prevention, mental health wellness courses and programs.</p>	<p>Unit 7 Tracklands Business Park, Ennis, County Clare V95 K6F6</p>	<p>Telephone: 089 4073370 Email: info@havenhub.ie Website: www.havenhub.ie</p>
North Clare Mental Health Association CLG 	<p>Positively supports people with mental health issues living in the community and attending the local mental health services. We also support local mental health initiatives i.e. social club, art projects, counselling service and essay competition in the North Clare schools.</p>	<p>North Clare Mental Health Association CLG Leckaun West Ennis Co.Clare</p>	<p>Telephone: 085 8768522 Email: clairef@mentalhealthireland.ie</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Rape Crisis Midwest</p>  <p>RAPE CRISIS MIDWEST</p>	<p>Provides counselling and support to men and women who have or are experiencing any form of sexual violence.</p>	<p>Office 5, Unit 20 Tracklands Business park Ennis Co.Clare</p>	<p>Telephone: 1800 311511 Email: info@rapecrisis.ie</p> <p>Website: www.rapecrisis.ie</p> <p>Facebook: @rapecrisismidwest Instagram: @rapecrisismidwest</p>
<p>Samaritans Ennis & Clare</p> 	<p>Samaritans offer a confidential non-judgemental listening service to people in despair or distress. Our phone and email support is available 24/7 and free to call. We are supporting all age groups without limitation.</p>	<p>Sunville Kilrush Road Ennis Co.Clare</p>	<p>Telephone: 116123 (free phone)</p> <p>Email: jo@samaritans.org</p> <p>Website: www.samaritans.org</p>
<p>Shannon Mental Health Association</p> 	<p>Supports and promotes mental health awareness in communities through various activities including the delivery of MHI workshops on mental health & wellbeing ,peer led day services, recovery colleges, recovery fairs etc.</p>	<p>Shannon Co.Clare</p>	<p>For more information: shannonmha@mentalhealthireland.ie</p>
<p>West Clare Mental Health Association: The Lighthouse Centre</p> 	<p>Provides services such as peer support, Wrap and mindfulness as well as several other classes.</p>	<p>West Clare Mental Health Association The Lighthouse LimeKiln Road Kilrush Co.Clare</p>	<p>Telephone: 065 9062329</p> <p>Email: westclaremha@mentalhealthireland.ie</p> <p>Website: www.westclarementalhealth.ie/services/the-lighthouse-peer-support-centre/</p>

Other organisations that may be of assistance

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Accord Catholic Marriage Care Service CLG</p> 	<p>A professional counselling service for couples and individuals to explore, reflect upon, and work to resolve difficulties that arise in their relationship and marriage.</p>	<p>Accord Catholic Marriage Care Service CLG Unit 7 Carmody street business park Ennis</p>	<p>Telephone: 065 6824297 Email: accordennis1@gmail.com Website: www.accord.ie</p>
<p>Citizens Information Services Clare</p> 	<p>Provide information, advice and advocacy on your rights and entitlements in Ireland. Our focus is on the broad range of social and public services. The service we provide is free, independent and confidential.</p>	<p>Ennis Citizens Information Centre Bindon Lane, Bank Place, Ennis</p> <p>Kilrush Citizens Information Centre Francis Street, Kilrush</p> <p>Shannon Citizens Information Centre Unit 5 Shannon Business Centre, Shannon</p>	<p>Telephone: 0818 075 260 Email: ennis@citinfo.ie</p> <p>Telephone: 0818 075310 Email: kilrush@citinfo.ie</p> <p>Telephone: 0818 07 5370 Email: Shannon.cic@citinfo.ie</p> <p>Website: www.centres.citizensinformation.ie Twitter: @citizensinfo</p>
<p>Clarecare</p> 	<p>Provides a range of person centred social services to individuals and families in County Clare including family support, parenting programmes, adult counselling, addiction services and home care services.</p>	<p>Clarecare Harmony Row Ennis Co.Clare</p>	<p>Telephone: 065 6894200 Email: info@clarecare.ie Website: www.clarecare.ie</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Clare Primary Healthcare Project for Travellers</p>  <p>Clare Local Development Company Comhlacht Forbartha Áitiúil an Chláir</p>	<p>The project aims to help improve the health outcomes and quality of life of Travellers in County Clare. It is peer-led and focuses on health promotion in different areas including cardiovascular health, diabetes and mental health.</p>	<p>Clare Local Development Company, Unit 1 Westgate Business Park, Kilrush Road, Ennis, County Clare V95 PXY3</p>	<p>Telephone: 087 104 1848 065 6866800 Email: phpc@cldc.ie Website: https://cldc.ie/primary-health-care/ Facebook: @ TravellerHealthcareProjectCountyClare</p>
<p>Clare Sports Partnership</p>  <p>CLARE SPORTS PARTNERSHIP SPORT IRELAND</p>	<p>We are dedicated to increasing participation in sports and physical activity in County Clare. Through involvement in sporting activity you can express or improve your fitness, mental well-being, form social relationships and/or obtain competitive results.</p>	<p>Clare Sports Partnership CLG c/o Clare Education Centre Government Buildings, Kilrush Road, Ennis, County Clare V95 F782</p>	<p>Telephone: 065 6865434 Email: info@claresports.ie Website: www.claresports.ie</p>
<p>Employability Clare</p> <p>EmployAbilityClare</p>	<p>A government funded employment support service. We support people with an illness or disability to reach their potential in employment.</p>	<p>EmployAbility Clare Head office Unit 7C Elevation Business Park Clon Road, Ennis Co.Clare</p>	<p>Telephone: 065 6844007 Email: karen@employabilityclare.ie Website: www.employabilityclare.ie</p>
<p>Killaloe/Ballina Community & Family Resource Centre (KBFRCC)</p>  <p>Killaloe Ballina COMMUNITY & FAMILY RESOURCE CENTRE</p>	<p>Provides community based support, information, personalised support and referral pathways to individuals, families and groups in North Tipperary. Referrals to the service are accepted from families, agencies and self-referral by phone, email or calling into the service (preferably by appointment due to Covid 19).</p>	<p>KBFRCC The Green Killaloe Co.Clare</p>	<p>Telephone: 061 374741 Email: info@kbfrcc.ie Website: www.kbfrcc.ie</p>




Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Limerick and Clare Education and Training Board</p>  <p>Bord Oideachais & Oiliúna LUIMNIGH & AN CHLÁIR LIMERICK & CLARE Education & Training Board</p>	<p>Plays a leading role in the provision of high quality education and training in the region.</p>	<p>College of Further Education and Training Ennis Campus Station Road Ennis V95 D32F</p>	<p>Telephone: 065 6824819 Email: applyennis@lcteb.ie Website: www.lcteb.ie</p>
<p>Mabs The Money Advice and Budgeting Service Clare</p>  <p>Money Advice & Budgeting Service</p>	<p>Provides a money advice service, helping with money management, budgeting, and guiding people through debt. MABS is a free, confidential and independent service.</p>	<p>MABS Ennis 7 The Mall, Clare Road, Ennis</p> <p>MABS Shannon Unit 4 Shannon Business Centre</p>	<p>Telephone: 0818 07 2430 Email: ennis@mabs.ie</p> <p>Telephone: 0818 07 2790 Website: www.mabs.ie</p>
<p>National Learning Network Ennis</p>  <p>National Learning Network Think Possible</p>	<p>Supported vocational training for people with extra support needs. QQI L3 to L4 awards available with a view to obtaining employment or further education.</p>	<p>Clare FM Building, Francis Street, Ennis, County Clare V95FN40</p>	<p>Telephone: 065 6864560</p> <p>Email: Clare@NLN.ie</p> <p>Website: www.nln.ie</p>
<p>North West Clare Family Resource Centre</p>  <p>North West Clare Family Resource Centre</p>	<p>Provides programmes that work to combat disadvantage and empower children, families and communities.</p>	<p>North West Clare Family Resource Centre Parliament street Ennistymon Co.Clare</p>	<p>Telephone: 065 7071144</p> <p>Email: info@northwestclarefrc.ie</p> <p>Website: www.northwestclarefamilyresourcecentre.com</p> <p>Facebook: www.facebook.com/northwestclarefamilyresourcecentre/</p> <p>Twitter: @northwestclare1</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>TUS MidWest Student Counselling Service Clare</p>  <p>TUS <small>Oliscóil Teicneolaíochta na Sionainne: Lár Tíre, An tIarthar Láir Technological University of the Shannon: Midlands Midwest</small></p>	<p>TUS Midwest Student Counselling Service is a confidential, inclusive and compassionate service available to all registered students free of charge. Our team of experienced psychologists, psychotherapists and counsellors provide accessible student- centred psychological support to assist students with challenges which may impact their mental health, academic development or college experience.</p>	<p>TUS Ennis Campus Bindon Street Ennis Co. Clare V95 DP96</p>	<p>To request an appointment please email Email: counselling.midwest@tus.ie Website: www.tus.ie/counselling</p>
<p>Shannon Family Resource Centre</p> 	<p>Provides programmes that work to combat disadvantage and empower children, families and communities.</p>	<p>Rineanna View Estate Shannon Co.Clare</p>	<p>Telephone: 061 707600 Email: shannonfrc@gmail.com Website: www.shannonfrc.com</p>
<p>West Clare Family Resource Centre</p> 	<p>We promote social inclusion, equality and empowerment of families and communities through building participation, teamwork and learning. We also provide social, physical and educational activities which will improve the quality of life of older people in West Clare.</p>	<p>West Clare Family Resource Centre Community Centre O’Gorman St Kilrush County Clare</p>	<p>Telephone: 065 9052173 Mon-Fri 9.30am-5pm Email: info@westclarefrc.ie Website: www.westclarefamilyresourcecentre.ie Facebook: @West Clare Family Resource Centre</p>



NORTH TIPPERARY SERVICES





North Tipperary Mental Health Services

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>COMMUNITY MENTAL HEALTH TEAMS NORTH TIPPERARY (CMHT)</p> 	<p>Provides specialist mental health services to people experiencing a mental health difficulty in North Tipperary. If you are experiencing a mental health difficulty, please contact your GP for a referral to a Community Mental Health Team. Based in Community Mental Health Centres (CMHC) and Day Hospitals.</p>	<p>Thurles HSE CMHC St. Mary's Health Centre Parnell St, Thurles, County Tipperary E41 PN20</p> <p>Dromin House HSE CMHC, 2 Dromin Road, Nenagh, County Tipperary E45 EY22</p>	<p>Telephone: 0504 27617 Mon-Thurs 9am-5pm Fri 9am-4pm</p> <p>Telephone: 067 46800 Mon-Thurs 9am-5pm Fri 9am-4pm</p>
<p>Child and Adolescent Mental Health Services (CAMHS) North Tipperary Teams</p> 	<p>Provides specialist mental health services to children & adolescents aged up to 18 years of age with moderate to severe mental health difficulties, and their families. This service is provided by specialist multi-disciplinary mental health teams (MDT) whose members include Psychiatrists, Nurses, Psychologists, Social Care Workers, Occupational Therapists and Speech & Language Therapists.</p>	<p>North Tipperary CAMHS Community Mental Health Team Tyone Health Centre Nenagh County Tipperary E45 FC94</p>	<p>Telephone: 067 46455 Mon-Fri 9.30am-5pm</p> <p>Website: www2.hse.ie/mental-health/services-support/camhs</p>
<p>Out of Hours Service North Tipperary</p> 	<p>Out of hours phone support and in-person service provided by mental health nursing staff for current mental health service users in the region. For non-service users who require urgent out-of-hours medical services, please contact ShannonDoc Out-of-Hours GP Service.</p>	<p>Nenagh General Hospital</p>	<p>Telephone number provided to support current service users. 4:30pm-3:30am</p> <p>For ShannonDoc Telephone: Local 0818 123500 or 061 459500</p>



North Tipperary Mental Health Services

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Psychiatry of Later Life North Tipperary</p> 	<p>The Psychiatry of Later Life Team provides specialist mental health services to people over sixty five who are coming to the service for the first time. We work in partnership with local GPs, hospitals and other local health care and social services.</p>	<p>The Derg Centre Gortlandroe, Nenagh County Tipperary</p>	<p>Telephone: 067 46700 Mon-Fri 9.30am-5pm</p>
<p>ADDICTION SERVICES HSE Mid West North Tipperary Drug and Alcohol Service</p> 	<p>Provides a range of services to those experiencing substance misuse including outreach support, harm reduction, counselling and education.</p>	<p>Kenyon Street Nenagh Co.Tipperary</p>	<p>Telephone: 067 46512</p> <p>Website: www.hse.ie/eng/services/list/5/addiction/midwestaddiction/</p>





Community and Voluntary Organisations

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Jigsaw Tipperary JIGSAW</p>	<p>Free early intervention mental health service for young people aged 12 to 25 years living, working, in education or attending a GP in Tipperary.</p>	<p>Jigsaw Tipperary G2, Innovation Works 3 Tipperary Technology Park Racecourse Road Thurles County Tipperary</p>	<p>Telephone: 0504 60023 Email: tipperary@jigsaw.ie Website: www.jigsaw.ie/location/tipperary/</p>
<p>Nenagh & District Mental Health Association</p> 	<p>Supports and promotes mental health awareness in communities through various activities including the delivery of MHI workshops on mental health & wellbeing, peer led day services, recovery colleges, recovery fairs etc.</p>	<p>Nenagh Co.Tipperary</p>	<p>If you would like more information please email: nenaghmha@mentalhealthireland.ie</p>
<p>Rape Crisis Midwest</p> 	<p>Provides counselling and support to men and women who have or are experiencing any form of sexual violence.</p>	<p>Rape Crisis Midwest Silver View Nenagh Co.Tipperary</p>	<p>Telephone: 1800 311 511 Email: info@rapecrisis.ie Website: rapecrisis.ie Facebook: @rapecrisismidwest Instagram: @rapecrisismidwest</p>

Other organisations that may be of assistance

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Ascend Domestic Abuse</p> 	<p>Provide support and information to women who have or are experiencing domestic abuse in their intimate relationships. We aim to put the safety of women and children at the centre of our work. We aim to empower women in their lives and to advocate on their behalf where appropriate.</p>	<p>Ascend Domestic Abuse Service Main Street Roscrea Co.Tipperary</p>	<p>Telephone: 0505 23999 Email: ascend@ntdc.ie Website: www.ntdc.ie/programmes/ascend/ Facebook: www.facebook.com/AscendDomesticAbuse/ Twitter: www.twitter.com/AscendAbuse Instagram: www.instagram.com/ascend_domesticabuse/</p>
<p>Citizens Information Services North Tipperary</p> 	<p>Provide free, impartial and confidential information, advice and advocacy services to the public, and supports them to access their rights and entitlements.</p>	<p>Nenagh Citizens Information Centre 16/17 Pearse Street, Nenagh</p> <p>Roscrea Citizens Information Centre Rosemary Street, Roscrea</p> <p>Thurles Citizens Information Centre 2nd Floor Mall House, Slievenamon Road, Thurles</p>	<p>Telephone: 0818 07 6470 Email: nenagh@citinfo.ie</p> <p>Telephone: 0818 07 6480 Email: roscrea@citinfo.ie</p> <p>Telephone: 0818 07 6510 Email: thurles@citinfo.ie</p> <p>Website: www.centres.citizensinformation.ie Twitter: @citizensinfo</p>
<p>Employability Services North Tipperary</p>	<p>An employment and recruitment service that assists people with an illness, injury or disability to secure and maintain employment.</p>	<p>Friars Court Offices Friars Court Nenagh Co.Tipperary</p>	<p>Telephone: 067 37896 Email: employabilitynorthtipp@gmail.com Website: www.employabilitynorthtipp.ie</p>






Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Mabs The Money Advice and Budgeting Service North Tipperary</p> 	<p>Provides a money advice service, helping with money management, budgeting, and guiding people through debt. MABS is a free, confidential and independent service.</p>	<p>MABS Nenagh 31 Pearse St, Nenagh</p> <p>MABS Thurles Mall House Slievenamon Road Thurles</p>	<p>Telephone: 0818 07 2760 Email: nenagh@mabs.ie</p> <p>Telephone: 0818 07 2740 Email: thurles@mabs.ie</p> <p>Website: www.mabs.ie</p>
<p>Millenium Family Resource Centre</p> 	<p>Offers affordable counselling by an IACP registered counselling psychotherapist to adults and adolescents aged from 14 years.</p>	<p>Millennium Family Resource Centre Glengoole New Birmingham Thurles County Tipperary</p>	<p>Telephone: 052 9157992 Email: accounts@mfrfc.ie</p> <p>Website: www.mfrfc.ie</p> <p>Facebook.com/frcnf Twitter: twitter.com/frcnf</p>
<p>North Tipperary Development Company (NTDC)</p>	<p>NTDC is responsible for the delivery of a range of rural enterprise, social inclusion, and community development programmes supporting communities and individuals across a broad range of initiatives in the North Tipperary area.</p>	<p>Nenagh (Head Office): 2nd Floor Friar's Court, Nenagh, County Tipperary E45 KN59</p> <p>Roscrea: Main Street, Roscrea, County Tipperary E53 XP82</p> <p>Thurles: 1 Kickham Street, Thurles, County Tipperary E41 D935</p> <p>Newport: UNIT 6B, Clonbealy Business Park, Pound Street, Newport, County Tipperary V94 C5R3</p>	<p>Telephone: 067 56676 Mon-Fri 9.30am-5pm</p> <p>Website: www.ntdc.ie Instagram @NorthTippDevCom Facebook @NorthTippDevCom</p>






Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Silver Arch Family Resource Centre</p> 	<p>Provides information, activities and personalised support to individuals and communities helping them to cope better and learn new skills. The aim of the service is to be responsive to local needs.</p>	<p>Silver Arch Family Resource Centre 52 Silver Street Nenagh Co.Tipperary</p>	<p>Telephone: 067 31800</p> <p>Email: info@silverarchfrc.ie</p> <p>Website: www.silverarchfrc.ie www.facebook.com/silverarchfrc/</p>
<p>Social Prescribing Service Nenagh</p>  	<p>Social Prescribing is a support programme that empowers people to improve their health and wellbeing by connecting them with non-clinical supports and interest groups within their community. Open to adults aged 18+ who live within the current geographical remit of Silver Arch FRC (Nenagh, Borrisokane, Cloughjordan, Newport and surrounding area). Social Prescribing is beneficial to those who are:</p> <ul style="list-style-type: none"> -feeling stressed, lonely, socially isolated, depressed, anxious -living with a long term/new illness -feel they need support for their health and wellbeing. 	<p>52 Silver Street, Nenagh, Co. Tipperary E45 P624</p>	<p>Telephone: 083 2049954</p> <p>Email: socialprescribing@silverarchfrc.ie</p> <p>Website: www.silverarchfrc.ie</p> <p>Facebook: Silver Arch Family Resource Centre</p> <p>Instagram: silverarchfrc</p> <p>Twitter: @silverarchfrc</p>
<p>Tipperary Education and Training Board</p> 	<p>Tipperary ETB is the statutory provider of education for Tipperary, delivering a range of quality education and training services to meet the needs of the community.</p>	<p>Tipperary Education and Training Board Church Road Nenagh E45 XD59</p>	<p>Telephone: 067 32282 or 052 6191424</p> <p>Email: adultguidance@tipperaryetb.ie</p> <p>Website: www.tipperary.etb.ie</p> <p>Facebook: @TipperaryETB</p> <p>Instagram: tipperaryetb</p> <p>Twitter/X: tipperaryetb</p> <p>YouTube: youtube.com/@tippetb/</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>TUS MidWest Student Counselling Service Thurles</p>  <p>TUS Ollscoil Teicneolaíochta na Sionainne: Lár Tíre, An tIarthar Láir Technological University of the Shannon: Midlands Midwest</p>	<p>TUS Midwest Student Counselling Service is a confidential, inclusive and compassionate service available to all registered students free of charge. Our team of experienced psychologists, psychotherapists and counsellors provide accessible student- centred psychological support to assist students with challenges which may impact their mental health, academic development or college experience.</p>	<p>TUS Thurles Campus Nenagh Road Thurles Co. Tipperary E41 PC92</p>	<p>To request an appointment please email: Email: counselling.midwest@tus.ie Website: www.tus.ie/counselling</p>
<p>North Tipperary Traveller Project NTDC</p>  <p>NTDC North Tipperary Development Company</p>	<p>Travellers across North Tipperary. Working in partnership with the HSE, Tipperary Co Council and other agencies the programme promotes equality of access and outcomes for Travellers in the county. There are three strands to the programme:</p> <ul style="list-style-type: none"> • Primary Healthcare Project • Family Support Project • Traveller Advocate Project 	<p>North Tipperary Traveller Project NTDC Nenagh Head Office 2nd Floor Friar's Court, Nenagh, County Tipperary E45 KN59</p>	<p>Telephone: Mon-Fri 9.30am-5pm Roscrea Office: 0505 24166 Thurles Office: 0504 90286 Nenagh Office: 067 56676 Website: www.ntdc.ie/programmes/traveller-programme Facebook @North Tipperary Primary Healthcare</p>
<p>Roscrea Youth Service</p>  <p>RYS ROSCREA YOUTH SERVICE</p>	<p>Roscrea Youth Service is an amalgamation of separate projects housed under the roof of the Kickback Youth Café, under the umbrella of North Tipperary Development Company. The Youth Services now comprise of the UBU (Your Place Your Space) Project, the RAY Project, which is part of the Garda Youth Diversion Project, the Early Intervention Initiative, the Youth Counselling & Well-being service, and Roscrea Family Support. All these services focus on working together in collaboration for the benefit of the local community.</p>	<p>Rosemary Street, Roscrea, County Tipperary</p>	<p>Telephone: 0505-24462 Website: www.ntdc.ie/programmes/youth-services/ Facebook: @roscreayouthservice Instagram: @roscreayouthservice</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>The Blue Door</p> 	<p>A free service provided by trained listeners in complete confidence who listen without judgement, offering an emphatic ear and assist by guiding to the supports and professionals as required.</p>	<p>Thurles Lions Club Stanwix House, Stanwix Village Kickham St, Thurles County Tipperary E41AR23</p>	<p>Telephone: 087 7195000 Email: ThurlesBlueDoor@gmail.com Facebook: @bluedoorThurles Instagram: thebluedoorthurles</p>
<p>Tipperary Roma Health Project - Youth Work Ireland Tipperary</p> 	<p>The Tipperary Roma Health Project works towards achieving equality of health outcomes for the Roma community through: building health literacy; improving access and/or developing health service pathways; supporting access to health information and addressing adverse social determinants of health faced by the Roma community.</p>		<p>Telephone: 0876938304 Email: info@youthworktipperary.ie Website: https://youthworktipperary.ie/roma-health-project/ Facebook @Sandra Roma HP Ywit</p>
<p>Tipperary Sports Partnership</p> 	<p>Our vision is for everyone in Tipperary to experience the fun, health, social interaction and wellbeing from participating in sport and physical activity. We offer a variety of programmes to provide opportunities and education for everyone including target groups Older People/ Women in Sport / People with a Disability / Disadvantaged Communities / Unemployed.</p>	<p>Tipperary Sports Partnership Nenagh Office Civic Offices Nenagh Co. Tipperary</p>	<p>Telephone: 052 6166380 Email: info@tipperarysports.ie Website: www.tipperarysports.ie Facebook @TipperarySportsPartnership</p>





National Telephone Lines and Services providing MH Support & Advice

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>ADDICTION SERVICE Alcoholics Anonymous</p> 	<p>A fellowship of men and women who share their experience, strength and hope with each other so that they may solve their problems and help others to recover from alcoholism.</p>	<p>General Service Office of Alcoholics Anonymous Unit 2 Block C Santry Business Park Swords Road, Dublin 9</p>	<p>Telephone: 01 8420700 Email: gso@alcoholicsanonymous.ie Website: www.alcoholicsanonymous.ie</p>
<p>ALONE</p> 	<p>Alone works with older people including those who are lonely, suffering from an illness or homeless. Offer a range of services such as befriending, a number of phone services, housing with support and assistive technology.</p>	<p>Olympic House Pleasants Street Dublin 8</p>	<p>Telephone: 01 679 1032 0818 222024 Email: hello@alone.ie Website: www.alone.ie</p>
<p>Anam Cara</p> 	<p>Offers support services for bereaved parents in Ireland, through information on our website, monthly support meetings, bereavement information evenings and regular family remembrance events.</p>	<p>Anam Cara HCL House, Second Avenue Cookstown Industrial Estate Tallaght, Dublin 24</p>	<p>Telephone: 01 4045378 Email: info@anamcara.ie Website: www.anamcara.ie</p>
<p>AWARE</p> 	<p>Supports those impacted by depression, bipolar disorder and other mood related conditions.</p> <ul style="list-style-type: none"> • Support & Self-Care Groups -locations nationwide • Life skills group/online programmes • Relatives & Friends group programme • Life skills for senior cycle school students • Wellness@work workplace mental health education 	<p>AWARE 9 Upper Leeson Street Dublin 4</p> <p>Please check website or contact by phone for information on local groups</p>	<p>Telephone: 01 6617211 Freephone: 1800 804848 Support line: supportmail@aware.ie Email: info@aware.ie Website: www.aware.ie</p>
<p>Bodywhys</p> 	<p>The national eating disorder association who provides a variety of supports for people affected by eating disorders including online support groups.</p>	<p>Po Box 105 Blackrock Co.Dublin</p>	<p>Telephone: 01 2107906 Email: info@bodywhys.ie Website: www.bodywhys.ie</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Cari</p> 	<p>CARI (Children at Risk in Ireland) provides child-centred therapy for children and adolescents who have been affected by sexual abuse. CARI also provides therapy to children, up to 12 years of age, who present with sexually harmful behaviour.</p>	<p>CARI House Ennis Road Limerick V94 YV80</p>	<p>Telephone: 061 582224 Helpline: 0818 924567 Email: hello@cari.ie Website: www.cari.ie</p>
<p>Crisis Text Line</p> 	<p>A 24/7 crisis text service. You can text 50808 when in crisis and a trained crisis volunteer receives the text and responds.</p>	<p>Helpline</p>	<p>Text 50808 www.text50808.ie</p>
<p>Dublin Rape Crisis Centre</p> 	<p>Provides a wide range of services to people affected by rape, sexual assault, sexual harassment or childhood sexual abuse. The services include a national 24 hour helpline, one-to-one counselling, court accompaniment, outreach services, training, awareness raising and lobbying.</p>	<p>McGonnell House 70 Lower Leeson Street Dublin 2</p>	<p>Telephone: 01 6614911 Helpline: 1800 77 8888 Email: info@rcc.ie Website: www.drcc.ie</p>
<p>HSE Drugs and Alcohol Helpline</p>	<p>Provide support, information, guidance and referral to anyone with a question or concern related to drug and alcohol use and HIV.</p>	<p>Helpline</p>	<p>Helpline: 1800 459 459 Email: helpline@hse.ie</p>
<p>HUGG Healing Untold Grief Groups</p> 	<p>HUGG aims to offer hope and healing to adults bereaved by suicide by providing information, and local support groups led by trained volunteers with lived experience.</p>	<p>4 Kilvere Park, Cypress Downs, Dublin 6W, Co. Dublin,</p>	<p>Telephone: 01 513 4048 (monitored answering machine) Website: www.hugg.ie</p>
<p>LGBT Helpline</p> 	<p>A helpline that provides support, education and connection to enhance the lives of LGBT people and their families.</p>	<p>Helpline</p>	<p>Telephone: 1800 929 539</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>MENSAID</p> 	<p>Provides a confidential helpline, support service and information to male victims of domestic abuse.</p>	<p>Helpline</p>	<p>Helpline: 01 5543811 Email: hello@mensaid.ie Website: www.mensaid.ie</p>
<p>Mental Health Ireland</p> 	<p>Promotes positive mental health and wellbeing for all individuals and communities supports people with lived experience of mental health challenges in their recovery.</p>	<p>Second Floor Marina House 11-13 Clarence street Dun Laoghaire Co. Dublin</p>	<p>Telephone: 01 2841166 Email: info@mentalhealthireland.ie Website: www.mentalhealthireland.ie T: @mentalhealthirl Instagram: @mentalhealthireland Facebook: mental.health.ireland</p>
<p>MOVE</p> 	<p>A voluntary organisation offering group based interventions to men who are violent and abusive in their intimate relationship with women.</p>	<p>Unit 2 First Floor Clare Road Business Mall Clare Road, Ennis Co.Clare</p>	<p>Telephone: 065 6848689 / 086 414 9613 Email: move@moveireland.ie Website: www.moveireland.ie</p>
<p>ADDICTIONS Narcotics Anonymous Ireland</p> 	<p>Provides support services for people recovering from drug addiction.</p>	<p>Irish service office of Narcotics Anonymous PO Box 13033 14B Upper Kevin Street Dublin 8</p> <p>Please check website or contact by phone for information on online and in-person local groups</p>	<p>Telephone: 01 6728000 Email: info@na-ireland.org Website: www.na-ireland.org</p>

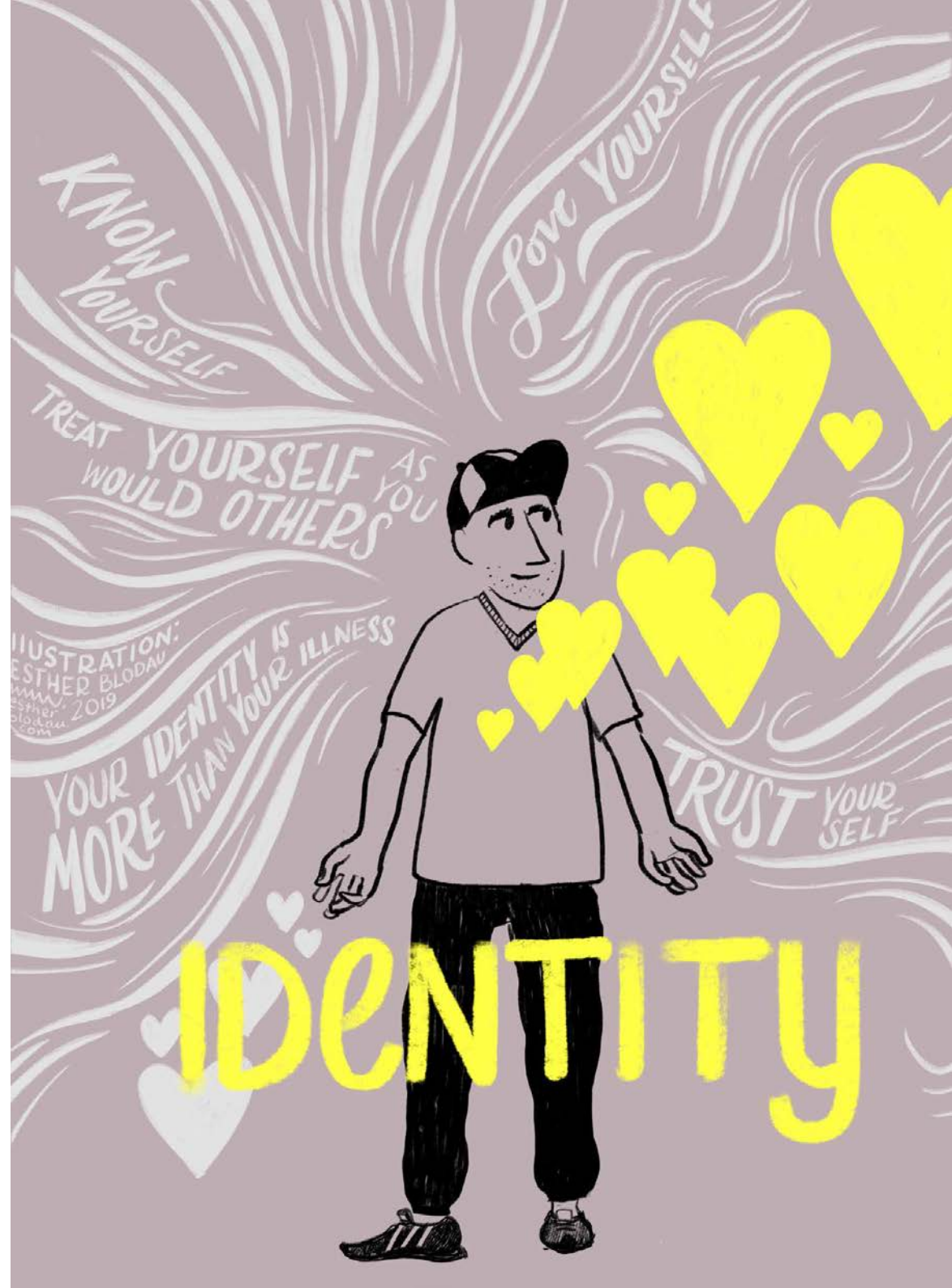
Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Nurture Health</p> 	<p>An Irish charity offering timely and affordable professional counselling and support around depression in pregnancy and during the post natal period, difficulties during childbirth, fertility issues, mental health and emotional wellbeing for women and their partners and families.</p>	<p>Rush Co.Dublin</p>	<p>Telephone: 085 8619585 Email: info@nurturehealth.ie Website: www.nurturehealth.ie</p>
<p>One Family</p> 	<p>Provides high quality services to one parent families in Ireland and the professionals working with them.</p>	<p>8 Coke Lane Dublin 7</p>	<p>Lo call Helpline: 01 6629212 Email: info@onefamily.ie Website: www.onefamily.ie</p>
<p>Parentline</p> 	<p>Provides a confidential helpline for parents/ guardians with support, guidance and information on all aspects of being a parent.</p>	<p>Online</p>	<p>Telephone: 1890 927 277 or 01 8733500 Website: www.parentline.ie</p>
<p>Peer Advocacy in Mental Health</p> 	<p>Our service promotes recovery by offering advocacy, information and support to people experiencing mental health difficulties. This service is led by people with personal experience of mental health difficulties.</p>	<p>Peer Advocacy in Mental Health First Floor The Tannery Building 53-56 Cork Street Dublin 8</p>	<p>Telephone: 01 5470510 Email: admin@irishadvocacynetwork.com Website: www.peeradvocacyinmentalhealth.com</p>
<p>Pieta Suicide Bereavement Liaison Support</p> 	<p>Anyone affected by suicide is welcome to contact a suicide bereavement liaison officer who can meet with a bereaved family at their request as a group or individually.</p>	<p>ArdAulin Mungret Co.Limerick</p>	<p>Telephone: 1800 247 247 Website: www.pieta.ie</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Private Counselling Services</p>	<p>To see a list of accredited counsellors in your area check the following: Psychological Society of Ireland (PSI); Irish Association for counselling and psychotherapy (IACP); Irish council for Psychotherapy (ICP) Irish Association of Behavioural and Cognitive Psychotherapies(IABCP); Association for agency based counselling in Ireland.</p>	<p>Helpline</p>	<p>Website: (PSI): www.psychologicalsociety.ie/ (IACP): www.iacp.ie (ICP): www.psychotherapyCouncil.ie (IABCP): www.iabcp.com (AACI): www.aaci.ie</p>
<p>Rainbows Ireland</p> 	<p>A dedicated free support service for children and young people who have experienced bereavement and /or parental separation.</p>	<p>Loreto Centre Crumlin Road Dublin 12</p>	<p>Telephone: 01 4734175 Email: ask@rainbowsireland.ie Website: www.rainbowsireland.ie</p>
<p>Senior line</p> 	<p>A national confidential listening service for older people provided by older volunteers.</p>	<p>2nd Floor Lenin House Great Strand Street Dublin 1</p>	<p>Freephone: 1800 80 45 91 Website: www.thirdageireland.ie/seniorline</p>
<p>Shine-Supporting People affected by Mental ill health</p> 	<p>National organisation providing information and support for people affected by mental health difficulties. We support individuals and family members through recovery-focused:</p> <ul style="list-style-type: none"> • individual and group work, • training and education led by professionals and peers. 	<p>Shine Block B Maynooth Business Campus Co.Kildare</p> <p>Please check website or contact by phone for information on local groups</p>	<p>Telephone: 087 7878222 086 0407701 01 8601610</p> <p>Email: Midwest@shine.ie info@shine.ie support@shine.ie</p> <p>Website: www.shine.ie</p>
<p>Spunout.ie</p> 	<p>Aims to empower young people aged between 16 and 25 to live active, happy, and healthy lives through the provision of information on a range of different topics such as education, employment, health etc.</p>	<p>Online</p>	<p>Website: www.spunout.ie</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>Suicide or Survive SOS</p> 	<p>Endeavours to challenge the stigma attached to mental illness and provide a range of educational and therapeutic programmes that increase understanding of suicide and play an active role in its prevention.</p>	<p>151,156 Thomas Street Ushers Island Dublin</p>	<p>Phone: 01 272 2158 Email: info@suicideorsurvive.ie Website: www.suicideorsurvive.ie</p>
<p>Support after homicide</p> 	<p>A national voluntary organisation which provides emotional support and practical information to people whose lives have been affected by homicide. This service operates 7 days a week via telephone and provides free confidential :</p> <ul style="list-style-type: none"> • One to one support • Family support • Support groups 	<p>Telephone/online based</p>	<p>Telephone: 087 983 7322 Website: www.supportafterhomicide.ie</p>
<p>Teenline</p> 	<p>Is committed to helping improve the social and emotional health and wellbeing of all young people regardless of race, religion or sexuality by providing them with a friendly, confidential, non-judgemental helpline and support service.</p>	<p>Online</p>	<p>Website: www.ispcc.ie/teenline/</p>
<p>Togetherall</p> 	<p>Togetherall is an online mental health and wellbeing service available 24/7/365 which is clinically moderated, accessed via any device with an internet connection. You can access Togetherall today if you're a student at third level colleges Mary Immaculate College, TUS, University of Limerick. Register with your academic email address.</p>	<p>Online</p>	<p>Website: https://togetherall.com/en-gb/</p>

Name of Organisation	What do we do & who do we work with?	Where are we based?	How to contact us?
<p>The Family Resource Centre</p> 	<p>Provides programmes that work to combat disadvantage and strengthen and empower children, families and communities. There are 10 FRC's in the Mid West region.</p>	<p>Croom FRC Hospital FRC Killaloe/Ballina FRC Millennium FRC Thurles North West Clare FRC Northside FRC Shannon FRC Silver Arch FRC Southill FRC West Clare FRC</p>	<p>Website: www.familyresource.ie</p>
<p>Turn2me</p> 	<p>Provides online counselling services for young people and adults which is delivered by a community of fully qualified and accredited mental health professionals.</p>	<p>Online</p>	<p>Website: www.turn2me.ie</p>
<p>Women's Aid</p>  <p>Women's Aid</p>	<p>A voluntary organisation offering free and confidential support to women and their children who are experiencing domestic violence in the republic of Ireland.</p>	<p>5 Wilton Place Dublin 2</p>	<p>24 Hour National Helpline 1800 341 900</p> <p>Open 7 days a week</p>
<p>www.yourmentalhealth.ie</p> 	<p>An online resource that provides a range of information on Mental Health.</p>		<p>Helpline: 1800 111 888</p> <p>Website: www.yourmentalhealth.ie</p>

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