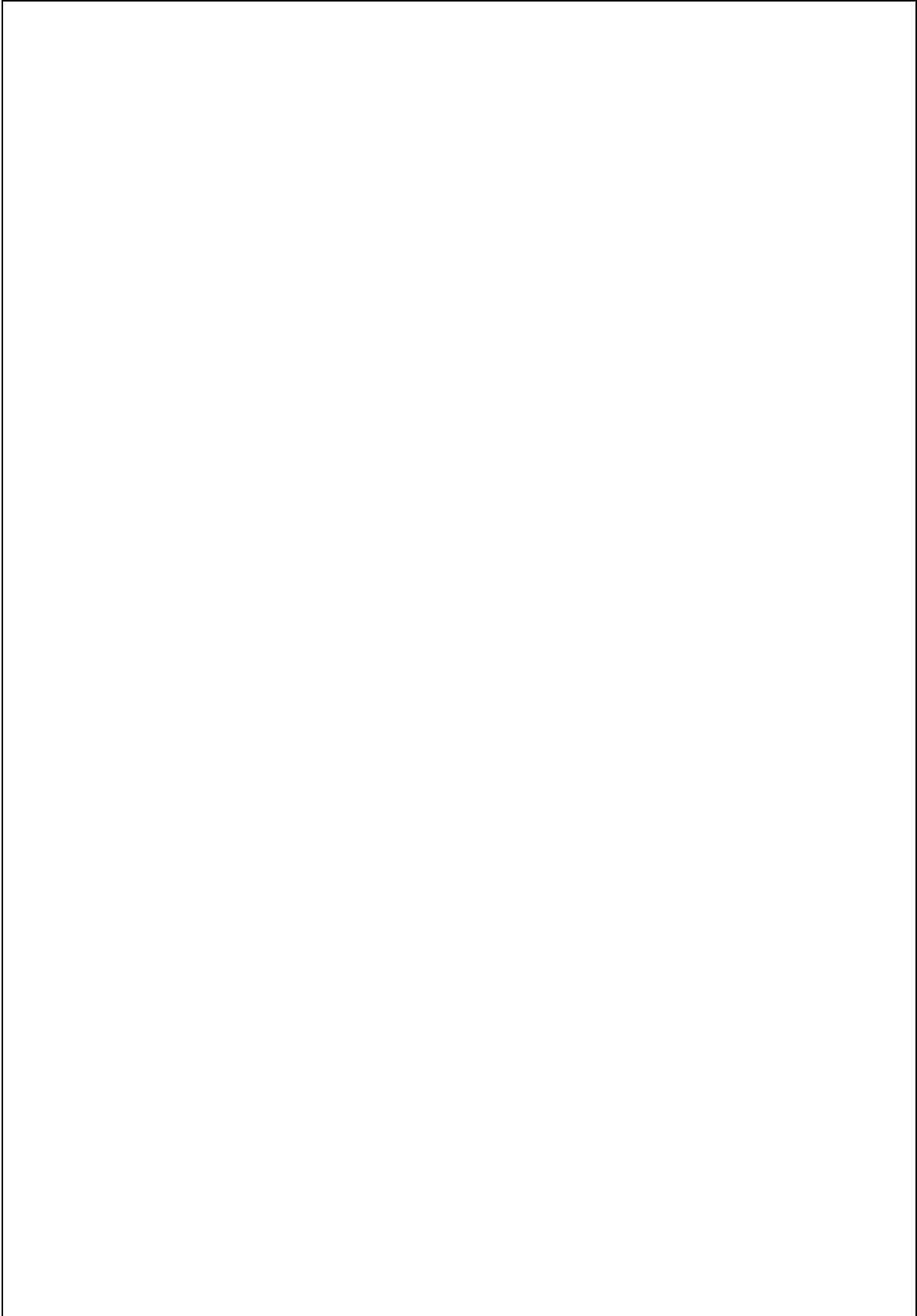




# Coláiste na hInse

## **“Who to Contact” Booklet**

Coláiste na hInse



## 1) Urgent Help and Support.

- **G. P. Out of Hours NEDOC:** *provides an urgent GP service to patients in Louth, Meath, Cavan and Monaghan*  
Tel: 1850 777 911
- **Accident & Emergency:**  
Our Ladies Hospital Navan: 046 9078630  
Our Lady of Lourdes Hospital Drogheda: 041 9837601 (EXT 2318)
- **Samaritans:** Providing befriending 24 hours a day, 365 days a year to those passing through a personal crisis.  
Drogheda: (041)9843888  
Dublin office: 01 6710071  
Helpline: 116 123  
Web: [www.samaritans.org](http://www.samaritans.org) or [info@samaritans.org](mailto:info@samaritans.org)
- **Women's Aid**  
National Freephone Helpline: 1800 341 900
- **Childline**  
[www.childline.ie](http://www.childline.ie)  
**Tel : 1800 66 66 66 (24 hours a day)**  
Text "Support" to 50101  
One to one chat – 10am – 4 am
- **SOSAD**  
Emergency contact 24/7 for Drogheda Area : 041 9848754  
Emergency contact 24/7 for Dundalk Area : 042 9327311  
Tel : 083 4244182  
Email: [info@sosadireland.ie](mailto:info@sosadireland.ie)  
[dundalk@sosadireland.ie](mailto:dundalk@sosadireland.ie)
- **Teenline Ireland**  
Free phone: 1800 833 634  
Free Text service: text TEEN to 50015 (8pm – 11pm)  
Email: [info@teenline.ie](mailto:info@teenline.ie)

- **Drogheda Homeless Aid**  
35 North Strand , Drogheda  
Tel : 041 9834492  
Web : [www. Dha.ie](http://www.Dha.ie)

## 2) G.P. Referral, Statutory Supports

- **Child & Adolescence Mental Health Services (CAMHS)**
- **Meath Mental Health Services :**  
**Department of Psychiatry, Our Lady's Hospital, Navan**  
Tel: 046 9072676
- **Drogheda Department of Psychiatry**  
The Crosslanes  
Drogheda  
Tel: 0419805800

## 3) SUICIDE PREVENTION and BEREAVEMENT.

- **National Office For Suicide Prevention:** *The function of the National Office for Suicide Prevention is to oversee the implementation of 'Reach Out' the National Strategy for Action on Suicide Prevention. Co-ordinate suicide prevention efforts around the country and speak regularly with agencies and individuals interested and active in suicide prevention.*  
National Office for Suicide Prevention  
Population Health Directorate  
Health Service Executive  
Dr Steevens Hospital  
Dublin 8  
Tel: 01 6352139/6352179  
Email: [info@nosp.ie](mailto:info@nosp.ie)  
Web: [www.nosp.ie](http://www.nosp.ie)

- **3Ts:** *is a registered charity founded to raise awareness of the problem of suicide in Ireland and to raise funds to help lower suicide rates through dedicated research, educational support and intervention.*  
Tel: 01 2139905  
Email: [info@3ts.ie](mailto:info@3ts.ie)
- **The Irish Association of Suicidology.** *The IAS is dedicated to disseminating information about suicide and suicide prevention so that public opinion can respond to the issue in an informed manner*  
P.O. Box 11634  
Ballsbridge  
Dublin 4  
Tel: 01 667 4900  
Email: [info@ias.ie](mailto:info@ias.ie)  
Web: [www.ias.ie](http://www.ias.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](http://www.suicideorsurvive.ie)  
Email: [info@suicideorsurvive.ie](mailto:info@suicideorsurvive.ie)

### 3) 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](mailto: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 with the following mandate*

Contact us at [info@nsue.ie](mailto:info@nsue.ie)

Tel: 085 1212386

Web: [www.nsue.ie](http://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: 1890 303302.

Phone: 086 162 9948 /

Dublin Office: 01 6617211

Also : 1800 80 48 48

Online Support: [wecanhelp@aware.ie](mailto:wecanhelp@aware.ie)

or supportmail@aware.ie

Email: [info@aware.ie](mailto:info@aware.ie)

Web: [www.aware.ie](http://www.aware.ie)

- **Pieta House (Suicide and Self Harm)**

Phone: 1800 247 247 ( National suicide helpline)

01 6235606

Email: [www.pieta.ie](http://www.pieta.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 through out the North –East.*

GROW Support Office: 01 840 8236

Information Line 1890 474 474.

Web: [www.grow.ie](http://www.grow.ie)

Email: [info@grow.ie](mailto:info@grow.ie)

- **Mental Health Ireland:** *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, including 12 in the North Eastern counties*

Area Development Officer  
Finola Colgan  
Louth, Meath, Cavan, Monaghan  
Mental Health Ireland  
M: 086 835 3387 / 086 6028157 / 01 2841166  
E: [finola@mentalhealthireland.ie](mailto:finola@mentalhealthireland.ie) / [info@mentalhealthireland.ie](mailto:info@mentalhealthireland.ie)

- **SHINE** *is 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.*

North East: Office: (00353) (0) 42 9324541.

Mob: 0868525422/

Email: [dpepper@shinonline.ie](mailto:dpepper@shinonline.ie)

Web: [info@sirl.ie](mailto:info@sirl.ie)/: [www.sirl.ie](http://www.sirl.ie) or [www.recover.ie](http://www.recover.ie)

- **Irish Advocacy Network (IAN).** *Provide support, information and choice for people who have experienced mental health. IAN has peer advocates in place in most health board areas in Ireland, north and south, who regularly attend acute units and day centers. Sometimes they meet people in the community.*

Irish Advocacy Network,

C/o Health Care Unit,

Rooskey,

Monaghan,

NE Regional Advocate: 087-9841273 or 01 8728684

Main Office: 047-38918 email:

Email: [admin@irishadvocacynetwork.com](mailto:admin@irishadvocacynetwork.com), Web:

[www.irishadvocacynetwork.com](http://www.irishadvocacynetwork.com)

- **Turn2Me.org** (online one to one or group counselling)
- **BODYWHYS.**  
Dublin: 01 2835126 / Helpline: 1890 200 444  
Web: [www.bodywhys.ie](http://www.bodywhys.ie)  
Email: [info@bodywhys.ie](mailto:info@bodywhys.ie) / [alex@bodywhys.ie](mailto:alex@bodywhys.ie)

- **Reachout.com** – online service to help young people through hard times. Youth advisory service.
- **Child Psychiatry Team Services** – assessment, consultation and therapeutic intervention.  
Tel : 041 9838605  
042 9385456
- **Psychology Services** – provides appropriate assessment and therapy to children, adolescents and their family who present with a broad range of emotional and behavioral problems.  
**Tel** : 041 9875700  
**Also** : 0426820000
- **NEPS** – Pól Bond
- **CAMHS** ( Child and Adolescent Mental Health Services) – referrals from your GP
- **Headsup.ie** –this is a mental health promotion project which aims to contribute to suicide prevention  
24 hour free text : Headsup 50424  
Tel : 01 2057326  
Email : [info@headsup.ie](mailto:info@headsup.ie)
- [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)
- [www.healthpromotion.ie](http://www.healthpromotion.ie)

#### 4) ADDICTION SERVICES

- **SMOKING CESSATION:** *QUIT is a HSE health education campaign aimed at encouraging smokers to quit.*  
Tel: 1850 201203



Web: [www.quit.ie](http://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.*

General Service Office of Alcoholics Anonymus

Unit 2

Block C

Santry Business Park

Swords Road

Dublin 9

Tel: 01 8420700

Email: [gso@alcoholicsanonymous.ie](mailto:gso@alcoholicsanonymous.ie)

Web: [www.alcoholicsanonymous.ie](http://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 Chaple Street

Dublin 1

Tel: 01 8732699

Email: [info@al-anon-ireland.org](mailto:info@al-anon-ireland.org)

Web: [www.al-anon.org](http://www.al-anon.org)

- **TURAS:** *Professional Therapeutic Counselling Services specialising in the area of drug and alcohol dependency.*

59 Clanbrassil Street

Dundalk

Co. Louth

Ireland

Tel: 042 93 38221/93 38224.

Email: [info@turascounselling.ie](mailto:info@turascounselling.ie)

- **Meath Community Drug & Alcohol Response (MCDRA):** *Aim to empower the community of Meath through awareness education and support to respond to issues relating to alcohol and substance use in a positive way.*

**Services Available:**

- Parent to Parent Programme
  - Family Support Group
  - Anchor Service
  - Affordable Counselling
  - Community School Initiatives
  - Community Information
- Tel: 046 9482080 / 087 0933759  
Email: [mcdar@eircom.net](mailto:mcdar@eircom.net)  
Web: [www.meathcommunities.ie/group/mcdar](http://www.meathcommunities.ie/group/mcdar)

- Crossroads project – drop in/ referral  
82 Trinity Street , Drogheda  
Tel: 041 9846981
- **Dundalk Counselling Service:** *Treats alcohol , drugs , gambling and prescription drugs in adults*  
Oakdene,  
3 Seatown Place,  
Dundalk,  
Co. Louth.  
Phone: 042 9338333  
[www.iol.ie/~oakdene/](http://www.iol.ie/~oakdene/)
- **SUST** – Substance USE Service for Teens ( Philip James Clinical Nurse Specialist) Phone: 087 3752760
- **Outreach Drugs Counselling**  
Louise O Mahony on 041 9843531
- **HSE Alcohol Counseling Services**  
Tel : 041 6853264 (Ardee)  
also 0429326156 (Dundalk)
- **HSE North Louth Drug Outreach and Counselling Service**  
Tel : 042 9394000
- **HSE South Louth Drug Outreach and Counselling**  
Tel : 0419870160

- **The Red Door Project : Louth Community Drug and Alcohol Team**  
Tel : 0867831162
- **Pillar Support Group** – Family Support Group  
Tel : 086 8974138
- **Matt Talbot Counselling and Education** – Counselling for those over 16  
Tel : 087 7072955  
Email: info@mattalbotcounselling.ie

### 5) ABUSE Violence and Victim Support.

- **CARI** – provides information and advice to individuals and professionals with a concern about child sex abuse or sexualized behavior.  
**Telephone :** 1890 924567  
**Email :** helpline@cari.ie
- **HSE National Counselling Services (Rian):** *For adults who have experienced physical, emotional, sexual or neglectful abuse during childhood*  
34 Brews Hill, Navan, Co. Meath  
Freephone No. 1800 234 117  
Telephone 046 906 70 10  
[www.hse-ncs.ie](http://www.hse-ncs.ie)
- **Rape Crisis North East: (RCNE)** *is a dedicated professional counselling service available to anyone who has suffered as a result of Rape, Sexual Harassment, Sexual Assault and Child Sexual Abuse within the North East Region. The RCNE operates Mon to Thurs 9am to 5pm*  
**Outreach:** Drogheda, Navan Town  
PO Box 72  
Dundalk,  
Co. Louth  
Phone: 042 9339491  
Helpline: 1800212122  
Email: [rcsacne@eircom.net](mailto:rcsacne@eircom.net)
- **Women's Aid Dundalk** *is an organisation responding to the needs*

*of women and children experiencing violence. It provides a range of pre-crisis, crisis and post crisis services.*

For further information, contact:

P.O. Box 60,

Dundalk,

Co. Louth

24Hour Helpline at: 042 399244.

Refuge: 042 9337202

**Women's Aid National Freephone Helpline: 1800 341 900**

- **Tearmann Domestic Violence Services**, *provide telephone support, appointment based visits, outreach service, court accompaniment, advocacy and support group to women in Counties Monaghan and Cavan who are or have experienced domestic abuse in their relationship.*

Tel: 047 72311

Web: [www.tearmann.net](http://www.tearmann.net)

Email: [tearmann dvs@eircom.net](mailto:tearmann dvs@eircom.net)

- **Victim Support:**

Dundalk Tel: 042 932 6752

Dublin Tel: 01 878 0870

- **AMEN:** *Provides a confidential helpline, information and support service for male victims of domestic abuse.*

St. Anne's Resource Centre

Railway Street

Navan

Co. Meath

Tel. & Fax: (+353) 046 9023718

Web: [www.amen.ie](http://www.amen.ie)

Email: [Info@amen.ie](mailto:Info@amen.ie)

- **Support after Homicide:** *offers a service to families bereaved by murder. It is a confidential service providing support nationally.*

Joan Ennis

PRO 087 9742538

Mark Kerrigan

Co Ordinator 087 9837322

- Text **Bully** or **Talk** or **Help** to 50101

## 6) Counselling Services:

- **HSE National Counselling Services (Rian):** *For adults who have experienced physical, emotional, sexual or neglectful abuse during childhood*  
34 Brews Hill, Navan, Co. Meath  
Freephone No. 1800 234 117  
Telephone 046 906 70 10  
[www.hse-ncs.ie](http://www.hse-ncs.ie)
- **ACCORD:** *Catholic Marriage Care Service: Promotes a better understanding of marriage by helping people initiate, sustain and enrich their marriage and family relationships and by offering support to those in difficulty.*  
Tel: 01 5053112. Email: [admin@accord.ie](mailto:admin@accord.ie) Web: [www.accord.ie](http://www.accord.ie)  
Cavan: Tel: 049 4375004. Email: [cavanaccord@eircom.net](mailto:cavanaccord@eircom.net)  
Drogheda: Tel: 041 9843860. Email: [accorddrogheda@eircom.net](mailto:accorddrogheda@eircom.net)  
Dundalk: Tel: 042 9331731. Email: [accorddundalk@eircom.net](mailto:accorddundalk@eircom.net)  
Navan: Tel: 046 9023146. Email: [accordnavan@eircom.net](mailto:accordnavan@eircom.net)
- **Dowdstown Counselling Service Ltd:** *Provides high quality affordable counselling in collaboration with other agencies. Through their work they aim to empower and support clients to live full and worthwhile lives. There is a dedicated counselor to work with any person who is feeling suicidal*  
Dowdstown House,  
Dalgan Park,  
Co. Meath.  
Phone: 046 9021407
- **Dundalk Counselling Service:** *Individual & group Counselling. Also a youth service exclusively for 13 to 23 year olds.*  
Oakdene,  
3 Seatown Place,  
Dundalk,  
Co. Louth.  
Phone: 042 9338333  
[www.iol.ie/~oakdene/](http://www.iol.ie/~oakdene/)

- **National Counselling Helpline Services:** Supports Adults who have experienced childhood abuse or trauma.  
Tel: 1800 235235
- **Oriel Counselling,** Humanistic counselling values all aspects of the person: thinking; feeling; emotional and intuition.  
Teach na nDaoine  
Oriel Way  
Monaghan  
Phone: 047 30768  
Email: [orielcounselling@gmail.com](mailto:orielcounselling@gmail.com)
- **Travelers 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,  
Phisborough,  
Dublin 7  
**Tel:** 086 308 1476  
**Email:** [travcounselling@hotmail.com](mailto:travcounselling@hotmail.com)
- **IACP (Counselling and Psychotherapy)**  
[www.iacp.ie](http://www.iacp.ie)  
Tel : 01 2303536
- [www.psychotherapyCouncil.ie](http://www.psychotherapyCouncil.ie)  
Tel: 01 9058698
- **IAHIP Irish Association for Humanistic and Integrative Psychotherapy,** for accredited Psychotherapists.  
Tel : 01 2841665  
Email : [info@iahip.org](mailto:info@iahip.org).
- **ACAP Association of Child Art Psychotherapists**  
Email: [www.acap.ie](http://www.acap.ie)
- **ACAT - Irish Association of Creative Arts Therapists**  
Email: [www.iacat.ie](http://www.iacat.ie).

**7). Children , Youth and Family Support Services.**

- **Youth Advocacy Ireland:** *Yap Ireland in partnership with young people, families and communities , using a strengths based intensive support models keeps young people in their communities and out of care/custody*

**YAP Meath:** Unit UH2,  
Balmoral Industrial Est.,  
Kells Road,  
Navan,  
Co. Meath  
046 905 9150

**YAP Louth:** Unit 15-2 Workspace Centre,  
Mayoralty Street,  
Drogheda,  
Co Louth  
Tel: 087 1215 542

- **Youth Work Ireland Meath:** *Supporting young people through Youth Club Development, Meet & Eat Youth Café, Youth Homelessness Prevention Programme, Teen Between Programme for young people experiencing separation within the family home., Youth Arts Programmes, Awareness programmes, Student placements and Fun Days.*

St Marys church grounds  
Trimgate st, Navan  
Email: [ywimeath@eircom.net](mailto:ywimeath@eircom.net)  
Tel: 046-9093402

Web: [www.community.meath.ie/myfed](http://www.community.meath.ie/myfed)

- **Youth Work Ireland:** *is a federation of local youth services throughout the country who work in the interest of young people through the provision of a range of services and who share a common*

*ethos and approach.*

Youth Work Ireland  
20 Lower Dominick Street  
Dublin 1  
Tel: 01-8584500  
Email: [info@youthworkireland.ie](mailto:info@youthworkireland.ie)

- **Organisation: National Youth Council of Ireland:** *The National Youth Council of Ireland is the representative body for national voluntary youth work organisations in Ireland.*  
**Contact:** *Kevin O'Hagan*  
Senior Project Officer  
National Youth Health Programme  
National Youth Council of Ireland  
3 Montague Street  
Dublin 2  
Tel 01 4784122  
Email: [Kevin@nyci.ie](mailto:Kevin@nyci.ie)
- **Dundalk Youth Centre:** *aim's to establish an Expressive Arts Centre in Dundalk as a place of Hospitality and Acceptance for the teenagers of the town and environs*  
Rodan House  
Rodan Place  
Dundalk  
Co. Louth  
Tel: 042 93 29532  
**Email:** [admin@appletofoundation.ie](mailto:admin@appletofoundation.ie)
- **Rainbows Ireland:** *Helps children who have been bereaved through parental death, parental separation or parental divorce, to work the grieving process which follows a significant loss.*  
**Dundalk:** Armagh Diocesan Pastoral Centre  
The Magnet,  
The Demense,  
Dundalk,  
Co. Louth.  
Phone: 042 9336393  
**Navan:** Dowdstown House



Dalغان Park  
Navan  
Co. Meath  
Phone: 046 9021407

**National:** National Office  
Loreto centre,  
Crumlin Road,  
Dublin 12  
Phone: 01 4734175

- **Jigsaw Meath:** *Jigsaw aims to ensure that young people have a voice in their own mental health and wellbeing concerns and that the community is supported in finding innovative ways to provide solutions.*

26 Brews Hill  
Navan  
Co. Meath  
Tel: 046 9067246  
Email: [meath@jigsaw.ie](mailto:meath@jigsaw.ie)

- **Support Helplines**

Childline: [www.childline.ie](http://www.childline.ie) 1806666666

Teenline: *If your feeling lonely, isolated, down, vulnerable, depressed or suicidal:* 1800 833 634

HeadsUP: *List of support services for youth, Free Text HeadsUP to,* 50424

- **Support Websites**

[www.spunout.ie](http://www.spunout.ie) : Youth led national charity empower young people create personal & social change

[www.reachout.ie](http://www.reachout.ie) :

[www.mindfreedom.com](http://www.mindfreedom.com)

- **Youth Cafés**

Dundalk Youth Centre: Tel: 042 93 29532, Email: [cathrine@dundalkyouthcentre.ie](mailto:cathrine@dundalkyouthcentre.ie)

Youth Work Ireland Carrickmacross & Castleblaney: 087 9665746  
[youthcafe@ywimonaghan.ie](mailto:youthcafe@ywimonaghan.ie)

Youth Work Ireland Meath: 046-9093402,  
[www.community.meath.ie/myfed](http://www.community.meath.ie/myfed)

- **Tusla** – Child and Family Agency Ballsbridge  
Tel : 041 9838574
- **Tusla** - Child and Family Agency Louth Hospital  
TEL: 042 9392200
- **Connect Family Resource Centre** .  
Holy Family Community Centre, Moneymore , Drogheda.  
Tel ; 041 9836084
- **Child Protection & Case Managed Family Social Work Services** –  
children in need of protection and Case managed services  
Tel : 041 9838574 , 042 9392200
- **ISPCC 4 Me**  
Contact Alan Duff  
Tel : 0419810858
- **ISPCC** – Parent and Youth Mentoring and counselling to young  
people at risk.  
Tel: 0419833406
- **Rathmullen Community House**  
229 Rathmullen Park  
Tel : 0419845184
- **Teen Parent Support Group** – provides support to teen parents who  
are 19 and under.  
Tel : 0419875273
- **SNAP**  
Special Needs Active Parents  
Email: [info@snapireland.net](mailto:info@snapireland.net)
- **Parentline** – supports, guidance and information on all aspects of  
being a parent and the reassurance that, whatever the problem, you are  
not the first parent to face it.

**Tel:** 1890 927277 / 01 8733500

**Email :** [info@parentline.ie](mailto:info@parentline.ie)

- **Family Support Agency Counselling Services**  
Tel : 01 6114100
- **Holy Family School Completion Programme** – supporting young people and their family with school attendance, participation and retention  
**Tel :** 041 9838390.
- **St. Vincent de Paul**  
Tel: 041 9873331  
Free phone: 1800 677 777  
email : [info.northeast@svp.ie](mailto:info.northeast@svp.ie)
- **Gary Kelly Foundation** - The mission of the Gary Kelly Cancer Support Centre is to create a safe and holistic environment. To preserve the dignity and privacy of the person at all times. To provide counselling, information and psychological support for people affected by cancer and those who care for them free of charge.  
**Tel :** 0419805100  
**Email :** [info@gkcancersupport.com](mailto:info@gkcancersupport.com)
- **CARI** – provides information and advice to individuals and professionals with a concern about child sex abuse or sexualized behavior.  
**Telephone :** 1890 924567  
**Email :** [helpline@cari.ie](mailto:helpline@cari.ie)
- **HADD Support Group** - HADD's mission is to make life better for people affected by ADHD. We are an organisation in Ireland made up of volunteers- parents of children with ADHD, individuals with ADHD and professionals. We are dedicated to providing as much up-to-date information, resources and networking opportunities to individuals with ADHD, parents of children with ADHD and the professionals who serve them.  
Carmichael House

North Brunswick Street  
Dublin 7  
**Tel:** (01) 8748349  
**Email:** [info@hadd.ie](mailto:info@hadd.ie)

- **Aspire** - Aspire has been supporting people with Asperger Syndrome (AS) & their families since 1995. The primary aim of this work is to provide support and information to people with AS & their families through the life cycle; from early childhood, through education, into adulthood & beyond.  
**Tel:** 01 8780027 / 01 8780029  
**Email :** [info@aspireireland.ie](mailto:info@aspireireland.ie)

## 8) WOMEN'S HEALTH.

- **HSE Crisis Pregnancy Programme:** *is a national Programme tasked with developing and implementing a national strategy to address the issue of crisis pregnancy in Ireland.*  
HSE Crisis Pregnancy Programme  
4th Floor, 89 – 94 Capel Street  
Dublin 1  
Phone: 01 814 6292  
Email: [info@crisispregnancy.ie](mailto:info@crisispregnancy.ie)  
Web: [www.crisispregnancy.ie](http://www.crisispregnancy.ie)
- **National Association of Widows in Ireland.** *30 branches throughout the country, activities ranging from outings, social gatherings, holidays seminars, educational talks and demonstrations.*  
Coleraine House,  
Coleraine Street  
Dublin 7  
Tel: 01 8728814/8733622  
Email: [info@nawi.ie](mailto:info@nawi.ie)  
Web: [www.nawi.ie](http://www.nawi.ie)
- **Postnatal Depression Ireland:** *aim to provide support, help and friendship to those suffering from Post Natal Depression.*  
Support Line: 021 4923162

Support Email: [support@pnd.ie](mailto:support@pnd.ie)

Web: [www.pnd.ie](http://www.pnd.ie)

- **Positive Options:** *Unplanned pregnancy, Positive Options Can Help You To Pick Up The Pieces.*

Free Text **List** to **50444**

Web: [www.positiveoptions.ie](http://www.positiveoptions.ie)

- **CURA:** *is a voluntary Irish organisation, which offers support and help to those who are faced with a crisis pregnancy.*

Lo-Call: 1850 622 626

Email: [curacares@cura.ie](mailto:curacares@cura.ie)

Web: [www.cura.ie](http://www.cura.ie)

DAWN Women's Centre,  
97 George's St,  
Drogheda,  
Co. Louth,  
Tel: 042-9337533

17 Jocelyn Street,  
Dundalk,  
Co. Louth,  
Tel: 042-9337533

- **Women's Aid National Freephone Helpline:** 1800 341 900
- **DAWN ( Drogheda Area Women's Network ) :** 0419844131

## 9) MENS Health/ SUPPORT

- **AMEN:** *Provides a confidential helpline, information and support service for male victims of domestic abuse.*

St. Anne's Resource Centre

Railway Street

Navan

Co. Meath

Tel. & Fax: (+353) 046 9023718

Web: [www.amen.ie](http://www.amen.ie)

Email: [Info@amen.ie](mailto:Info@amen.ie)

- **He's My Dad Project Navan Springboard** *He's My Dad Project aims to empower and enable dads to be the best dad they can be. We provide support with issues which may impact and affect their parenting role.*

81/82 Blackcastle Lodge,  
Flowerhill  
Navan  
Co Meath  
0469078220

- **Dad.ie:** *Irish website for fathers and fathers-to-be covering a broad range of issues.*

Web: [www.dad.ie](http://www.dad.ie)

Email: [info@dad.ie](mailto:info@dad.ie)

## 10) BENEFITS/ADVICE/FINANCIAL WORRIES

- **Citizens Information:** Dundalk: 0761075950
- **Citizens Information:** Drogheda: 0761075940
- **Citizens Information:** Navan: 0761 07 6150
- **Citizens Information:** Ashbourne: 0761 07 6110
- **Citizens Information:** Trim: 0761 07 6180
- **Citizens Information:** Slane: 0761076150
- **National Call Centre:** 1890 777121, Web: [www.oasos.gov.ie](http://www.oasos.gov.ie)

- **MABS: Money advice & Budgeting Service:** Helpline: 1890 283438. Web: [www.mabs.ie](http://www.mabs.ie)

## 11) LGBT SERVICES

- **Dundalk Outcommers:** *Dundalk Outcomers are a social and support group for Lesbian, Gay, Bi-sexual and Transgender people in*

*the North East of Ireland.*

Tel No: 042 93 29816

Web: [www.outcomers.org](http://www.outcomers.org) email: [info@outcomers.org](mailto:info@outcomers.org)

Youth Group: 086 1625 030 email: [youth@outcomers.org](mailto:youth@outcomers.org)

- **BeLonG To:** *Organization 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 Web: [www.belongto.org](http://www.belongto.org) Email:  
[info@belongto.org](mailto:info@belongto.org)
- **GLEN:** *Gay & Lesbian Equality Network is a leading NGO with a track record of success in delivering positive change for lesbian, gay and bisexual people (LGB) in Ireland. We have a strong commitment to effectiveness and are highly ambitious and positive about what can be achieved for Ireland and for our communities*  
2 Exchange Street Upper,  
Dublin 8  
Email: [info@glen.ie](mailto:info@glen.ie)

## 12) Farming & Rural

- **Farm & Rural Stress:** *Living in the country? Feeling Down? You're not the only one dial Farm and Rural Stress Helpline on:*  
Freephone: 1800 742 645 open daily 6pm to 10pm  
Email: [farmandruralstress@hse.ie](mailto:farmandruralstress@hse.ie)

## 13). HOUSING/ HOMELESSNESS/SUPPORTED LIVING

- **Dundalk Simon Community:** Provide Emergency shelter and accommodation for rough sleepers, Outreach services and Settlement which provides ongoing personal support.  
P O Box 26

Seatown Place  
Dundalk  
Co. Louth  
Phone 042 9339583  
Email: [niall@dundalksimoncommunity.com](mailto:niall@dundalksimoncommunity.com)

- **Drogheda Homeless Aid:** Provide Hostel and Settlement services.  
35 North Strand,  
Drogheda  
Co. Louth  
Tel: 041 9834492  
Email: [maureen.ward@dha.ie](mailto:maureen.ward@dha.ie)
- **Drogheda Women's & Children's Refuge Centre Ltd:** *A range of Services to women and their children who are homeless due to domestic violence or other reasons.*  
St. Anthony's,  
Priests Lane,  
Drogheda  
Helpline: 041 9844550  
Tel: 041 9844998  
Email: [dwr@eircom.net](mailto:dwr@eircom.net)
- **Meath Women's Refuge:** *Provide a range of services to women and their children who experience domestic violence.*  
39 Flower Hill  
Navan  
Co. Meath  
Helpline: 046 9022393  
Tel: 046 9022393  
Email [mwrefuge@eircom.net](mailto:mwrefuge@eircom.net)
- **Focus Ireland:** *Focus Ireland believes that every person has the right to a place they call home* 9 - 12 High Street  
Christchurch  
Dublin 8  
Tel. 01 881 5900



Web: [www.focusireland.ie](http://www.focusireland.ie)

- **CLUID:** *Clúid Housing Association develops and manages rented housing for people on low incomes and people with special needs.*

37 Killarney Street,  
Dublin 1  
Tel: 01 707208

**Cluid East**

Suite 6 Shanowen Business Centre,  
Shanowen Road,  
Santry, Dublin 9  
Tel: 01 8578030

[www.cluid.ie](http://www.cluid.ie)

- **Threshold:** *aim is to secure a right to housing, particularly for households experiencing the problems of poverty and exclusion.*

**Contact:** [www.treshold.ie](http://www.treshold.ie)

#### 14) OLDER PEOPLE.

- **Senior Helpline:** Older people connecting, supporting and helping.

Tel: 046 9557766

Helpline: 1850 440 444

Web: [www.seniorhelpline.ie](http://www.seniorhelpline.ie)

- **Positive Age Helpline:** Positive age is a Voluntary organisation for the promotion of Social Gain for the Older Person.

Tel: (00353) (0) 49 436 0433

email: [support@PositiveAge.net](mailto:support@PositiveAge.net)

- **Nestling Project:** promotes independent living for older people in

Louth helping them make choices about the services they need. They assist with form filling and accessing a wide range of voluntary social and health services.

Tel: (00353) (0) 42 9370531 email: [patrick.kerins@dkit.ie](mailto:patrick.kerins@dkit.ie)

Tel: (00353) (0) 429391078 email: [ann.marron@dkit.ie](mailto:ann.marron@dkit.ie)

- **Age Action:** *Age Action is a charity which promotes positive ageing and better policies and services for older people. Working with, and on behalf of, older people we aim to make Ireland the best place in the world in which to grow older.*

Head Office

Age Action Ireland Limited

30/31 Lower Camden Street

Dublin 2

Tel: 01 4756989

Email: [info@ageaction.ie](mailto:info@ageaction.ie)

- **Active Retirement Ireland:** *believes that older people have the right to be full and participative members of our society. ARI combats ageism through the reality and everyday work of the self-organised local associations and the regional councils.*

For information on your local group, call us on **01-8733836**

Email: [info@activeirl.ie](mailto:info@activeirl.ie)

- **Age & Opportunity:** *Age & Opportunity is the national not-for-profit organisation that promotes opportunities for greater participation by older people in society through partnerships and collaborative programmes.*

Marino Institute of Education,

Griffit Avenue,

Dublin 9

Tel: 01 805 7709

Email: [info@ageandoppertunity.ie](mailto:info@ageandoppertunity.ie)

- **Alone:** *ALONE works with vulnerable older people, providing long term housing, a befriending service and supports in the community.*

Olympia House

Pleasant Street

Dublin 8

Tel: 01 6791032

Email: [enquiries@alone.ie](mailto:enquiries@alone.ie)

- **Alzheimer Society of Ireland:** *The Society is Ireland's leading dementia specific service provider with over 100 services across the country.*

Temple Road,

Blackrock

Co. Dublin

Tel: 01 2073800

Helpline: 1800 34 1341

Email: [info@alzheimer.ie](mailto:info@alzheimer.ie)

- **CARERS:** The Carers Association, National Office, Kilkenny. Tel: 056 772 1424.

## 15). DISABILITY SUPPORT SERVICES.

- **Disability Federation of Ireland:** *Disability Federation of Ireland (DFI) is the national support organisation for voluntary disability organisations in Ireland who provide services to people with disabilities and disabling conditions*

Fumbally Court

Fumbally Lane

Dublin 8

Tel: 01 4547978

Email: [info@disability-federation.ie](mailto:info@disability-federation.ie)

- **People With Disabilities Ireland:** *help all people with disabilities to take part in and influence the decision making process that impacts on their lives and opportunities.*

4<sup>th</sup> Floor Jervis House

Jervis Street

Dublin 1

Tel: 01 8721744

Email: [info@pwdi.ie](mailto:info@pwdi.ie)

- **Brainwave the Irish Epilepsy Association:** *Brainwave seeks to improve the health (mental gain) and Quality of Life of people with epilepsy and is therefore committed to working for everyone with epilepsy in Ireland, their family and carers and to meeting their needs. This is done through a process of supports, advice, education and raising awareness.*  
Tel: 042 9337585  
E. mail: [brainwavedk@eircom.net](mailto:brainwavedk@eircom.net) or Web: [www.epilepsy.ie](http://www.epilepsy.ie)
- **Rehab Care:** *Rehab is a leading non-governmental organisation which works towards a world where every person has the opportunity to achieve their potential. We work in local communities to provide high-quality services and opportunities to people who need them.*  
*Communications and Public Affairs Team,*  
Rehab Group,  
Beach Road,  
Sandymount,  
Dublin 4.  
Tel: 00 353 (0) 1 2057200 (head office switchboard)  
Fax: 00 353 (0) 1 2057211  
Email: [don.delaney@rehab.ie](mailto:don.delaney@rehab.ie)

## 16). ADVOCACY.

- **Irish Advocacy Network (IAN).** *Provide support, information and choice for people who have experienced mental health. IAN has peer advocates in place in most health board areas in Ireland, north and south, who regularly attend acute units and day centers. Sometimes they meet people in the community.*  
Irish Advocacy Network,  
C/o Health Care Unit,  
Rooskey,  
Monaghan,  
NE Regional Advocate: 087-9841273  
Main Office: 047-38918 email:  
Email: [admin@irishadvocacynetwork.com](mailto:admin@irishadvocacynetwork.com), Web:  
[www.irishadvocacynetwork.com](http://www.irishadvocacynetwork.com)

- **Amnesty International Ireland:** is the country's largest human rights organisation.  
Sean MacBride House  
48 Fleet Street  
Dublin 2  
Tel: 01 863 8300  
Email: [info@amnesty.ie](mailto:info@amnesty.ie)
- **National Advocacy Service: For people with Disabilities:** *aims to assist the more vulnerable people with disabilities who cannot self refer or who are isolated in the community or living in residential institutions and offer an independent advocacy service which will protect their rights, obtain a fair hearing and make positive changes in their quality of life.*
- **Regional Advocacy Manager: Louise Loughlin: 086 41 02083**

## 17) CULTURAL/ ETHNIC SUPPORT

- **New Communities Partnership (N.C.P.)** *is an independent national network of 117 ethnic minority groups with offices in Dublin, Cork and Limerick. We support and strengthen ethnic minority groups through different services.*  
Contact: Dublin 01 671 3639  
email: [info@newcommunities.ie](mailto:info@newcommunities.ie)
- **Cross Care:** *Crosscare respond to the needs of people on the margins of society.*  
Clonliff College  
Dublin 3  
Tel: 01 836 0011  
Email: [info@crosscare.ie](mailto:info@crosscare.ie)
- **Pavee Point:** *All people, including Travellers, Roma, and Gypsies, should have access to resources which enable them to meet basic human needs, to reach a socially acceptable standard of living, and to live with dignity in society*

Pavee Point Travellers' Centre  
46 North Great Charles Street  
Dublin 1  
Tel: 01 8780255  
Email: [info@pavee.ie](mailto:info@pavee.ie)  
Web: [www.paveepoint.ie](http://www.paveepoint.ie)

- **Travelers 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,  
Phisborough,  
Dublin 7  
Tel: 086 308 1476  
Email: [travcounselling@hotmail.com](mailto:travcounselling@hotmail.com)

- **Culture Connect**  
Barbican Centre, William Street, Drogheda, Co. Louth.  
Tel : 087 1314312  
Email: info @ connectservices.ie

## 18) 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: [nfo@parentline.ie](mailto:nfo@parentline.ie)

Web: [www.parentline.ie](http://www.parentline.ie)

- **Family Resource Centres.**

Http://www.familyresource.ie

Louth: Tel: 041 9846608/ Mobile: 087 945 4557/ email:

[connectfrc@gmail.com](mailto:connectfrc@gmail.com)

Meath: Tel: 046 9247161 / email: [kellsresourcecentre@eircom.net](mailto:kellsresourcecentre@eircom.net)

Trim: Tel: 046 9438850 / email: [trimfrc@eircom.net](mailto:trimfrc@eircom.net)

- **Family Support Network**

5 Gardner Row , Dublin 1.

Tel : 01 – 8980148

email : [www.fsn.ie](http://www.fsn.ie)