



**Guidance Department
(2018-2019)**

"Who to Contact" Booklet

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 or info@samaritans.org
- **Women's Aid**
National Freephone Helpline: 1800 341 900
- **Childline**
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
dundalk@sosadireland.ie
- **Teenline Ireland**
Free phone: 1800 833 634
Free Text service: text TEEN to 50015 (8pm – 11pm)
Email: 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
Web: 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
- **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
Web: 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
Email: 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
- **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
Tel: 085 1212386
Web: www.nsue.ie
- **AWARE:** *Aware provides support and information to individuals and families affected by depression, through its loCall Helpline, Support Groups, Online Support Groups and email support service.*
Helpline: 1890 303302.
Phone: 086 162 9948 /
Dublin Office: 01 6617211
Also : 1800 80 48 48
Online Support: wecanhelp@aware.ie
or supportmail@aware.ie
Email: info@aware.ie
Web: www.aware.ie
- **Pieta House (Suicide and Self Harm)**
Phone: 1800 247 247 (National suicide helpline)
01 6235606
Email: 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.
Information Line 1890 474 474.
Web: www.grow.ie
Email: info@grow.ie
GROW Support Office: 01 840 8236

- **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 / 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
Web: info@sirl.ie: www.sirl.ie or 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, Web: www.irishadvocacynetwork.com
- **Turn2Me.org** (online one to one or group counselling)
- **BODYWHYS.**
Dublin: 01 2835126 / Helpline: 1890 200 444
Web: www.bodywhys.ie
Email: info@bodywhys.ie / 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** – Therese O' Dowd
Tel : 0876501966
- **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
- **Drogheda Day Centre** - 0419834016
- **Singleton House** – 041 9893400
- www.yourmentalhealth.ie

- 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
- **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
Web: www.alcoholicsanonymous.ie
- **Al-Anon:** *Al-Anon offers understanding and support for families and friends of problem drinkers in an anonymous environment, whether the alcoholic is still drinking or not. Alateen:* *Alateen is part of the Al-Anon fellowship and is for young people, aged 12 – 17 inclusive, who are affected by a problem drinker*
Al-anon
Room 5
5 Chaple Street
Dublin 1
Tel: 01 8732699
Email: info@al-anon-ireland.org
Web: 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
- **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 InformationTel: 046 9482080 / 087 0933759
Email: mcdar@eircom.net
Web: 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/

- **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
 - **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
 - **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
Email: 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

Email: 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
- **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 Web: www.accord.ie
Cavan: Tel: 049 4375004. Email: cavanaccord@eircom.net
Drogheda: Tel: 041 9843860. Email: accorddrogheda@eircom.net
Dundalk: Tel: 042 9331731. Email: accorddundalk@eircom.net
Navan: Tel: 046 9023146. Email: 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/
- **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 nDaoin
Oriel Way
Monaghan
Phone: 047 30768
Email: 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
- **IACP (Counselling and Psychotherapy)**
www.iacp.ie
Tel : 01 2303536

- www.psychotherapyCouncil.ie
Tel: 01 9058698
- **IAHIP Irish Association for Humanistic and Integrative Psychotherapy**, for accredited Psychotherapists.
Tel : 01 2841665
Email : info@iahip.org.
- **ACAP Association of Child Art Psychotherapists**
Email: www.acap.ie
- **ACAT - Irish Association of Creative Arts Therapists**
Email: 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
Tel: 046-9093402
Web: 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
- **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
- **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@appletruffoundation.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
Dalgan 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
- **Support Helplines**
Childline: www.childline.ie 180666666
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 : Youth led national charity empower young people create personal & social change
www.reachout.ie :
www.mindfreedom.com
- **Youth Cafés**
Dundalk Youth Centre: Tel: 042 93 29532, Email: cathrine@dundalkyouthcentre.ie
Youth Work Ireland Carrickmacross & Castleblaney: 087 9665746 youthcafe@ywimonaghan.ie
Youth Work Ireland Meath: 046-9093402, www.community.meath.ie/myfed
- **Tusla** – Child and Family Agency Ballsgrove
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
- **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
- **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
- **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
- **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
- **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
- **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

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
Web: 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
Web: 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
Web: 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
- **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
Web: 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
Email: 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
Email: 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
- **MABS: Money advice & Budgeting Service:** Helpline: 1890 283438. Web: www.mabs.ie

11) LGBT SERVICES

- **Dundalk Outcomers:** *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 email: info@outcomers.org
Youth Group: 086 1625 030 email: 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 Email: 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

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

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
- **Drogheda Homeless Aid:** Provide Hostel and Settlement services.
35 North Strand,
Drogheda
Co. Louth
Tel: 041 9834492
Email: 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
- **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

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

14) OLDER PEOPLE.

- **Senior Helpline:** Older people connecting, supporting and helping.
Tel: 046 9557766
Helpline: 1850 440 444
Web: 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
- **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
- **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
- **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

- **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,
Griffith Avenue,
Dublin 9
Tel: 01 805 7709
Email: info@ageandopportunity.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
- **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
- **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
- **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.*
4th Floor Jervis House
Jervis Street
Dublin 1
Tel: 01 8721744
Email: info@pwwdi.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 or Web: 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

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, Web: 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
- **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
- **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
- **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
Web: 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
- **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
Web: www.parentline.ie
- **Family Resource Centres.**
Htt://www.familyresource.ie
Louth: Tel: 041 9846608/ Mobile: 087 945 4557/ email: connectfrc@gmail.com
Meath: Tel: 046 9247161 / email: kellsresourcecentre@eircom.net
Trim: Tel: 046 9438850 / email: trimfrc@eircom.net
- **Family Support Network**
5 Gardner Row , Dublin 1.
Tel : 01 – 8980148
email : www.fsn.ie

Name	Address	Telephone No	Email
Richard Lowry	164 Balreask Manor, Trim Road, Navan, Co. Meath. C15 E8N9	046-9070707 086 6224055	lowrycounselling@gmail.com
Mary Flood	Horath, Carlanstown, Kells, Co. Meath	046 9244068 087 2749055	Horath10@yahoo.ie
Kate Maguire	2 Castle Close, Trim, Co Meath	087 6871747	Katemaquire58@hotmail.com
Aisling McGroarty	Room Two, Clonard House, Market Square, Navan, Co. Meath.	086 2398042	aislingcounselling@gmail.com
Spectrum Health Ltd. Contact Jane Maguire	95 Merrion Square, Dublin 2.	01 611 1740	jmaguire@spectrumhealth.ie