

List of Support Services, Organisations and Resources Co. Roscommon

24 Hour Services

Emergency Service		999 or 112
Samaritans	Provide emotional support to anyone in distress.	116 123
Childline	A confidential phone line for children and young people.	1800 666 666
Garda Confidential Helpline	Allows the public to call with information relating to crime.	1800 666 111

Abuse

Adult Counselling Service, HSE West	The Adult Counselling service provides free, confidential, individual and group therapy to adult survivors of childhood abuse.	HSE West : 1800 234 114 087 0681344 Email: Woodquay_Counselling@hse.ie
AMEN	Provides a confidential helpline, information and support service for male victims of domestic abuse and their children.	Helpline: 046 902 3718 Email: info@amen.ie www.amen.ie
Athlone (Midland) Rape Crisis Centre	Provides a free professional, safe and secure counselling service to both males and females who have experienced rape, sexual abuse, or any other form of sexual violence.	1800 306 600 Email: amrcc@eircom.net www.amrcc.ie
Sexual Assault Treatment Unit (SATU)	Provide specialist care for women and men aged 14 years and over who have recently been sexually assaulted or raped.	Service available 24 hours a day, 365 days a year. Phone: 091 765751 Mon to Fri 8am - 4 pm Out of hours contact your local Garda station.

Alcohol

Alcoholics Anonymous (AA)	At AA meetings, men and women can share their experiences, strengths and hope.	01 8420700 Connaught service 091 767777 www.alcoholicsanonymous.ie
Al-Anon and Alateen	Al-Anon offers understanding and support for families and friends. Alateen is part of the Al-Anon fellowship and is for young people, aged 12-17.	01 8732699 Email: info@al-anon-ireland.org www.al-anon-ireland.org

Campaigns		
#Littlethings Campaign	Mental health campaign by the HSE Mental Health division highlighting how the # little things can make a big difference to how we feel.	www.yourmentalhealth.ie
See Change (SHINE)	National campaign working to reduce stigma and change attitudes to mental health problems.	01 8601620 email: info@seechange.ie www.seechange.ie
Community		
Community Development Programme: North West Roscommon, Ballaghaderreen	Endeavours to improve quality of life in the area by encouraging participation and by supporting equality of access and outcomes for all.	094 9862565
Roscommon Leader Partnership	Aims to tackle poverty and social exclusion through partnership between government, its agencies and people in disadvantaged communities.	090 6630252 Email: info@ridc.ie www.rosleaderpartnership.ie
Roscommon Women's Network	Roscommon Women's Network offers support to women and their families including counselling, personal development, access to outreach services, education and training supports.	094 9621690 Email: info@rwn.ie www.rwn.ie
Counselling		
Access to Psychological Services Ireland, Roscommon	Service for adults with mild to moderate mental health presentations. Short term psychological interventions. A range of treatments based on Cognitive Behaviour Therapy.	090 666 5020
Counselling in Primary Care (CIPC), HSE	Provides short-term counselling with a professionally qualified and accredited counsellor. Service is available free of charge, for people aged over 18, with a full medical card.	Referrals to this service can be made by any Primary Care Team member e.g. GP, Public Health Nurse. For further information please call 091 583682.

Family Life Centre, Boyle, Co Roscommon	Provides a professional counselling to families, individuals, couples and groups.	071 96 63841 www.familylifecentre.ie
Irish Association of Counsellors and Psychotherapists	Directory of accredited counsellors and psychotherapists.	01 272 3427 email: iacp@iacp.ie www.irish-counselling.ie
The Irish Council for Psychotherapy	Directory of accredited counsellors and psychotherapists.	01 272 2105 www.psychotherapy-ireland.com
Vita House Family Centre, Roscommon	Offers a wide range of enrichment and education programmes, workshops and seminars, services and supports, including professional counselling to families, individuals, couples and groups.	090 66 25898 Email: info@vitahouse.org www.vitahouse.org
DEBT		
Money Advice and Budgeting Service (MABS)	A national, free, confidential and independent service for people in debt or in danger of getting into debt.	Helpline: 0761 072 000 Mon-Fri 9am-8pm 0761 07 2720 (Roscommon) Email: roscommon@mabs.ie www.mabs.ie
Mortgage Arrears Information Helpline	If you are in mortgage arrears or you are worried about mortgage arrears, you can contact this dedicated helpline.	076 1074050 Monday-Friday 9.30am-8pm
Doctors (GPs)		
Boyle Medical Centre	GP	071 96 62282
Dr. Marian Brogan, Boyle	GP	071 96 62339
Castle Street Medical Centre, Roscommon	GP	090 66 26644
Dr. Martin Daly, Ballygar	GP	090 66 24525
Dr. Therese O'Reilly, Castlerea	GP	094 96 20015
Frenchpark Medical Centre,	GP	094 96 59049
Kelly Henry Medical Centre, Castlerea	GP	094 96 20168
Loftus Medical Centre, Boyle	GP	071 96 62230
Nowdoc (North Roscommon) Westdoc	Out of hours GP care	094 98 60154
The Clinic, Ballaghaderreen	GP	094 08 77855
The Health Centre, Elphin	GP	071 96 35084
The Health Centre, Roscommon	GP	090 66 26571
Medical Centre, Roscommon	GP	090 66 26289
Willowbrook Medical Centre, Ballaghaderreen	GP	094 98 60084

Drugs		
Drugs/HIV Helpline	Offering non-directive support, information, guidance and referral to anyone with a question or concern related to substance use, HIV and sexual health.	1800 459 459 Monday-Friday, 10am-5pm Email: helpline@drugs.ie www.drugs.ie
Drugs Service, HSE	Provides one to one counselling service for U18 with drug or alcohol problems and adults with drug misuse. Offer support to families affected by drug/alcohol problems and information, advice and support about drug misuse.	Mary McCartney 087 2220380 - South Roscommon Karen Gavin 087 6538201 - North Roscommon
Western Region Drugs Task Force (WRDTF)	The WRDTF funds projects that support and assist in the implementation of the new WRDTF strategic plan The Way Forward 2011-2014.	WRDTF Galway 091 480044 www.wrdtf.ie
Eating Disorders		
Bodywhys	Provides help, support and understanding for people affected by eating disorders.	Lo-Call Helpline: 1890 200 444 Email: alex@bodywhys.ie www.bodywhys.ie
Families		
Anam Cara Parental and Sibling Bereavement Support	Provides a safe and comfortable forum for bereaved parents to meet with other bereaved parents. All Anam Cara services are offered free of charge.	01 404 5378 / 087 963 7790/ 085 2888 888 www.anamcara.ie Email: info@anamcara.ie
Cuan Aire Family Life Centre, Castelrea, Co. Roscommon	Offers services, courses and supports for individuals, Families and groups.	094 962 0057 Email: cuanairefamilycentre@eircom.net
Family Life Centre, Boyle, Co Roscommon	Provides family support, information, advice, education and training locally within the community.	071 966 3000/071 966 3841 Email: info@familylifecentre.ie www.familylifecentre.ie
Inspire Ireland	Online resource for parents, providing information and guidance on their son or daughter's mental health and wellbeing.	http://ie.reachout.com/parents
Parentline	A confidential helpline for parents and guardians.	www.parentline.ie

Roscommon Women's Network	Offers support to women and families on domestic abuse, families in care, carers, underemployed, early school leavers, people with addiction and overcoming addiction.	094 962 1690 Email: nfahy@rwn.ie www.rwn.ie
SHINE Relatives Group, Roscommon	Monthly Support group for relatives of people living with mental health challenges.	SHINE Information Helpline: 1890 621631 Sarah Cox: 085 852136
Tusla	The State Child and Family Support Service responsible for improving wellbeing and outcomes for children with families who wish to engage.	Email: Georgina.kilcoyne@tusla.ie (Boyle) Denise.swanick@tusla.ie (Castlerea) Annmarie.kenny@tusla.ie (Monksland) www.tusla.ie
Gambling		
Gamblers Anonymous and Gam-Anon	Men and women who share their experiences, strength and hope. Gam-Anon is for husbands, wives, relatives or close friends who have been affected by a gambling problem.	01 872 1133 Email: info@gamblersanonymous.ie www.gamblersanonymous.ie
HSE Services		
Adult Mental Health Service	Provides both in-patient and out-patient community-based services.	Adult Mental Health Unit: 090 662 6200
Child & Adolescent Mental Health Service (CAMHS)	Multi-disciplinary community-based specialist service. Referrals made via the GP for young people up to 16 Years who are experiencing mental health difficulties and require psychiatric assessment.	Dr. Philip Tyndall 090 66 30352 camhs_ros@hse.ie
Child & Family Social Work Department	Promotes the welfare and safety of children. It works in partnership with families and communities and offers family support, child protection and alternative care for children.	Roscommon 090 662 6732 090 663 7528 Boyle area 071 966 2087 Castlerea area 090 663 7851
Community Psychology for Children & Adolescents	Primary care service for children and adolescents under 18 years. Individual assessment and intervention, training for consultation and community groups.	090 66 27091

HSE Information Line	Support after homicide offers support to families bereaved by murder. It is a confidential service run by volunteers.	1850 241 850 Monday-Saturday 8am-8pm Email: infoline1@hse.ie www.hse.ie
Psychology Department Galway/Roscommon	Provides psychological assessment and intervention in the domains of Early Intervention (Disability); Primary Care Adult Services (through APSI), Adult mental health, Mental Health Intellectual Disability and Psychiatry of Later Life. GP Referral.	Denise Lynch 090 6665020 www.hse.ie
Information		
Citizen's Information Centre, Roscommon	Provides information, advice and advocacy services or receive help filling out a form. This is a free, strictly confidential and independent service.	0761 076 380
Mental Health: General		
Aware - Defeat Depression	Support for people whose lives are directly affected by depression.	Helpline: 1890 303 302 Email: info@aware.ie www.aware.ie
Ballaghaderreen Mental Health Association	A voluntary organisation promoting positive mental health in the community.	Patricia Madden 094 986 2565
GROW in Ireland	A confidential self-help support group for people experiencing a range of mental health issues.	Info Line: 1890 474 474 094 9026417 Email: info@grow.ie www.grow.ie
Irish Advocacy Network	Support and information service for people with mental health issues. Offers peer advocacy, awareness training and family support.	Email: admin@irishadvocacynetwork.com www.irishadvocacynetwork.com 047 38918 john1@irishadvocacynetwork.com
Mental Health Ireland	Provides help to those who are mentally ill and promotes positive mental health.	Niall Dunne Development Officer (Mayo & Roscommon) 094 90 38148 or 087 1274040 Email: Niall@mentalhealthireland.ie www.mentalhealthireland.ie

REGARI Recovery College	Using adult education in the service of recovery by running co-produced and co-delivered modules across Roscommon and East Galway on issues, themes and topics that promote an understanding of mental health, recovery and wellbeing. All modules are open to people with lived experience of mental health.	Ailish Connaughton, Peer Educator Email: regarirecoverycollege@gmail.com 086 130 4869 www.recoverycollege.ie
SHINE	Dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness, including, but not exclusively, schizophrenia, schizoaffective disorder and bipolar disorder.	Helpline: 1890 621 631 Email: via the website www.shineonline.ie
Mental Health: Young People		
Childline	A 24-hour confidential phone line for children and young people.	Helpline: 1800 666 666 One to One chats are also available via the website www.childline.ie
Headstrong	National Centre for Youth Mental Health.	01 472 7010 www.headstrong.ie
Jigsaw Roscommon	Mental health support service for young people 15-25 years.	090 6665087 roscommon@jigsaw.ie
LetSomeoneKnow.ie	Designed to increase young people's awareness about mental health and well-being and provide contact details for support and advice.	www.letsomeoneknow.ie
Reachout.com	A web-based service that inspires young people (16-25 years) to help themselves through tough times, and find ways to improve their own mental health and well-being.	01 764 5666 Email: info@inspireireland.ie www.reachout.com
SpunOut.ie	An interactive online community providing health and lifestyle information, signposting to support services, a youth media space, and a platform for youth engagement.	www.spunout.ie
Older People		
HSE Elder Abuse Service	Responds to concerns of elder abuse.	HSE Information Line will put you in contact with staff in your area 1850 241 850
Senior Helpline	Listening service for older people, run by older people.	1850 440444

Sexuality

BeLong To	BeLonG To is the national organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 23.	01 6706223 http://www.belongto.org/
Lesbian, Gay, Bisexual, Transgender (LGBT) National Helpline	The LGBT national helpline provides a non-judgemental, confidential support service.	Helpline: 1890 929539 7pm-9pm Monday-Friday www.lgbt.ie

Suicide Bereavement Support

Family Life Centre, Boyle, Co Roscommon	Individual support, counselling and group support for those bereaved through suicide.	071 96 63841 www.familylifecentre.ie
Vita House Family Centre, Roscommon	Providing individual support and counselling to those bereaved through suicide.	090 6625898 Email: info@vitahouse.org www.vitahouse.org

Suicide Prevention, National, Regional and Local

Irish Association of Suicidology	Works with community, voluntary and statutory bodies to inform, educate, and promote positive suicide prevention policies throughout the island of Ireland.	01 667 4900 Email: info@ias.ie www.ias.ie
National Office for Suicide Prevention, HSE	Oversees the implementation of Connecting for Life - Irelands National Strategy to Reduce Suicide 2015 - 2020. Co-ordinate suicide prevention efforts around the country.	01 6201670 E-Mail: info@nosp.ie www.nosp.ie
National Suicide Research Foundation	The National Suicide Research Foundation (NSRF) is an independent, multi-disciplinary research unit which investigates the causes of suicide and deliberate self-harm in Ireland.	021 4205551 Email: info@nsrf.ie www.nsrif.ie
Resource Officer for Suicide Prevention, HSE West, Roscommon	Co-ordination and implementation of Connecting for Life strategy at local and regional level. Co-ordinates delivery of education and training programmes on suicide awareness and intervention.	Mary McGrath 090 6665071 Email: mary.mcgrath9@hse.ie

Suicide Prevention, Support Services

Pieta House	Professional face-to-face therapeutic support for someone experiencing a suicidal crisis or engaging in self-harm. Service provided completely free of charge.	093 25586 (Tuam) 01 6010000 (Lucan) Email: mary@pieta.ie www.pieta.ie
Samaritans	A 24-hour confidential phone line for people who need someone to talk to.	Helpline: 116 123 Everyday, 24 hours a day Email: jo@samaritans.org www.samaritans.org

Young People

Foroige	Provides a range of youth clubs, targeted services, youth projects, and programmes including Big Brother, Big Sister.	www.foroige.ie
No Name Club	Run by and for young people aged 15+ who come together in a safe and lively environment without the pressure of alcohol or other drugs.	National Office 059 6400299 www.nonameclub.ie
Youth Officer, Education and Training Board	Promotes, supports and co-ordinates the development of voluntary youth clubs and youth services in Roscommon.	Michael Kelly 090 66 26151 Email: michael.kelly@gretb.ie
Youth Work Ireland, Roscommon & North East Galway	Encourage, guide and support young people in their social and personal environment.	090 66 25395 Email: youthinfo@roscommonyouth.ie www.roscommonyouth.ie

Traveller Health

Regional Co-ordinator for Traveller Health, HSE West	Co-ordinates traveller health supports in Galway, Mayo and Roscommon.	Mary Syron: 094 9049223 Email: mary.syron@hse.ie
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Websites

List of Websites	Websites for Young People	www.yourmentalhealth.ie www.letsomeoneknow.ie www.reachout.com www.spunout.ie www.supportme.ie
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