



Let's Talk About Suicide Support Services



County Donegal

Addiction Services	Telephone	Website
Al-Anon & Al-Ateen	01 873 2699	www.al-anon.org
Alcohol & Drugs Helpline	1800 459 459	www.drugs.ie
Alcoholics Anonymous	01 842 0700	www.alcoholicsanonymous.ie
Gamblers Anonymous	01 872 1133	www.gamblersanonymous.ie
SMART Recovery Donegal (Mary)	0867752142	www.smartrecovery.ie
Narcotics Anonymous	01 672 8000	www.na-ireland.org
HSE Drugs & Alcohol Helpline	1800 459 459	www.drugs.ie
North West Drug and Alcohol Task Force	071 91 51520	www.nwdrugtaskforce.ie
STAR Project Assertive Outreach Worker	0867752142	
HSE Drug and Alcohol Service	074 91 28769	
Alcohol Forum	074 91 25596	www.alcoholforum.org
Whiteoaks Residential Treatment Centre	07493 84400	www.whiteoakscentre.com
National Family Support Network	01 8980148	www.fsn.ie
Donegal Drug Education and Prevention Programme Foroige	086 048 1977	lauren.cleary@foroige.ie
Bereavement Services	Telephone	Website
Anam Cara (Parental & Sibling Bereavement Support)	01 404 5378	www.anamcara.ie
Rainbows	01 4734175	www.rainbowsireland.ie
Pieta	074 9126594/0818 111 126	www.pieta.ie
Pieta Suicide Bereavement Liaison Service	087 9115498	www.pieta.ie
Irish Hospice Foundation	1800 80 70 77	www.hospicefoundation.ie
HUGG Suicide Bereavement Self Help Group	01 513 4048	www.hugg.ie
National Bereavement Support Line	1800 80 70 77	Monday to Friday from 10 am to 1pm
HSE Donegal Bereavement Service	074 916 7250	





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Counselling Services	Telephone	Website
Raphoe Pastoral Centre	0749121853	www.raphoepastoralcentre.ie/
Turn2Me Online Counselling & Support Groups		www.turn2me.org
HSE CHILD & ADOLESCENT MENTAL HEALTH SERVICE (CAMHS) 0-18yrs Cost: Free GP Referral & other Clinicians Donegal Town Primary Care Centre, Donegal Town, Buncrana Primary Care Centre, Buncrana, Rossan College Complex, Letterkenny	Tel: 074 98 98100 Tel: 074 98 98720 Tel: 074 91 20340	
HSE ADULT COMMUNITY MENTAL HEALTH SERVICE 18 Yrs.+ Cost: Free Buncrana Primary Care Centre, Buncrana, Letterkenny Scally place, Letterkenny, Dungloe Community Hospital, Dungloe, Donegal Town Ard Nua Hospital Campus, Donegal Town	Tel: 074 98 98800 Tel: 074 9197150/0749197185 Tel: 074-9521860 Tel: 074 9743051	
HSE PRIMARY CARE PSYCHOLOGY 0 to all ages Cost: Free Self Referral Buncrana Primary Care Centre, Buncrana, Donegal Town Primary Care Centre, Donegal Town, Community Hospital, Dungloe, County Clinic, St Conals Campus, Letterkenny,	Tel: 074 9898 665/074 9898 661 Tel: 074 98 98076/074 98 98065 Tel: 074-9521044 Tel: 074-910464	
HSE COUNSELLING IN PRIMARY CARE SERVICE (CIPC) Cost: Free for Medical Card holders. 18yrs + 69 Ballyraine Road Letterkenny, Co Donegal	Tel: 074 9167250 (Donegal Office) Tel: 074 9160595 (Donegal Opt In)	www.hse.ie





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JIGSAW DONEGAL 12- 25 yrs 18+ Self-referral. Under 18yrs requires parental permission. Cost: Free	Tel: 074 97 26920 Email: donegal@jigsaw.ie	www.jigsaw.ie
NATIONAL EDUCATIONAL PSYCHOLOGICAL SERVICE (NEPS) 4-18yrs Cost: Free Department of Education and Skills, 2nd Floor, McKendrick House, McKendrick Place, Pearse Road, Letterkenny, Co. Donegal, F92 XAX9	Tel: 01 8650878 neps@education.gov.ie	www.education.ie
PIETA HOUSE 6+ yrs 18+ Self- referral Under 18yrs requires parental permission Cost: Free	074 9126594/0818 111 126	www.pieta.ie
HSE DONEGAL BEREAVEMENT SERVICE 8+ Self-referral Cost: Free Self-referral and third party referral facilitated, contact 69 Ballyrane Rd Letterkenny.	07491 67250	
COUNSELLING SERVICES IN FAMILY RESOURCE CENTRES (FRC'S IN DONEGAL) Low Cost, self-referral consent of parent if under 18 yrs	Donegal FRC: Tel: 074-9725337 Downstrands FRC Tel: 0873652577 The Forge FRC: Tel: 071-9861924 Moville FRC: Tel: 0870569124 Raphoe FRC: Tel: 074-9145796 St Johnston & Carrigans FRC: Tel: 074-9148551 Pastoral Centre: is available in Finn Valley FRC and Dunfanaghy FRC Tel: 074 - 9121853	
Counselling & Psychotherapy for Adult who experienced childhood abuse or neglect (CaPA) Counselling for Former Residents of Mother and Baby Homes	1800 234 110	www.hse.ie
My Mind (low cost)	0818 500 800	www.mymind.org
IRISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY (For a list of registered Counsellors and Psychotherapists practising in Ireland)	01 230 3536	www.iacp.ie





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Traveller Counselling Service	01 868 5761	www.travellercounselling.ie
Shine Counselling Service (free, schizophrenia, bipolar disorder & borderline personality disorder)	01 2722158/01 8601610	www.shine.ie
Aware (support for depression and anxiety)	1800 804 848	www.aware.ie
Bodywhys (support for eating disorders)	01 2107906	www.bodywhys.ie
Wellness Café's Donegal (13 cafes across Donegal)	0874023384	FaceBook Donegal Wellness Café
GROW	08180 474474	www.grow.ie
Recovery College, Donegal	00 44 2871296183	www.recoverycollegewest.ie
Other	Telephone	Website
AMEN	046 902 3718	
Crime Victims Helpline	116 006	
ALONE	0181 222024	www.alone.ie
HSE National Information Helpline (HSE Live)	1800 700 700	www.hse.ie
LGBT National Helpline	1800 929 539	www.lgbt.it
MABS Helpline	0818 072000	www.mabs.ie
NowDoc Urgent out of hours GP Care. 6pm-8am, Mon-Fri and 24hrs at weekends	0818 400 911	
Rape Crisis Centre, Donegal	1800 77 8888	
Women's Aid	1800 262 677	
Donegal Domestic Violence Service	074-91 29725	
Sexual Assault Treatment Unit, Donegal	087 06 81 964	
Donegal Women's Centre	074 912 4985	
Lifeline Inishowen	074 937 3232	
Senior Line (listening service for older people)	1800 804 591	www.thirdageireland.ie/seniorline
Samaritans	116 123	
Emergency services	112 or 999	
Men's Aid	01 554 3811	www.mensaid.ie
24/7 Text Support Service	Text HELLO to 50808	www.textaboutit.ie
St. Vincent de Paul Freephone	01 8848200	www.svp.ie ; info@svp.ie
Transgender Equality Network Ireland	01 8733575	www.teni.ie
Mental Health Ireland	01 284 11 66	
Sexual Violence Helpline	1800 778 888	
Suicide or Survive	01 272 2158	
Your Mental Health	1800 111 888	www.yourmentalhealth.ie





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Social Prescribing Donegal Contacts	Ardara/Glenties Caroline Barrett (087) 365 2577 spcarolinebarrett@protonmail.com Bunbeg/Derrybeg Andrea Laux (087) 094 5245 spgaothdobhair@gmail.com Derryveagh (Creelough / Dunfanaghy / Cloughaneely) Bernadette McFadden (086) 076 6670 spcderryveagh@gmail.com Donegal Town/Pettigo Caroline Barrett (087) 365 2577 spcarolinebarrett@protonmail.com Inishowen Carmel Gallagher (086) 040 6950 carmel@inishowen.ie Killybegs/Kilcar/Glen Caroline Barrett (087) 365 2577 spcarolinebarrett@protonmail.com Letterkenny Edel McBrearty (083) 133 5700 letterkennysp@yahoo.ie Lifford/Castlefinn Mary McDermott (089) 458 9663 socialprescriberlifford@gmail.com Moville Ann Doherty (089) 431 8831 annjdoherty3@gmail.com Rosses/Fintown Breege Ward (087) 151 1855 rossessocialprescribing@gmail.com Swilly/Mulroy/Fanad Lesley Newberry (089) 215 7232 frspcoordinator@gmail.com	
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