



Let's Talk About Suicide Support Services



Dun Laoghaire

Addiction Services	Telephone	Website
Al-Anon & Al-Ateen	01 873 2699	www.al-anon.org
HSE Drugs & Alcohol / Sexual Health & HIV helpline	1800 459 459	www.drugs.ie
Alcoholics Anonymous	01 842 0700	www.alcoholicsanonymous.ie
Narcotics Anonymous	086 862 9308	
Gamblers Anonymous	01 872 1133	www.gamblersanonymous.ie
Bereavement Services	Telephone	Website
Anam Cara (Parental & Sibling Bereavement Support)	01 404 5378	www.anamcara.ie
Barnardos Children's Bereavement Service	01 473 2110	www.barnardos.ie
HUGG (Suicide bereavement peer support group)	01 513 4048	www.hugg.ie
Pieta House Bereavement Services Text HELP 51444	1800 247 247	Pieta.ie
Suicide Bereavement liaison Officer	085 870 6712	Pieta.ie
Irish Hospice Foundation Bereavement Support	1800 80 70 77	www.hospicefoundation.ie
Counselling Services	Telephone	Website
Counselling in Primary Care HSE (GP referral)	01 280 5862	www.hse.ie
Connect Counselling (supporting survivors of abuse)	1800 477 477	www.connectcounselling.ie
Crosscare Teen counselling	01 557 4705	www.teencounselling.ie
SilverCloud Health (online CBT)	online	www.hse.ie
Employee Assistance Programme (HSE employees)	0818 327 327	www.hse.ie
Irish Association for Counselling & Psychotherapy	01 230 3536	www.iacp.ie
Jigsaw (Dublin) (12 – 25 y.o)	01 6583070	www.jigsaw.ie
MyMind	0818 500 800	www.mymind.org
Minding Creative Minds	1800 841 244	www.mindingcreativeminds.ie
National Counselling Service HSE	1800 234 114	www.hse.ie
Stress Control (online HSE programme)	info@stresscontrol.org	www.stresscontrol.ie
Traveller Counselling Service	086 308 1476	www.travellercounselling.ie
Turn2Me Counselling & Support Groups	online	www.turn2me.org
Family Services	Telephone	Website
Ballyogan Family Resource Centre	(01) 295 3219	www.ballyoganfamilyresourcecentre.ie
Parent Line	01 8733500	www.parentline.ie
One Family (supporting people parenting alone)	0818 662 212	www.Onefamily.ie
Childline	1800 66 66 66	www.childline.ie
Teenline	1800 833 634	www.ispcc.ie





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Mental Health Services	Telephone	Website
Aware (supporting people with depression and anxiety)	1800 804 848	www.aware.ie
ARCHES Recovery Education Service	086 8113517	info@archesrecovery.ie
Bodywhys (supporting people with eating disorders)	01 210 7906	www.bodywhys.ie
Gateway Dublin	01 497 7005	www.galwaycommunitycafe.ie
GROW	08180 474474	www.grow.ie
Jigsaw Dublin	01 658 3070	www.jigsaw.ie
Mental Health Ireland	01 284 1166	www.mentalhealthireland.ie
Peer Advocacy in Mental Health	01 5470510	www.peeradvocacyinmentalhealth.com
Suicide or Survive	01 272 2158	www.suicideorsurvive.ie
Shine	01 8601610	www.shine.ie
Other	Telephone	Website
The Alzheimer Society of Ireland	1800 341 341	www.alzhimer.ie
EDOC (GP out of hours East Dublin, Dun Laoghaire East Wicklow)	01 223 4500	www.edoc.ie
Crime Victims Helpline	116 006	www.crimevictims helpline.ie
HSE National Information Helpline (HSE Live)	1800 700 700	www.hse.ie
Let's Talk DLR (Dun Laoghaire Youth Info)		www.letstalkdlr.ie
Living Well (supporting adults with long-term illness)	087 405 3880	www.livingwellCHEast@hse.ie
LGBT National Helpline	1800 929 539	www.lgbt.it
MABS Helpline	0818 072000	www.mabs.ie
Men's Aid	01554 3811	Mensaid.ie
One in Four (supporting adults who have experienced sexual abuse)	01 554 3811	www.mensaid.ie
Rape Crisis Centre	1800 778 888	www.drcc.ie
Senior Line (listening service for older people)	1800 804 591	www.thirdageireland.ie/seniorline
Shout Out (LGBTQ+, ages 14-17 and 18-21 years)	087 773 8529	www.shoutout.ie
Spunout	online	www.spunout.ie
St. Vincent de Paul Freephone	01 855 0022	www.svp.ie ; info@svp.ie
Social Prescribing Service HSE	www.hse.ie	Allirelandsocialprescribing.ie
Transgender Equality Network Ireland	01 8733575	www.teni.ie
Unplanned Pregnancy My Options	1800 828 0100	www.Myoptions.ie
Women's Aid Domestic Violence	1800 341 900	www.Womensaid.ie

