



Let's Talk About Suicide Support Services



County Offaly

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 – National	01 842 0700	www.alcoholicsanonymous.ie
Alcoholics Anonymous – Leinster	01 852 7000	www.alcoholicsanonymous.ie
Gamblers Anonymous	01 872 1133	www.gamblersanonymous.ie
HSE Drugs & Alcohol Helpline	1800 459 459	www.drugs.ie
HSE CADS ADAPT (Adolescent Drug & Alcohol Prevention & Treatment) Service	087 4518358 CADS.adapt@hse.ie	www.hse.ie
HSE CADS (Community Drug & Alcohol Service)	044 93 95200 / 057 93 15801	www.hse.ie
Merchants Quay (Drug & Alcohol Prevention & Treatment Support Service)	086 7934920 dats@mqi.ie	www.mqi.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
Dochas Cancer Care Centre (Offaly)	057 93 28268	www.dochasoffaly.com
Pieta Suicide Bereavement Liaison Service	086 418 0088	www.pieta.ie
Irish Hospice Foundation (Bereavement Support)	1800 807 077	www.hospicefoundation.ie
Rainbows Child Bereavement Support	01 473 4175	www.rainbowsireland.ie
Counselling services	Telephone	Website
Accessible Counselling Tullamore	0579352779	www.accessiblecounselling.ie
BeLong To LGBT + Youth Counselling Service	01 670 6223/ 085 856 9312	www.belongto.org
Cari (Child Sexual Abuse Counselling)	1890 924 567	www.cari.ie
Connect (National Adult Counselling Service)	1800 477 477	www.connectcounselling.ie
HSE Counselling in Primary Care	057 93 70605	www.hse.ie
HSE Adult Counselling Service (Childhood Abuse)	057 93 27141	www.hse.ie
NURTURE (Pregnancy, birth + post-natal support)	085 861 9585	www.nurturehealth.ie
PCI Counselling Service Midlands (reduced cost)	0818 555 450	https://www.pcicollege.ie/counselling-service/lowcostcounselling
My Mind (low cost)	0818 500 800	www.mymind.org
Midlands Crisis Pregnancy Counselling Service	1800 200 857/057 9370605	www.hse.ie
Travelling Community Counselling Service	01 868 5761/086 308 1476	www.travellercounselling.ie
Turn2Me online counselling service		www.turn2me.ie





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Family Services	Telephone	Website
HSE Primary Care (Adults and Children) Psychology Service – Offaly	057 93 19599	www.hse.ie
Family Resource Centres: Clara, Co. Offaly: Tullamore, Co. Offaly:	057 93 31928 057 93 20598	www.familyresource.ie
Jigsaw Offaly	057 93 5871	www.jigsaw.ie
Parent Line	01 8733500	www.parentline.ie
Tusla – Child and Family Support Services: Tullamore	057 93 19280	www.tusla.ie
Tusla, Social Work Department	057 93 19599	www.tusla.ie
Mental Health Services	Telephone	Website
Aware (support for depression and anxiety)	1800 804 848	www.aware.ie
Bodywhys (support for eating disorders)	01 210 7906	www.bodywhys.ie
GROW (Support Groups for adults)	0818 474474/057 9351124	www.grow.ie
Jigsaw Offaly	057 93 5871	www.jigsaw.ie
Mental Health Ireland – National Office Area Development Officer	01 284 1166 096 835 3387	www.mentalhealthireland.ie
Peer Advocacy in Mental Health	01 5470510	www.peeradvocacyinmentalhealth.com
Pieta – Midlands Helpline: Therapy Enquiries:	090 642 4111 1800 247 247 0818 111 126	www.pieta.ie
Shine – Info Line Area Development Officer:	01 541 3715 086 852 5281	www.shine.ie
Crisis Support and Information	Telephone	Website
Active Retirement Ireland	01 873 3836	www.activeirl.ie
ALONE Helpline:	01 679 1032 0818 222 024	www.alone.ie
Alcoholics Anonymous	01 842 0700	www.alcoholicsanonymous.ie
Al Anon / Alateen	01 873 2699	https://al-anon.org/
Citizens Information	0818 07 4000	www.citizensinformation.ie
Bodywhys (support for eating disorders)	01 210 7906	www.bodywhys.ie
Childline	1800 666 666	www.childline.ie
FLAC (free legal advice)	01 906 1010	www.flac.ie
Gamblers Anonymous	01 872 1138	www.gamblersanonymous.ie/
HSE Drug & Alcohol Helpline	1800 459 459	www.hse.ie
HSE HIV and Sexual Health Helpline	1800 700 700	www.hivireland.ie
HSE National Information Helpline (HSE Live)	1800 700 700	www.hse.ie
LGBT National Helpline	1800 929 539	www.lgbt.ie
MABS Helpline	0818 072 000	www.mabs.ie
Mens Sheds	01 891 6150	www.menssheds.ie





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MiDoc (Midlands Out of hours Doctor service)	1850 302 702	
MOVE (Men Overcoming Violence)	085 874 8108	www.moveireland.ie/
My Options (Unplanned pregnancy support)	1800 828 010	www.hse.ie
Parentline	1890 927 277	www.parentline.ie
Post Natal Depression Ireland	021 492 3162	www.pnd.ie
Rape Crisis & Sexual Abuse Centre (Regional)	1800 32 3232	https://www.rcni.ie/
Women's Aid National Helpline	Text: 087 9597980/1800 341 900	www.womensaid.ie
Samaritans Ireland (Freephone)	116 123	www.samaritans.org
Senior Line (listening service for older people)	1800 804 591	www.thirdageireland.ie/seniorline
St. Vincent de Paul Freephone	01 8848200	www.svp.ie ; info@svp.ie
Transgender Equality Network Ireland	01 8733575	www.teni.ie
YourMentalHealth.ie 24 hr Information Line	1800 111 888	www.yourmentalhealth.ie

