



Let's Talk About Suicide Support Services



South Tipperary

Addiction services	Telephone	Website
Al-Anon & Al-Ateen	01 873 2699	www.al-anon.org
Alcohol & Drugs Helpline	1800 459 459	www.drugs.ie
South Tipperary Substance Misuse Service	052 617 7900	
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
HSE Bereavement Counselling Service for Traumatic Deaths	051 874013	
HUGG (Peer Support for Suicide Bereavement)	01 513 4048	www.hugg.ie
Irish Hospice Foundation Bereavement Support Line	1800 80 70 77	www.bereaved.ie
Rainbows	01 473 4175	www.rainbowsireland.ie
Suicide Bereavement Liaison Service	085 807 3040	www.pieta.ie
Counselling services	Telephone	Website
HSE Counselling in Primary Care	051 359 088	www.hse.ie
HSE National Counselling Service	1800 234 118	www.hse.ie
HSE Self-Harm Intervention Programme	051 359 088	www.hse.ie
MyMind Counselling and Psychotherapy	0818 500 800	www.mymind.org
Turn2Me Online Counselling & Support Groups		www.turn2me.org
Family Services	Telephone	Website
Family Resource Centres		www.frc.ie
HSE Psychology, South Tipperary	052 617 7911	www.hse.ie
Parent Line	01 873 3500	www.parentline.ie
Tusla, Family Support Services		www.tusla.ie
Tusla, Social Work Departments		www.tusla.ie
Mental Health Services	Telephone	Website
Alone	0818 222 024	www.alone.ie
Aware (Support for Depression and Anxiety)	1800 804 848	www.aware.ie
Bodywhys (Support for Eating Disorders)	01 210 7906	www.bodywhys.ie
GROW (Mental Health Support)	0818 474474	www.grow.ie
Jigsaw, Tipperary	0504 60023	www.pieta.ie
Shine	01 8601610	www.shine.ie
Spunout		www.spunout.ie
Youth Services	Telephone	Website
Foróige		www.foroige.ie
Waterford and South Tipperary Community Youth Service	051 872 710	www.wstcys.ie
Youth Work Ireland, Tipperary	0504 23426	www.youthworktipperary.ie





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Other	Telephone	Website
BeLonGTo	01 670 6223	www.belongto.org
CAREDOC	0818 300 365	
Citizens' Information	0818 07 4000	www.citizensinformation.ie
Crime Victims Helpline	116 006	www.crimevictim.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
Men's Aid	01 554 3811	www.mensaid.ie
Mental Health Ireland	01 284 1166	www.mentalhealthireland.ie
Senior Line (listening service for older people)	1800 804 591	www.thirdageireland.ie/seniorline
St. Vincent de Paul Freephone	01 8848200	www.svp.ie
Tipperary Rape Crisis Centre	052 612 7677	www.rcni.ie
Transgender Equality Network Ireland	01 8733575	www.teni.ie

