

List of Support Services, Organisations and Useful Resources Galway, January 2018

Name of Service	Description of Service	Contact Details
24 Hour Services		
Emergency Service		999 or 112
Childline	A confidential phone line for children and young people.	1800 666 666
Domestic Violence Refuge and Support	Refuge Accommodation.	091 565 985
Garda Confidential Helpline	Allows the public to call with information relating to crime or other matters.	1800 666 111
University Hospital Galway		091 524222
Emergency Department	University Hospital Galway	091 544556
Samaritans	Listening service for people who are lonely, despairing and suicidal.	116 123
Sexual Assault Treatment Unit (SATU)	Specialist care following sexual assault or rape.	091 765751
Suicide Helpline (Pieta House)	Suicide helpline, for anyone in a suicidal crisis or who has been bereaved by suicide.	1800 247 247
Abuse		
Adult Counselling Service, HSE	The Adult Counselling service provides free, confidential, individual and group therapy to adult survivors of childhood abuse. This includes sexual, emotional, physical abuse and neglect during childhood.	Community Health Organisation Area 2, Galway, Mayo and Roscommon 1800 234 114
AMEN	Provides a confidential helpline, information and a support service for male victims of domestic abuse and their children.	Helpline: 046 902 3718 Mon-Fri 9am-5pm Email: info@amen.ie www.amen.ie

Domestic Violence Refuge & Support (Cope Galway Waterside House)	Refuge Accommodation Accessing any financial help available to you, Availing of Legal Options and any medical needs you may have. Court Accompaniment Outreach service worker is available to meet with women throughout Galway City and County. Safety Planning if you are worried that you might need to leave quickly.	091 565 985 Available 24 hours per day Email: waterside@copegalway.ie or watersideoutreach@copegalway.ie
Rape Crisis Centre	Provide a professional, caring and confidential counselling and support service for those in our community affected by sexual abuse and sexual violence. Also work towards ending cultural and societal tolerance of sexual violence through advocacy, awareness raising and education programmes.	091 564800 Helpline: 1800 355355 Monday-Friday 8am-7pm, Saturday-9am-4pm Email: administrator@galwayrcc.org www.galwayrcc.org
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. The specialist team provide easily accessible, holistic services which address the medical, psychological and emotional needs and appropriate follow up care for victims of sexual crime, in a supportive, sensitive manner.	Service available 24 hours a day, 365 days a year in Galway city. Phone: 091 765751 on Monday to Friday 8am - 4pm Out of hours contact your local Garda station.
Women's Aid	A national voluntary organisation which provides support and information to women and their children who are being physically, emotionally, financially and sexually abused in their own homes.	Phone: 1800 341 900 every day 10am-10pm Email: info@womensaid.ie www.womensaid.ie
Accommodation		
Emergency Accommodation Service	Homeless referral service	1800 788887
Alcohol		
Alcoholics Anonymous (AA)	At AA meetings, men and women can share their experiences, strengths and hopes.	01 8420700 www.alcoholicsanonymous.ie
Al-Anon and Alateen	Al-Anon offers understanding and support for families and friends of problem drinkers in a group setting. Alateen is part of the Al-Anon fellowship and is for young people, aged 12-17 inclusive, who are affected by a problem drinker.	01 8732699 Email: info@al-anon-ireland.org www.al-anon-ireland.org
Alcohol Counselling and Advisory Service HSE	Provides outpatient, aftercare, counselling and advisory services, including alcohol and gambling addictions.	091 737268

Bereavement		
Anam Cara	Support bereaved parents by organising support groups where they have an opportunity to connect with one another in a safe and comfortable environment.	01 4045378 Email: info@anamcara.ie www.anamcara.ie
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. Wide range of support service listed on website.	http://www.yourmentalhealth.ie/
See Change (SHINE)	National campaign working to reduce stigma and change attitudes to mental health problems.	01 8601620 www.seechange.ie
Community		
Galway Volunteer Centre	A centre where people interested in volunteering, as well as organisations with volunteers, can get information, advice and support.	091 581727 Email: info@volunteergalway.ie www.volunteergalway.ie
Counselling		
Counselling in Primary Care (CIPC), HSE	Provides short-term counselling (up to 8 sessions) with a professionally qualified and accredited counsellor. Service is available free of charge, for people aged 18 years and over, 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.
Association fo Agency Based Counselling and Psychotherapy in Ireland	A network of community-based providers of professional counselling services.	041 9820625 Email: admin@aacpi.ie www.aacpi.ie
Galway Diocesan Youth Service	Counselling service available to young people between 15 and 25 years.	091 568483 Email: gdyyouthservices@gmail.com
Helplink Support Services	General counselling services online and by phone nationwide. Face-to-face counselling in Galway, 7 days per week.	091 520963 Email: counselling@helplink.ie www.helplink.ie

Irish Association of Counsellors and Psychotherapists	Directory of accredited counsellors and psychotherapists.	01 230 3536 www.irish-counselling.ie
Nurture	Offering professional counselling and support in the area of women's maternal mental health, in relation to conception, pregnancy and childbirth.	Tel: 01 843 0930 (to make appointment for centre in Galway City) Email: info@nurturecharity.org www.nurturecharity.org
The Irish Council for Psychotherapy	Directory of accredited counsellors and psychotherapists.	01 272 2105 www.psychotherapy-ireland.com
Traveller Counselling Service	Counselling service for Travellers, covering Galway City and County.	087 6379074
Youth Work Ireland, Youth Counselling Service	Counselling service for young people aged 12 to 21 years. Based in Galway city, Tuam, Ballinasloe and Loughrea.	087 3291931 Email: counselling@youthworkgalway.ie
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 072 570 Email: galway@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, Monday to Friday, 9.30 am to 5 pm.	0761 07 4050
Doctors (GPs)		
Westdoc	Out-of-hours family doctor service for participating GPs.	1850 365 000 or your GP
Drugs		
Drugs/HIV Helpline, HSE	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
Drugs Service, HSE	Provides information, advice and support about drug abuse prevention, education and treatment.	091 561299

Western Region Drugs and Alcohol Task Force (WRDATF)	The WRDTF funds projects that support and assist in the implementation of the new WRDTF strategic plan The Way Forward 2011-2014.	Western Region Drugs Task Force, Parkmore, Galway Tel: 091 48 00 44 Email: info@wrddf.ie Community Liaison Workers East Co Galway Emmet Major 093 26548 Email: communityliaison@eircom.net Galway City and West Co Galway : Liam O'Loughlin 091 549463 Email: liam.oloughlin@gretb.ie www.wrddf.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		
Galway Diocesan Pastoral Centre	Offers education programmes, counselling and support for individuals, families and groups.	091 565066
Family Resource Centres Ard - Galway City, Clann - Oughterard, Gort Solas - Headford Loughrea	To combat disadvantage and to support families and build communities through the principles of community development.	Ard 091 768852 Clann 091 557633 Gort 091 630902 Email: cordinator@gortfrc.com Solas, Headford 093 36446 Email: solasfrc@eircom.net Loughrea 091 871149 Email: loughreafrfc@eircom.net
Family Support Service, Tusla	Provide a range of services that offer advice and support to families.	091 548 496
LGBT Parents Support Group	A network and peer support group for Lesbian, Gay, Bisexual and Transgender (LGBT) headed families in Galway City and County.	Email: info@amachlgbt.com www.amachlgbt.com

Nurture	Offering professional counselling and support in the area of women's maternal mental health, in relation to conception, pregnancy and childbirth.	Tel: 01 843 0930 (to make appointment for centre in Galway City) Email: info@nurturecharity.org www.nurturecharity.org
Parentline	A confidential helpline for parents and guardians.	1890 927277 www.parentline.ie
Perinatal Support Group	Aims to help new and expectant mothers experiencing symptoms of postnatal depression, anxiety and other perinatal mood disorders.	Venue: Unit 8, Merlin Park University Hospital, Galway. Weekly meetings on Wednesdays at 7.30pm. Tel: Aware 01 6617211
Reachout.com	Online resource for parents, providing information and guidance on their son or daughter's mental health and wellbeing.	http://ie.reachout.com/parents/
Gambling		
Gamblers Anonymous and Gam-Anon	Men and women who have joined together to do something about their own gambling problems and to help other compulsive gamblers do the same. 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
Helplines		
Farm & Rural Stress Helpline	A trained professional will take your call and talk to you in complete confidence.	1800 742 645
HSE Services		
Adult Mental Health Service	Provides both in-patient and out-patient community-based services.	Psychiatric Unit, University College Hospital, Galway 091 524222
Child & Adolescent Mental Health Service	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.	091 731401

Community Psychology for Children & Adolescents	County-wide primary care service for children and adolescents under 18 years. Individual assessment and intervention, training for parents, community groups and other health professionals.	091 546 050
HSE Information Line	Information on health services and entitlements.	1850 241 850 www.hse.ie
Suicide Crisis Assessment Nurse (SCAN) Service, HSE	This is a specialist mental health service for assessing and managing suicide risk.	Available in the community through a GP, in the following areas: All Connemara, all Galway City, Ballybane, Renmore, Doughiska, Roscam and Oranmore.
Homicide		
Homicide	Support after homicide offers support to families bereaved by murder. It is a confidential service run by volunteers. They provide support nationally to anyone who has been bereaved in this very tragic way.	Mark Kerrigan Co-ordinator 087 9837322
Information		
Citizen's Information Centre	Provides information, advice and advocacy services or receive help filling out a form. This is a free, strictly confidential and independent service.	0761 077600
Mental Health: General		
Aware - Your supporting light through depression	Provides support and information for people who experience depression or bipolar disorder and their concerned loved ones. Over 18s peer support groups in Loughrea, Sea Road Galway City and Ballybane. Programmes include: Beat the Blues for post-primary schools, Lifeskills community cognitive behavioural therapy available in group and online formats and Wellness at Work, a community/commercial wellbeing programme.	Freephone support line 1800 80 48 48 Mon - Sun, 10am to 10pm Support email service: supportmail@aware.ie www.aware.ie
GROW in Ireland	A confidential self-help support group for people experiencing a range of mental health issues.	Info Line: 1890 474 474 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

Mental Health Ireland	Provides help to those who are mentally ill and promotes positive mental health.	Nicola Morley 086 3837607 Email: nicola@mentalhealthireland.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 Christina Burke 091 576150 (Galway, Mayo & Roscommon)
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
ISPCC, Galway	Aims to build coping skills and psychological resilience in children, young people and their families. Support offered in child's home, school or an appropriate place.	091 532422 www.ispcc.ie
Jigsaw Galway	Mental health support service for young people 15-25 years.	091 549252 Email: galway@jigsaw.ie
Jigsaw National Service	National Centre for Youth Mental Health.	01 472 7010 www.jigsaw.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: general@reachout.com 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 Protection of Older People Service	Responds to concerns of elder abuse and self neglect.	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
Schools		
Health Promoting Schools, HSE West	Strive to make schools a positive experience for all who visit, learn and work there, by paying attention to health in all areas of the school.	Paul Gillen, Post Primary Schools 091 737261 Email: paul.gillen@hse.ie

National Educational Psychological Service (NEPS)	Supports the personal, social and educational development of all children.	091 864 518
Professional Development Service for Teachers (PDST)	Design and provision of continuing professional development for all primary and post primary teachers in all areas of curriculum, teaching and learning. Support is provided through a team of advisors through a range of professional development models: Seminars, workshops, customised school support, online modules and website materials.	Ciara O'Donnell, Director Email: ciaraodonnell@pdst.ie
Sexual Health		
Aids West	Provides information and support in relation to all aspects of HIV/Aids, STIs and sexual health.	091 566266 Helpline: 091 562213 Email: info@aidswest.ie www.aidswest.ie
Sexuality		
AMACH!	Represents and campaigns on behalf of the LGBT+ community in Galway City and County.	Email: info@amachlgbt.com www.amachlgbt.com
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
shOUT!	Weekly social meetings for people who are LGBT+ and questioning, ages 14-17 and 18-21 years.	087 7738529
Suicide Bereavement Support		
Galway Suicide Bereavement Liaison Service	This service aims to liaise with service providers who are supporting families bereaved by suicide in Co. Galway and explore ways in which to develop these supports in a co-ordinated way. It also aims to meet with families who are affected by a suicide death.	Pauline Cahillane, Counsellor, Pieta Bereavement Services, Galway 085 8568082
Pieta Bereavement Services	Providing support and counselling to those bereaved by suicide.	Helpline:1800 247 247 091 502921 (Galway)

Suicide Prevention, National, Regional and Local

Irish Association of Suicidology	Works with community, voluntary and statutory bodies to inform, educate (through annual conference and publications) 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	Oversee the implementation of "Connecting for Life", Ireland's National Strategy to Reduce Suicide 2015-2020. Co-ordinate suicide prevention efforts around the country.	01 6352139 www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP
National Suicide Research Foundation	To produce a nationally and internationally recognised body of reliable knowledge from a multidisciplinary perspective on the risk and protective factors associated with suicidal behaviour.	021 4205551 Email: info@nsrf.ie www.nsrif.ie
Resource Officer for Suicide Prevention, HSE Galway	Co-ordination and implementation of the national suicide prevention strategy in Galway.	Mary O'Sullivan 091 560182 Email: mary.osullivan@hse.ie Training queries: sotraining.gmr@hse.ie

Suicide Prevention, Support Services

Pieta House	Suicide helpline for anyone in a suicidal crisis. Professional face-to-face therapeutic support for someone experiencing a suicidal crisis, engaging in self-harm or bereaved by suicide. Service provided completely free of charge.	1800 247 247 093 25586 (Tuam) 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
Suicide Crisis Assessment Nurse (SCAN) Service, HSE	This is a specialist mental health service for assessing and managing suicide risk.	Available in the community through a GP, in the following areas: All Connemara, all Galway City, Ballybane, Renmore, Doughiska, Roscam and Oranmore.

Suicide Prevention, Useful Resources

Information Leaflets	Wide range of information leaflets e.g. Concerned about Suicide, Understanding Self Harm, Look after your mental health in tough economic times.	Download from: www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP/Resources/
-----------------------------	--	--

Suicide Prevention in the Community: A Practical Guide	Useful and practical advice on how best to set up a community response group. It also lists the "dos" and "don'ts" of how best to support a grieving community.	Download from: www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP/Resources/suicidepreventioncommunity.pdf
Tusla, Child and Family Agency		
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.	Galway City 091 546366 Tuam 093 37200 Loughrea 091 872700 Ballinasloe 090 9646200 Oughterard 091 552200
Family Support Service	Provide a range of services that offer advice and support to families.	Galway Bay 091 510997 Westside 091 527568 City North 091 760330 City East 091 768296 Ballinasloe 090 96 46255 Loughrea 091 872724 North Galway 093 37255 Connemara 086 0431568 South Galway 091 737328 www.positiveparenting.ie
Young People		
Foroige Big Brother Big Sister	Provides a range of youth work services and youth projects, including Big Brother, Big Sister Mentoring Programme.	091 561002
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 Galway	Co. Galway: Louise Ryan 091 874 539 Email: louise.ryan@gretb.ie Galway City: Davnet McEllin 091 49411 Email: davnet.mcellin@gretb.ie
Youth Work Ireland	Provide a range of services for young people.	091 561 637 Email: info@youthworkgalway.ie www.youthworkgalway.ie
Traveller Health		
Galway Traveller Support Group	Aims to achieve equality and self-determination for the Traveller community using a community development approach.	091 765390

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
Traveller Counselling Service	Counselling service for Travellers, covering Galway City and County.	087 6379074
Websites		
List of Websites		www.yourmentalhealth.ie www.reachout.com www.positiveparenting.ie www.spunout.ie