



MENTAL HEALTH SUPPORT DIRECTORY

2005

**A RESOURCE GUIDE OF STATUTORY & VOLUNTARY ORGANISATIONS
in the Dublin South West Areas - Crumlin, Tallaght, Clondalkin,
Ballyfermot, Chapelizod, Palmerstown, Lucan.**

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INTRODUCTION

This Directory was compiled in partnership with the Crumlin & District Mental Health Association, the Clondalkin Adult Mental Health Service and the Health Service Executive South Western Area.

The Directory is comprised of details on a wide range of organisations, services and groups offering support, advice and education to those living in the Dublin South West Area.

It is hoped that this directory will improve awareness of supports and services that contribute to positive mental health.

The directory is being made available to general practitioners, mental health professionals, voluntary sector groups and the general public as a resource booklet.

CONTACT FOR COPIES:

The Secretary, Crumlin & District Mental Health Association,
St Columbas, Armagh Road, Crumlin, Dublin 12.

▶ Phone: (01) 455 9547 Fax: (01) 455 9566.

Clondalkin Mental Health Service, 1A Village Centre, Orchard Road,
Clondalkin, Dublin 22.

▶ Phone: (01) 457 0009 Fax: (01) 457 0588.

DISCLAIMER

While every effort to ensure that the information in this directory is accurate, we cannot accept responsibility for either the information or services provided as included in the directory.

2006 Directory: Please feel free to contact us with corrections or new details relating to your organisation for inclusion in the 2006 Directory. Equally if we have omitted any service please contact us to have the details included.

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ACCESSING MENTAL HEALTH SERVICES

MENTAL HEALTH SERVICES

Dublin South West Mental Health services strive to provide a comprehensive range of community based mental health services. The mental health team is comprised of many disciplines including Psychiatrists, Psychologists, Mental Health Nurses, Addiction Counsellors, Occupational Therapists and Social Workers. In some areas other counselling services are offered.

ACCESS TO THE MENTAL HEALTH SERVICES

The General Practitioner is the first point of contact for accessing mental health services. Problems such as depression or anxiety may well be treated by him/her and may not need the intervention of the mental health team. In other cases the G.P. may decide to refer a person to the mental health team for specialist care. In an emergency situation, when a G.P. is not available, access to the Mental Health Services is through the Emergency Department of the local hospital.

THE PROCESS OF ACCESSING MENTAL HEALTH SERVICES

An out-patient appointment will usually take place within a few weeks of referral and patients notified by post. However in an emergency, an immediate appointment can be arranged and this is generally done by direct contact between the G.P. , Emergency Department Registrar and the Consultant Psychiatrist for the sector.

THE TREATMENT OPTIONS

OUTPATIENT CARE

- ▶ Out-Patient Clinic (patients referred by G.P.'s/ Emergency Department Registrar)
- ▶ Day Hospital
- ▶ Day Centre
- ▶ Home Based Care
- ▶ Home Visits from the Mental Health Team
- ▶ Referral to Clinical Psychological Services - through the sector team
- ▶ Referral to Addiction Counselling Services - through the sector team
- ▶ Access to Social Work or Occupational Therapy Services - through the sector team
- ▶ Referral back to your G.P. for continuous care

ADMISSION TO THE HOSPITAL PSYCHIATRIC UNIT

Mental Health Services have changed dramatically over the last twenty years or so. These changes have been and are driven by government policies, changing patient populations, and the closure or dismantling of the large mental institutions. This has resulted in the development of better care and more supportive services to those with mental illness.

Both admission to hospital and length of stay nowadays is much reduced with the development of community services. Links are maintained at all times between the hospital and community services thus facilitating a seamless service for patients and their carers. Following assessment, patients have a care-plan drawn up which seeks to meet their identified needs. Input from all members of the multidisciplinary team is available to the patient and their carers for the duration of care in the mental health services.

The mental health team discusses the care plan with patients and their families on a regular basis and options available for follow up care.

The follow-up options are:

- ▶ Out-patient clinic
- ▶ Home Care
- ▶ Day Hospital
- ▶ Day Centre
- ▶ Return to the care of the General Practitioner
- ▶ Supported housing for individuals who are likely to require more long-term care

OUT-PATIENT AND COMMUNITY SERVICES

It has often been said that out-patient and community services are the backbone of the mental health system. It has been the more extensive and effective use of out-patient care that has averted hospital admissions to in-patient facilities and resulted in shortened in-patient stays. The aim is to treat and support individuals in their own homes and communities where at all possible. Access to mental health community services is through the sector team. G.P.'s are central to the delivery of community care services.

OUT-PATIENT CLINICS

These facilities are based in community health centres and are staffed by a Consultant Psychiatrist, Psychiatric Registrars and Community Mental Health Nurses. Other disciplines attend as requested. The Psychiatrist is responsible for the treatment of the person whether in the community or in hospital.

DAY HOSPITAL

This is a day facility where people with an acute mental health problem can attend from their home or care setting for assessment, treatment, monitoring and implementation of a care package designed to meet the needs of individuals. It is an alternative to hospital admission and is usually on a short term basis. Patients are stabilised on medication and monitored for side effects. Contact is established with the carers for identification of problems that may impede the progress of recovery. Prior to discharge from the day hospital, the client is assigned a key worker from within the service for follow up care.

HOME CARE

Home care is also an alternative to hospital admission or facilitates early discharge from hospital. Care is based in the home environment where patients are assessed and monitored on a daily basis by mental health professional staff. When the acute phase of the illness has stabilised, education on the illness and medications used is given to both the patient and the carers. The needs of carers are also identified and addressed to prevent over burdening them with caring for a sick relative. Home care also assists the patients in setting goals for their future vocational/educational needs.

DAY CENTRE

The day centre is based in a community setting and patients attend voluntarily from their home or care setting for continuing support. It's main focus is on a re socialisation programme, social skills training, personal development and further stabilisation of the illness.

The aim is on providing a friendly and supportive environment with activities suited to the needs of each individual. It is not unusual for some people to attend a day centre for a long period of time. For others a short period is all that is required.

SHELTERED WORKSHOP

This is a community facility where there is an emphasis on people with mental illness working in areas suited to their skills or needs with support and guidance from trained staff.

CONTINUING CARE WARD

This is an in-patient facility that provides care for clients who often have long term enduring mental illness. A small percentage will be discharged to another facility i.e. a residential unit. This unit may be used as a respite area for those patients in the community who have this need.

REHABILITATION WARD

This is an in-patient facility where the emphasis of care is on re-skilling patients with everyday living skills. This is done in order to improve their quality of life and regain a level of independence that will enable them to live in their homes or a residential facility.

SPECIAL CARE UNIT OR SECURE WARD

Sometimes it may be necessary to care for and treat a patient in a safe and restricted environment due to the nature of his/her mental illness. This is usually a small unit within a hospital setting staffed by highly trained psychiatric nurses. The unit is locked and the environment is secure. Patients, who because of their mental illness have disturbed behaviour which does not respond to treatment, may necessitate admission to a secure unit, if possible on a short term basis, for intensive treatment and care.

PSYCHIATRY OF LATER LIFE

This service is offered to those over the age of 65 years with newly diagnosed mental health problems. Currently it offers a community based, multidisciplinary team service with home assessments and treatment. It also operates a day hospital facility.

CARE OF THE ELDERLY

This is a specialised unit for the 24-hour care and treatment of patients usually over 60 years of age who have mental illness and associated problems. The environment is designed to meet the needs of the elderly.

LIST OF HOSPITALS AND MENTAL HEALTH SERVICES DIRECT LINES

Tallaght Hospital (AMiNCH)	▶ (01) 414 2000
St James Hospital	▶ (01) 410 3000
St Patricks Hospital	▶ (01) 249 3200
Our Ladys Hospital for Sick Children Crumlin	▶ (01) 455 8111
The Coombe Hospital	▶ (01) 408 5200
Connolly Memorial Hospital	▶ (01) 821 3844
Crumlin Adult Mental Health Service	▶ (01) 455 9547
▶ Acute Psychiatric Unit, (AMiNCH)	▶ (01) 414 2000
Tallaght Adult Mental Health Services:	
▶ Tallaght Adult Mental Health Service, Sheaf House	▶ (01) 463 5200
▶ Acute Psychiatric Unit, (AMiNCH)	▶ (01) 414 2000
▶ Psychiatry of Later Life	▶ (01) 463 5240
Clondalkin Adult Mental Health Service:	
▶ Acute Psychiatric Unit, (AMiNCH)	▶ (01) 414 2000
Ballyfermot / Lucan Adult Mental Health Service	
▶ Acute Psychiatric Unit, (AMiNCH)	▶ (01) 414 2000
	also ▶ (01) 623 4040
Psychiatric Service for Homeless People	▶ (01) 703 6100
Poison Information Centre Beaumont Hospital	▶ (01) 837 9964

HELPLINES

AWARE

- ▶ 24 Hour Helpline 1890 303 302.

AL – ATEEN & AL ANON INFORMATION CENTRE

- ▶ Helpline: 01 873 2699.

ANEW

- ▶ Helpline: 086 102 4743

ALBA COUNSELLING, (For adults who experienced childhood sexual abuse)

- ▶ Helpline 1800 234 112.

BODYWHYS - EATING DISORDER ASSOCIATION

- ▶ Helpline 01 283 4963. Lo call helpline - 1890 200 444

CHILDLINE

- ▶ 24 Hour Helpline 1800 666 666.

CONSOLE (Bereaved by Suicide Foundation)

- ▶ Helpline 1800 201 890

DRUG / HIV HELPLINE

- ▶ 1800 459 459.

SCHIZOPHRENIA IRELAND – LUCIA FOUNDATION (SI)

- ▶ 1890 621 631. (Lo call charge) Hours: Mon, Wed, Fri 10am to 4pm.
Tues: 3.30 to 7.30pm. Thur: 10am to 2pm.

HEADWAY IRELAND

- ▶ 1890 200 278.

HEALTH SERVICE EXECUTIVE CUSTOMER SERVICES HELPLINE

- ▶ 1800 520 520. (Freephone) Email: customer.services@mailf.hse.ie

THE ALZHEIMER SOCIETY OF IRELAND

- ▶ National Helpline 1800 341 341. (Mon – Fri 10am – 4pm)

SAMARITANS

- ▶ 24 Hour Helpline: 1850 609 0990.

HOMELESS SERVICES

- ▶ Helpline 1800 724 724.

PARENTLINE

- ▶ Helpline 01 873 3500.

SÒLÀS (Barnardos Child Bereavement Service)

- ▶ Helpline 01 473 2110.

GENERAL PRACTITIONERS

The General Practitioner is the first point of contact for accessing mental health services. Problems such as depression or anxiety may well be treated by him/her and may not need the intervention of the mental health team. In other cases the G.P. may decide to refer a person to the mental health team for specialist care. In an emergency situation, when a G.P. is not available, access to the mental health services is through the emergency department of the local hospital.

BALLYFERMOT, DUBLIN 10

DR MICHELLE CORVIN

▶ Sarsfield Medical Centre, 60b Sarsfield Road. ▶ Phone: (01) 626 6334

DR ANTHONY JOSEPH FORDE

▶ 9 Claddagh Green. ▶ Phone: (01) 626 4951

DR MARY MURNAGHAN

▶ Sarsfield Medical Centre, 60b Sarsfield Road. ▶ Phone: (01) 626 6334

DR CATRIONA O’CATHAIN

▶ 9 Claddagh Green. ▶ Phone: (01) 626 4951

DR EUGENE O’CONNELL

▶ 283 Ballyfermot Road. ▶ Phone: (01) 626 4381

DR COLM O’SE

▶ Ballyfermot Health Centre. ▶ Phone: (01) 626 4000

▶ 9 Claddagh Green. ▶ Phone: (01) 626 4951

DR DONAL O’SULLIVAN

▶ 353 Ballyfermot Road. ▶ Phone: (01) 626 6238

DR FERGUS PURCELL

▶ Grange Cross. ▶ Phone: (01) 626 4762

CRUMLIN, DUBLIN 12

DR WILLIAM BEHAN

▶ 115 Cromwellsfort Road. ▶ Phone: (01) 460 2263

DR MIRIAM CAREY

▶ 4 Moracrete Cottages, Crumlin Road. ▶ Phone: (01) 454 4154

CRUMLIN, DUBLIN 12 (Contd.)

DR FRANK CLARKE

▶ Walkinstown Medical Centre, 133 Walkinstown Rd. ▶ Phone: (01) 450 1558

DR MICHAEL COSTELLO

▶ Sundrive Medical Centre, 36 Sundrive Rd. ▶ Phone: (01) 492 5947

DR KEVIN J DISKIN

▶ 118 Mourne Rd., Drimnagh. ▶ Phone: 087 232 8984

DR KEVIN GALLAGHER

▶ 3 Shelton Grove, Kimmage. ▶ Phone: (01) 455 5358

DR MAURICE GUÉRET

▶ 170a Whitehall Road. West, Perrystown.

▶ Office: 197 Lower Kimmage Rd, D6W. ▶ Phone: (01) 499 0672

DR MICHAEL HOOPER

▶ 112 Errigal Road, Drimnagh. ▶ Phone: (01) 455 6299

DR CATHERINE KING

▶ 172 Sundrive Rd. ▶ Phone: (01) 453 4671

DR IAN LINDSAY

▶ 133 Walkinstown Rd. ▶ Phone: (01) 450 1558

DR LIAM MCENIFF

▶ 133 St Peters Rd, Walkinstown. ▶ Phone: (01) 450 4168

DR LIAM MCENIFF (JNR)

▶ 133 St Peters Rd, Walkinstown. ▶ Phone: (01) 450 4168

DR GERARD MORAN

▶ Long Mile Medical Centre, Long Mile Rd. ▶ Phone: (01) 456 2871

▶ 202 Kimmage Rd. West. (by appt. only) ▶ Phone: (01) 465 2255

DR DIARMUID P O'CONNELL

▶ 351 Crumlin Rd. ▶ Phone: (01) 455 6858

DR JOHN O'CONNELL

▶ 52 Walkinstown Rd. ▶ Phone: (01) 456 7878

DR OLIVER QUINN

▶ 1 Errigal Rd., Drimnagh. ▶ Phone: (01) 455 7260

GENERAL PRACTITIONERS (Contd.)

CRUMLIN, DUBLIN 12 (Contd.)

DR MICHAEL ROWAN

- ▶ 60 St Agnes Rd. ▶ Phone: (01) 455 5306
- ▶ Curlew Road Health Centre, Drimnagh. ▶ Phone: (01) 455 6422

DR STEPHEN V RYAN

- ▶ 202 Kimmage Rd West. ▶ Phone: (01) 455 9228

DR FRED SHACKLETON

- ▶ 115 Cromwellsfort Rd. ▶ Phone: (01) 460 2263

DR IMELDA M SLINEY

- ▶ 36a Sundrive Rd. ▶ Phone: (01) 492 5947

DR BARBARA SMYTH

- ▶ 197 Crumlin Road. ▶ Phone: (01) 454 2033
- ▶ 88 Ranelagh Village. ▶ Phone: (01) 497 8327

DR ANNE SYNNOTT

- ▶ 144 Old County Road. ▶ Phone: (01) 455 4684

DR JOHN L SYNNOTT

- ▶ 144 Old County Road. ▶ Phone: (01) 455 4684

DR JOHN L TWOMEY

- ▶ 170a Whitehall Rd. West, Perrystown. ▶ Phone: (01) 456 2034

DR BERNADETTE WHITE

- ▶ 60 St Agnes Road, Crumlin. ▶ Phone: (01) 455 5306

DR PHILIP C WIEHE

- ▶ Sundrive Medical Centre, 36 Sundrive Rd., Kimmage. ▶ Phone: (01) 492 5947

CHAPELIZOD/PALMERSTOWN, DUBLIN 20

DR DEIDRE CAULFIELD

- ▶ Chapelizod Medical Centre, Belgrove Pk, Chapelizod. ▶ Phone: (01) 626 4678

DR HUGH A DALY

- ▶ 31 Manor Rd, Palmerstown. ▶ Phone: (01) 626 5672

DR JOHN J DILLON

- ▶ Chapelizod Medical Centre, Belgrove Pk., Chapelizod. ▶ Phone: (01) 626 4678

CHAPELIZOD/PALMERSTOWN, DUBLIN 20 (Contd.)

DR FESTUS A HAASTRUP

▶ 20 Lower Kennelsfort Rd. Palmerstown. ▶ Phone: (01) 626 8584

DR ORLA JOHNSTON

▶ Belgrove Park, Chapelizod. ▶ Phone: (01) 626 4678

DR SEAN H MAGUIRE

▶ 31 Manor Rd., Palmerstown. ▶ Phone: (01) 626 5672

DR CONOR O'HANLON

▶ 14 Palmerstown Pk, Palmerstown. ▶ Phone: (01) 626 8546

DR JOSEPH O'NEILL

▶ 14 Palmerstown Pk, Palmerstown. ▶ Phone: (01) 626 8546

DR ZITA O'REILLY

▶ Belgrove Park, Chapelizod. ▶ Phone: (01) 626 4678

DR PATRICK R SHARPE

▶ 31 Manor Road, Palmerstown. ▶ Phone: (01) 626 5672

LUCAN, CO. DUBLIN

DR JOHN BARRETT

▶ Medical Centre, Superquinn Shopping Centre. ▶ Phone: (01) 621 2528

DR DENISE COLLINS

▶ Medical Centre Esker Lawns. ▶ Phone: (01) 628 0654

DR RITA CONNOLLY

▶ 11 Ballyowen Road. ▶ Phone: (01) 624 0129

DR EMMA BEEHARRY

▶ Lucan Court Medical Centre, 2 The Village Court, Esker Hill. ▶ Phone: (01) 628 2497

DR JAMES CLARKE

▶ Main Street, Rathcoole. ▶ Phone: (01) 458 9655

DR MAURICE T COLLINS

▶ Crescent View, Spa Hotel Grounds. ▶ Phone (01) 628 0240

DR IAN FLETCHER - JONES

▶ Peamount Road, Newcastle. ▶ Phone: (01) 458 9975

GENERAL PRACTITIONERS (Contd.)

LUCAN, CO. DUBLIN (Contd.)

DR TONY FEENEY

▶ 3 Upper Dodsboro Road. ▶ Phone: (01) 624 1181

DR TERESA GOLDEN

▶ Finnstown Medical Centre, Newcastle Road. ▶ Phone: (01) 621 2288

DR DEREK GRAHAM

▶ Medical Centre, Main Street, Newcastle Road ▶ Phone: (01) 458 9975

DR PANOS HARRIS

▶ Main Street ▶ Phone: (01) 628 0652

DR GARRETT HAYES

▶ Lucan Court Medical Centre, 2 The Village Court, Esker Hill. ▶ Phone: (01) 628 2497

DR STUART KENNY

▶ Dodsboro Clinic, 3 Upper Dodsboro Road. ▶ Phone: (01) 624 1181

DR JAMES LEE

▶ Ballyowen Medical Centre, Ballyowen Shopping Centre. ▶ Phone: (01) 621 4224

DR DAVID LOMBARD

▶ Medical Centre, Esker Lawns. ▶ Phone: (01) 628 0654

DR MATTHEW LYNCH

▶ 11 Ballyowen Road. ▶ Phone: (01) 624 0129

DR ANNE MULROONEY

▶ 3 Upper Dodsboro Road. ▶ Phone: (01) 624 1181

DR PATRICK O'MATHUNA

▶ Ballyowen Medical Centre, Ballyowen Shopping Centre. ▶ Phone: (01) 621 4224

DR MARY WALSH

▶ 3 Upper Dobsboro Road. ▶ Phone: (01) 624 1181

CLONDALKIN, DUBLIN 22

DR LINDY BARNES

- ▶ 20 Glenfield Ave. ▶ Phone: (01) 626 0562

DR RACHID BISMILLA

- ▶ 98 Monastery Rd. ▶ Phone: (01) 459 2831

DR JOHN A CARTHY

- ▶ North Clondalkin Health Project, Neilstown. ▶ Phone: (01) 457 4200
- ▶ Killinarden Community Centre, Tallaght. ▶ Phone: (01) 452 6617
- ▶ Meadowlands, Newcastle, Co. Dublin. ▶ Phone: (01) 458 0147

DR ANTHONY J CRAIG

- ▶ 3 Woodford Grove, Monastery Road. ▶ Phone: (01) 459 4211
- ▶ Greenpark Surgery, 36 Willow Court. ▶ Phone: (01) 459 3096

DR BRIAN CRONIN

- ▶ Neilstown Shopping Centre. ▶ Phone: (01) 457 3975
- ▶ 27 Wheatfield Close. ▶ Phone: (01) 626 3497
- ▶ 24 Cherrywood Grove. ▶ Phone: (01) 457 2788

DR EAMON GERAGHTY

- ▶ 100 St Johns Wood. ▶ Phone: (01) 457 3589

DR LYNDA E HAMILTON

- ▶ 3 Orchard Road. ▶ Phone: (01) 457 3080
- ▶ Neilstown Health Centre, Neilstown. ▶ Phone: (01) 457 4200

DR DECLAN HERBERT

- ▶ 19 Ashwood Rd. ▶ Phone: (01) 457 3335
- ▶ 217 Decies Road. ▶ Phone: (01) 623 3553

DR LIAM LYNCH

- ▶ 3 Orchard Rd. ▶ Phone: 01 457 3080
- ▶ Neilstown Health Centre, Neilstown. ▶ Phone: (01) 457 4200

DR JIM MCCARTHY

- ▶ 24 Cherrywood Grove. ▶ Phone: (01) 457 2788
- ▶ 27 Wheatfield Close, (by appt. only) ▶ Phone: (01) 626 3497

GENERAL PRACTITIONERS (Contd.)

CLONDALKIN, DUBLIN 22 (Contd.)

DR MAIREAD MCNEELA

- ▶ 5 Castle Crescent, Monastery Rd. ▶ Phone: (01) 459 5383

DR JOHN M MURPHY

- ▶ Glenfield Family Practice, 20 Glenfield Ave. ▶ Phone: (01) 626 0562

DR JOHN J O'GRADY

- ▶ 48 Tower Rd. ▶ Phone: (01) 457 3143

DR KEN OLINGER

- ▶ 7 Castle Crescent. ▶ Phone: (01) 459 2596
- ▶ Church Road, Saggart, Co. Dublin. ▶ Phone: (01) 458 9381

DR LIAM QUIGLEY

- ▶ Glenfield Family Practice, 20 Glenfield Ave. ▶ Phone: (01) 626 0562

DR DEENA RAMIAH

- ▶ Nangor Medical Centre (by appt. only) ▶ Phone: (01) 459 3325

DR MARIA WILSON

- ▶ 19 Ashwood Rd. ▶ Phone: (01) 457 3335
- ▶ 217 Decies Rd. Ballyfermot, D10. ▶ Phone: (01) 623 3553

TALLAGHT, DUBLIN 24

DR KEVIN C BRENNAN

- ▶ 12 Glenview Park. ▶ Phone: (01) 451 5018

DR HAZEL BYRNE

- ▶ Springfield Medical Centre, Alderwood Ave. ▶ Phone: (01) 451 4077
- ▶ The Medical Centre, Omni Park Shopping Centre, Santry, D9. ▶ Phone: (01) 842 5901

DR DESMOND COADY

- ▶ 1 Old Bawn Way. ▶ Phone: (01) 451 1886

DR ISMAIL COOVADIA

- ▶ 7 Asderwood Way. ▶ Phone: (01) 451 1538

TALLAGHT, DUBLIN 24 (Contd.)

DR JOHN M CRAIG

- ▶ 23 Old Bawn Way. ▶ Phone: (01) 450 4168
- ▶ 133 St Peter's Rd, Dublin 12. ▶ Phone: (01) 450 4168

DR DERRY DALY

- ▶ 64 The Park, Kingswood Heights. ▶ Phone: (01) 451 6567

DR HUGH DURKIN

- ▶ 64 The Park, Kingswood Heights. ▶ Phone: (01) 451 6567

DR TOM FIELD

- ▶ 19 Redwood View, Kilnamanagh. ▶ Phone: (01) 451 3589

DR TARA GALLIGAN

- ▶ 59 Old Bawn Way, Tallaght. ▶ Phone: (01) 451 3388
- ▶ Parkhouse Family Practice, Brookfield Health Centre. ▶ Phone: (01) 459 9911

DR ANDREW JORDAN

- ▶ Aylesbury Clinic, 2 Heatherview Ave. ▶ Phone: (01) 452 1907
- ▶ Greenlea Clinic, 118 Greenlea Rd, Terenure, D6W. ▶ Phone: (01) 490 8979

DR WILLIAM E.J. KAVANAGH

- ▶ Springfield Medical Centre, Alderwood Ave. ▶ Phone: (01) 451 4077
- ▶ Mary Mercer Medical Centre, Jobstown. ▶ Phone: (01) 458 5701

DR PETER KEOGH

- ▶ 59 Old Bawn Way. ▶ Phone: (01) 451 3388
- ▶ Parkhouse Family Practice, Brookfield. ▶ Phone: (01) 459 9911

DR SIOBHAN M KIERANS

- ▶ Alderwood Park. ▶ Phone: (01) 459 0962

DR PAUL A LINCOLN

- ▶ 72 Old Bawn Rd. ▶ Phone: (01) 451 3797

DR MICHAEL LIM

- ▶ 1 The Drive, Kingswood Heights. ▶ Phone: (01) 451 4670

GENERAL PRACTITIONERS (Contd.)

TALLAGHT, DUBLIN 24 (Contd.)

DR ROLAND LING

- ▶ 14 Watermeadow Park, Old Bawn. ▶ Phone: (01) 451 1852

DR SEAN P MCCARTHY

- ▶ 1 Woodlawn Park Ave., Firhouse. ▶ Phone: (01) 452 1509

DR DEBORAH MCGRANE

- ▶ 33 Birchview Close, Kilnamanagh. ▶ Phone: (01) 452 0890
- ▶ Brookfield Health Centre. ▶ Phone: (01) 459 9911

DR MARY MCMORROW

- ▶ Unit 2 Old Bawn Shopping Centre. ▶ Phone: (01) 459 0249

DR PATRICK M O'CONNOR

- ▶ 12 Glenview Park. ▶ Phone: (01) 451 5018

DR AODHAGAN O'REILLY

- ▶ 33 Birchview Close, Kilnamanagh. ▶ Phone: (01) 452 0890

DR ROBIN QUIGLEY

- ▶ Springfield Medical Centre, Alderwood Ave. ▶ Phone: (01) 451 4077

DR JOHN G SIMON

- ▶ 20 Birchview Drive, Kilnamanagh. ▶ Phone: (01) 451 5817

DR WILLIAM TWOMEY

- ▶ Aylesbury Clinic, 2 Heatherview Ave. ▶ Phone: (01) 452 1907

DR BRIAN MAHER

- ▶ Aylesbury Clinic, 2 Heatherview Ave. ▶ Phone: (01) 452 1907

DUBLIN 6W

DR PETRINA ARMSTRONG

▶ 8 Cypress Park, Tempelogue. ▶ Phone: (01) 490 3095

DR JOHN GIBSON

▶ 36 Lavarna Grove, terenure. ▶ Phone: (01) 490 5639

DR SEAN HANNIGAN

▶ 14 Wellington Road, Terenure. ▶ Phone: (01) 455 8494

DR BRENDAN HEANEY

▶ 9 Rathmore Villas, Terenure. ▶ Phone: (01) 490 9722

DR ROBERT HICKEY

▶ 324 Harolds Cross Road . ▶ Phone: (01) 492 2665

DR KATHERINE MCALEER

▶ 335 Lower Kimmage Road. ▶ Phone: (01) 490 2327

DR FRANK MCDONALD

▶ 100 Lower Kimmage Road. ▶ Phone: (01) 492 3378

DR KEVIN MCPARTLIN

▶ 8 Cypress Park, Tempelogue. ▶ Phone: (01) 490 3095

DR CYRIL NEWMAN

▶ 69a Orwell Park Rise, Tempelogue. ▶ Phone: (01) 450 9057

DR CHARLES O'MALLEY

▶ 335 Lower Kimmage Road. ▶ Phone: (01) 490 2327

DR DENIS O'SULLIVAN

▶ 1a Orwell Park, Tempelogue. ▶ Phone: (01) 450 4289

DR MADELEINE THAKORE

▶ The Surgery, Tempelogue Village. ▶ Phone: (01) 490 3360

HSE SOUTH WESTERN AREA - ADULT MENTAL HEALTH SERVICES

Referral System: The Adult Mental Health Services accept referrals from General Practitioners, Accident and Emergency Departments and Medical Consultants.

CRUMLIN ADULT MENTAL HEALTH SERVICE:

Area covered includes Crumlin, Walkinstown, Perrystown & parts of Terenure, Templeogue and Harold's Cross.

ADULT MENTAL HEALTH SERVICE - ST COLUMBA'S:

▶ The Team is based at St Columba's Day Hospital, Armagh Road, Crumlin, Dublin 12. ▶ Phone (01) 455 9547 / (01) 455 9548

The service is available from Sunday to Friday from 9.00am - 4.45pm.

TEAM COMPOSITION:

- ▶ Consultant Psychiatrist
- ▶ Psychiatric Medical Staff
- ▶ Psychiatric Nurses
- ▶ Mental Health Social Worker
- ▶ Occupational Therapist
- ▶ Psychologist
- ▶ Secretarial Staff

OUT-PATIENTS CLINICS:

▶ On various days at: Psychiatric Out – Patients, Curlew Road Health Centre, Curlew Road, Drimnagh, Dublin 12. ▶ Phone (01) 455 6422.

DAY HOSPITAL: Provides a setting for those who require treatment in a clinical environment during the day and who can reside at home in the evenings and weekends with family support. ▶ Open Monday to Friday 9.00am - 4.45pm and is located at St Columba's, Armagh Road.

Outside normal working hours, Tallaght Hospital (AMINCH) may be contacted.

Service Provided: Clinical assessment of referred persons is undertaken by team members. Following each assessment an individual care plan is designed.

New Patients Clinics: Held on Tuesday and Wednesday mornings at St Columba's Day Hospital by appointment.

TALLAGHT ADULT MENTAL HEALTH SERVICES:

- TALLAGHT ADULT MENTAL HEALTH SERVICE, SHEAF HOUSE
- ACUTE PSYCHIATRIC UNIT (AMiNCH)
- PSYCHIATRY OF LATER LIFE

TALLAGHT ADULT MENTAL HEALTH SERVICE ▶ The team is based at Sheaf House, The Exchange Hall, Belgard Square North, Tallaght, Dublin 24.

▶ Phone: (01) 463 5200 Fax: (01) 463 5201.

TEAM COMPOSITION:

- ▶ Consultant Psychiatrist
- ▶ Psychiatric Medical Staff
- ▶ Psychiatric Nurses
- ▶ Mental Health Social Worker
- ▶ Occupational Therapist
- ▶ Psychologist
- ▶ Secretarial Staff

SERVICES PROVIDED: Following initial assessment an individual care plan is implemented. Ongoing assessment of the referred individual is undertaken by team members.

NEW PATIENT CLINICS & OUT PATIENTS CLINIC:

▶ By appointment only at: Mary Mercer Health Centre, Fortunestown Lane, Jobstown, Tallaght, Phone: (01) 458 5744.

HEMOCARE: A substitute quality care offered to people in their own homes during a period of illness. It is an alternative to hospital admission or if hospitalised allows for early discharge. ▶ Operates on a seven day basis from 9.00am - 4.45pm.

DAY HOSPITAL: ▶ Open Monday to Friday 9.00 am - 4.45 pm, located at Sheaf House.

DAY CENTRE: ▶ Open Monday to Friday 9.00 am - 4.45 pm, located at Sheaf House.

Hospital Care: Should in – patient treatment be required, the acute psychiatric unit is based at Tallaght Hospital (AMiNCH).

Contact with the service outside working hours should be through the clients General Practitioner, if this is not possible contact may be made with the Accident & Emergency Department Tallaght Hospital (AMiNCH).

ACCESS TO OTHER AVAILABLE SERVICES:

- ▶ Individual Psychotherapy
- ▶ Anxiety Management
- ▶ Support group for relatives
- ▶ Healthy Lifestyle Group
- ▶ Therapeutic Family Work
- ▶ One to One Carers support
- ▶ Mental Health Social Worker available by consultation and appointment
- ▶ Access to Clinical Psychology Service
- ▶ Access to Occupational Therapy Service
- ▶ Access to Dietician Services
- ▶ Mental Health Education for General Public & Community Groups
- ▶ Liaison with statutory and voluntary organisations

ACUTE ADULT PSYCHIATRIC UNIT - TALLAGHT HOSPITAL (AMINCH)

The Acute Psychiatric Unit is located within Tallaght Hospital (AMINCH).

The unit consists of two wards: Rowan, Phone (01) 414 3316 and Cedar (01) 414 4598.

Patients may make or receive phone calls at the following numbers:

- ▶ (01) 404 7843 or (01) 404 7844.

Each of the wards has a combination of single and shared rooms which are based on the needs of each individual.

SERVICES:

- ▶ Medical Staff
- ▶ Nursing Staff
- ▶ Occupational Therapists
- ▶ Social Worker
- ▶ Clinical Psychologists
- ▶ Pastoral Care
- ▶ Irish Advocacy Network
- ▶ Citizens Information Service
- ▶ Visiting

After a stay in hospital a member of the psychiatric team will arrange follow – up treatment.

- ▶ Bus Routes: 49, 49Am 50, 54A, 56A, 65, 65B, 75, 76A, 76B, 77, 77A, 201, 202.

PSYCHIATRY OF LATER LIFE

- ▶ The team is based in Sheaf House, Exchange Hall, Belgard Square North, and Tallaght Hospital (AMiNCH). ▶ Telephone: (01) 463 5240
- ▶ The service is available: Monday – Friday 9.00am – 4.45pm

TEAM COMPOSITION:

- ▶ Consultant Psychiatrist
- ▶ Administration Staff
- ▶ Non-Consultant Hospital Doctors
- ▶ Community Mental Health Nurses
- ▶ Mental Health Social Worker
- ▶ Psychiatric Nurses
- ▶ Occupational Therapist

SERVICES PROVIDED:

The following services are available:

- ▶ The Day Hospital aims to provide a comprehensive day programme for individuals with complex behavioural needs. ▶ Monday-Friday 9am-4.45pm, Tuesdays 12pm-4.45pm

REFERRAL SYSTEM: This is a mental health service specifically for people who present first over the age of 65 years.

REFERRAL TO THIS SERVICE IS FROM:

- ▶ General Practitioners
- ▶ Medical consultations
- ▶ Geriatricians

Any person referred for assessment will be seen as soon as possible. Following assessment an individual care plan is designed.

If a person requires hospitalisation it is arranged through the team.

ACCESS TO OTHER AVAILABLE SERVICES:

- ▶ Individual Psychotherapy
- ▶ Anxiety Management
- ▶ Support group for relatives
- ▶ Health lifestyle groups
- ▶ Therapeutic family work
- ▶ One to one carers support
- ▶ Access to dietician services
- ▶ Liaison with statutory and voluntary organisations and the general public.

CLONDALKIN ADULT MENTAL HEALTH SERVICE:

Serving Clondalkin, Saggart, Rathcoole, Brittas & Newcastle.

Based at: The Village Centre, 1A Village Centre, Orchard Road, Clondalkin, Dublin 22.

▶ Phone: (01) 457 0009.

TEAM COMPOSITION:

- ▶ Consultant Psychiatrist
- ▶ Psychiatric Medical Staff
- ▶ Psychiatric Nurses
- ▶ Mental Health Social Worker
- ▶ Occupational Therapist
- ▶ Psychologist
- ▶ Secretarial Staff

SERVICES PROVIDED:

Day Hospital: Provides a setting for those who require treatment in a clinical environment during the day and can reside at home during the evenings and weekends with family support. ▶ Open everyday 9.00am-4.45pm includes home based service over weekends and is located at Clondalkin Adult Mental Health Service Headquarters.

HOSPITAL CARE: If hospital treatment is merited, the person may be admitted to the Psychiatric Unit at Tallaght Hospital (AMINCH). Outside working hours the hospital may be contacted.

DAY CENTRE: Provides a day facility for people who need on going support in social and living skills. Emphasis is on independence and a good quality of life. Located at, 7 St Brigids Road, Clondalkin. ▶ Phone: (01) 459 2171

HEMOCARE: A substitute quality care offered to people in their own homes during a period of illness. It is an alternative to hospital admission or if hospitalised allows for early discharge. ▶ Operates on a seven day basis from 9.00am-4.45pm.

OUT-PATIENTS: Clinic takes place on a Wednesday morning in Rowlagh Health Centre, Neilstown, Clondalkin. ▶ Phone: (01) 626 3615

NEW PATIENTS CLINIC: Persons are referred by the General Practitioner and are seen by appointment only, Thursday 10.00am-1.00pm. Held at Clondalkin Adult Mental Health Service.

ACCESS TO OTHER AVAILABLE SERVICES:

- ▶ Individual Psychotherapy
 - ▶ Behaviour Family Therapy
 - ▶ Group Therapy
 - ▶ Anxiety Management and Relaxation
 - ▶ Assertiveness Training Group
 - ▶ Social Skills Training Group
 - ▶ Young Persons Club (A one Club)
 - ▶ Support Group for Carers
 - ▶ Solution for Wellness Group
 - ▶ Access to Social Worker available by consultation
 - ▶ Access to Dietician Services
 - ▶ Mental Health education for people and other interested groups
 - ▶ Liaison with other Statutory and Voluntary Organisations
- ▶ Bus Routes: 51, 51B, 76, 76A, 68, 210.

BALLYFERMOT ADULT MENTAL HEALTH SERVICE

Serving Ballyfermot, Chapelizod, Bluebell, Palmerstown, Lucan & parts of Inchicore.
Ballyfermot Mental Health Centre, Upper Ballyfermot Road, Ballyfermot, Dublin 10.

- ▶ Phone: (01) 623 3872 / 623 4040

SERVICES:

- ▶ Team Composition:
- ▶ Consultant Psychiatrist
- ▶ Psychiatric Medical Staff
- ▶ Psychiatric Nurses
- ▶ Mental Health Social Worker
- ▶ Occupational Therapist
- ▶ Psychologist
- ▶ Secretarial Staff

DAY HOSPITAL: Provides a setting for those who require treatment in a clinical environment during the day and can reside at home during the evenings and weekends with family support. Home visits are also provided over the weekends for those who require them. ▶ Open Monday – Friday 9.00am-4.45pm and is located in Ballyfermot Mental Health Centre.

DAY CENTRE: Provides a day facility for persons who need ongoing support in social and living skills, emphasis is on independence and a good quality of life.

OUT-PATIENTS CLINICS: ▶ Takes place on Monday and Thursday at 2.00pm – 5.00 pm by appointment only, at Ballyfermot Health Centre, Lower Ballyfermot Road. ▶ Phone: (01) 626 4040

NEW PATIENTS CLINICS: ▶ Held on Tuesday 9.30am - 1.00pm at Ballyfermot Mental Health Centre. Appointment only.

HEMECARE: Provides a comprehensive multidisciplinary service to people who are acutely ill in their own homes during a period of illness. It is an alternative to hospital admission and if hospitalised allows for early discharge and a reduction in the length of hospital stay. ▶ Operates on a seven day basis from 9.00am-4.45pm.

HOSPITAL CARE: If hospital treatment is merited, the person may be admitted to the Psychiatric Unit at Tallaght Hospital (AMiNCH). Outside working hours the hospital may be contacted.

ACCESS TO OTHER AVAILABLE SERVICES:

- ▶ Individual Psychotherapy
- ▶ Anxiety Management Group
- ▶ Assertiveness Group
- ▶ Social Skills Group
- ▶ Womens`s Group
- ▶ Reflexology
- ▶ Healthy Eating Group
- ▶ Access of Social Worker available by consultation
- ▶ Access to Clinical Psychologist

ACCESS TO DIETICIAN SERVICES

Mental Health Education for general public and groups
Liaison with other statutory and voluntary organisations

- ▶ Bus Routes: 76A, 76B, 76, 18, 78A bus routes pass door.

PSYCHIATRIC SERVICE FOR HOMELESS PEOPLE - ACCES TEAM

The ACCES team, or Assertive Community Outreach Evaluation Services, is a service in the Health Service Executive South Western Area, established to provide a community mental health service to those who are mentally ill and homeless. The team's mission is to provide direct and accessible mental health care to those experiencing homelessness in the South Western Area and to assist those having difficulties linking in with local mental health services.

TEAM COMPOSITION:

- ▶ Consultant Psychiatrist
- ▶ Psychiatry Registrar
- ▶ Community Mental Health Nurses/CNMII
- ▶ Senior Social Worker
- ▶ Apart from outreach into the community, the service also offers an outpatient clinic.

The objectives of the service are to provide a multi-disciplinary team assessment to homeless individuals, to provide high quality support to individuals in the community, thereby reducing the need for hospitalisation, and ultimately to promote stabilisation and relapse prevention. The service also works in partnership with other agencies to provide comprehensive and seamless care.

Service provided: is open to those aged between 18 and 65 years, who are residing in the South Western Area or who have family ties in the area, who are homeless with severe and enduring mental illness and who may have dual diagnosis, alcohol or substance misuse.

Referrals are accepted from acute hospital services, community mental health clinics, primary care teams, hostels and outreach teams, the multi-disciplinary health link team and from the forensics services in certain instances.

- ▶ Contact: ACCES team, HSE South Western Area, Parkgate Hall, 6-9 Conyngham Road, Dublin 8.
- ▶ Phone: (01) 703 6158
- ▶ email: ACCES@swahb.ie.

HSE SOUTH WESTERN AREA - OTHER SERVICES

- ▶ HEAD QUARTERS
HEALTH SERVICE EXECUTIVE
Limetree Avenue
Millennium Park
Naas
Co. Kildare
- ▶ Phone: (045) 880 400

- ▶ HEALTH PROMOTION DEPARTMENT
HEALTH SERVICE EXECUTIVE
52 Broomhill Road
Tallaght
Dublin 24
- ▶ Phone: (01) 463 2800

- ▶ PRIMARY CARE UNIT
Block E
Westland Park
Nangor Road
Clondalkin
Dublin 22
- ▶ (01) 635 2112 (temp)

- ▶ CUSTOMER SERVICES DEPARTMENT – DR. STEEVEN’S HOSPITAL, D8
- ▶ Freephone: 1800 520 520

All of the Health Service Executive work in customer services is geared towards the Health Strategy’s emphasis on increasing the customer orientation of services. This department works in close partnership with both statutory and voluntary organisations to provide information for clients to assist them in availing of their entitlements. The Customer Services public office and telephone centre are based in Dr Steeven’s Hospital, Dublin 8. This office deals with requests for information and advice on health services in the region. Application forms and guidelines to all health services are also available.

- ▶ The office is open from 9am - 5pm including lunchtime, Monday to Friday.

ADDICTION SERVICES

The Health Service Executive South Western Area (HSE SWA) in conjunction with community and voluntary organisations provide treatment and rehabilitation (re-integration into the community) services. The HSE SWA in providing treatment to clients also provides support services for their families and relatives. A major emphasis is placed on education and prevention.

DRUG ADDICTION SERVICES

BRIDGE HOUSE, Cherry Orchard Hospital, Ballyfermot, Dublin 10

- ▶ Phone: (01) 620 6400

OR

DRUGS/HIV HELPLINE:

- ▶ Freephone: 1800 459 459

DRUG TREATMENT CENTRES

AISLING CENTRE, Cherry Orchard Hospital, Ballyfermot, Dublin 10

- ▶ Phone: (01) 620 6010

37 Castle Street, Dublin 8

- ▶ Phone: (01) 405 9361

FORTUNE HOUSE, Cherry Orchard Hospital, Ballyfermot, Dublin 10

- ▶ Phone: (01) 626 7357

THE LODGE, Old County Road Health Centre, Dublin 12

- ▶ Phone: (01) 415 4807

CURLEW ROAD HEALTH CENTRE, Drimnagh, Dublin 12

- ▶ Phone: (01) 405 9361

GLEN ABBEY CENTER, First Floor, Belgard Road, Tallaght

- ▶ Phone: (01) 451 5001

CORK STREET, Addiction Centre (Beside Bru Chaoimhin), Cork Street, Dublin 8

- ▶ Phone: (01) 454 4935

INCHICORE TREATMENT CENTRE, Inchicore Health Centre, Emmett Road, Dublin 8

- ▶ Phone: (01) 453 0978

ADDICTION TREATMENT CENTRE, Dr. Steevens Hospital, Dublin 8

▶ Phone: (01) 635 2530

JADD, Fortunestown Lane, Jobstown, Tallaght, Dublin 24

▶ Phone: (01) 463 0656

CASP, Ballyowen Meadows, Fonthill Road, Clondalkin, Dublin 22.

▶ Phone: (01) 616 6236

SATELLITE CENTRES, C/o Brookfield Community Centre, Brookfield, Tallaght, Dublin 24

▶ Phone: (01) 462 1268

CARP KILLINARDEN, Killinarden Community Centre, Tallaght, Dublin 24

▶ Phone: (01) 452 6617

CLONDALKIN ADDICTION SUPPORT PROGRAMME (CASP)

Ballyowen Meadows, Clondalkin, Dublin 22

▶ Phone: (01) 623 8000 / 030

FETTERCAIRN PROJECT, Fettercairn Community Centre, Tallaght, Dublin 24

▶ Phone: (01) 452 7011

THE ARC PROJECT, Cashel Road, Crumlin, Dublin 12

▶ Phone: (01) 456 3111

**ST. AENGUS PROJECT, Unit 3B, Castletymon Shopping Centre,
Tymon North, Tallaght, Dublin 24**

▶ Phone: (01) 461 0239

JOBSTOWN ASSISTING DRUG DEPENDENCY (JADD)

c/o Jobstown Community Centre, Fortunestown Road, Tallaght, Dublin 24

▶ Phone: (01) 459 7756

BRIDE STREET HEALTH CENTRE, 36A Bride Street, Dublin 8

Phone: (01) 454 3344

37 Castle Street, Dublin 8

▶ Phone: (01) 405 9361

DEANSRATH HEALTH CENTRE, Bawnogue, Dublin 22

▶ Phone: (01) 457 4060

DOLPHIN HOUSE, 393A, Dolphin House, Dublin 8

▶ Phone: (01) 671 4276

FATIMA MANSIONS, 1A Fatima Mansions

▶ Phone: (01) 473 3078

MERCHANTS QUAY PROJECT, Merchants Quay, Dublin 8

▶ Phone: (01) 479 0044

RATHMINES HEALTH CENTRE, Dublin 6

▶ Phone: (01) 497 3547

OTHER ADDICTION SERVICES & PROVIDERS

EDUCATION OFFICERS, Cherry Orchard Hospital, Ballyfermot, Dublin 10

▶ Phone: (01) 620 6400

OUTREACH SERVICE, Cherry Orchard Hospital, Ballyfermot, Dublin 10

▶ Phone: (01) 620 6400

DETOX CENTRE, Cuan Dara, Cherry Orchard Hospital, Ballyfermot, Dublin 10

▶ Phone: (01) 620 6050

NEEDLE EXCHANGE, Ballyfermot H.C., Ballyfermot Road, Dublin 10

▶ Phone: (01) 626 4000

MERCHANTS QUAY PROJECT, Merchants Quay, Dublin 8.

▶ Phone (01) 479 0044

INCHICORE TREATMENT CENTRE, Inchicore Health Centre, Emmett Road,
Dublin 8 ▶ Phone (01) 453 0978

AISLING CENTRE, Cherry Orchard Hospital, Ballyfermot, Dublin 10

▶ Phone: (01) 620 6010

COMMUNITY ALCOHOL SERVICES

GLEN ABBEY CENTRE, Belgard Road, Tallaght, Dublin 24

▶ Phone: (01) 451 6589 / 754

HEALTH CENTRES

BROOKFIELD, Rossfield Avenue, Tallaght, Dublin 24

▶ Phone: (01) 462 4299

WALKINSTOWN, Limekiln Lane, Dublin 12

▶ Phone: (01) 450 6179

CASHEL ROAD, Dublin 12

▶ Phone: (01) 455 5227

CURLEW ROAD, Dublin 12

▶ Phone: (01) 455 6422 / 285 9233

KILLINARDEN, Tallaght, Dublin 24

▶ Phone: (01) 462 6260

MARY MERCER CENTRE, Jobstown, Tallaght, Dublin 24

▶ Phone: (01) 458 5700

OLD COUNTY ROAD, Crumlin, Dublin 12

▶ Phone: (01) 415 4700

SOCIAL INCLUSION MANAGER

▶ Dublin South West: (01) 415 4700

SOCIAL INCLUSION MANAGER

▶ Dublin West: (01) 620 6354

CHILDREN & FAMILY SUPPORT SERVICES

The HSE SWA's goal is to promote and enhance the health and social well being of the children and families in our area. We endeavour to achieve this through the provision of services to those who need them on the basis of accessibility, equity of access and equality of opportunity. We aspire to ensure that children and families in need of support will obtain the services they require in the most integrated and appropriate setting with the primary objective of maximising their welfare. The HSE SWA supports the existing professional view that children should live with their families if at all possible and that families should be supported to achieve this.

DIRECTOR OF CHILDREN & FAMILIES

- ▶ (045) 880 4402

DUBLIN SOUTH WEST

- ▶ CHILD CARE MANAGER

- ▶ (01) 415 4755/7

- ▶ PRINCIPAL SOCIAL WORKER

- ▶ (01) 415 4739

DUBLIN WEST (01) 6206324

- ▶ PRINCIPAL SOCIAL WORKER

- ▶ (01) 620 6387

- ▶ FAMILY RESOURCE CENTRE,

- ▶ 16 Main Street, Tallaght, Dublin 24. (01) 451 5708

COMMUNITY MOTHERS PROGRAMME,

- ▶ Park House, North Circular Road, Dublin 7. (01) 838 7122 ext. 246

COUNSELLING SERVICE FOR ADULTS WHO EXPERIENCED CHILDHOOD ABUSE

Alba Counselling Service was established as part of the National Counselling Service for Adult Survivors of Childhood Abuse. This National Counselling Service was established in all ten Health Boards. The Service provides individual counselling, group work, and information on other services.

ALBA COUNSELLING SERVICE

AREA OFFICE

2 McElwain Terrace
Newbridge, Co. Kildare

- ▶ Freephone: 1800 234 112
- ▶ (045) 448 176 / 448 177

Counselling is also offered at Old Bawn Road, Tallaght and Jobstown, Tallaght.

COMMUNITY CARE

Community Care Services in the HSE SWA are delivered from four Community Care Areas, Dublin South City, Dublin South West, Dublin West and Kildare/West Wicklow and from a range of health centres. The areas, their headquarters and health centres are listed below together with the range of community services available to the public.

COMMUNITY CARE HEADQUARTERS

DUBLIN SOUTH CITY

Carnegie Centre
21-25 Lord Edward St.
Dublin 2
▶ (01) 648 6500

DUBLIN WEST

Cherry Orchard Hospital
Ballyfermot
Dublin 10
▶ (01) 620 6300

DUBLIN SOUTH WEST

Health Centre
Old County Road
Crumlin
Dublin 12
▶ (01) 415 4700

The following services can be accessed through your community care headquarters or local health centre:

- ▶ Childcare/Family Support
- ▶ E111 Applications
- ▶ District Care Unit for Elderly
- ▶ Adult Optical (medical card holder)
- ▶ Occupational Therapy
- ▶ Psychology Services
- ▶ Child Optical
- ▶ Speech & Language Therapy
- ▶ Change of doctor
- ▶ Home Help
- ▶ Community Welfare Services
- ▶ Disability Services
- ▶ Public Health Nursing
- ▶ Child Health
- ▶ Medical & Surgical Appliances
- ▶ Social Work Services
- ▶ Chiropody
- ▶ Physiotherapy
- ▶ Disabled Persons Grant
- ▶ Medical Cards: New applications/Renewals
- ▶ Eastern Community Works
- ▶ Hepatitis C
- ▶ Dental Services
- ▶ Drug Refund Scheme

HEALTH CENTRES - DUBLIN SOUTH CITY

BRIDE STREET

36A Bride Street
Dublin 8

- ▶ (01) 454 3344

Services Provided:

- ▶ Child Health
- ▶ Community Welfare
- ▶ General Practitioner
- ▶ Home Help
- ▶ Public Health Nursing
- ▶ Drugs Clinic (2 evenings)

RATHFARNHAM

Grange Road
Dublin 14

- ▶ (01) 493 1366/493 3431

Services Provided:

- ▶ Child Health
- ▶ Chiropody
- ▶ Community Welfare
- ▶ Speech Therapy
- ▶ Public Health Nursing
- ▶ Dental for children
- ▶ Social Work (fostering services)

HEALTH CENTRES - DUBLIN SOUTH CITY (Contd.)

RATHMINES

36 Upper Rathmines Road
Dublin 6

▶ (01) 497 3547

Services Provided:

- ▶ Addiction Counselling & Treatment
- ▶ Child Health
- ▶ Home Help
- ▶ Community Welfare
- ▶ Public Health

SOUTH EARL STREET

Off Meath Street
Dublin 8

▶ (01) 415 8250

Services Provided:

- ▶ Child Health
- ▶ Community Welfare
- ▶ Occupational Therapy
- ▶ Physiotherapy
- ▶ Public Health Nursing

TERENURE

68 Terenure Road
Dublin 6

▶ (01) 490 4648 / 490 4148

Services Provided:

- ▶ Child Health
- ▶ Home Help
- ▶ Public Health Nursing
- ▶ Dental (Children)

HEALTH CENTRES - DUBLIN SOUTH WEST

HEAD OFFICE

HEALTH CENTRE, Old County Road, Crumlin, Dublin 12 ▶ (01) 415 4700

BROOKFIELD

Rosfield Avenue
Tallaght
Dublin 24
▶ (01) 462 4299

Services Provided:

- ▶ Child Health
- ▶ Physiotherapy
- ▶ General Practitioner
- ▶ Social Work
- ▶ Public Health Nursing

WALKINSTOWN

Limekiln Lane
Dublin 12
▶ (01) 450 6179

Services Provided

- ▶ Child Health
- ▶ Community Welfare
- ▶ Public Health Nursing
- ▶ Dental (Children)
- ▶ Home Help

CASHEL ROAD

Dublin 12
▶ (01) 455 5277

Services Provided:

- ▶ Community Welfare
- ▶ Public Health Nursing

CURLEW ROAD

Dublin 12
▶ (01) 455 6422

Services Provided

- ▶ Child Health ▶ Home Help
- ▶ Community Welfare ▶ Social Work
- ▶ Psychiatric Services
- ▶ General Practitioner
- ▶ Addiction Counselling & Treatment,
- ▶ Public Health Nursing ▶ E111 Forms

HEALTH CENTRES - DUBLIN SOUTH WEST (Contd.)

KILLINARDEN

Tallaght

Dublin 24

▶ (01) 462 6260

Services Provided:

- ▶ Child Health
- ▶ Speech Therapy
- ▶ General Practitioner
- ▶ Public Health Nursing
- ▶ DCA Clinic ▶ Incontinence Clinic

MILLBROOK LAWNS

Tallaght

Dublin 24

▶ (01) 452 0666

Services Provided:

- ▶ Child Health
- ▶ Community Welfare ▶ Home Help
- ▶ Public Health Nursing ▶ Speech Therapy
- ▶ Social Work
- ▶ Addiction Counselling & Treatment

MARY MERCER CENTRE

Jobstown

Tallaght

Dublin 24

Services Provided:

- ▶ Child Health ▶ Social Work
- ▶ Community Welfare
- ▶ General Practitioner
- ▶ Occupational Therapy
- ▶ Speech Therapy
- ▶ Psychiatric Services
- ▶ Public Health Nursing
- ▶ Medical Cards ▶ Dental
- ▶ E111 Forms

OLD COUNTY ROAD

Crumlin

Dublin 12

▶ (01) 415 4700

Services Provided:

- ▶ Addiction Counselling & Treatment
- ▶ Child Health ▶ Home Help
- ▶ Chiropody
- ▶ Community Welfare
- ▶ Ophthalmic ▶ Physiotherapy
- ▶ Occupational Therapy
- ▶ Public Health Nursing
- ▶ Speech Therapy ▶ Social Work
- ▶ Dental

PARNELL ROAD

Dublin 12

▶ (01) 454 2300

Services Provided:

- ▶ Child Health
- ▶ Community Welfare
- ▶ Public Health Nursing

HEALTH CENTRES - DUBLIN WEST

HEAD OFFICE

Cherry Orchard Hospital, Ballyfermot, Dublin 10 ▶ (01) 620 6300

BALLYFERMOT

Ballyfermot Rd/Drumfinn Rd
Dublin 10

▶ (01) 626 4000

Services Provided:

- ▶ Child Health
- ▶ Community Welfare
- ▶ General Practitioner
- ▶ Home Help ▶ Psych Services
- ▶ Public Health Nursing
- ▶ Social Work ▶ Dental
- ▶ Needle Exchange

CHERRY ORCHARD

Cherry Orchard Ave/
Cherry Orchard Grove
Ballyfermot
Dublin 10

▶ (01) 623 1518

Services Provided:

- ▶ Child Health ▶ Community Welfare
- ▶ General Practitioner
- ▶ Public Health Nursing
- ▶ Social Work

CLONDALKIN

Boot Road
Dublin 22

▶ (01) 459 2549 / 459 1558

Services Provided:

- ▶ Child Health ▶ Home Help
- ▶ Community Welfare
- ▶ Public Health Nursing
- ▶ Speech Therapy Dental
- ▶ Recovery Group for people after nervous breakdowns

CLONDALKIN

Rowlagh
Dublin 22

▶ (01) 626 3615 / 626 3684 / 5 / 7

Services Provided:

- ▶ Child Health ▶
- ▶ Community Welfare ▶ Home Help
- ▶ Psychiatric Services
- ▶ Public Health Nursing ▶ Social Work
- ▶ Dental

HEALTH CENTRES - DUBLIN WEST (Contd.)

DEANSRATH

Dublin 22

▶ (01) 457 3957

Services Provided:

- ▶ Child Health ▶ Home Help
- ▶ Community Welfare
- ▶ Addiction Counselling & Treatment
- ▶ Psychiatric Services
- ▶ Public Health Nursing
- ▶ Speech Therapy
- ▶ Enuresis Clinic ▶ Social Work

INCHICORE

124E Emmet Road

Dublin 8

▶ (01) 453 1978/453 4700/1

Services Provided:

- ▶ Child Health
- ▶ Dental Services
- ▶ Needle Exchange
- ▶ Methadone Programme
- ▶ Public Health Nursing
- ▶ Social Work

LUCAN

1A Sarsfield Park

Lucan

Co. Dublin

▶ (01) 628 1395

Services Provided:

- ▶ Child Health ▶ Home Help
- ▶ Community Welfare
- ▶ Public Health Nursing

LUCAN

Ballyowen Medical Centre

Lucan

Co. Dublin

▶ (01) 621 4388

Services Provided:

- ▶ Child Health ▶ Public Health
- ▶ Nursing ▶ Dental
- ▶ Community Welfare

PALMERSTOWN

24 Manor Road

Dublin 20

▶ (01) 626 5588 / 623 4503

Services Provided:

- ▶ Child Health,
- ▶ Community Welfare
- ▶ Public Health Nursing

RATHCOOLE

Main Street

Rathcoole

Co. Dublin

▶ (01) 458 9974

Services Provided:

- ▶ Child Health ▶ Home Help
- ▶ Dental ▶ Public Health Nursing

DISABILITY SERVICES

The HSE SWA endeavour to uphold the rights of people with a disability to quality services which respect their dignity, and which are provided within the least restrictive environment. The desired outcome is that people with disabilities will receive the required services in the most integrated and appropriate setting. Services for people with a disability are provided both directly by our Board and in partnership with the voluntary sector through a variety of community and residential settings.

DIRECTOR OF DISABILITY

▶ (045) 882 504

DUBLIN SOUTH CITY

Manager for
Disability Services

▶ (01) 648 6516

DUBLIN SOUTH WEST

Manager for
Disability Services

▶ (01) 415 4824

DUBLIN WEST

Manager for
Disability Services

▶ (01) 620 6071

CARNEGIE CENTRE

21-25 Lord Edward
Street.
Dublin 2

HEALTH CENTRE

Old County Road
Crumlin
Dublin 12

CHERRY ORCHARD HOSP

Ballyfermot
Dublin 10

REHABILITATIVE TRAINING / GUIDANCE SERVICE

THE TRAINING OCCUPATIONAL SUPPORT SERVICE,

2nd floor

Sheaf House

Exchange Hall

Tallaght

Dublin 24

▶ (01) 463 5270 / 463 5272

SERVICES FOR OLDER PERSONS

The aim of the HSE SWA is to provide a comprehensive range of services of care required by older people within our area. We support and work in partnership with voluntary and statutory bodies to improve access by older persons to services available. We are committed to supporting the older person to reside at home for as long as is viable, and then when this is no longer possible, we endeavour to provide appropriate residential alternatives that best suit each individual's needs.

HOSPITALS AND HOMES FOR THE OLDER PERSON

BRU CHAOIMHIN

Cork Street
Dublin 8
▶ (01) 415 6500

CHERRY ORCHARD HOSPITAL

Ballyfermot
Dublin 10
▶ (01) 626 4702

ST BRIGID'S HOME

Crooksling
Brittas
Co. Dublin
▶ (01) 453 6000

COMMUNITY UNIT FOR OLDER PERSONS

Meath Hospital
Dublin 8
▶ (01) 458 2123

COMMUNITY UNIT FOR A OLDER PERSONS

Bellvilla
South Circular Road
Dublin 8
▶ (01) 454 8033

COMMUNITY UNIT FOR OLDER PERSONS

St Mary's Community Centre
Richmond Hill
Rathmines, Dublin 6
▶ (01) 496 3085

COMMUNITY SERVICES

DUBLIN SOUTH CITY MANAGER OF SERVICES FOR OLDER PERSONS

Carneige Centre
21-25 Lord Edward
Street, Dublin 2
▶ (01) 648 6558

DUBLIN SOUTH WEST MANAGER OF SERVICES FOR OLDER PERSONS

Health Centre
Old County Rd.
Crumlin, Dublin 12
▶ (01) 415 4827

DUBLIN WEST MANAGER OF SERVICES FOR OLDER PERSONS

Cherry Orchard Hospital
Ballyfermot
Dublin 10
▶ (01) 620 6313

NURSING HOME SUBVENTION

Nursing Home subvention is an allowance for private nursing homes and can be applied for by contacting the office below:

OAK HOUSE

Millennium Park
Naas, Co. Kildare
▶ (045) 880 400

IN-PATIENT CARE FOR OLDER PERSONS

St Kierans Ward & St Patrick's Ward
Peamont Hospital
Newcastle, Co. Dublin
▶ (01) 601 0300 (chest hospital & young chronic disable unit)

PSYCHIATRY OF LATER LIFE

DUBLIN SOUTH WEST

St Patrick's Hospital
Dublin 8
▶ (01) 677 5423

DUBLIN SOUTH WEST

Aspen Unit
The Adelaide & Meath Hospital
Incorporating the National
Children's, Tallaght
Dublin 24
▶ (01) 414 2000

DAY HOSPITAL/ASSESSMENT/REHABILITATION/RESPITE LONG STAY

ST JAMES'S HOSPITAL

James's St.
Dublin 8
▶ (01) 410 3000

ADELAIDE & MEATH HOSPITAL

Dublin incorporating the
National Children's Hospital
Tallaght, Dublin 24
▶ (01) 414 2000

SUPPORT SERVICES FOR OLDER PERSONS

HOME IMPROVEMENT SCHEME

Eastern Community Works
Thomas Street
Dublin 8
▶ (01) 677 2812

Poplar House
Poplar Square
Naas, Co. Kilare
▶ (045) 876 001

PRIMARY CARE

The Health Service Executive SWA endeavours to promote an integrated approach to the development of primary care within our region. This involves close links between the general practitioners, public health nurses and the community health professionals.

Our aim is the delivery of general practitioner and primary care services to the highest possible standard with easy accessibility through the resources available to us. Our Primary Care Unit has compiled a comprehensive, computerised database relating to General practices. This provides information on practice profile, premises, equipment, staffing levels, surgery hours and services provided.

HEALTH PROMOTION

The role of the Health Promotion service within the HSE SWA is to enhance the well being of individuals and communities in our area by supporting the development of personal skills, facilitating supportive environments and formulating health public policy. Information leaflets, brochures and literature on health promotion topics can be obtained from the department.

- ▶ 3rd Floor, 52 Broomhill Road, Tallaght, Dublin 24 ▶ (01) 463 2800
- ▶ Resource Officer – Suicide & Mental Health
- ▶ Senior Health Promotion Officer - Schools/Young People
- ▶ Senior Health Promotion Officer – Older Persons
- ▶ Tobacco Control Advisor
- ▶ Senior Health Promotion Officer – Workplace Advisor
- ▶ Physical Activity Advisor
- ▶ Health Promotion Officers
- ▶ Smoking Cessation Officers
- ▶ Dietician Manager
- ▶ Dieticians
- ▶ Senior Dieticians for older persons

SOCIAL INCLUSION SERVICES

The goal of the HSE SWA's Social Inclusion function is to develop and support policies, structures and working practices, which promote the delivery of services in an integrated and co-ordinated manner to communities with the greatest level of disadvantage within the Board's catchment area. We deliver our services in partnership with other statutory bodies and voluntary organisations.

TRAVELLERS

The Traveller Health Unit (THU) was set up with the purpose of delivering quality outcomes for Travellers from the Health Service provided by the Board. The work undertaken by the THU have indicated to the Travelling Community that our organisation believes in transparency, responsibility and a willingness to improve all aspects of Traveller Health.

TRAVELLER HEALTH UNIT

Oak House

Millennium Park, Naas

▶ (045) 880 425

HOMELESS

The HSE SWA aims to tackle the homeless issue on two levels, prevention and health promotion in partnership with voluntary and statutory organisations. We endeavour to integrate the health services with the homeless services (provide contact or referral to health services from the homeless drop-in centres).

FIRST TIME HOMELESS – DROP IN CENTRES (ADVICE, INFORMATION & PLACEMENT IN EMERGENCY ACCOMMODATION)

MEN

149 James Street

Dublin 8

(10.00am – 12.00noon – drop in)

WOMEN & FAMILIES

16-19 Wellington Quay

Dublin

▶ Emergency Freephone: 1800 724 724 (advice, information & placement in emergency accommodation)

▶ Multi-disciplinary Out Reach Team: (01) 855 9211 (nurses, social workers etc, client referred by other organisations e.g. Simon)

ASYLUM SEEKERS & REFUGEES

The HSE Northern Area and the HSE East Coast Area manage the service on a regional basis. Health screening is initially offered to the Asylum Seekers and Refugees at reception centres throughout Dublin before they are placed throughout the country. We endeavour to ensure that the services that are provided are culturally appropriate and are easily accessible.

ASYLUM SEEKERS UNIT

79-83 Lwr Mount Street

Dublin 2

▶ (01) 602 8000

PSYCHOLOGICAL SERVICE FOR

Asylum Seekers & Refugees

Dept. of Psychology

St Brendan's Hospital, Dublin 7

▶ (01) 838 5844

SOCIAL INCLUSION MANAGERS

DUBLIN SOUTH CITY

▶ (01) 402 0374

DUBLIN SOUTH WEST

▶ (01) 415 4700

DUBLIN WEST

▶ (01) 620 6354

ADMINISTRATIVE SERVICE

DR STEEVEN'S HOSPITAL, Dublin 8

▶ Freephone: 1800 520 520 ▶ e-mail: customer.services@mailf.hse.ie

HEADQUARTERS NAAS

Health Service Executive

Feidhmeannacht na Seribhise Sláinte, Oak House, Limetree Avenue,
Millennium Park, Naas, Co. Kildare

▶ Ph: (045) 880 400 ▶ Lo call: 1890 737 343 ▶ Fax: (045) 880 482

IRISH MEDICAL DIRECTORY

This Directory provides names addresses and information on all of the health services (wishing to be included) including general practitioners.

▶ Contact: Phone: (01) 492 6040 Fax: (01) 492 6040.

▶ Website: www.imd.ie

▶ Email: info@imd.ie

THE MENTAL HEALTH COMMISSION

The Mental Health Commission is an independent body established under the Mental Health Act 2001, and effective from April 2002. The Commission's main purpose is to promote, encourage and foster the establishment and maintenance of high standards and good practices in the delivery of mental health services in Ireland and to take reasonable steps to protect the interests of people who are detained in approved psychiatric centres.

Services:

- ▶ The Inspector of Mental Health Services.
- ▶ Mental Health Tribunals, to carry out independent reviews of all persons admitted to hospital involuntarily.

CONTACT: ST MARTIN'S HOUSE, WATERLOO ROAD, DUBLIN 4.

- ▶ Phone: (01) 636 2400
- ▶ Fax: (01) 636 2440
- ▶ Email: info@mhcirl.ie
- ▶ Website: www.mhcirl.ie/info.htm

VOLUNTARY ORGANISATIONS AND GROUPS IN MENTAL HEALTH

The Alliance for Mental Health: Is a grouping of voluntary agencies working in the area of mental health and has the following aims:

To increased public awareness of mental health/mental illness thus helping to reduce ignorance and stigma. To inform people who have mental illness and the general public of the various self help groups and other sources of help available.

The Alliance members are, Aware, Bodywhys, Grow, Mental Health Ireland, Irish Advocacy Network, Out and About Association, The Alzheimer Society of Ireland, Samaritans, Schizophrenia Ireland, Recovery Inc.

CONTACT: THE ALLIANCE FOR MENTAL HEALTH

c/o Mental Health Ireland, Mensana House, 6 Adelaide Street,
Dun Laoghaire, Co. Dublin.

- ▶ Tel: (01) 284 1166
- ▶ Website: www.mentalhealthireland.ie
- ▶ Email: info@mentalhealthireland.ie

AWARE

Aware is the national depression support organisation. The organisation aims to help those affected by the illness, and their families by providing services including a 24hr helpline 1890 303 302.

There are

- ▶ 60 support groups nationwide
- ▶ An educational programme in secondary schools called Beat the Blues
- ▶ Literature, books on mail order, quarterly magazine and
- ▶ Public lectures

SUPPORT GROUPS:

TALLAGHT

- ▶ Venue: St Maelruain's Parish Centre & Hall, Grounds of Church of Ireland, Tallaght Village.
- ▶ Dates: Every Monday other than the week of the monthly lecture and Bank Holidays at 7.30pm. Sufferers support group only.

AWARE (CONTD.)

YOUTH GROUP

- ▶ Venue: Biochemistry Department, Trinity College, Dublin 2.
- ▶ Access by Lincoln Place, Gate Entrance.
- ▶ Dates: Every Thursday other than the week of the monthly lecture at 7.30pm. Sufferers support group only.
- ▶ CONTACT: AWARE, 72 Lower Leeson Street, Dublin 2.
- ▶ Phone: (01) 661 7211
- ▶ Website: www.aware.ie
- ▶ 24 Hour Helpline: 1890 303 302

BODYWHYS - EATING DISORDER ASSOCIATION:

Is the national support organisation for people affected by eating disorders in Ireland.

Services include:

- ▶ A network of support groups in Dublin, Limerick and Galway
- ▶ Online support - weekly free meetings for people with eating disorders over 16 years called Bodywhys Connect
- ▶ Lo call helpline - 1890 200 444
- ▶ One to one email support - onlinesupport@bodywhys.ie
- ▶ School talks and workshops on eating disorders
- ▶ A selection of information leaflets on various aspects of eating disorders and a dedicated website which includes a creative corner.

All services are provided free of charge and are delivered by trained volunteers.

- ▶ CONTACT: Bodywhys - Eating Disorder Association, Central Office, P.O. Box 105, Blackrock, Co. Dublin
- ▶ Phone: (01) 2834963
- ▶ Website: www.bodywhys.ie
- ▶ Email: info@bodywhys.ie

GROW COMMUNITY MENTAL HEALTH MOVEMENT

Grow Community Mental Health Movement is a network of mutual self help groups where people learn to understand the factors which promote mental health.

GROW GROUPS IN DUBLIN AREA

MONDAY

- CAPEL STREET ▶ 167a Capel Street @ 8.00pm.
- KIMMAGE ▶ Mount Argus Community Centre.
▶ 179 Lower Kimmage Road @ 8.00pm.
- CRUMLIN ▶ Health Centre, Armagh Rd, Crumlin @ 7.30pm.

WEDNESDAY

- CAPEL STREET ▶ 167a Capel Street @ 10.30pm.
- CAPEL STREET ▶ 167a Capel Street @ 6.30pm.

THURSDAY

- CAPEL STREET ▶ 167a Capel Street @ 6.15pm.
- RATHGAR ▶ 75 Marienella, Orwell Road, (beside Car Test Centre) @ 7.30pm.
- CLONDALKIN ▶ Phone freephone for directions.

- ▶ Contact Address: 167A Capel Street, Dublin 1.
- ▶ Phone: (01) 873 4029 ▶ Freephone info line: 1890 474 474.
- ▶ Web site: www.grow.ie

IRISH ADVOCACY NETWORK

Is a user run user led organisation which exists to promote and facilitate Peer Advocacy on an island wide basis. This is achieved through the provision of information and support for mental health service users and survivors. The aim is to support people in speaking up for themselves and in achieving empowerment by taking control of their own lives.

Services provided include:

- ▶ Peer Support Training
- ▶ Staff Awareness Training
- ▶ Setting Up Peer Support Groups
- ▶ Information and Support

Health Service Executive South Western Area Health Board Region office is based at St Martha's, Kilmainham, Dublin 8.

- ▶ Contact: Regional Advocate, St Martha's, Kilmainham, Dublin 8.
- ▶ Phone: 087 754 0763.

National Office: Old Rooskey House, Rooskey, Monaghan,
Co Monaghan, Phone: (047) 38918 Fax (047) 38682
Email: irishadvocacynetwork@eircom.net

MENTAL HEALTH IRELAND

Is a voluntary organisation which aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights.

Mental Health Ireland (MHI) is made up of a network of local Mental Health Associations (MHA's) throughout the country who are affiliated to the share the same aims and objectives as the national body.

The activities of Mental Health Ireland include:

- ▶ Supporting local MHA's in their work through a network of Development Officers working around the country.
- ▶ Actively campaigning and advocating to improve national mental health policy and service provision.
- ▶ Providing an Information Service on issues relating to; mental health and mental illness through information fact-sheets, the MHI and directly by telephone, post and email.
- ▶ Organising Research, Conferences, Courses, Workshops and Seminars on issues relating to mental health. MHI co-ordinates activities to celebrate World Mental Health Day on the 10th October each year.
- ▶ The National Public Speaking Project for senior students in post-primary schools and colleges.
- ▶ Mental Health Matters, a mental health resource pack for use with 14-18 year olds.
- ▶ www.eVox.ie - a web magazine for young people.

- ▶ Contact: Development Officer, Mental Health Ireland, Mensana House, 6 Adelaide Street, Dun Laoghaire, Co Dublin.
- ▶ Phone (01) 284 1166

LOCAL MENTAL HEALTH ASSOCIATIONS SOUTH WEST DUBLIN:

All members of local MHA's work on a voluntary basis in supporting people with a mental illness and to promote positive mental health.

- ▶ Befriending – social integration of people experiencing mental illness through social clubs and holidays breaks.
- ▶ Social Housing Projects.
- ▶ Mental Health Promotion – Information days / school based projects.
- ▶ Advocacy – to address issues of concern with appropriate authorities in their region.

CRUMLIN & DISTRICT MENTAL HEALTH ASSOCIATION,

St Columbas, Armagh Road, Crumlin Road, Dublin 12.

- ▶ Contact: Secretary: (01) 455 9547.

TALLAGHT MENTAL HEALTH ASSOCIATION,

Sheaf House, Exchange House, Belgard Square North, Tallaght, D 24.

- ▶ Contact: Secretary: (01) 463 5200.

BALLYFERMOT MENTAL HEALTH ASSOCIATION,

Ballyfermot Day Hospital, Ballyfermot Rd, Dublin 20.

- ▶ Contact: Secretary Phone: (01) 623 4040.

ST LOMANS MENTAL HEALTH ASSOCIATION,

St Lomans Hospital, Palmerstown, Dublin 20.

- ▶ Contact: Secretary 086 287 3526.

OANDA – OUT AND ABOUT ASSOCIATION

A self help support group for people with phobias and anxiety.

Advice and information packs available.

- ▶ Contact: Oanda – Out and About Association,
Cois Cua, 140 St Lawrence's Road, Clontarf, Dublin 3
- ▶ Tel: (01) 833 8252

SAMARITANS

Samaritans provides confidential emotional support 24 hours a day, 365 days a year to people in crisis.

- ▶ Contact: Lo Call local rate 1-850-60-90-90 any time, day or night.
- ▶ Call into our wheelchair-accessible centre between 10.00am and 9.00pm every day. No appointment necessary. Samaritans are also available in the Temple Bar area on Friday and Saturday nights between 10.00pm and midnight.

- ▶ Contact: Samaritans, 112 Marlborough Street, Dublin 1.
- ▶ Phone: (01) 872 7700.
- ▶ Website: www.samaritans.org
- ▶ E-mail: jo@samaritans.org
- ▶ E-mail administration: admin.Dublin@samaritans.ie

SCHIZOPHRENIA IRELAND – LUCIA FOUNDATION (SI)

A national organisation dedicated to upholding the rights and addressing needs of all those affected by schizophrenia and related illnesses, through the promotion and provision of high-quality services and working to ensure the continual enhancement of the quality of life of the people it serves.

- ▶ **Support Services:** SI provides a range of mental health information, support and professional services for both its membership and the general public including – information services, counselling services, Phrenz groups, Relatives Groups, Telephone Helpline, Family Support Initiatives, Social Vocational Services, Suicide Prevention Initiatives, Seminars and Information Events, Biennial Conference, Lucia National Awareness Week.

SI GROUPS IN YOUR AREA:

RELATIVES GROUPS: Clondalkin/Tallaght/St James's

PHRENZ GROUPS: Ballyfermot.

- ▶ Contact: Regional Development Officer, Schizophrenia Ireland,
- ▶ 38 Blessington Street, Dublin 7.
- ▶ Phone: (01) 860 1620
- ▶ www: www.sirl.ie
- ▶ email: info@sirl.ie

THE ALZHEIMER SOCIETY OF IRELAND

The Alzheimer Society of Ireland provides information and support services to those whose lives are affected by Alzheimer's disease.

Support services in the Health Service Executive South Western Area are based at Curlew Road Day Care Centre. ▶ Phone: (01) 465 0437.

The Alzheimer Society of Ireland also operates carer support groups in Crumlin, Ballyfermot and Terenure.

For contact details on these and other services.

- ▶ Contact: The Alzheimer National Helpline on 1800 341 341, Mon – Fri 10am-4pm.

RECOVERY INC

Is a non-profit community based mental health organisation. Weekly group meetings offers a system of self-help techniques which members learn and then practice in their daily life. These techniques are referred to as the Recovery Method.

Recovery helps people who struggle with:

- ▶ Panic, anxiety, depression, phobias.
- ▶ Obsessions, compulsions, disturbing thoughts and / or sensations.
- ▶ Fears of being alone or in crowds. Fears of closed or open spaces.

The meetings offer a safe place to voluntarily express feelings and fears without being judged. The group also offers an opportunity to meet others who have had similar difficulties but managed to regain control of their lives by using the Recovery Method.

Recovery meetings available in the Health Service Executive South Western Area are as follows:

Boot Road Health Centre, Clondalkin.

Meeting every Monday at 8pm (except Bank Holidays)

Greenfort Community House, 48 Greenfort Drive, North Clondalkin.

Meeting every Wednesday at 7.30pm

Social Services Centre, 1-2 Main Street, Tallaght.

Meeting every Monday at 8pm

- ▶ Contact Recovery, ▶ Phone: (01) 626 0775 or e-mail recovirI@indigo.ie
- ▶ Website: Recovery Ireland ▶ www.indigo.ie/~recovirI
- ▶ Recovery International ▶ www.recovery-inc.org

OTHER ORGANISATIONS AND GROUPS IN MENTAL HEALTH

A.B.C ANTI BULLYING RESEARCH & RESOURCE UNIT

Advice, guidance and counselling for all those who need help and support in relation to bullying.

- ▶ Contact: Room 3125, Arts Building, Trinity College, Dublin 2.
- ▶ Phone: (01) 608 2573.
- ▶ Email: imcguire@tcd.ie

AGE ACTION IRELAND

Aims to improve the quality of life of older people especially those who are most vulnerable and frail.

- ▶ Contact: 30/31 Lower Camden St, Dublin 2
- ▶ Phone: (01) 475 6989 or 478 5060
- ▶ Email: ageact@indigo.ie
- ▶ Web: [www.http://indigo.ie/~ageact](http://indigo.ie/~ageact)

ALCOHOLICS ANONYMOUS

A fellowship of men and women alcoholics.

- ▶ Contact: General Service Office, 109 South Circular Road, Leonards Corner, Dublin 8.
- ▶ Phone: (01) 453 8998
- ▶ Email: ala@indigo.ie
- ▶ Web: www.alcoholicsanonymous.ie

AL-ATEEN

A fellowship of young people whose lives have been affected by parents compulsive drinking.

- ▶ Contact: 5/6 Capel St, Dublin 1.
- ▶ Helpline: (01) 873 2699.

OTHER ORGANISATIONS AND GROUPS IN MENTAL HEALTH (Contd.)

AL ANON INFORMATION CENTRE

Fellowship of men and women whose lives have been or are being affected by another person's compulsive drinking.

Al Anon Family Groups

Al Anon Information Centre

- ▶ Contact: 5/6 Capel St, Dublin 1.
- ▶ Phone: (01) 893 2699.

ANEW

A support group open to women with alcohol difficulties.

Meetings are held weekly nationally.

- ▶ Contact: C/o St Patricks Hospital, Dublin 8.
- ▶ Helpline: 086 102 4743.

ALONE

Aims to promote awareness of old peoples problems, rescue those in need, visit and provide older people with the necessities of life.

- ▶ Contact: Willie Bermingham Place, Kilmainham, Dublin 8.
- ▶ Phone: (01) 679 1032.

AMEN (VIOLENCE AGAINST MEN)

Confidential helpline support and advice service for male victims of domestic abuse. Regular mutual meetings held at venues around Ireland.

- ▶ Contact: St Anne's Resource Center, Railway Street, Navan, Co Meath.
- ▶ Phone: (046) 902 3718
- ▶ Email: amen@irl.ie
- ▶ Web: www.amen.ie

BRAINWAVE THE IRISH EPILEPSY ASSOCIATION

To improve the health and quality of life of people with epilepsy. Services include support, information, counselling and advice to people with epilepsy, their families and to health professionals.

- ▶ Contact: 249 Crumlin Road, Dublin 12.
- ▶ Phone: (01) 455 7500.
- ▶ Email: info@epilepsy.ie
- ▶ Website: www.epilepsy.ie

BETHANY BEREAVEMENT SUPPORT GROUP

Is a voluntary parish-based ministry which aims to help adults who are bereaved and grieving. It supports those who have suffered a loss.

Monthly group meeting, times vary in different parishes. One to one service is provided and twice weekly house calls.

- ▶ For further information phone: (01) 286 9050 – John or (01) 494 3142 – Winnie
- ▶ Postal Address: c/o The Secretary, Rathfarnham Parish Centre, Willbrook Road, Dublin 14.
- ▶ Website: <http://homepage.eircom.net/~bethany> support

BEREAVEMENT COUNSELLING SERVICE

- ▶ St Annes Church, Dawson Street, Dublin 2
- ▶ Monday and Wednesday 6.00pm to 9.00pm.
- ▶ Phone: (01) 676 7727.

CARERS ASSOCIATION

National voluntary organisation of family carers in the home. Promotes awareness of issues affecting the lives of carers. Provides a range of home based respite and care services.

- ▶ Contact: National Office, Metropole Centre, James's St, Kilkenny
- ▶ National Careline Freefone: 1800 240 724.
- ▶ Phone: (056) 21424 or 22854.
- ▶ Email: director@carersireland.ie
- ▶ Web: www.carersireland.com

OTHER ORGANISATIONS AND GROUPS IN MENTAL HEALTH (Contd.)

CHILDLINE

A 24 hour (365 days a year) national freephone helpline for children.

- ▶ Contact: Freephone: 1800 666 666.

CONSOLE (BEREAVED BY SUICIDE FOUNDATION)

Console is a voluntary organisation assisting people who are bereaved by suicide. They provide counselling, support and helpline services.

- ▶ Contact: All Hallows College, Grace Park Road, Drumcondra, Dublin 9
- ▶ Tel (01) 857 4300 Fax (01) 857 4310
- ▶ Web: www.suicidebereaved.com
- ▶ Web: www.console.ie
- ▶ Email info@console.ie
- ▶ Helpline 1800 201 890

DUBLIN RAPE CRISIS CENTRE

Provides a service to women and men who have been raped, sexually assaulted and/or sexually abused. Individual counselling and group therapy is offered.

- ▶ 70 Lower Leeson Street, Dublin 2.
- ▶ Freephone: 1800 778 888
- ▶ Phone: (01) 661 4911
- ▶ Email: rcc@indigo.ie
- ▶ Web: www.drcc.ie

FEDERATION OF ACTIVE RETIREMENT ASSOCIATIONS

Self help organisation which helps to make retirement meaningful and enjoyable through participation in social, cultural and recreational activities.

- ▶ Contact: Shamrock Chambers, 59/61 Dame Street, Dublin 2.
- ▶ Phone: (01) 679 2142
- ▶ Email: faca@eircom.net

FRIENDS OF THE ELDERLY

Aims to combat loneliness of elderly people by providing friendship, social contact and opportunities for involvement in community activities and helping them become more integrated in their own communities.

- ▶ Contact: 25 Bolton Street, Dublin 1
- ▶ Helpline: (01) 873 1855.
- ▶ Email: Ireland@little-brothers.org
- ▶ Web: www.petits-freres.org/ireland

GAMBLERS ANONYMOUS

Operates a 24 hour telephone service, holds regular meetings around the country and is a self-help organisation.

- ▶ Contact: Carmichael House, North Brunswick Street, Dublin 7.
- ▶ Phone: (01) 872 1133

GINGERBREAD IRELAND

The National Organisation for lone parents and their children.

- ▶ Contact: 29/30 Dame Street, Dublin 2.
- ▶ Phone: (01) 671 0291.
- ▶ Email: gingerbreadireland@eircom.net
- ▶ Web: www.gingerbread.ie

GAY AND LESBIAN EQUALITY NETWORK

Seeks the introduction and implementation of comprehensive legislation to ensure the equal rights of lesbian and gay citizens.

- ▶ Contact: c/o Outhouse, 105 Capel Street, Dublin 1.
- ▶ Phone: (01) 873 4932.

GAY SWITCHBOARD DUBLIN

A non-directive, non-judgemental, befriending, support and general information service to the gay, lesbian and bi-sexual community and to anyone with issues concerning their sexuality, their families and friends.

- ▶ Contact: Carmichael House, North Brunswick Street, Dublin 7.
- ▶ Phone: (01) 872 1055.
- ▶ Email: gsd@iol.ie
- ▶ Website: www.gayswitchboard.ie

OTHER ORGANISATIONS AND GROUPS IN MENTAL HEALTH (Contd.)

HEADWAY IRELAND

Headway Ireland is the National Association for Acquired Brain Injury. Services are provided to carers, families, professionals, and people with an acquired brain injury.

- ▶ Contact: Head Office, 101 Parnell Street, Dublin 1.
- ▶ Phone: (01) 872 9222.
- ▶ Helpline: Lo Call 1890 200 278 E-mail services@headwayireland.ie
- ▶ website: www.headwayireland.ie

NATIONAL OFFICE FOR VICTIMS OF ABUSE (N.O.V.A)

Aims to assist and support persons who are abused while residing in institutional care in an impartial manner.

- ▶ Contact: 19 Upper Ormond Quay, Dublin 7.
- ▶ Freephone: 1800 252 524.
- ▶ Phone: (01) 872 8482.

NARCOTICS ANONYMOUS

A group for recovering addicts who have found a way to live without the use of drugs.

- ▶ Contact: 4-5 Eustace Street, Dublin 2.
- ▶ Phone: (01) 830 0944 ext. 486
- ▶ Email: na@ireland.org
- ▶ Web: www.na.ireland.org

MOVE IRELAND (MEN OVERCOMING VIOLENCE)

Move Ireland works in the area of domestic violence. It aims to safeguard partners and children by working with men who are or have been violent or abusive towards their partners.

- ▶ Contact: Carmichael House, North Brunswick Street, Dublin 7.
- ▶ Phone: (01) 872 4357
- ▶ Email: move4@gofree.indigo.ie

NATIONAL SUICIDE BEREAVEMENT SUPPORT NETWORK

This is a national voluntary bereavement support network who provide support for those who have experienced loss through suicide. For local service contact Contact: Community Centre, Main Street, Killeagh, Co. Cork.

- ▶ Phone: (021) 95561
- ▶ Email: nsbsn@eircom.net
- ▶ Web: www.homepage.eircom.net/~nsbsn

PAVEE POINT

The aim of Pavee Point is to contribute to improvement in the quality of life and living circumstances of Irish travellers.

- ▶ Contact: 46 North Great Charles Street, Dublin 1.
- ▶ Phone: (01) 878 0255.
- ▶ Email: pavee@iol.ie
- ▶ Web: www.paveepoint.ie

PARENTLINE

Parentline offers support on all aspects of parenting.

- ▶ Contact: Carmichael House, North Brunswick Street, Dublin 7
- ▶ Helpline: (01) 873 3500.
- ▶ Phone: (01) 878 7230.
- ▶ Email: parentline@eircom.net
- ▶ Web: www.parentline.ie

OTHER ORGANISATIONS AND GROUPS IN MENTAL HEALTH (Contd.)

RAINBOWS IRELAND

An organisation to help children and adults work through the grieving process which follows death or separation.

Services provided:

- ▶ A peer-support programme (over 12 sessions) under the following age categories:
 - ▶ Rainbows (primary school series 4 – 13 years)
 - ▶ Spectrum (young people 13 – 18 years)
 - ▶ Kaleidoscope (young adults 18 + years)
 - ▶ Prism (parents who have been bereaved through death of a spouse, separation or divorce)

Rainbow operates at a national level and is run through schools and parish/community centres, established to run Rainbows.

- ▶ Contact: Loreto Centre, Crumlin, Dublin 12.
- ▶ Phone: (01) 473 4175.

SÓLÁS (BARNARDOS CHILD BEREAVEMENT SERVICE):

This service provides information, counselling and therapy to bereaved children and their families. They provide information and training on issues relating to children's bereavement, to parents, carers and professionals who are in contact with bereaved children. A library and information service is provided.

This national service is for bereaved children and families.

Parents are encouraged to contact Sólás directly, but referrals are accepted from everybody.

- ▶ Contact: Christchurch Square, Dublin 8.
- ▶ Phone: (01) 453 0355.
- ▶ Helpline Number: (01) 473 2110.
- ▶ Email: solas@barnados.ie
- ▶ Web: www.barnados.ie

ST CATHERINE'S COUNSELLING SERVICE

Services provided include: Individual counselling, group and family counselling, psychotherapy, family mediation.

- ▶ Contact: Dominican Retreat and Pastoral Centre, Tallaght Village, Dublin 24.
- ▶ Phone: (01) 451 3076.

SOCIETY OF ST. VINCENT DE PAUL

Aims to provide support and friendship to people experiencing difficulties, to promote self-sufficiency and to promote social justice. The society will arrange to visit people in need who request assistance.

- ▶ Contact: 8 New Cabra Road, Dublin 7.
- ▶ Phone: (01) 838 4164 Monday to Friday 9.30 am - 5.30 pm.
- ▶ Email: info@svp.ie
- ▶ Web: www.svp.ie

RUTLAND CENTRE

Provides a primary treatment services on a residential basis to clients with a history of addiction to alcohol, prescription medication, "street drugs" food and compulsive gambling.

- ▶ Contact: Knocklyon House, Knocklyon Road, Templeogue, Dublin 16.
- ▶ Phone: (01) 494 6358.
- ▶ Email: rutland@iol.ie
- ▶ Web: www.rutlandcentre.org

PRIVATE COUNSELLING SERVICES

Following Organisations publish a National Register of Accredited Members:

IRISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY

Aims to educate professionals and others of the nature and benefits of counselling/therapy and to set and maintain standards for the profession of counselling/therapy; to operate a telephone referral helpline; to publish a National Register of Accredited members, copies are available at a small cost.

- ▶ 8 Cumberland Street, Dun Laoghaire, Co Dublin.
- ▶ Phone: (01) 230 0061 Fax: (01) 230 0064.
- ▶ Email: iact@irish-counselling.ie
- ▶ Website: www.irish-counselling.ie

IRISH COUNCIL FOR PSYCHOTHERAPY

Publishes a National Register of Accredited Members, (which is also available in libraries and major bookstores); to outline ethical guidelines for the profession, to describe the various approaches to psychotherapy currently available in Ireland.

- ▶ 17 Dame Court, Dublin 2. Phone: (01) 679 4055 Fax: (01) 679 7712.

INFORMATION SERVICES

AWARE

Literature, books on mail order, quarterly magazine and public lectures.

72 Lower Leeson Street, Dublin 2. Phone: (01) 661 7211.

Website: www.aware.ie

CONSOLE (BEREAVED BY SUICIDE FOUNDATION)

Provide information and helpline services.

- ▶ Contact: All Hallows College, Grace Park Road, Drumcondra, Dublin 9
- ▶ Tel (01) 857 4300 Fax (01) 857 4310
- ▶ Web: www.suicidebereaved.com
- ▶ Web: www.console.ie
- ▶ Email info@console.ie
- ▶ Helpline 1800 201 890

INFORMATION SERVICES (Contd.)

SCHIZOPHRENIA IRELAND – LUCIA FOUNDATION (SI):

SI provides a mental health information service.
38 Blessington Street, Dublin 7.

- ▶ Phone: (01) 860 1620.
- ▶ Website: www.sirl.ie
- ▶ Email: info@sirl.ie

MENTAL HEALTH IRELAND

Providing an Information Service on issues relating to, mental health and mental illness through information fact-sheets and the website and directly by telephone, post and email.

- ▶ Mensana House, 6 Adelaide Street, Dun Laoghaire, Co. Dublin.
- ▶ Phone: (01) 284 1166
- ▶ Website: www.mentalhealthireland.ie
- ▶ Email: info@mentalhealthireland.ie

EUREKA MENTAL HEALTH INFORMATION CENTRE:

A community based service for people seeking information in the area of mental health. A one-stop source of information relevant to people with mental health difficulties, their families & friends.

- ▶ 1 Main Street, Tallaght, Dublin 24.
- ▶ Phone: (01) 414 8388.
- ▶ Opening Hours: Monday - Friday: 10.30am - 12.30pm.

BALGADDY INFORMATION CENTRE

- ▶ Balgaddy, Clondalkin, Dublin 22.
- ▶ Phone: (01) 457 2922

INFORMATION SERVICES (Contd.)

COMHAIRLE

Comhairle is the national support agency responsible for the provision of information, advice and advocacy to members of the public on social services. As a statutory agency, Comhairle comes under the remit of the Department of Social, Community and family Affairs.

- ▶ 7th Floor, Hume House, Ballsbridge, Dublin 4
- ▶ Phone: (01) 605 9000 Fax: (01) 605 9099
- ▶ Website: www.comhairle.ie
- ▶ Email: comhairle@comhairle.ie

HOMELESS AGENCY

Homeless agency established as part of government strategy on homelessness. Responsible for managing and co-ordinating services to people who are homeless in the Dublin area.

- ▶ Parkgate Hall, 6-9 Conyngham Road, Dublin 8.
- ▶ Phone: (01) 703 6100.
- ▶ Fax: (01) 703 6170.
- ▶ Email: info@homelessagency.ie
- ▶ Website: www.homelessagency.ie

NATIONAL POISONS INFORMATION CENTRE

Aims to assist medical practitioners in the treatment of poisoning on a 24 hour basis.

- ▶ Beaumont Hospital, Dublin 9.
- ▶ Phone: (01) 809 2566 / 837 9964. Fax: (01) 836 8476.
- ▶ Email: npic.dublin@beaumont.ie

CITIZENS INFORMATION CENTRES

Citizens Information:

For Free confidential information on all your rights and entitlements:

- ▶ Phone: locall 1890 777 121 Mon-Fri 9am-9pm.
- ▶ Email: information@comhairle.ie
- ▶ Website: www.citizeninfo.ie

INFORMATION SERVICES (Contd.)

CITIZENS INFORMATION CENTRES LOCAL OFFICES:

BALLYFERMOT CIC, Ballyfermot Road, Dublin 10.

- ▶ Phone: (01) 620 7181 / 2 / 3.
- ▶ Email: ballyfermot.cic@comhairle.ie
- ▶ Hours: Monday - Friday, 9.30am - 1.00pm / 2.00pm - 4.30pm.

CLONDALKIN CIC, Unit 2, Oak Field Industrial Estate, 9th Lock Road, Clondalkin, Dublin 22.

- ▶ Phone: (01) 457 9045 / 457 0861.
- ▶ Email: clondalkin.cic@comhairle.ie
- ▶ Hours: Monday - Friday, 9.00am - 1.00pm / 2.00pm - 5.00pm.
- ▶ Free legal advice every Tuesday 7.00pm free financial service contact centre for appt.
- ▶ Disability information service phone: 01 457 9056, 9am - 5pm.
- ▶ Rowlagh Health Centre: Wed: 10.00am - 12 Noon.
- ▶ Outreach services: Newcastle, Quarryvale / Phone centre for details.

CRUMLIN CIC, 146 Sundrive Road, Crumlin, Dublin 12.

- ▶ Phone: (01) 454 6070 / 454 6080.
- ▶ Email: crumlin.cic@comhairle.ie
- ▶ Hours: Monday - Friday, 9.00am - 5.00pm.
- ▶ FLAC & FISC Services, Contact centre for details.
- ▶ Outreach: Dolphins Barn & Walkinstown Libraries.

LUCAN CIC, Town Hall, Lucan, Co Dublin.

- ▶ Phone: (01) 624 1975.
- ▶ Email: lucan.cic@comhairle.ie
- ▶ Hours: Tuesday - Friday, 10.30am - 12.30pm / MondayThursday, 1.30pm - 3.30pm.
- ▶ Wednesday 8.00 - 9.00pm.
- ▶ FISC First Thursday of month by appointment.
- ▶ Legal (Barrister) Second Thursday of month by appointment.

RATHMINES, 11 Wynn Field Road, Rathmines, Dublin 6.

- ▶ Phone: (01) 496 5558.
- ▶ Email: info@rathminesinformationcentre.com
- ▶ Hours: Monday, Tuesday, Wednesday, 9.30am - 5.00pm.

INFORMATION SERVICES (Contd.)

RIALTO CIC, Rialto Parish Centre, Old National School, South Circular Road, Dublin 8.

- ▶ Phone: (01) 453 9965.
- ▶ Email: rialto.cic@comhairle.ie
- ▶ Hours: Monday-Friday, 10.30 am - 12.00 noon.

FLAC/Refugee Information service, Phone centre for details.

SICCCA/LIBERTIES CIC, 19 Meath Street, Dublin 8.

TALLAGHT CIC, 512 Main Street, Tallaght, Dublin 24.

- ▶ Phone: (01) 451 5887.
- ▶ Email: tcic@eircom.net.ie
- ▶ Hours: Monday - Thursday 9.30am - 1.30pm & 2.15pm - 5.00pm.
- ▶ Friday, 9.30am - 1.30pm & 2.15pm - 4.30pm.
- ▶ FLAC: First and Third Tuesday, 7.30pm - 9.00pm.
- ▶ Refugee Information Service every Wednesday 2.00p - 5.00pm.

(Outreach of Tallaght CIC / phone Tallaght CIC for details)

THE SQUARE, Tallaght, Dublin 24. Community Information Desk, Level 1

- ▶ Hours: Monday - Thursday, 9.30am - 1.30pm & 2.15pm - 5.00pm
- ▶ Friday: 9.30am - 1.30pm & 2.15pm - 4.30pm

REFUGEE INFORMATION SERVICE

Available at various city locations city wide.

- ▶ Phone: (01) 838 2740 for details.
- ▶ Email: info@ris.ie
- ▶ Web. www.ris.ie

*FISC = Financial Information Service Centre. *FLAC = Free Legal Advice Centre.

MABS: MONEY ADVICE & BUDGET SERVICE

Service provides advice to people with financial or budgeting problems.

LIFFEY SOUTH WEST MABS, 90 Meath Street, Dublin 8. ▶ Phone: (01) 473 1878.

RIALTO, Dublin 8. ▶ Phone: (01) 473 1856.

BALLYFERMOT & CHERRY ORCHARD COMAC. ▶ Phone: (01) 623 3900.

CLONDALKIN, Dublin 22. ▶ Phone: (01) 457 5782.

CRUMLIN VILLAGE, Dublin 12. ▶ Phone: (01) 456 0731.

EXCHANGE HOUSE, 4/5 Eustace Street, Dublin 2. ▶ Phone: (01) 679 8358.

MEATH STREET. ▶ Phone: (01) 473 1878.

TALLAGHT, Main Street, Dublin 24. ▶ Phone: (01) 451 9630.

REHABILITATIVE TRAINING & EMPLOYMENT SERVICES PROVIDED BY THE HEALTH SERVICE EXECUTIVE SOUTH WESTERN AREA

E.V.E LTD (EASTERN VOCATIONAL ENTERPRISES LIMITED)

E.V.E. Limited is a subsidiary company of the Health Service Executive South Western Area and provides a network of training and employment services for people who experience mental health difficulties.

OCCUPATIONAL SERVICES

THOMAS COURT, 26 Hambury Lane, Dublin 8.

- ▶ Phone: (01) 453 1722 Fax: (01) 453 6129.
- ▶ Email: thomascourtcentre@eircom.net

BODEN PRODUCTS, Ballyboden, Dublin 16.

- ▶ Phone / Fax: (01) 493 2955.

HEALTH SERVICES PRINT & DESIGN, Ballyfermot, Dublin 10.

- ▶ Phone: (01) 626 3447 Fax: (01) 626 3159.
- ▶ Email: print.design@erha.ie

THE BUREAU, Dr Steeven`s Hospital, Dublin 8.

- ▶ Phone: (01) 635 2088 Fax: (01) 635 2083.
- ▶ Email: bureau@ehss.ie

WESTPOINT ENTERPRISES, Cherry Orchard, Ballyfermot, Dublin 10.

- ▶ Phone: (01) 626 6596 Fax: (01) 623 3910.
- ▶ Email: westpoint@eircom.net

CHAPELIZOD INDUSTRIES, Chapelizod Industrial Estate, Dublin 20.

- ▶ Phone: (01) 626 6044 Fax: (01) 626 6096.
- ▶ Email: chaelizodind@eircom.net

CHERRYFIELD RESOURCE CENTRE, Walkinstown, Dublin 12.

- ▶ Phone: (01) 450 4034 Fax: (01) 409 7880.
- ▶ Email: ecfr@eircom.net

EMPLOYMENT SERVICES

138 – 140 Thomas Street, Dublin 8.

- ▶ Phone: (01) 474 2213 Fax: (01) 474 2215 Email: jobs@eve.ie

TRAINING:

THOMAS COURT CENTRE, 26 Hanbury Lane, Dublin 8.

- ▶ Phone: (01) 453 1722 Fax: (01) 453 6129.
- ▶ Email: thomascourtcentre@eircom.net

NEW HORIZON TRAINING CENTRE,

44 Broomhill Close, Airton Road, Tallaght, Dublin 24.

- ▶ Phone: (01) 459 7330 Fax: (01) 459 7694.
- ▶ Email: horizontraining@eircom.net

GHIS Programming, Emmet House, 138 -140 Thomas Street, Dublin 8.

- ▶ Phone: (01) 671 9664 Fax: (01) 679 1754 Email: abarnes@eve.ie

CLUBHOUSE, Phoenix Clubhouse, 1st Floor, Ulster Bank Building, Main St, Monastery Road, Clondalkin, Dublin 22.

- ▶ Phone: (01) 457 7849 Fax: (01) 457 7851.
- ▶ Email: phoenixclubhouse@eircom.net

CONTACT: E.V.E LTD, Emmet House, 138 – 140 Thomas Street, Dublin 8,

- ▶ Phone: (01) 671 9664, Fax: (01) 679 1754, Email: admin@eve.ie
- ▶ Web: www.eve.ie

REHABILITATIVE TRAINING AND GUIDANCE SERVICE – HEALTH SERVICE EXECUTIVE:

The Training Occupational Support Service was set up in response to the abolition of the NRB. It provides funds for Rehabilitative Training throughout the Health Service Executive South Western Area.

On referral a Guidance Officer will profile clients and inform them of the services available. These can be Fàs Funded, VEC courses, Sheltered Occupational Services or Rehabilitative Training Programmes which are funded by the Training Occupational Support Services.

In the South West Dublin area, the Training Occupational Support Services funds the following:

New Horizons on Broomhill Close, Tallaght, operated by E.V.E Ltd (Eastern Vocational Enterprises Limited), which caters for people experiencing mental health difficulties.

NTDI Broomhill Road which offers two programmes one for people with Aspergers Syndrome and the other for people who have experienced a life changing situation.

The Training Occupational Support Services fund 25 rehabilitative training programmes in 20 centres throughout the Health Service Executive - South Western Area eight of these programmes cater for people with mental health difficulties.

- ▶ Contact: Rehabilitative Training and Guidance Service, The Training Occupational Support Service, 2nd floor, Sheaf House, Exchange Hall, Tallaght, Dublin 24.
- ▶ Phone: (01) 463 5270 / 463 5272.

OTHER REHABILITATIVE TRAINING & EMPLOYMENT SERVICES ORGANISATIONS

THRESHOLD TRAINING NETWORK

A community based training programme for individuals who have experienced mental health difficulties.

Part-time programme over a 28 week period – 3.5 days per week.

Full-time programme over a 25 week period – 5 days per week.

Areas covered include: career guidance and development, the world of work, CV and interview preparation, work experience, personal development, stress management, personal well being, communication skills and computer training.

- ▶ Contact: Unit 2c, Tallaght Enterprise Centre, Main St, Tallaght, Dublin 24.
- ▶ Phone: (01) 459 9159

PINEL PROJECT

The PINEL Project provides pre-vocational training specifically for people who have mental health issues. The programme is managed through the Kimmage Walkinstown Crumlin Drimnagh Partnership (KWCD). The training programme facilitates individual progression within a supportive and friendly environment.

The PINEL Training Programme is on a part-time basis, three hourly sessions, four mornings each week, over twenty weeks.

The Programme includes: personal and career development, personal wellness, stress management, preparation for work, communications, customer care, cultural understanding, exchange visit and information technology. Participants can avail of certification through the training.

Training centre: Sunshine Community Training and IT Centre, Crumlin Road, Dublin 12.

- ▶ Contact: The PINEL Project Co-ordinator at the Kimmage, Walkinstown, Crumlin.
- ▶ Drimnagh Partnership. Phone: (01) 405 9300

TRAVELLERS TRAINING CENTRES

ST BASIL'S TRAINING CENTRE, Greenhills Road, Tallaght, Dublin 24.

▶ Phone: (01) 451 5292

ST OLIVER'S CLONDALKIN, Cloverhill, Clondalkin, Dublin 22.

▶ Phone: (01) 457 4430

FÁS (FORAS ÁISEANNA SAOTHAIR)

Training and Employment Authority

FÁS is Ireland's national training and employment authority

Aim to: Improve employability, job skills and mobility. Meet labour market needs.

Promote competitiveness and social inclusion.

▶ Contact: P.O. Box 456, 27 – 33 Upper Baggot Street, Dublin 4

▶ Phone: (01) 607 0500

▶ Fax: (01) 607 0600

▶ e-mail: info@fas.ie

FÁS TRAINING WORKSHOPS:

BALLYFERMOT TRAINING CENTRE,
Ballyfermot Hill, Ballyfermot, Dublin 10.

▶ Phone: (01) 605 5900.

TALLAGHT TRAINING CENTRE,
3rd Avenue, Cookstown Industrial Estate, Tallaght, Dublin 24.

▶ Phone: (01) 404 5200.

NATIONAL TRAINING & DEVELOPMENT INSTITUTE:

The National Training & Development Institute`s purpose is to provide high quality, flexible vocational training and employment access programmes to leading recognised qualifications, jobs, and progression to third level education. "Fresh Start" – this course is designed to provide participants with the opportunity for vocational exploration and personal development.
www.rehab.ie

Provides Personal Development and Vocational Exploration Programmes.

CENTRES:

NTDI BALLYFERMOT,
Kylemore Road, Ballyfermot, Dublin 10.

- ▶ Phone: (01) 626 9979.
- ▶ Email: Ballyfermot@ntdi.ie

NTDI TALLAGHT,
77 Broomhill Road, Tallaght, Dublin 24.

- ▶ Phone: (01) 452 5777

NATIONAL ADULT LITERACY AGENCY

Priorities include the development of literacy work on a regional basis.

- ▶ Contact: 76 Lower Gardiner Street, Dublin 1.
- ▶ Phone: (01) 855 4332
- ▶ Email: literacy@nala.ie
- ▶ Web: www.nala.ie

MANAGING YOUR MENTAL HEALTH

WHAT IS MENTAL HEALTH?

When we hear the term mental health, many of us think of mental illness. Mental health is far more than the absence of mental illness and has to do with many aspects of our lives including:

- ▶ How we feel about ourselves
- ▶ How we feel about others
- ▶ How we are able to meet the demands of life.

HOW DO I MANAGE MY MENTAL HEALTH?

The most important thing is to develop a healthy lifestyle. The following suggestions may prove helpful.

To enjoy good mental health, it is essential to maintain a realistic but positive view of one self. The way we view ourselves has a direct bearing on what we believe which can affect relationships and our expectations of the world.

SELF ESTEEM

When we hold ourselves in high self esteem, we can live comfortably with both our strengths and weaknesses because we accept and respect ourselves.

We have the ability to:

- ▶ Feel secure
- ▶ Trust ourselves and others
- ▶ Enjoy life
- ▶ Accept credit for what we do
- ▶ Feel confident
- ▶ Be decisive
- ▶ Be assertive
- ▶ Communicate effectively
- ▶ Respect self and others

TIPS FOR POSITIVE SELF ESTEEM:

- ▶ Take time out for yourself, exercise and eat healthily on a daily basis
- ▶ Set regular achievable goals by deciding what you want
- ▶ Replace negative self talk and self doubt with encouraging and positive messages like – I can, I will, I am able, I will succeed
- ▶ Develop positive attitudes

DIET

Our brain needs a constant flow of energy in the form of glucose to nourish the millions of cells. However, glucose alone cannot sustain us and we need a supply of other ingredients such as vitamins, minerals, essential fats and protein. Some foods can be high in fuel or energy but low in these essential ingredients.

What we eat has a major affect on our general health both physically and mentally. Achieving balance in our diet is important. Where possible eat a variety of freshly prepared nutritious foods. Some people find that their mood effects their appetite, comfort eating when feeling low or bored, or having no appetite when feeling anxious or depressed.

TIPS FOR A HEALTHY DIET:

- ▶ Eat a variety of foods – meat, fish, vegetables, fruit
- ▶ Eat plenty of carbohydrates for energy – bread, potatoes, rice, pasta
- ▶ Restrict fatty and sugary foods – chips, biscuits, chocolate, fizzy drinks
- ▶ A regular intake of vitamin B & C can help combat stress. Vitamin B can be found in green leafy vegetables, wholemeal bread and butter. Vitamin C can be found in fresh fruit, orange juice, blackberries.
- ▶ A high fibre diet helps to cleanse the system – whole wheat, bran, vegetables.
- ▶ Drink plenty of fresh water. Too much tea and coffee over-stimulates the system.
- ▶ Try to avoid rushed meals. Sit down, relax and enjoy your meal.
- ▶ Remember eating should be a pleasant experience.

SLEEP

We spend approximately one third of our lives asleep. Along with food, water and shelter, sleep is essential for normal functioning. The amount of nightly sleep that we require varies from person to person. Although there is no 'normal' length of good night's sleep for a given age group, sleeping requirements generally decrease with age. Adults sleep on average between 7 to 8 hours each night. The quality of sleep is also important for a person to wake feeling refreshed and rested. The function of sleep is to let the body repair itself both physically and mentally.

TIPS TO HELP YOU SLEEP:

- ▶ Take some gentle outdoor exercise early in the day
- ▶ Avoid tea, coffee, nicotine and alcohol for at least 4 – 6 hours before bed
- ▶ Have a warm milky drink
- ▶ Take a warm bath before bed
- ▶ Make sure that the bedroom is quiet and comfortable

SLEEP (Contd.)

- ▶ Have a light snack before bedtime
- ▶ Listen to some gentle music
- ▶ Try getting up and going to bed at the same time every day so that your body has a routine
- ▶ Some light reading can help
- ▶ Make sure that you are warm

COMMUNICATION

Keeping lines of communication open is important - sharing ideas, expressing opinions or just an encouraging smile. Some people feel a little bit shy in certain situations which is quite common. Being able to express your feelings, disappointments and joys is essential to good mental health.

TIPS FOR GOOD COMMUNICATION:

- ▶ Adopt a relaxed posture
- ▶ Make eye contact and speak slowly
- ▶ Try not to become too self conscious
- ▶ Listen carefully to what is being said or asked
- ▶ If you are not clear, ask the person to repeat the question
- ▶ Don't feel the need to fill silences in conversation
- ▶ When making inquiries try some 'open questions' (open questions cannot be answered with a simple yes or no)
- ▶ If something 'comes out the wrong way', say so and correct it
- ▶ Humour is a great communications tool
- ▶ Some people may find it easier to use the phone
- ▶ Remember, silence is o.k. - don't be afraid of it
- ▶ Become involved with a sport or project in your area - having a shared interest is the best way to open conversation.

If you are concerned about your health, relationships or have financial worries, talk to someone you can trust and feel comfortable with - a close friend, a family member or your doctor.

RELATIONSHIPS

How we feel about ourselves has a direct bearing on how we relate to others. Having healthy, satisfying relationships is important. Some basic ingredients are trust, honesty and respect. These features are mutual and two-way. Friends and family members can be a great source of comfort and support in times of distress. Remember the best way to make friends is to be one.

ALCOHOL AND TOBACCO/NICOTINE

ALCOHOL

Alcohol is widely used in many cultures as a means to relax and enjoy a social occasion, and has become an integral part of modern living but alcohol is not necessary in order to develop social relationships.

The early warning signs of alcohol dependence are important to note. When a person loses control over their drinking, they can often become defensive or secretive about the extent of their problem. The sensitive but honest support of friends and family is essential if alcohol abuse is to be successfully addressed. Alcohol should never be taken with medication. Never drink and drive. Consult your doctor or pharmacist for advice on the safe use of alcohol.

SMOKING

Smoking is harmful to your health. The dangers associated with cigarette smoking are well known, Smoking is known to lead to an increased risk of cancer, heart and lung disease. Other unpleasant effects include discolouring of fingers and teeth; an increase in your pulse and blood pressure; a stale odour on your breath, hair and clothes.

Cigarette smoking can effect the health of other family members especially children (passive smoking).

Addiction to nicotine can make giving up difficult – but it is never too late to try. There is help available from the Department of Health & Children (Smoking Cessation Programme) if you would like to quit.

EXERCISE / RELAXATION

EXERCISE

Exercise helps to reduce stress and work off muscle tension. Physical activity is known to stimulate the release of endorphins (a brain chemical) which gives a natural feeling of health and well being. Start gently and build up to a pattern of 20 minutes per day of exercise. A brisk walk can be a good starting point. Taking part in sport also improves your social circle and can be a great way to meet new friends with a common interest.

RELAXATION

As life becomes busy and hectic, finding time to relax is difficult. Take at least 20 minutes a day for relaxation. Always plan your time to relax, otherwise it may not happen. Relaxation can be a few moments of quietness or simply enjoying a hobby or interest.

There are many relaxation techniques for you to discover, see which one suits you best.

SUICIDE – FACT & FICTION

FICTION	FACT
People who talk about it don't die by suicide	Most people who kill themselves have given definite warnings of their intention
Suicidal people are absolutely intent upon dying.	Most suicidal people are ambivalent about living or dying; they gamble with death but may retain the desire to live.
Suicide happens without warning.	Suicidal people often give indicators of thoughts (sometimes before the thoughts become intentions) by words or actions.
Once a person becomes suicidal he/she is suicidal forever.	Suicidal thoughts may return, but they are not permanent and, in some people they may never return.
After a crisis, improvement means that the suicide risk is over.	Many suicides occur in a "period of improvement" when the person has energy and the will to turn despairing thoughts into self-destructive action.
Suicide occurs mainly among the rich/the poor.	Suicide occurs in all groups in society.
Suicidal behaviour is a sign of mental illness.	Suicidal behaviour indicates deep unhappiness but not necessarily mental illness.
You are either the suicidal type or you're not.	It could happen to anybody.

SIGNS OF SUICIDAL INTENT

SUICIDE RISK IS GREATER WHERE THERE IS:

- ▶ Recent loss or the break-up of a close relationship
- ▶ Current or anticipated unhappy change in health or circumstances, e.g. retirement or financial problems.
- ▶ Painful and/or disabling physical illness
- ▶ Heavy use of, or dependency on, alcohol/other drugs
- ▶ History of earlier suicidal behaviour
- ▶ History of suicide in the family
- ▶ Depression

PEOPLE OFTEN SHOW THEIR SUICIDAL FEELINGS BY:

- ▶ Being withdrawn and unable to relate
- ▶ Having definite ideas of how to commit suicide and maybe speaking of tidying up affairs, or giving other indications of planning suicide
- ▶ Talking about feeling isolated and lonely
- ▶ Expressing feelings of failure, uselessness, hopelessness or loss of self-esteem
- ▶ Constantly dwelling on problems for which there seem to be no solutions
- ▶ Expressing the lack of supporting philosophy of life, such as a religious belief

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Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Crumlin & District
Mental Health Association



Clondalkin Adult
Mental Health Service