

## **Support Groups, Agencies and Organisations**

*Please note that the information contained on this page has been copied from the relevant websites. The information is reviewed and updated every year but it is possible that some of the information may be a few months out of date. (CTRL and Click to follow links on headings)*

### **1. CALM, the campaign against living miserably,**

Set up in response to the high suicide rate among young men, currently the biggest killer of men under the age of 35.

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

Bi-monthly free magazine available from selected TOPMAN stores, contact [reset@thecalmzone.net](mailto:reset@thecalmzone.net)

Address: CALM, Unit 304, 30 Gt Guildford St, London SE1 0HS.  
[Info@thecalmzone.net](mailto:Info@thecalmzone.net)

Helpline: 0800 58 58 58 Sat to Tues: 5pm – Midnight every week of the year. Calls are free (from landlines and certain mobile phone providers) and confidential (see policies). A minicom service is available on 0800 027 2982. There is also a language line facility operational on the line.

### **2. Childline**

Childline is a part of the ISPCC (The Irish Society for the Prevention of Cruelty to Children). There are several ways to get in touch with us. There is a telephone service and there is an online service and there is a mobile phone texting service.

Childline Phone Number 1800 66 66 66

Childline Online <http://www.childline.ie/>

Childline and Childline Online are open every day. The telephones are open 24 hours a day to every young person living in Ireland. You can write in on our website and leave us a message any time of the day or night and we will respond within 4 days.

If you prefer to text, we also have a mobile phone texting service is open if you text the word "Talk" to 50101, you can talk about anything you like. It's free to text us, but we're only open live at specific hours.

### **3. The Samaritans**

Samaritans provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. Whatever you're going through, whether it's big or small, don't bottle it up. We are here

for you if you're worried about something, feel upset or confused, or just want to talk to someone.

We offer our service by telephone, email, letter and face to face in most of our branches.

1850 609090 24hour number.

Address: 20 Barrington Street, Limerick, Republic of Ireland

Phone: (061) 412111

Facilities for visitors with disabilities: Wheelchair accessible

Usual hours open to receive callers: 9am - 10pm

#### **4. Barnardos**

With more than 40 community based centres, national services, and links with partner organisations, we deliver programmes to help as many children and their families as we can. Our work is child-focused. We respond to the individual needs of each child and family, and aim to provide practical and professional supports to bring hope into situations where hope is sometimes lost. Bullying, Abuse, Bereavement, Separation

Address: 10 Sarsfield Street, Limerick

Phone: +353 (61) 319290

Callsave: 1850222300 1850216216

Email: [infor@barnardos.ie](mailto:infor@barnardos.ie)

#### **5. AWARE**

Thousands of people suffering from depression have received help through the Aware loCall helpline, the depression support groups we run all over Ireland and our confidential email support service. We are also putting additional online support services in place, including a depression discussion board and online support groups. You can also call the helpline if you are worried about someone who may be depressed or for information about depression or Aware services.

Address: 72 Lower Leeson Street, Dublin 2.

tel. 01 661 7211

email. [info@aware.ie](mailto:info@aware.ie)

Aware loCall helpline: 1890 303 302

#### **6. Console**

*Console is a National Service which offers support to people who are suicidal or those who have been bereaved by suicide. Console has Centres in Dublin, Galway, Limerick, Cork, Wexford and Kildare.*

*National Helpline 18000201890*

*Address: Console House, 114 The Grange, Raheen, Limerick*

*Phone: 061-306792*

*Email: [infor@console.ie](mailto:infor@console.ie)*

## **7. Bodywhys** – *The Eating Disorder Association of Ireland*

*It offers support to the 200,000 people in Ireland who suffer from eating disorder as well as specific services for family and friends.*

Helpline - LoCall 1890 200 444

Email: [www.bodywhys.ie](http://www.bodywhys.ie)

The helpline is open for two hours each day and is delivered by a team of trained volunteers. It offers a non-judgemental and confidential support and information service. Callers can access names of local health professionals, details of all Bodywhys support services and other voluntary organisations where appropriate. We also have details of resources on eating disorders and self-help. Aside from information, a helpline call is primarily a space for the caller to explore their feelings. It is through their own exploration that individuals can find solutions to their own challenges.

Helpline Opening Hours

Monday 7.30pm-9.30pm, Tuesdays 12.30pm – 2.30pm, Wednesdays 7.30pm-9.30pm

Thursdays 10am – 12pm, Fridays 12.30pm-2.30pm, Saturday 11am-1pm, Sunday 7-9pm.

### **YouthConnect - Online Support for 13-18yrs**

YouthConnect is an online support group where people can come together in a safe space to support each other and talk about what is going on for them. The support group always has two facilitators to keep the group space supportive and safe for everyone. How much you want to talk is up to you! You can just listen, or you can share your thoughts or feelings as you feel comfortable. The group does not discuss weight, diet, food or behaviours, so that everyone can feel safe to talk about how they are feeling. Youthconnect runs on Sunday Evenings from 7:30pm - 9:00pm

## **8. GROW** & Let Someone Know

Grow a Mental Health Organisation which helps people who have suffered, or are suffering, from mental health problems. Members are helped to recover from all forms of mental breakdown, or indeed, to prevent such happening. GROW, founded in Australia in 1957 by former mental sufferers, has a national network of over 130 Groups in Ireland. Its principal strength is the support members give each other from their own experience in matters to do with mental health. GROW is grant aided by all of the Health Boards and by the Department of Health and Children. GROW is currently developing GROW groups for Young Adults (18-30 age group). If there is no Young Adult group in your region go to the main page to see a full listing of all GROW groups nationwide.

**LIMERICK** – GROW Office, 65 O'Connell Street, LIMERICK CITY

Monday 8.00pm (18 to 30 age group)

Contact Christine or Gary: 061-318813

email: [infor@grow.ie](mailto:infor@grow.ie)  
GROW Infoline on 1890 474 474  
[www.letsomeoneknow.ie](http://www.letsomeoneknow.ie)

**9. Drugs** (information taken from the HSE drugs and alcohol information website)

### **Service Directory Categories**

There are many ways to get help if drugs and alcohol are causing problems in your life. Our services directory has been compiled with you in mind – you can search by location or by service type. This is an online directory because that way we can keep it more up-to-date as service change, new ones open and others close down. If you notice anything that needs updating, please email us at [info@dap.ie](mailto:info@dap.ie)

### **Information & Support**

Details of services providing general information on drugs and alcohol and details on more specific services in your area – essentially there to help you get started and point you in the right direction. Support services include help-lines, harm reduction services, help with drug and alcohol related problems, and support groups for drug and alcohol users and their families and friends.

### **Training & Education**

Details of agencies involved with drug and alcohol education and awareness, and training programmes for schools, general public and professionals – a valuable resource for anyone wanting to expand their knowledge base.

### **Counselling**

Counselling is a type of therapy where you explore difficulties you are having in a private and confidential setting with a counsellor. Here we list services providing one-to-one, group as well as family counselling for drug and alcohol related problems.

### **Treatment & Rehabilitation**

Treatment and rehabilitation services aim to improve the wellbeing of people seeking help with drug and alcohol misuse. These services include detoxification, methadone reduction and substitution programmes, which can be provided in both residential and non-residential settings. They can also provide assistance to problem drug and alcohol users with wider concerns such as aftercare, social and housing needs, employment and education.

### **County Limerick Drug and Alcohol Service**

**Services:** Adolescent Counselling for ages 14 - 25, focus on problematic drug &/or alcohol use | Counselling for ages 26+, primary drug use must be illicit | Information and advice | Outreach work | Clients can self-refer or be referred by another service.

**Address:** Carnegie Centre, Bishop Street, Newcastle West, Co. Limerick, Limerick

**Phone:** 069 61430

### **Kilmallock Day Hospital**

**Services:** Inpatient | Outpatient | Aftercare | Counselling | Advisory Services | Treats alcohol, drugs, gambling and prescription drug addictions in adults

**Address:** Railway Road, Kilmallock, Co. Limerick, Limerick

**Phone:** 063 98668

### **Sláinte Drugs and Alcohol Service**

**Services:** Adolescent Counselling for ages 14 - 25, focus on problematic drug &/or alcohol use | Counselling for ages 26+, primary drug use must be illicit | Information and advice | Outreach work | Clients can self-refer or be referred by another service.

**Address:** Sláinte Health Advice Centre, 57 O'Connell Street, Limerick

**Phone:** 061 318633 Locall: 1850 700 850

### **St. Anne's Day Hospital**

**Services:** Outpatient | Aftercare | Counselling | Treats alcohol, drugs, gambling and prescription drug addictions in adults

**Address:** Roxboro Road, Limerick

**Phone:** 061 315177

### **Tevere Day Hospital**

**Services:** Outpatient | Aftercare | Counselling | Treats alcohol, drugs, gambling and prescription drug addictions in adults

**Address:** Shelbourne Road, Limerick

**Phone:** 061 452971

### **ALJEFF Treatment Centre**

**Services:** Drug / Alcohol awareness and prevention | Addiction counselling | Prison programme | Homeless outreach | Family support

**Address:** The Gables, Fairgreen, Ballysimon Road, Limerick

**Phone:** 061 319053

**Fax:** 061 446404

### **Churchtown Day Hospital**

**Services:** npatient | Outpatient | Aftercare | Counselling | Advisory Services | Treats alcohol, drugs, gambling and prescription drug addictions in adults

**Address:** Churchtown, Newcastle, Co. Limerick, Limerick

**Phone:** 069 61799

## **10. Drinking**

Drinking alcohol is an everyday part of adult life in Ireland. It is used to celebrate, commiserate and socialise. Used sensibly alcohol is a pleasurable, socially acceptable drug. However, if it is not used sensibly alcohol can cause significant harm to your health, your relationships and your community.

Find out what you need to know to enjoy alcohol while protecting your health, relationships and community. There are a number of information, support and counselling services providing support around alcohol and

alcohol related problems. Contact details for many of these services can be found on the services section of the drugs.ie website.

The HSE Infoline 1850 24 1850 will be able to provide you with the most appropriate contact number in your local area.

You can also go to your GP who will be able to refer you to get the support that you need.

You can also contact [Alcoholics Anonymous](#) for details about AA Meetings.

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

### **11. [Cura](#) – pregnancy and post pregnancy support**

Cura aims to provide support to anyone affected by an unexpected pregnancy. They also provide post abortion counselling. Cura provides support through a helpline and through face-to-face counselling.

Contact - Cura - Limerick

Social Service Centre, Henry Street, Limerick

Phone- CURA Limerick 061 318207 or contact Anne Mc Carthy 061 314111;

### **12. [Red Ribbon Project](#) – Sexual Health**

The Red Ribbon Project provides information covering a range of sexual health topics such as Sexually Transmitted Infections, HIV and Sexual Health. The Red Ribbon Project is a charity working in the area of Sexual Health Promotion, HIV and STI Prevention and Support Services in counties Clare, Limerick and Tipperary North.

The Red Ribbon Project website contains information on a range of topics such as Sexual Health, Sexually Transmitted Infections including HIV. This information is for everyone, however it is explicit in nature at times.

Contact – **Red Ribbon Project – Ann Mason, Manager**

**Confidential helpline 061-316661** - This line operates on Monday from 2.15pm - 5.00pm and on Tuesday to Friday from 9.30 - 5.00pm. It is a confidential helpline operated by trained staff and volunteers who will answer any questions on issues including Sexually Transmitted Infections (STI's), HIV and Sexual Health, or will refer you to the relevant agency in total confidence.

Redwood House  
9 Cecil Street  
Limerick, Ireland  
Phone: 061 314354

**Opening Hours:**

Monday: 2.15pm - 5.00pm

Tuesday to Friday: 9.30am - 5.00pm

12. **CanTeen Ireland - Cancer Support for young people**

Welcome to CanTeen Ireland, Ireland's young people's cancer support group. In Today's World the word cancer is a commonplace illness that affects thousands of people. In many countries groups have been set up to help people with cancer, and some particularly to help young people who have to deal with such an illness early in their lives.

CanTeen Ireland is a nation-wide support group for young people who have or have had cancer, and for their brothers, sisters and friends. CanTeen Ireland was set up in 1990 by a group of dedicated health professionals. We are associated with the Irish Cancer Society, and can be contacted through our address which can be found later on, by the Irish Cancer Society, or through the social worker in the hospitals.

One of the biggest things we do is Weekends Away. Throughout the year we have 4/5 weekends away. We go to various activity centres all over Ireland, and we go to the Barretstown Gang Camp once a year. We have also been to Alton Towers, the Share Centre in Fermanagh, Shielbaggan Outdoor Adventure Centre, to name but a few. We have also been to Scotland, and even as far way as Australia, and New Zealand. As a group we meet up 6 to 8 times a year. At these meetings we have a chance to talk, share stories and have a bit of fun.

Canteen Ireland, Carmichael Centre  
North Brunswick St  
Dublin 7.

Other Helpful Websites:

[www.spunout.ie](http://www.spunout.ie)

[www.headsup.ie](http://www.headsup.ie)

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

[www.letsomeoneknow.ie](http://www.letsomeoneknow.ie)

[www.teenbetween.ie](http://www.teenbetween.ie)

[www.drugs.ie](http://www.drugs.ie)

[www.yourdrinking.ie](http://www.yourdrinking.ie)