

## **COUNSELLING / SUPPORT**

- AWARE Phone; 1890 303 302  
email: [wecanhelp@aware.ie](mailto:wecanhelp@aware.ie)  
[www.aware.ie](http://www.aware.ie)
- Church of Ireland Marriage Council  
Phone 01 678 5256  
[www.towardsmarriage.com](http://www.towardsmarriage.com)
- Console (living with suicide)  
Phone 1800 201 890 [www.console.ie](http://www.console.ie)
- Department of Foreign Affairs (travel advice, consular assistance 014082527) (24 hr emergency helpline when abroad +353 1 408 2000) [www.dfa.ie](http://www.dfa.ie)
- Garda Confidential Line  
Phone 1800 666 111 [www.garda.ie](http://www.garda.ie)
- Gay Switchboard Phone 01 872 1055
- GROW Mental Health Movement  
Phone 1850 474 474 [www.grow.ie](http://www.grow.ie)
- Here2Help Crisis Pregnancy Services  
Phone 1850 673 333 [www.here2help.ie](http://www.here2help.ie)
- Pieta House (Suicide & Self Harm)  
Phone 01 6010000 [www.pieta.ie](http://www.pieta.ie)
- Relationships Ireland  
Phone 1890 380 380  
[www.relationshipsireland.com](http://www.relationshipsireland.com)
- The Samaritans Phone 1850 609 090  
[www.dublinsamaritans.ie](http://www.dublinsamaritans.ie)
- Society of St. Vincent de Paul.  
Phone: 01 838 6990 (national line)  
01 8550022 (Dublin region)  
[www.svdp.ie](http://www.svdp.ie)

## **HOMELESS / FINANCIAL**

- Department of Social Protection.  
[www.welfare.ie](http://www.welfare.ie)
- Focus Ireland Phone 01 8815900  
[www.focusireland.ie](http://www.focusireland.ie)
- Money Advice & Budgeting service  
Phone 0761 07 2000 [www.mabs.ie](http://www.mabs.ie)
- Protestant Aid Phone 01 668 4298  
[www.protestantaid.org](http://www.protestantaid.org)
- Salvation Army Phone 01 874 0987  
[www.salvationarmy.ie](http://www.salvationarmy.ie)
- The Capuchin Day Centre for Homeless People. Phone 01 872 0770  
[www.homeless.ie](http://www.homeless.ie)
- TRUST. Phone 01 454 3799  
[www.trust-ireland.ie](http://www.trust-ireland.ie)

## **MIGRANT SERVICES**

- Immigrant Council of Ireland  
Phone 01 674 0200  
[www.immigrantcouncil.ie](http://www.immigrantcouncil.ie)
- Irish Refugee Council.  
Phone 01 873 0042  
[www.irishrefugeecouncil.ie](http://www.irishrefugeecouncil.ie)

***For Information on all  
Support services  
Contact your local  
Citizens Advice Bureau  
on 0761 07 4000  
[www.citizensinformation.ie](http://www.citizensinformation.ie)***

*The Church of Ireland*

*United Dioceses of  
Dublin & Glendalough*



*'Handy-to-have'  
Contact Details for  
Support Groups and  
Helplines.*

*Compiled by the  
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Social Action  
2014*

[www.dublin.anglican.org/socialaction](http://www.dublin.anglican.org/socialaction)

## ***ABUSE***

- National Centre for the Protection of Older People (NCPOP). Helpline 1850 440 444 [www.hse.ie/ncpop](http://www.hse.ie/ncpop)
- AMEN (male victims of domestic violence) Phone: 046 9023718 [www.amen.ie](http://www.amen.ie)
- Anti-Bullying Centre, Phone 01 8963488. [www.abc.tcd.ie](http://www.abc.tcd.ie)
- COSC: The National Office for the Prevention of Domestic, Sexual And Gender based Violence. Phone 01 476 8680. [www.cosc.ie](http://www.cosc.ie)
- Dublin Rape Crisis Centre. Phone 1800 778 888. [www.drcc.ie](http://www.drcc.ie)
- NOVA, National Office for Victims of Abuse. Phone 1800 252 524
- Women's Aid. Phone 1800 341 900. [www.womensaid.ie](http://www.womensaid.ie)

## ***ADDICTION***

- Alcoholics Anonymous. Phone 01 8420700. [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)
- Bodywhys- The Eating Disorders Association of Ireland. Phone 01 2834963 [www.bodywhys.ie](http://www.bodywhys.ie)
- Drugs/ HIV Helpline Phone 1800 459459. email: [helpline@hse.ie](mailto:helpline@hse.ie) [www.drugs.ie](http://www.drugs.ie)

## ***Addiction continued;***

- Gambler's Anonymous  
Phone 01 872 1133  
[www.gamblersanonymous.ie](http://www.gamblersanonymous.ie)
- National Drug Treatment Centre.  
Phone 01 648 8600  
[www.addictionireland.ie](http://www.addictionireland.ie)

## ***CHILDREN***

- Barnardos' National Office.  
Phone 1850 222 300 [www.barnardos.ie](http://www.barnardos.ie)
- C.A.R.I. Foundation (Children at Risk)  
Phone 1890 924 567 [www.cari.ie](http://www.cari.ie)
- Department of Children & Youth Affairs  
Phone 01 6473000. [www.dcy.gov.ie](http://www.dcy.gov.ie)
- ISPCC / Childline. Phone 1800 666 666  
[www.ispcc.ie](http://www.ispcc.ie)
- P.A.C.T (Crisis pregnancy, Adoption support etc) Phone 01 296 2200  
[www.pact.ie](http://www.pact.ie)
- Parentline (Parents Under Stress) ISPCC.  
Phone 1890 927 927 [www.parentline.ie](http://www.parentline.ie)
- Protestant Orphan Society.  
Phone 01 667 5963
- Rainbows Ireland (help for bereaved children) Phone 01 473 4175  
[www.rainbowsireland.ie](http://www.rainbowsireland.ie)

## ***ELDERLY***

- Age Action. Phone 01 475 6989  
[www.ageaction.ie](http://www.ageaction.ie)
- Age & Opportunity.  
Phone 01 805 7709  
[www.olderinireland.ie](http://www.olderinireland.ie)
- ALONE. Phone 01 679 1032  
[www.alone.ie](http://www.alone.ie)
- Friends of the Elderly  
Phone 01 8731855  
[www.friendsoftheelderly.ie](http://www.friendsoftheelderly.ie)
- The Alzheimer's Society of Ireland.  
Phone 1800 341 341  
[www.alzheimer.ie](http://www.alzheimer.ie)
- The Carer's Association.  
Phone 057 932 2920  
[www.carersassociation.ie](http://www.carersassociation.ie)

## ***DISABILITY***

- Church of Ireland Association of Deaf People. Phone 065 707 4778
- DeafHear. Phone 01 817 5700  
[www.deafhear.ie](http://www.deafhear.ie)
- DisABILITY Information Ireland.  
Phone 01 505 9434 [www.disability.ie](http://www.disability.ie)
- National Council for the Blind  
Phone 1850 334 353 [www.ncbi.ie](http://www.ncbi.ie)