

Mental Health Ireland – Trauma & Recovery Supports Directory

| Organisation | Description | Link | Contact Information |
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| HSE National Counselling Service- Connect Counselling | An anonymous professional telephone counselling service for survivors of physical, emotional and sexual abuse since 2006. Counsellors are all accredited with the Irish Association of Counselling and Psychotherapy (IACP). This is a free service, and you can self-refer. | Find more information here. | Freephone:1800 477 477 |
| HSE - Counselling and Psychotherapy for Adults who experienced childhood abuse or neglect (CaPA) | The CaPA service for Adults who experienced childhood abuse or neglect provides trauma-informed counselling/therapy from NCS centres nationwide. There are 10 main centres located across the country and some additional outreach/satellite centres. Counselling is available in person, online via video or on the phone and provided free. Counsellors are all accredited with the Irish Association of Counselling and Psychotherapy (IACP). Self-referral is accepted as are referrals from healthcare providers such as GPs. You can email or call to make a referral. | Find more information here. | You can find a list of centres and information here: https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/contact-us/ |
| HSE - Counselling in Primary Care (CIPC) | This service is available to adults over 18 years who are medical card holders and experiencing mild to moderate psychological and emotional difficulties such as: depression, anxiety, panic reactions, relationship problems, loss issues, stress. Many people who are currently attending have sought counselling to address the impact of the pandemic. Referral to CIPC is through your GP or member of your local primary care team. | Find more information here. | Find your local service here: https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/ |

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| HSE - Counselling for Former Residents of Mother and Baby Homes | This counselling service is available to adults living in Ireland if you are a former resident of Mother and Baby Homes (mothers or children). Access to the National Counselling Service for former residents may be made by direct self-referral. You can do this by referring yourself to the service that is nearest to you. Referrals are also accepted from health care professionals such as GPs. This is a free service. | Find more information here. | Find your local service here: https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/contact-us/ |
| HSE – Disability Services Ireland | Support organisations for people and their families living with disabilities. | | Find your local service here: https://www.hse.ie/eng/services/list/4/disability/disabilityservicescounty.html |
| HSE – Drug and Alcohol Helpline | Confidential telephone support service for people and their families experiencing addiction. | https://www.hse.ie/eng/services/list/5/addiction/drugshivhelpline/ | Freephone: 1800 459 459 Email: helpline@hse.ie |
| HSE - Getting urgent help | The Emergency Services should be contacted if you or someone you know is in immediate danger of harm or suicide. | https://www2.hse.ie/wellbeing/mental-health/get-urgent-help.html | Call 999 or 112 |
| HSE Mental Health Information Line | The HSE Mental Health Information line is dedicated to providing information on supports & services in your area and how to access these. | https://www2.hse.ie/wellbeing/mental-health/yourmentalhealth-information-line.html | Freephone: 1800 111 888 |
| HSE' Text About It' SMS service | 24/7 free text support for people experiencing any kind of mental health challenge including suicidal thoughts & self-harm. | https://text50808.ie/ | Free text 'HELLO' to 50808 |

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| Addiction Recovery Ireland | Information & counselling services for people struggling with addiction. | https://www.addictionrecoveryireland.ie/ | Phone: 087 655 1565 |
| Alone | Helpline and supports for older people (and specific Covid 19 support). | https://alone.ie/ | Phone: 0818 222 024 |
| Barnardos | Family support services for a range of issues including families affected by poverty, violence, bereavement, parental separation, substance abuse, childhood exposure to trauma. | Find out more here . | Phone: 01 453 0355 Email: info@barnardos.ie |
| Cari | Therapy and support services to children, families and groups affected by child sexual abuse | https://www.cari.ie/about-cari/caris-role/ | Phone: 01 830 8529 Email: info@cari.ie |
| Crime Victims Helpline | A confidential national helpline that offers support to victims of crime in Ireland. | Find more information here . | Freephone: 116 006 |
| Crosscare | Support, advocacy services and information for Irish emigrants and people who have moved to Ireland. | https://www.migrantproject.ie/ | Phone: 01 873 2844 Email: migrantproject@crosscare.ie |
| Dublin Rape Crisis Centre | Confidential face to face, telephone and online supports and services for anyone who has been raped, sexually assaulted, sexually harassed or sexually abused at any time in their lives. | https://www.drcc.ie/services/ | National 24 Helpline: 1800 77 8888 Webchat support service |
| Enable Ireland | Services and supports for people with disabilities and their families or carers. | https://www.enableireland.ie/ | Phone: +353 (0) 1 8727155 Email: communications@enableireland.ie |
| Exchange House – Ireland’s National Traveller Service | Support for members of the Traveller Community for mental health, addiction & those experiencing a crisis. | https://exchangehouse.ie/about.php | Email: info@exchangehouse.ie Phone: 01 872 1094 |
| Focus Ireland | Support for people who are homeless or at risk of homelessness. | https://www.focusireland.ie/i-need-help/ | Phone: 01 671 25 55 Email: dublinadvice@focusireland.ie |
| Fostering First | Supporting children who have suffered trauma | https://www.fosteringfirstireland.ie/what-is-trauma/ | Phone: 01-4171944 |

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| Grow | Mental health and recovery online support groups, education and resources. | https://grow.ie/ | Phone: 1890 474 474 |
| IACP – Therapy Hub | Free therapy for Frontline Workers | https://www.therapyhub.ie/covid | Phone: 087 335 6536 Email: support@therapyhub.ie |
| Irish Penal Reform Trust | Confidential advice and support to prisoners, former prisoners, their friends and family | https://www.iprt.ie/practical-information/who-can-provide-support/ | Phone: 087 609 7686 Email: familynewd@gmail.com |
| Irish Hospice Foundation | Support for people and their families facing ending of life or bereavement. | https://hospicefoundation.ie/ | Phone: 01 679 3188 Email: info@hospicefoundation.ie |
| Irish Human Rights and Equality Commission | Practical and legal support to people who have experienced incidences of discrimination. | https://www.ihrec.ie/our-work/legal-activity/legal-assistance/ | Phone: 01 858 9601 Email: info@ihrec.ie |
| Irish Network Against Racism | National network addressing racism in Ireland. Information on how to report hate crimes or incidences of racism. | https://inar.ie/racism-in-ireland/report-racism/ | Find a centre near you: https://inar.ie/ireport-reporting-centres/ Phone: 01 889 7110 Email: info@inar.ie |
| Irish Refugee Council | Information, services and support for refugees in Ireland. | https://www.irishrefugeecouncil.ie/ | Phone: 01 764 5854 |
| ISPC | 24 Hour support for children and young people up to the age of 18. | https://www.ispcc.ie/teenline/ | Freephone: 1800 833 634 |
| LGBT Ireland | Phone, online and peer support groups for Lesbian, Gay, Bisexual, Transsexual people. | https://lgbt.ie/our-services/ | Phone: 1890 929 539 |

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| Mental Health Ireland | Information & resources for minding your mental health. | https://www.mentalhealthireland.ie/get-support/covid19/ | Phone: 01 284 11 66 Email: info@mentalhealthireland.ie |
| Men's Aid | Helpline for men experiencing domestic abuse. | https://www.mensaid.ie/ | Phone: 01 554 3811 |
| Migrants Rights Centre Ireland | Free and confidential advice and support for migrants and their families | https://www.mrci.ie/get-info/ | Phone: +353 83 075 5387 Email: info@mrci.ie |
| My Mind | Low cost and free online counselling options for people affected by Covid-19 and front-line workers. | https://mymind.org/register?servicetype=24 | Phone: 076 680 1060 Email: hq@mymind.org |
| National Traveller Mental Health Network | Community led organisation to address Traveller mental health challenges and support members of the Traveller Community. | Facebook page: https://www.facebook.com/Travellersnetwork/photos/pb.249180339321829.-2207520000../681923069380885/?type=3&theater | Phone: 01 679 6577 Email: info@itmtrav.ie |
| One in Four | Therapeutic and advocacy support for people who have experienced childhood sexual abuse. | https://www.oneinfoir.ie/why-one-in-four | Phone: 01 66 24070 Online form |
| Peter McVerry Trust | Supports & services for people struggling with homelessness and addiction. | https://pmvtrust.ie/ | Telephone: 01 823 0776 Email: info@pmvtrust.ie |
| Pieta House | Free support and therapy for people (and their families) who feel alone, afraid or at risk of suicide or self-harm. You can also avail of free therapeutic supports. | https://www.pieta.ie/ | Free phone: 1800 247 247 Text: 51444 |
| Samaritans | 24/7 phone support for people going through a difficult time. | https://www.samaritans.org/ireland/how-we-can-help/contact-samaritan/ | Free Phone: 116 123 Email: jo@samaritans.ie |

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| Shine | Free recovery supports and services for people experiencing mental health challenges including counselling and online support groups. | https://shine.ie/support/ | Phone: 01 541 3715 Email: info@shine.ie |
| St. Patricks Information & Support Line | Information & support for people (and their families/friends) experiencing a mental health challenge provided by Qualified Mental Health Nurses. | https://www.stpatrick.s.ie/mental-health | Phone: 01 249 3333 Email: info@stpatsmail.com |
| St Vincent de Paul | Support for individuals and families of all ages experiencing or at risk of homelessness and poverty | https://svp.ie/what-we-do.aspx | Phone: 01 884 8200 Email: info@svp.ie |
| Trauma Informed Care Ireland | A non-profit organisation who provides information & training for individuals and organisations who wish to become trauma informed. | https://traumainformedcareireland.com/ | Phone: 01 872-0030 Email: tic@qualitymatters.ie |
| Turn 2 Me | Turn 2 Me support people experiencing mental health challenges by offering free counselling, support groups & peer support. Support groups are also provided for frontline workers. Also includes counselling for young people aged 12-17. | https://turn2me.ie/ | Register here: https://turn2me.ie/register |
| TUSLA Child & Family Agency | Information on reporting child abuse and protecting children. | https://www.tusla.ie/children-first/general-public/ | Contact Information: https://www.tusla.ie/get-in-touch/ Phone: 01 7718500 Email: info@tusla.ie |
| Woman's Aid | 24/7 helpline for woman experiencing domestic abuse. | https://www.womensaid.ie/help/ | Freephone: 1800 341 900 |