

## Section 6

# Support Information

### G.P.

<b>Type</b>	The G.P. is your first point of contact if you are struggling with your mental health
<b>Nature of support</b>	General medical support for health and wellbeing
<b>How to access</b>	Use or register with your local G.P.
<b>Further details/contact:</b>	
<a href="https://www2.hse.ie/services/find-a-gp">https://www2.hse.ie/services/find-a-gp</a> <b>Out of hours G.P.:</b> <a href="https://www2.hse.ie/services/find-a-gp-out-of-hours">https://www2.hse.ie/services/find-a-gp-out-of-hours</a>	

### In an emergency

<b>Type</b>	In an emergency, contact the A+E Department of your local hospital
<b>Nature of support</b>	Emergency medical support for your mental health
<b>How to access</b>	Find the A+E Department in your local area Phone <b>999</b> or <b>112</b>
<b>Further details/contact:</b>	
<a href="https://www2.hse.ie/services/emergency-departments">https://www2.hse.ie/services/emergency-departments</a>	

## Medical support for complex menopause

<b>Type</b>	Specialist complex menopause clinics at: <b>1</b> The National Maternity Hospital, Holles Street <b>2</b> The Coombe Hospital <b>3</b> The Rotunda Hospital <b>4</b> Nenagh General Hospital, Tipperary
<b>Nature of support</b>	Specialist multidisciplinary team approach to managing menopause for women with complex medical needs
<b>How to access</b>	Referral through your G.P.
<b>Further details/contact:</b>	
<b>1</b> National Maternity Hospital: <a href="http://www.nmh.ie/general-gynaecology-service/complex-menopause-service.15085.html">www.nmh.ie/general-gynaecology-service/complex-menopause-service.15085.html</a> email: menopauseclinic@nmh.ie	
<b>2</b> The Coombe Hospital: <a href="http://www.coombe.ie/menopause-clinic">www.coombe.ie/menopause-clinic</a>	
<b>3</b> The Rotunda Hospital: <a href="https://rotunda.ie/womens-health">https://rotunda.ie/womens-health</a>	
<b>4</b> Nenagh General Hospital: tel: <b>067 314 91</b>	

---

## Private menopause clinics

<b>Type</b>	Private specialist menopause services in various locations throughout the country
<b>Nature of support</b>	Support from medical doctors and physiotherapists and CBT therapists for women's health needs.
<b>How to access</b>	Self-referral or through your G.P.
<b>Further details/contact:</b>	
Google: menopause clinic and your location	

---

## Counselling / Psychotherapy

<b>Type</b>	<b>1: HSE Counselling in Primary Care (CIPC)</b>
<b>Nature of support</b>	Up to eight sessions with accredited therapists for adults with medical cards
<b>How to access</b>	Through referral by your G.P., appointments in primary care centres
<b>Further details/contact:</b>	
<a href="http://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc">www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc</a>	

<b>Type</b>	<b>2: Private counsellor/ psychotherapist</b>
<b>Nature of support</b>	Private therapy appointments
<b>How to access</b>	Self-referral- Irish Association for Counselling and Psychotherapy has a directory of accredited therapists
<b>Further details/contact:</b>	
<a href="http://www.iacp.ie">www.iacp.ie</a> tel: <b>01 230 3536</b> <a href="https://www.facebook.com/IACPdot.ie/videos/how-do-i-find-a-therapist-thats-a-question-we-often-hear-however-we-have-an-answ/908870153172037">www.facebook.com/IACPdot.ie/videos/how-do-i-find-a-therapist-thats-a-question-we-often-hear-however-we-have-an-answ/908870153172037</a>	

<b>Type</b>	<b>3: My Mind centre for mental wellbeing</b>
<b>Nature of support</b>	Affordable, accessible community-based therapists
<b>How to access</b>	Self-referral
<b>Further details/contact:</b>	
<a href="https://mymind.org">https://mymind.org</a> tel: <b>0818 500 800</b> email: <a href="mailto:hq@mymind.org">hq@mymind.org</a>	

<b>Type</b>	<b>4: HSE Silver cloud</b>
<b>Nature of support</b>	Free 6-8 week digital/online CBT/ mental health programmes
<b>How to access</b>	Referral by G.P. or mental health professional
<b>Further details/contact:</b>	
<a href="http://www.silvercloudhealth.com/ie/free-mental-health-support#:~:text=Speak%20to%20your%20GP%2C%20Primary,the%20platform%20free%20of%20charge">www.silvercloudhealth.com/ie/free-mental-health-support#:~:text=Speak%20to%20your%20GP%2C%20Primary,the%20platform%20free%20of%20charge</a>	

---

## Sex therapists / Counsellors

Type	Sex Therapists Ireland
Nature of support	List of counsellors in Ireland
How to access	Self-referral
Further details/contact:	
<a href="https://sextherapists.ie">https://sextherapists.ie</a>	

---

## Free, confidential helplines

Type	<b>1 Samaritans</b>
Nature of support	Free, confidential 24/7 phone and email support by trained volunteers. Face-to-face support in some counties. Self-help app.
How to access	Self-referral
Further details/contact:	
Tel: <b>116 123</b> Email: <a href="mailto:jo@samaritans.ie">jo@samaritans.ie</a> Branches: <a href="http://www.samaritans.org/ireland/branches">www.samaritans.org/ireland/branches</a> App: <a href="https://selfhelp.samaritans.org">https://selfhelp.samaritans.org</a>	

---

## Peer support groups

<b>Type</b>	<b>3 Menopause Cafés</b>
<b>Nature of support</b>	Charity which supports not-for-profit pop-up café gatherings, hosted locally by volunteers, to bring people together to talk about menopause
<b>How to access</b>	Interested in organising a menopause café? <a href="http://www.menopausecafe.net/hold-a-menopause-cafe">www.menopausecafe.net/hold-a-menopause-cafe</a>
<b>Further details/contact:</b>	
<a href="http://www.menopausecafe.net">www.menopausecafe.net</a> <a href="https://www.facebook.com/menopausecafeireland">www.facebook.com/menopausecafeireland</a>	