YOU ARE NOT ALONE

DIRECTORY OF BEREAVEMENT SUPPORT SERVICES 2008
Index
Foreword

This directory provides information for the bereaved and provides a listing of general bereavement and specific services available to those bereaved following suicide.

Although the effects of suicide on the bereaved can be similar to other forms of death, they can also differ in a number of ways. For the suicide bereaved, making sense of the death, coping with feelings of rejection, anger, guilt and disbelief can be even greater issues. Typically, suicide affects a wide circle of people, many of whom feel isolated and burdened after the event.

This directory contains practical information for the bereaved and lists individuals and organisations across the country providing services to those who are bereaved. These range from local support groups, self help groups, voluntary or community based groups to larger organisations with multiple branches. The directory also provides a number of contacts for organisations in Northern Ireland.

The directory is part of the implementation of the strategy set out in “Reach Out” - the National Strategy for Action on Suicide Prevention. A related publication entitled “Help and Advice on Coping with a Death by Suicide” is also available on our website: www.nosp.ie

My thanks to all the individuals and organisations which assisted this work by completing and returning their details and which continue to provide care and assistance to those who are bereaved.

Our intention is that this information will also be provided on our website and will be updated over time. A form is included for those who wish to be considered for inclusion in future publications and for those who wish to update their entries.

Geoff Day
Director
NATIONAL OFFICE FOR SUICIDE PREVENTION

Introduction

Although the effects of suicide on the bereaved can be similar to other forms of death, they can also differ in a number of ways. For the suicide bereaved, making sense of the death, coping with feelings of rejection, anger, guilt and disbelief can be even greater issues.

Although everyone’s reaction to bereavement is different, most people experience some of the following emotional responses when someone close to them dies:

- DISBELIEF
- DEPRESSION
- SHOCK
- ANXIETY
- ANGER
- DESPAIR
- SADNESS
- LONGING
- RELIEF
- LONELINESS

These emotions normally occur, however, some or more of these responses may be experienced for differing lengths of time, depending on the individual. The main initial responses to a death - even one that has long been expected - are disbelief, shock and anger. These may lessen in time and can be followed by a sense of guilt, depression, anxiety and despair. You may also feel an acute sense of longing for the dead person, hopelessness at the thought of their absence, loneliness and sadness at their loss or even a sense of relief that they are gone (which may, in turn, lead to feelings of guilt).

Some physical symptoms experienced after bereavement can be quite acute and distressing. It is important to realise that these are normal parts of the grieving process and will pass in time.

Physical reactions may include:

- LOSS OF ENERGY & INTEREST IN LIFE
- AN INABILITY TO SLEEP OR CONSTANT TIREDNESS
- POOR CONCENTRATION AND FORGETFULNESS
- LOSS OF APPETITE OR COMPULSIVE COMFORT EATING
- A “FROZEN” INABILITY TO CRY OR A TENDENCY TO CONTINUOUSLY BURST INTO TEARS
- NAUSEA AND/OR DIARRHOEA
- HEADACHES AND UNEXPLAINED BODY PAINS.

There are many bereavement services and support groups throughout the country, both public and private, professional and voluntary, religious and secular. If you are religious, there may be pastoral care available through your local priest, order, minister, rabbi or congregation. You should make contact through the relevant place of worship.

This directory provides information and contact details about organisations that provide support to the bereaved. Some organisations have several branches and these are listed separately and also in the relevant listing for specific counties. Other organisations provide a more limited service to a specific area or in terms of the hours that the service may be available. In many cases the service is provided by volunteers and services are provided free of charge.

Those who are looking for support should consider discussing the matter with their GP in the first instance. Those intending to use any of the services listed should familiarise themselves with the disclaimer at the end of this directory.
BARNARDOS BEREAVEMENT COUNSELLING FOR CHILDREN

Barnardos Bereavement Counselling for Children is a service for children and young people who have lost someone close to them - like a parent or a sibling - through death. Our aim is to help children understand death, to help them grieve and so equip them to cope with their loss. We provide the following services:

A HELPLINE (01 4732110, Monday - Friday 10am - 12noon) provides listening, information and support for members of the public concerned about childhood bereavement.

EARLY INTERVENTION SERVICE - Short-term, focused work with children following a sudden or traumatic death.

LONG-TERM BEREAVEMENT COUNSELLING - Based on the individual needs of each child and their family.

TRAINING AND CONSULTANCY - For groups and organisations whose work brings them into contact with bereaved children.

RESEARCH - On issues relating to childhood bereavement.

INFORMATION - Developing information and resource materials on bereavement.

“Someone to Talk to: A Handbook on Childhood Bereavement” by Pat Donnelly is available from Barnardos NCRCs at €20 plus post and packaging.

OUR REFERRAL PROCEDURE

• Referrals will be accepted from any source with the consent of parents/carers
• Parents and Carers are welcome to contact us directly.
• Referrals can be made through the helpline or by contacting our service in Cork and Dublin.
• Other agencies can make referrals on the Sólás referral form available on request.

Counsellors are based in Cork and Dublin but work with children from across the country.

HEAD OFFICE
Barnardos
Christchurch Square
Dublin 8
Telephone Helpline: 01 4732110
(Mon-Fri 10am-12noon)
Main Telephone: 01 4530355
Email: bereavement@barnardos.ie
Web: www.barnardos.ie

CORK BRANCH
White Street
Cork
Main Telephone: 021 43105914
CONSOLe

CONSOLe is a registered charity supporting and helping people bereaved through suicide. We respect each individual’s unique journey through the grieving process following their tragic loss. CONSOLe promotes positive mental health within the community in an effort to reduce the high number of attempted suicides and deaths through suicide. CONSOLe provides:

A NATIONAL FREEPHONE HELPLINE

INDIVIDUAL AND FAMILY COUNSELLING for people bereaved through suicide

IN PARTNERSHIP WITH THE DAUGHTERS OF CHARITY, a counselling service for children and young people bereaved by suicide

THERAPY AND SUPPORT GROUPS which offer safety and understanding

CONSOLe PUBLICATIONS AND LITERATURE to assist people to understand their grief

PRACTICAL INFORMATION following bereavement through suicide

WORKSHOPS AND CONFERENCES COMMUNITY OUTREACH PROGRAMMES

EDUCATION PROGRAMMES and materials for the wider community including Seasons for Growth aimed at young people and adults

SUICIDE PREVENTION AND BEREAVEMENT AWARENESS DVD called ‘A Life 2 Live 4’.

HEAD Office
CONSOLe - Dublin
All Hallows College
Gracepark Road, Drumcondra, D9
Telephone: 01 8574300
Email: info@console.ie
Web: www.console.ie

Head Office
CONSOLe - Dublin
All Hallows College
Gracepark Road, Drumcondra, D9
Telephone: 01 8574300
Email: info@console.ie
Web: www.console.ie

Head Office
CONSOLe - Dublin
All Hallows College
Gracepark Road, Drumcondra, D9
Telephone: 01 8574300
Email: info@console.ie
Web: www.console.ie

Helpline
Nationwide
T: 1800 201 890

Branches
Clondalkin
T: 01 4595463
Galway
T: 091 537333
Limerick
T: 061 306792
Seasons for Growth National
T: 061 307150

BETHANY BEREAVEMENT SUPPORT GROUP

The Bethany Bereavement Support Group is a voluntary parish-based ministry which aims to help the bereaved and those grieving. Many Bethany members have themselves been bereaved. They are trained to listen with understanding. They accept those suffering loss as they are and support them through the grieving process. Groups currently exist in parishes in the greater Dublin area and surrounding counties. They may be contacted at the given telephone number.

Head Office
Bethany Bereavement Support Group
Rathfarnham Parish Centre
Willbrook Road
Rathfarnham
Dublin 14
Telephone: 01 4943142
Email: bethanysupport@eircom.net
Web: http://homepage.eircom.net/~bethanysupport/index.htm
DAUGHTERS OF CHARITY CHILD AND FAMILY SERVICE

The Daughters of Charity Child and Family Service in partnership with the Health Services Executive Dublin North East respectively provide services to children, young people and their families living in the following areas.

The centres provide a wide range of services on parenting and family support including counselling and therapy to children and families experiencing difficulties. For further information please contact the manager of a centre near you.

Head Office
Child and Family Service
Management Office
1st Floor, T O'Reilly Building
Swords Road
Santry
Dublin 9
Telephone: 01-8425100
Email: admin@docharity.net
Web: www.docharity.net

Branches:
Blanchardstown, Dublin 15
T: 01 8852680
Balbriggan, Dublin
T: 01 8414122
Santry, Dublin 9
T: 01 8425955
Phibsboro, Dublin 7
T: 01 8388077
46 North Strand Road, Dublin 3
T: 01 8559313
Darndale, Dublin 17
T: 01 8771712
Kilbarrack, Dublin 5
T: 01 8488137
Darndale, Dublin 17
T: 01 8771550
Ballyfermot, Dublin 10
T: 01 6231313
Tallaght, Dublin 24
T: 01 4585703

LIVING LINKS

Living Links provides outreach, practical help, advice and support to persons bereaved by suicide. Trained individuals are available to offer confidential, practical support and advice to families bereaved by suicide. The Suicide Outreach Support Person, at the request of the family, can call to the home or meet at a location appointed by the family. The outreach worker can provide information and practical support concerning the following areas:

- THE FUNERAL
- THE INQUEST
- ENTITLEMENTS
- WHAT TO SAY TO THE CHILDREN
- HOW TO DEAL WITH THE NEIGHBOURS
- HELP TO CLARIFY YOUR PERSONAL GRIEF
- CONNECT YOU TO OTHER SUPPORT SERVICES IN YOUR AREA
- PROVIDE INFORMATION ON SUICIDE AND ATTEMPTED SUICIDE
- BE THERE, AS A FRIEND, FOR YOU.

Head Office
McDonagh House
Dublin Road
Nenagh
Tipperary
Telephone: 087 4122052
Web: www.livinglinks.ie

Branches:
North Tipperary
T: 087 9793021
East Cork
T: 087 1370792
Meath
T: 046 9021407
Clare
T: 086 0565373
Kildare
T: 086 0566819
Limerick (City & Co.)
T: 087 7998427
Laois
T: 086 1600641
Longford
T: 086 1600641
Westmeath
T: 086 1600641
Kerry
T: 087 9006300
Galway (City & Co.)
T: 091 565066
Wicklow
T: 01 2868413
**Samaritans**

Samaritans’ service is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

**Head Office**

112 Marlborough Street  
Dublin 1  
Telephone: 01 8781822  
SMS Texting: 087 2609090  
Email: jo@samaritans.org  
Web: www.samaritans.ie

**Helpline**

Nationwide  
T: 1850 609090

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**Rainbows**

Rainbows provide a safe setting in which children can talk through their feelings with other children who are experiencing similar situations. They are helped to articulate their feelings by an adult facilitator or listener. Rainbows provide journals, story books, games and activities which form a structured programme to lead the children gently through the grieving process. Rainbows help by:

- Supporting the children to re-build their self esteem
- Enabling the children to name, understand and come to terms with the many emotions they experience;
- Reassuring the children who have anxieties or feelings of guilt;
- Encouraging the children to move towards forgiving those people whom they feel have caused their pain.

Rainbows is not a counselling or therapy programme. A child showing severe symptoms of grieving should be referred for professional help.

**Head Office**

Rainbows Ireland: Head Office, Loreto Centre, Crumlin Road, Dublin 12.  
T: 01 4734175  Email: ask@rainbowsireland.com  Web: www.rainbowsireland.com

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**Branches**

**Cavan**  
T: 049 4371363  
Carlow  
T: 059 946577

Cork  
T: 026 46076

Donegal  
T: 074 9121512

Dublin  
T: 01 2984837  
T: 01 8453609  
T: 01 8402429  
T: 087 6868281

Dublin 15  
T: 01 8119430

Dublin 16  
T: 01 4946647

Dublin 20  
T: 086 8760018

Dublin 22  
T: 01 4592656

Dublin County  
T: 01 8402429

Galway  
T: 091 472500

Kildare  
T: 045 521481

Mayo  
T: 094 9022750

Meath  
T: 01 8255646

Offaly  
T: 0506 21221

Roscommon  
T: 071 9662012

Sligo  
T: 071 967155

Tipperary  
T: 052 25809

Waterford  
T: 051 390394

Westmeath  
T: 044 22074

Wexford  
T: 054 33079

Wicklow  
T: 01 2868413

Louth  
T: 042 9371235

Meath  
T: 01 8255646

Roscommon  
T: 071 9662012

Sligo  
T: 071 967155

Tipperary  
T: 052 25809

Waterford  
T: 051 390394

Westmeath  
T: 044 22074

Wexford  
T: 054 33079

Wicklow  
T: 01 2868413

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**Branches**

**Athlone**  
3 Court Devenish, Athlone.

Ballymena  
45 Mount Street, Ballymena.

Bangor & North Down  
92 Dufferin Avenue, Bangor.

Belfast  
5 Wellesley Avenue, Belfast.

Coleraine  
20 Lodge Road, Coleraine.

Cork  
Coach Street, Cork.

Craigavon  
162 Thomas Street, Carigavon.

Derry  
16 Clarendon Street, Derry.

Drogheda  
14 Nuns Island, Galway.

Ennis  
Barrack Street, Kilkenny.

Galway  
20 Barrington Street, Limerick.

Kilkenny & Carlow  
3 McElwaine Terrace, Newbridge.

Newry  
19 St Colman’s Park, Newry.

Omagh  
20 Campsie Road, Omagh.

Sligo  
3 The Mall, Sligo.

Waterford  
16 Beau Street, Waterford.
TEEN-LINE IRELAND

CATCHMENT AREA
National

SERVICES PROVIDED
A confidential listening service for young adults from the ages of 12 years and up.

OFFICE PHONE
01-4622128 / 01-4622124

SUPPORT PHONE
1800 833634

OPENING HOURS
Wednesday 3-6pm, Thursday 9-12pm, Friday 9-12pm, Saturday 9-12pm

EMAIL
info@teenline.ie

IS THERE A CHARGE?
No
CARLOW

CARLOW REGIONAL YOUTH SERVICE
Kennedy Street, Carlow.

CATCHMENT AREA: Carlow
SERVICES PROVIDED: Youth counselling services provide both bereavement and suicide bereavement counselling.
OFFICE PHONE: 059 9130476
EMAIL: carlowys@iol.ie
WEBSITE: www.carlowys.ie
OPENING HOURS: 9.30am-5.30pm
IS THERE A CHARGE? No

CARLOW WOMEN’S AID
1B Acorn Business Centre, Staplestown Road, Carlow.

CATCHMENT AREA: Carlow
SERVICES PROVIDED: Counselling where client also has domestic abuse issues.
OFFICE PHONE: 059 9173552
SUPPORT PHONE: 1800 444944
EMAIL: carlowwomensaid@gmail.com
OPENING HOURS: 9.30am-12.30pm and 2.00pm-4.30pm Mon-Fri
IS THERE A CHARGE? No

RAINBOWS (Carlow)
Linkardstown, Tinryland, Carlow.

CATCHMENT AREA: Carlow
SERVICES PROVIDED: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
OFFICE PHONE: 059 9146577
EMAIL: ask@rainbowsireland.com
WEBSITE: www.rainbowsireland.com
IS THERE A CHARGE? No

SUICIDE BEREAVEMENT GROUP
Askea Parish Centre, Browneshill Ave, Carlow.

CATCHMENT AREA: Carlow
SERVICES PROVIDED: Individual counselling
OFFICE PHONE: 059 9131323
EMAIL: roquigley@hotmail.com
IS THERE A CHARGE? Yes

TEACH BHRIDE
Tullow, Carlow.

CATCHMENT AREA: Carlow
SERVICES PROVIDED: General counselling and workshops on Bereavement and Suicide.
OFFICE PHONE: 059 9152465
EMAIL: teachbhride@eircom.net
OPENING HOURS: 8:30am-10pm
IS THERE A CHARGE? Yes

CAVAN

RAINBOWS (Cavan)
Family Resource Centre, Lr. Main St., Cavan Town, Co. Cavan.

CATCHMENT AREA: Cavan
SERVICES PROVIDED: Provides a safe setting in which children can talk through their feelings with children who are experiencing similar situations.
OFFICE PHONE: 049 4371363
EMAIL: ask@rainbowsireland.com
WEBSITE: www.rainbowsireland.com
IS THERE A CHARGE? No

SUICIDE BEREAVEMENT SUPPORT CAVAN
Family Resource Office, Lr. Main St., Cavan Town, Co. Cavan.

CATCHMENT AREA: Cavan
SERVICES PROVIDED: Provide Cavan/Monaghan suicide support group and Cruse Bereavement services.
OFFICE PHONE: 049 4371363
SUPPORT PHONE: 049 4372999
EMAIL: cavfamil@oceanfree.net
OPENING HOURS: 10am-5pm Mon-Fri
IS THERE A CHARGE? No
CLARE

AMETHYST RESOURCE FOR HUMAN DEVELOPMENT
Ballybroghan, Killaloe, Clare.
  CATCHMENT AREA: Clare
  SERVICES PROVIDED: Individual counselling.
  PHONE: 061 376331
  EMAIL: amethyst@iol.ie
  WEBSITE: www.holistic.ie/amethyst
  OPENING HOURS: By appointment
  IS THERE A CHARGE? Yes

CONGRESS INFO & OPPORTUNITIES CENTRE
Springfield House, Harmony Row, Ennis, Clare.
  CATCHMENT AREA: Clare
  SERVICES PROVIDED: Group counselling.
  OFFICE PHONE: 065 6841009
  EMAIL: cioc@eircom.net
  OPENING HOURS: counselling from 7.00pm-9.00pm
  IS THERE A CHARGE? No

LIVING LINKS (Clare)
Suicide Bereavement Support
  OFFICE PHONE: 086 0565373

SHANNON BEREAVEMENT GROUP
23 Coill Mhara, Shannon, Clare.
  CATCHMENT AREA: Clare
  SERVICES PROVIDED: Visit bereaved families and also provide Rainbows facility for children.
  SUPPORT PHONE: 061 364133
  IS THERE A CHARGE? No

STEM (Strength Through Every Meeting)
River’s Leap, Corofin, Clare.
  CATCHMENT AREA: Clare
  SERVICES PROVIDED: Group therapy for the bereaved.
  PHONE: 087 6383988
  EMAIL: paulinebrad@eircom.net
  IS THERE A CHARGE? No

CORK

BARNARDOS
Regional Office, The Bowling Green, White Street, Cork.
  SERVICES PROVIDED: Early intervention/trauma service for children and their families bereaved by sudden death. Longer term bereavement counselling. Telephone helpline for public concerned about a grieving child. Training and consultation for groups whose work brings them into contact with bereaved children.
  OFFICE PHONE: 021 4310591
  EMAIL: bereavement@cork.barnardos.ie
  WEBSITE: www.barnardos.ie
  OPENING HOURS: 9.00am-5.00pm
  IS THERE A CHARGE? No

CASTLEHAVEN NURSING ASSOCIATION
The Grounds House, Castletownshend, Cork.
  CATCHMENT AREA: Cork
  SERVICES PROVIDED: Home visits.
  OFFICE PHONE: 028 36100
  OPENING HOURS: One and a half days a week
  IS THERE A CHARGE? No

CLONAKILTY BEREAVEMENT GROUP
West Cork, Sleveen, Clonakilty, Cork.
  CATCHMENT AREA: Cork
  SERVICES PROVIDED: Offer evening support meetings for the bereaved.
  OFFICE PHONE: 023 38927
  SUPPORT PHONE: 023 34320
  EMAIL: bolandkim@eircom.net
  IS THERE A CHARGE? No

CORK COUNSELLING SERVICES
7 Fr Mathew Street, Cork.
  CATCHMENT AREA: Cork
  SERVICES PROVIDED: Counselling and psychotherapy, Educational services and training for health professionals working with bereavement.
  OFFICE PHONE: 021 4274951
  EMAIL: info@thecounsellingcentre.ie
  WEBSITE: www.thecounsellingcentre.ie
  OPENING HOURS: 9.00am-5.00pm Mon-Thurs, Fri 9.00am-4.00pm
  IS THERE A CHARGE? Yes
FAMILY MINISTRY CORK
Family Centre 34 Paul Street, Cork.

CATCHMENT AREA: Cork
SERVICES PROVIDED: Seedlings - a grief support programme for 12-18 year olds and bereavement support for spouses. Also provides parish bereavement training and support/counselling.
OFFICE PHONE: 021 4275136
EMAIL: familyministry@eircom.net
OPENING HOURS: 10.00am-4.00pm Mon-Fri (some evenings and weekend programmes)
IS THERE A CHARGE? No

FAMILIES OF BEARA SUPPORT GROUP
C/O The Caha Centre, Adrigole, Cork.

CATCHMENT AREA: Cork
SERVICES PROVIDED: Information, Referral to other services, counselling and cognitive-behavioural therapy.
OFFICE PHONE: 027 60909
EMAIL: familiesofbeara@gmail.com
OPENING HOURS: As per the Caha Centre
IS THERE A CHARGE? Yes

IRISH FRIENDS OF THE SUICIDE BEREAVED
The Planning Office, St Finbarr’s Hospital, Douglas Road, Cork.

CATCHMENT AREA: Cork
SERVICES PROVIDED: Support and counselling for people bereaved by suicide.
OFFICE PHONE: 021 4316722
EMAIL: ifsb@gofree.indigo.ie

LET’S GET TOGETHER FOUNDATION
Middleton, Cork.

CATCHMENT AREA: Cork
SERVICES PROVIDED: Counselling and support group for the bereaved and those bereaved by suicide.
OFFICE PHONE: 021 4636634
SUPPORT PHONE: 021 4613780
EMAIL: patbuckleylgtf@yahoo.co.uk
WEBSITE: www.letsgettogether.ie
OPENING HOURS: 24 hrs at present
IS THERE A CHARGE? No

LIVING LINKS (Cork)
Suicide Bereavement Support
CATCHMENT AREA: Cork
OFFICE PHONE: 087 1370792
IS THERE A CHARGE? No

MERCY UNIVERSITY HOSPITAL - PALLIATIVE CARE
Palliative Care Services, Mercy Hospital, Cork.

CATCHMENT AREA: Cork
SERVICES PROVIDED: Palliative care service to acute hospital population.
OFFICE PHONE: 021 4271971
EMAIL: shilliard@muh.ie
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

MITCHELSTOWN FAMILY COORDINATING GROUP
Ballyhoura Development, Baldwin Street, Mitchelstown, Cork.

CATCHMENT AREA: Cork
SERVICES PROVIDED: Organises the “Living with Loss” programme which provides bereavement support to teenagers who have suffered loss in their lives. Programme is community based.
OFFICE PHONE: 025 85213
SUPPORT PHONE: 086 6080304
EMAIL: c.ryan@ballyhoura.org
IS THERE A CHARGE? No

NATIONAL SUICIDE BEREAVEMENT SUPPORT NETWORK
4 St. Francis Court, Cork Hill, Youghal, Cork.

CATCHMENT AREA: Cork / Nationwide
SERVICES PROVIDED: A website dedicated to providing bereavement support.
EMAIL: info@nsbsn.org
WEBSITE: www.nsbsn.org
IS THERE A CHARGE? No

RAINBOWS (Cork)
Cooldorrihy, Kilmichael, Macroom, Co Cork.

CATCHMENT AREA: Cork
SERVICES PROVIDED: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
OFFICE PHONE: 026 46076 / 087 2373876
EMAIL: ask@rainbowsireland.com
WEBSITE: www.rainbowsireland.com
IS THERE A CHARGE? No
DONEGAL

FAMILY MINISTRY SUPPORT AND DEVELOPMENT GROUP
Pastoral Centre, Monastery Avenue, Letterkenny, Donegal.

CATCHMENT AREA: Donegal
SERVICES PROVIDED: Provide individual and group support to the bereaved and suicide bereaved; also provide training in A.S.I.S.T. course.
OFFICE PHONE: 074 9121853
EMAIL: pastoralcentre@eircom.net
WEBSITE: www.northwestcounsellingservices.com
OPENING HOURS: 9.00am-5.00pm
IS THERE A CHARGE? No

HELP CARE NORTH WEST LTD
Tabor House, Drimark, Donegal Town, Donegal.

CATCHMENT AREA: Donegal
SERVICES PROVIDED: Individual counselling.
OFFICE PHONE: 087 2879707
EMAIL: taborhouse2004@eircom.net
OPENING HOURS: 10.00am-4.00pm Mon-Fri
IS THERE A CHARGE? Yes

HSEW BEREAVEMENT COUNSELLING SERVICE
Millennium Court, Pearse Road, Letterkenny, Donegal.

CATCHMENT AREA: Donegal
SERVICES PROVIDED: Individual counselling/grief therapy, information and literature, group work, consultation, training and research.
OFFICE PHONE: 074 9123670
SUPPORT PHONE: 074 9123695
EMAIL: carolm.phelan@mailb.hse.ie
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

MOVILLE AND DISTRICT FAMILY RESOURCE CENTRE
2 Montgomery Terrace, Moville, Donegal.

CATCHMENT AREA: Donegal
SERVICES PROVIDED: Counselling sessions on a weekly basis.
OFFICE PHONE: 074 9385548
EMAIL: serenityhouse@eircom.net
OPENING HOURS: 9.00am-5.00pm
IS THERE A CHARGE? No

RAINBOWS (Donegal)
Woodhill, Glencar Irish, Letterkenny, Co Donegal.

CATCHMENT AREA: Donegal
SERVICES PROVIDED: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
OFFICE PHONE: 074 9121512
EMAIL: ask@rainbowsireland.com
WEBSITE: www.rainbowsireland.com
IS THERE A CHARGE? No

STEER
Mental Health Organisation 5 Rosemount Villas, Letterkenny, Donegal.

CATCHMENT AREA: Donegal
SERVICES PROVIDED: Provides mental health services to include postvention and family support.
OFFICE PHONE: 074 9177311
EMAIL: steerireland@donegal.net
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

DUBLIN

ABATE COUNSELLING & EMPLOYEE ASSISTANCE PROGRAMME
110 Seafield Rd, Clontarf, Dublin 3.

CATCHMENT AREA: Dublin 3
SERVICES PROVIDED: Provides counselling and therapy throughout Ireland and individual counselling in suicide bereavement and general bereavement.
OFFICE PHONE: 1800 222833
EMAIL: counselling@indigo.ie
WEBSITE: www.abatcounselling.ie
IS THERE A CHARGE? Yes

THE ALBANY CLINIC
Lower Fitzwilliam Street, Dublin 2.

CATCHMENT AREA: Dublin 2
SERVICES PROVIDED: General counselling practice.
OFFICE PHONE: 01 6612222
EMAIL: bolgercat@hotmail.com
OPENING HOURS: Mon-Wed 11.00am-7.00pm
IS THERE A CHARGE? Yes
ANAM CARA PARENTAL & SIBLING BEREAVEMENT SUPPORT
Unit 3, 78 Walkinstown Road, Dublin 12.
CATCHMENT AREA: Ireland / N. Ireland
SERVICES PROVIDED: Bereavement support from bereaved parents to bereaved families following the death of a son or daughter.
OFFICE PHONE: 01 2958567
EMAIL: info@anamcara.ie
WEBSITE: www.anamcara.ie
IS THERE A CHARGE? No

AWAKENINGS
2 Dodder Park Dr., Rathfarnham, Dublin 14.
CATCHMENT AREA: Dublin 14
SERVICES PROVIDED: Counselling and Psychotherapy services for individuals and couples.
OFFICE PHONE: 01 4920122
OPENING HOURS: 8.00am-9.00pm Mon-Sat, Appointment only
IS THERE A CHARGE? Yes

BALLBRIGGAN FAMILY CENTRE
13 Drogheda Street, Ballbriggan, Dublin.
CATCHMENT AREA: North County Dublin
SERVICES PROVIDED: Individual and group counselling for the bereaved / suicide bereaved.
OFFICE PHONE: 01 8414122
OPENING HOURS: 8:30am-8.00pm Mon and Thurs, 8:30-5:15 Tues, Wed, Fri
EMAIL: bfc@docharity.net
WEBSITE: www.docharity.net
IS THERE A CHARGE? No

BARNARDOS
Christchurch Square, Christchurch, Dublin 8.
CATCHMENT AREA: Dublin 8
SERVICES PROVIDED: Early intervention/trauma service for children and their families counselling. Telephone helpline for public concerned about grieving child. Training and consultation for groups whose work brings them into contact with bereaved children bereaved by sudden death. Longer term bereavement.
OFFICE PHONE: 01 4530355
SUPPORT PHONE: 01 4732110
EMAIL: bereavement@barnardos.ie
WEBSITE: www.barnardos.ie
OPENING HOURS: Mon, Wed and Fri 10.00am-12.00 noon
IS THERE A CHARGE? No

BEACON OF LIGHT COUNSELLING CENTRE
4 Collinstown Grove, Neilstown, Clondalkin, Dublin 22.
CATCHMENT AREA: Dublin 22
SERVICES PROVIDED: Counselling and group facilitation.
OFFICE PHONE: 01 4578700
EMAIL: beaconoflight@iolfree.ie
OPENING HOURS: 9.00am-8.00pm Mon-Thursday, Fri 9.00am-5.00pm
IS THERE A CHARGE? Yes

BEAUMONT HOSPITAL SOCIAL WORK DEPARTMENT
Beaumont Road, Dublin 9.
CATCHMENT AREA: Dublin
SERVICES PROVIDED: One-to-one bereavement counselling and group work to families who are bereaved at Beaumont Hospital.
OFFICE PHONE: 01 8093290
EMAIL: medicalsocialwork@beaumont.ie
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

BEECHLAWN MEDICAL CENTRE
Carrickbrennan Road, Monkstown, Dublin.
CATCHMENT AREA: Dublin
SERVICES PROVIDED: Individual counselling.
OFFICE PHONE: 01 2147613
SUPPORT PHONE: 087 2245484
EMAIL: annemariehearne@eircom.net
WEBSITE: www.annemariehearne.com
OPENING HOURS: 7.45am-9.00pm
IS THERE A CHARGE? Yes

THE BEREAVEMENT COUNSELLING SERVICE
G.S.P.C., Dublin Street, Baldoyle, Dublin 13.
CATCHMENT AREA: Dublin 13
SERVICES PROVIDED: Provides one-to-one counselling, community talks and group facilitation for children in 7 centres operating in Dublin, Wicklow, Carlow and Kildare.
OFFICE PHONE: 01 8391766
EMAIL: bereavement@eircom.net
WEBSITE: www.bereavementireland.org
OPENING HOURS: 9:30am-1.00pm
IS THERE A CHARGE? No
BETHANY BAWNOGUE BEREAVEMENT GROUP
C/O 3 Ashford Way, Clondalkin, Dublin 22.

CATCHMENT AREA: Dublin 22
SERVICES PROVIDED: Support group for the bereaved.
OFFICE PHONE: 01 4943142
IS THERE A CHARGE? No

BETHANY CABRA WEST BEREAVEMENT SUPPORT GROUP
29 Dunmanus Rd, Cabra West, Dublin 7.

CATCHMENT AREA: Dublin 7
SERVICES PROVIDED: Provide listening support to those who are bereaved.
OFFICE PHONE: 087 9300890
SUPPORT PHONE: 01 8388955
OPENING HOURS: 1:00-6:00pm
IS THERE A CHARGE? No

BETHANY CASTLEKNOCK BEREAVEMENT GROUP
11 College Grove, Castleknock, Dublin 15.

CATCHMENT AREA: Dublin 15
SERVICES PROVIDED: We help with the funeral rite and follow-up psychological support and advice regarding professional counselling services.
SUPPORT PHONE: 01 8211151
EMAIL: paulinemkelly@gmail.com
IS THERE A CHARGE? No

BETHANY CLONSKEAGH BEREAVEMENT
C/O 2 Willowfield Park, Milltown, Dublin 14.

CATCHMENT AREA: Dublin 14
SERVICES PROVIDED: Provide bereavement support through home visits to those who have lost a loved one. Also arrange talks on bereavement for the community and hold an annual Mass for the bereaved every November.
SUPPORT PHONE: 01 4943142
IS THERE A CHARGE? No

BETHANY FINGLAS WEST
42 Cardiffsbridge Road, Finglas West, Dublin 11.

CATCHMENT AREA: Dublin 11
SERVICES PROVIDED: We provide home visits and a “listening ear” if the bereaved person feels the need to talk. We also operate a drop in centre once a month and a support group.
OFFICE PHONE: 01 8341284
SUPPORT PHONE: 01 8341284
IS THERE A CHARGE? No

BETHANY LOUGHLINSTOWN BEREAVEMENT SUPPORT
C/O 87 Lambay Drive, Loughlinstown, Dublin.

CATCHMENT AREA: Dublin
SERVICES PROVIDED: General Bereavement.
SUPPORT OFFICE PHONE: 01 4943142
IS THERE A CHARGE? No

BETHANY MALAHIDE
The Bungalow, Rob’s Wall, Malahide, Dublin.

CATCHMENT AREA: Dublin
SERVICES PROVIDED: One to one support, group support, and telephone support after bereavement.
OFFICE PHONE: 01 8451244
IS THERE A CHARGE? No

BETHANY OLD BAWN BEREAVEMENT GROUP
103 Cill Cáis, Old Bawn, Dublin 24.

CATCHMENT AREA: Dublin 24
SERVICES PROVIDED: Listening support group for the bereaved.
OFFICE PHONE: 01 4510160
OPENING HOURS: 1st Tuesday of the month
IS THERE A CHARGE? No

BETHANY RATHFARNHAM BEREAVEMENT GROUP
51 Barton Road, Rathfarnham, Dublin 14.

CATCHMENT AREA: Dublin 14
SERVICES PROVIDED: Provide support to bereaved through home visits.
OFFICE PHONE: 01 4938695
IS THERE A CHARGE? No

BETHANY RATHGAR BEREAVEMENT GROUP
3 Dodder Park Grove, Rathfarnham, Dublin 14.

CATCHMENT AREA: Dublin 14
SERVICES PROVIDED: Bereavement Support.
OFFICE PHONE: 01 4943142
IS THERE A CHARGE? No
BETHANY RATHMINES BEREAVEMENT SUPPORT GROUP
6 Fortfield Grove, Terenure, Dublin 6.
  Catchment Area: Dublin 6
  Services Provided: Telephone support, monthly support meetings and home visits as required.
  Support Phone: 087 2050514
  Is there a Charge? No

BETHANY ST ATTRACTA’S GROUP
10 Sycamore Road, Dundrum, Dublin 16.
  Catchment Area: Dublin 16
  Services Provided: Provide individual and group support for the recently bereaved.
  Office Phone: 01 4943142
  Opening Hours: 10.00am-9.00pm weekdays
  Is there a Charge? No

BETHANY ST BRIGID’S RESOURCE CENTRE
306 Howth Road, Killester, Dublin 5.
  Catchment Area: Dublin 5
  Services Provided: Provides a bereavement support group and home visits to the recently bereaved.
  Office Phone: 01 8534030
  Email: killesterparish@eircom.net
  Website: www.killester.dublindiocese.ie
  Is there a Charge? No

BETHANY ST MARY’S PRIORY TALLAGHT
37 Bancroft Ave, Tallaght, Dublin 24.
  Catchment Area: Dublin 24
  Services Provided: Provides a bereavement support group and home visits to the recently bereaved.
  Office Phone: 01 4943142
  Is there a Charge? No

BLACKROCK HOSPICE
The Venerable Louis & Zelie Martin Hospice, Sweetman’s Avenue, Blackrock, Dublin.
  Catchment Area: South County Dublin
  Services Provided: Counselling services for individuals and families of the bereaved and dying.
  Office Phone: 01 2064000
  Email: blackrockhospice@olh.ie
  Website: www.olh.ie/Departments/BlackrockHospice
  Is there a Charge? No

CDVEC PSYCHOLOGICAL SERVICES
25 Temple Road, Dartry, Dublin 6.
  Catchment Area: Dublin 6
  Services Provided: Provides psychological services to youth in schools and centres.
  Office Phone: 01 4971442
  Email: stephen.harper@psychser.cdvec.ie
  Website: www.cdvec.ie
  Opening Hours: 9.00am-5.00pm Mon-Fri
  Is There a Charge? No

CONSOLE (Dublin)
Head Office, All Hallows College, Gracepark Road, Drumcondra, Dublin 9.
  Catchment Area: National
  Office Phone: 01 8574300
  Support Phone: 1800 201890
  Email: info@console.ie
  Website: www.console.ie
  Is There a Charge? No

AN CUAN CENTRE FOR PSYCHOLOGICAL SERVICES
14 Pembroke Cottages, Main St., Dundrum, Dublin 14.
  Catchment Area: Dublin 14
  Services Provided: Provide individual counselling, child and adolescent psychotherapy and family therapy.
  Office Phone: 01 2967870
  Support Phone: 086 2265060
  Email: info@ancuan.ie
  Website: www.ancuan.ie
  Opening Hours: 8.00am-9.00pm Mon-Sat
  Is There a Charge? Yes
DAUGHTERS OF CHARITY
Administration Headquarters, Child and Family Service Management Office, First Floor, T. O’Reilly Building, Swords Road, Santry, Dublin 9.

- **CATCHMENT AREA:** Dublin
- **OFFICE PHONE:** 01 8425100
- **EMAIL:** admin@docharity.net
- **WEBSITE:** www.docharity.net
- **IS THERE A CHARGE?** No

DAUGHTERS OF CHARITY

- **CATCHMENT AREA:** Dublin 24
- **SERVICES PROVIDED:** We provide individual counselling and therapy and group intervention based on “Seasons for Growth” which addresses loss generally.
- **OFFICE PHONE:** 01 4585703
- **OPENING HOURS:** Mon/Tue 9.00am - 8.00pm, Wed/Thur/Fri 9.00am - 5.00pm
- **IS THERE A CHARGE?** No

DOCHAS BALDOYLE
Respond Housing Development, Grange Road, Baldoyle, Dublin 13.

- **CATCHMENT AREA:** Dublin 13
- **SERVICES PROVIDED:** We provide a listening service to those bereaved by suicide.
- **OFFICE PHONE:** 01 8326115
- **SUPPORT PHONE:** 086 1714839
- **EMAIL:** bfrs@eircom.net
- **OPENING HOURS:** Resource Centre 9.30am - 5.00pm
- **IS THERE A CHARGE?** No

DOCHAS HOPE AFTER SUICIDE
Ballymun Psychiatric Clinic, Ballymun Health Centre, Ballymun, Dublin 11.

- **CATCHMENT AREA:** Dublin 11
- **SERVICES PROVIDED:** Support for Crisis Management. Listening and providing a safe place to talk. Non-directive and confidential services to family and individuals.
- **SUPPORT PHONE:** 086-8569283
- **OPENING HOURS:** Appointments by Phone

DRUG TREATMENT CENTRE
Trinity Court, 30-32 Pearse St., Dublin 2.

- **CATCHMENT AREA:** Dublin 2
- **SERVICES PROVIDED:** A Multi-disciplinary team works with clients who have experienced bereavement by suicide and general bereavement.
- **OFFICE PHONE:** 01 6488600
- **EMAIL:** mbreathnach@dtcb.ie
- **WEBSITE:** www.addictionireland.ie
- **OPENING HOURS:** 9.00am-5.00pm
- **IS THERE A CHARGE?** No

DUBLIN COUNSELLING & THERAPY CENTRE LTD
41 Upper Gardiner Street, Dublin 1.

- **CATCHMENT AREA:** Dublin
- **SERVICES PROVIDED:** Counselling and Psychotherapy for individuals, couples and families.
- **OFFICE PHONE:** 01 8788236
- **EMAIL:** info@dctc.ie
- **WEBSITE:** www.dctc.ie
- **OPENING HOURS:** 9:30am-5:30pm Mon-Fri
- **IS THERE A CHARGE?** Yes

DIT COUNSELLING SERVICE
Dublin Institute of Technology, Pembroke St., Dublin 2.

- **CATCHMENT AREA:** Dublin 2
- **SERVICES PROVIDED:** Psychological counselling, education/awareness, support groups, self-help material and workshops for students and staff.
- **OFFICE PHONE:** 01 4023443/3352
- **EMAIL:** susan.lindsay@dit.ie
- **WEBSITE:** www.dit.ie
- **OPENING HOURS:** 9.00am-5.00pm Mon-Fri; Tues and Thurs 6.00pm-8.00pm
- **IS THERE A CHARGE?** No

FAIRVIEW THERAPY CENTRE
10 Fairview Strand, Fairview, Dublin 3.

- **CATCHMENT AREA:** Dublin 3
- **SERVICES PROVIDED:** General Psychotherapy practice
- **OFFICE PHONE:** 01 8561289
- **EMAIL:** info@fairviewtherapycentre.ie
- **WEBSITE:** www.fairviewtherapycentre.ie
- **OPENING HOURS:** Mon-Sat 8.00am-10.00pm; by appointment only
- **IS THERE A CHARGE?** Yes
FAMILY THERAPY CENTRE
204 Griffith Avenue, Dublin 9.
CATCHMENT AREA: Dublin 9
SERVICES PROVIDED: Individual and Family Therapy.
OFFICE PHONE: 01 6238035
OPENING HOURS: 8.00am-4.00pm Mon-Fri
IS THERE A CHARGE? No

FINGAL COUNSELLING SERVICE BASE RESOURCE CENTRE
Brackenstown, Swords, Dublin.
CATCHMENT AREA: Dublin
SERVICES PROVIDED: One-to-one Humanistic Counselling.
OFFICE PHONE: 01 8902596
WEBSITE: www.fingalcounsellingservice.org
OPENING HOURS: 9:30am-9:30pm Mon-Fri
IS THERE A CHARGE? No

FOREST HEALTHCARE
PO Box 10040, Dublin 16.
CATCHMENT AREA: Dublin
SERVICES PROVIDED: Psychological counselling for individuals, couples, and families within a residential setting as part of a substance abuse programme.
OFFICE PHONE: 1850 882772
SUPPORT PHONE: 01 2015863
EMAIL: info@forest.ie
WEBSITE: www.forest.ie
OPENING HOURS: 24/7/365
IS THERE A CHARGE? Yes

GREINE COUNSELLING & PSYCHOTHERAPY CENTRE
Glebeview House, River Mall, Swords, Dublin.
CATCHMENT AREA: Dublin
SERVICES PROVIDED: Counselling
OFFICE PHONE: 01 8107667
EMAIL: bredabutler123@eircom.net
OPENING HOURS: 9.00am-8.00pm
IS THERE A CHARGE? Yes

GROUP ANALYTIC PRACTICE
29 Lower Abbey Street, Dublin 1.
CATCHMENT AREA: Dublin 1
SERVICES PROVIDED: Group and individual psychotherapy.
OFFICE PHONE: 01 8786486
EMAIL: gap@grouptherapy.ie
WEBSITE: www.grouptherapy.ie
OPENING HOURS: 8.30am-9.30pm Mon-Fri
IS THERE A CHARGE? Yes

ISANDS
Carmichael House, 4 Nth Brunswick St., Dublin 7.
CATCHMENT AREA: Dublin 7
SERVICES PROVIDED: Provide support to bereaved parents and families who have lost a baby through literature, telephone contact support and individual support.
OFFICE PHONE: 01 8726996 / 01 8224688
EMAIL: info@isands.ie
WEBSITE: www.isands.ie
OPENING HOURS: 9:30am-9.00pm
IS THERE A CHARGE? No

JOHNSTOWN THERAPY CENTRE
35A Johnstown Road, Cabinteely, Dublin 18.
CATCHMENT AREA: Dublin 18
SERVICES PROVIDED: Psychotherapy/Counselling.
OFFICE PHONE: 01 2024837
SUPPORT PHONE: 086 2400329
OPENING HOURS: 9.00am-9.00pm
IS THERE A CHARGE? Yes
MERCY CENTRE CARE GROUP  
St Brendan’s Drive, Coolock, Dublin 5.  
CATCHMENT AREA: Dublin 5  
SERVICES PROVIDED: Workshops on coping with loss.  
OFFICE PHONE: 01 8487259  
EMAIL: mercycoolock@eircom.net  
OPENING HOURS: 9.00am-1.00pm Mon-Fri  
IS THERE A CHARGE? Yes

NATIONAL ASSOCIATION OF WIDOWS IN IRELAND  
29 Gardiner Place, Dublin 1.  
CATCHMENT AREA: Dublin 1  
SERVICES PROVIDED: Support groups/useful information for Widows with over 40 branches throughout Ireland.  
OFFICE PHONE: 01 8728814  
EMAIL: info@nawi.ie  
WEBSITE: www.nawi.ie  
OPENING HOURS: Mon-Thurs 11.00am-4.00pm  
IS THERE A CHARGE? Yes

NCAD COUNSELLING CENTRE  
100 Thomas St., Dublin 8.  
CATCHMENT AREA: Dublin 8  
SERVICES PROVIDED: General bereavement support for any student registered in College.  
OFFICE PHONE: 01 6364200  
EMAIL: counsellor@ncad.ie  
OPENING HOURS: Mon-Thurs 10.00am-4.00pm  
IS THERE A CHARGE? No

NEWLANDS INSTITUTE FOR COUNSELLING  
2 Monastery Road, Clondalkin, Dublin 22.  
CATCHMENT AREA: Dublin 22  
SERVICES PROVIDED: Counselling and Psychotherapy.  
OFFICE PHONE: 01 4594573  
EMAIL: ronangrimshaw@eircom.net  
OPENING HOURS: 10.00am-9.00pm Mon-Fri  
IS THERE A CHARGE? Yes

NORTH DUBLIN CLINICAL PSYCHOLOGY SERVICES  
Nurses Home, Rathdown Rd., Dublin 7.  
CATCHMENT AREA: Dublin 7  
SERVICES PROVIDED: General Psychotherapy.  
OFFICE PHONE: 01 8380137  
EMAIL: psychservices@eircom.net  
IS THERE A CHARGE? No

NORTHSIDE COUNSELLING SUICIDE BEREAVEMENT SUPPORT GROUP  
Northside Counselling Services Ltd., Coolock Development Centre, Bunratty Drive, Bonnybrook, Dublin 17.  
CATCHMENT AREA: Dublin  
SERVICES PROVIDED: The aim of the counselling service is to provide a quality, accessible and low cost professional counselling service that meets the on-going needs of the local community.  
OFFICE PHONE: 01 8484789  
EMAIL: ncsl@gofree.indigo.ie  
IS THERE A CHARGE? Yes
OASIS COUNSELLING SERVICE
1 Drumfinn Park, Ballyfermot, Dublin 10.
CATCHMENT AREA: Dublin 10
SERVICES PROVIDED: Low cost or voluntary counselling and support.
OFFICE PHONE: 01 6268519
EMAIL: jovimac@esatclear.ie
WEBSITE: www.oasiscounselling.net
OPENING HOURS: 9.00am-9.00pm Mon-Wed, Thurs 9.00am-4.00pm, Sat 9:30am-1:30pm
IS THERE A CHARGE? No

RAINBOWS (Dublin)
CATCHMENT AREA: Dublin 8
SERVICES PROVIDED: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
OFFICE PHONE: 01 4510444
EMAIL: ask@rainbowsireland.com
WEBSITE: www.rainbowsireland.com
IS THERE A CHARGE? No

RIVERSIDE COUNSELLING SERVICE
Blessed Sacrament Chapel, 20 Bachelors Walk, Dublin 1.
CATCHMENT AREA: Dublin
SERVICES PROVIDED: Individual counselling, open support group, information and literature and family counselling.
OFFICE PHONE: 01 8724597
EMAIL: liams63@yahoo.ie
OPENING HOURS: 9.00am-5.00pm Mon-Sat
IS THERE A CHARGE? No

ST. CATHERINE’S COUNSELLING SERVICE
The Priory, Tallaght, Dublin 24.
CATCHMENT AREA: Dublin 24
SERVICES PROVIDED: Individual counselling and psychotherapy.
OFFICE PHONE: 01 4513076
OPENING HOURS: 10.00am-5.00pm
IS THERE A CHARGE? No

ST. FRANCIS HOSPICE
Station Road, Raheny, Dublin 5.
CATCHMENT AREA: Dublin 5
SERVICES PROVIDED: Volunteer bereavement support for family and friends of those who have died under care at St. Francis Hospice.
OFFICE PHONE: 01 8327535
IS THERE A CHARGE? No

ST. VINCENT’S UNIVERSITY HOSPITAL / SOCIAL WORK DEPARTMENT
Department of Palliative Medicine, Elm Park, Dublin 4.
CATCHMENT AREA: Dublin 4
SERVICES PROVIDED: Bereavement Support Programme held twice yearly and social workers provide some one-to-one support.
OFFICE PHONE: 01 2214286/2214831
EMAIL: palliativecare@st-vincents.ie
WEBSITE: www.stvincents.ie
OPENING HOURS: 9.00am-5.00pm
IS THERE A CHARGE? No

ST. VINCENT’S TRUST
9 Henrietta Street, Dublin 1.
CATCHMENT AREA: Dublin 1
SERVICES PROVIDED: We provide counselling for the bereaved.
OFFICE PHONE: 01 8874100
EMAIL: info@stvincentstrust.ie
WEBSITE: www.svt.ie
OPENING HOURS: 9:00am to 5:00pm Mon to Thurs, 9:00am to 1:00pm Friday
IS THERE A CHARGE? No

SAMARITANS
112 Marlborough Street, Dublin 1.
CATCHMENT AREA: Dublin 1
SERVICES PROVIDED: Confidential emotional support.
SUPPORT PHONE: 1850 609090
EMAIL: jo@samaritans.org
WEBSITE: www.samaritans.org
OPENING HOURS: 24/7/365
IS THERE A CHARGE? No
SAOL
58 Amiens Street, Dublin 1.
CATCHMENT AREA: Dublin 1
SERVICES PROVIDED: Working on training in conjunction with the NOSP.
OFFICE PHONE: 01 8553391
EMAIL: progressionroutes@saolproject.ie
OPENING HOURS: 9.00am-5.00pm
IS THERE A CHARGE? No

TABOR COUNSELLING & THERAPY CENTRE
316 The Lawns, Belgard Heights, Tallaght, Dublin 24.
CATCHMENT AREA: Dublin 24
SERVICES PROVIDED: Psychotherapy and specifically bereavement therapy.
OFFICE PHONE: 01 4518869
EMAIL: contact@TaborCounsellingandPsychotherapy.ie
WEBSITE: www.taborcounsellingandpsychotherapy.ie
OPENING HOURS: 9.00am-10.00pm Mon-Fri
IS THERE A CHARGE? Yes

TALLAGHT TRAVELLERS YOUTH SERVICE
St Aidan’s Travellers Centre, Brookfield, Tallaght, Dublin 24.
CATCHMENT AREA: Dublin 24
SERVICES PROVIDED: Individual and family counselling.
OFFICE PHONE: 01 4596692
EMAIL: ttys@iol.ie
OPENING HOURS: 9.00am-5:30pm Mon-Fri
IS THERE A CHARGE? No

TEEN COUNSELLING
Crosscare, Mater Dei, Clonliffe Road, Dublin 3.
CATCHMENT AREA: Dublin 3
SERVICES PROVIDED: Counselling and family therapy.
OFFICE PHONE: 01 8371892
EMAIL: mforrest@teencounselling.com
WEBSITE: www.crosscare.ie
IS THERE A CHARGE? No

TIERNAN’S WOMENS GROUP
St Tiernan’s Community School, Parkvale, Balally, Dublin 16.
CATCHMENT AREA: Dublin 16
SERVICES PROVIDED: Counselling services available.
OFFICE PHONE: 01 2061554
EMAIL: marypsfagan@eircom.net
IS THERE A CHARGE? No

TIVOLI INSTITUTE
24 Clarinda Park East, Dun Laoghaire, Dublin.
CATCHMENT AREA: Dublin
SERVICES PROVIDED: Counselling/Psychotherapy.
OFFICE PHONE: 01 2809178
EMAIL: tivoliinstitute@gmail.com
WEBSITE: www.tivoliinstitute.com
OPENING HOURS: 9.00am-6.00pm
IS THERE A CHARGE? Yes

TURAS FAMILY CENTRE
Our Lady Immaculate School, Darndale, Dublin 17.
CATCHMENT AREA: Dublin 17
SERVICES PROVIDED: Work with families bereaved by suicide in partnership with Console.
OFFICE PHONE: 01 8678180
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No
GALWAY

CONSOLE (Galway)
Console House, 26 Bowling Green, Galway City, Co. Galway.
CATCHMENT AREA: Galway
SERVICES PROVIDED: Suicide bereavement support.
OFFICE PHONE: 091 537333
E-MAIL: info@console.ie
WEBSITE: www.console.ie
IS THERE A CHARGE? No

FORUM - NORTH AND WEST CONNEMARA
Rural Development Project Ltd., Ellis Hall, Letterfrack, Galway.
CATCHMENT AREA: Galway
SERVICES PROVIDED: Forum supports a common based counselling service based in Clifden every Friday. Forum is also registered Rainbows site offering programmes to children affected by loss through death or separation.
OFFICE PHONE: 095 41116
E-MAIL: forum@indigo.ie
IS THERE A CHARGE? Yes

GALWAY DIOCESAN PASTORAL CENTRE
Arus de Brun, Newtownsmith, Galway.
CATCHMENT AREA: Galway
SERVICES PROVIDED: Individual and Group counselling
OFFICE PHONE: 091 565066
E-MAIL: gdpc@eircom.net
OPENING HOURS: By appointment
IS THERE A CHARGE? No

GALWAY YOUTH FEDERATION
7 St Francis Street, Galway City, Galway.
CATCHMENT AREA: Galway
SERVICES PROVIDED: Support provided in response to a youth suicide, staff trained to offer Rainbows and trained in ASIST.
OFFICE PHONE: 091 561637
EMAIL: regional.resourcecentre@gyf.ie
WEBSITE: www.gyf.ie
OPENING HOURS: 10.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

LIVING LINKS (Galway)
CATCHMENT AREA: Galway
SERVICES PROVIDED: Suicide bereavement support.
SUPPORT PHONE: 091 565066
IS THERE A CHARGE? No

PRO CONSULT
1 St. Helen’s St., Cooke’s Corner, Galway.
CATCHMENT AREA: Galway
SERVICES PROVIDED: Individual Counselling/Psychotherapy
OFFICE PHONE: 091 589581
E-MAIL: office@proconsult.iol.ie
OPENING HOURS: 9:30am-5.00pm Mon-Fri; Thurs 5:30pm-7:30pm; Sat 9.00am-12.00pm
IS THERE A CHARGE? Yes

RAINBOWS (Galway)
24 Forster Court, Galway.
CATCHMENT AREA: Galway
SERVICES PROVIDED: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
OFFICE PHONE: 091 472500 / 087 6247712
E-MAIL: ask@rainbowsireland.com
WEBSITE: www.rainbowsireland.com
IS THERE A CHARGE? No
KERRY

CASTLEMAINE FAMILY RESOURCE CENTRE
Castlemaine, Kerry.

CATCHMENT AREA: Kerry
SERVICES PROVIDED: Individual and group bereavement support.
OFFICE PHONE: 066 9767833
E-MAIL: cmainefrc@eircom.net
OPENING HOURS: 9.00am-6.00pm Mon-Fri
IS THERE A CHARGE? No

KERRY ADOLESCENT COUNSELLING SERVICE
Balloonagh, Tralee, Kerry.

CATCHMENT AREA: Kerry
SERVICES PROVIDED: Provide adolescent and family counselling, offer a Grief and Loss Program for parents, and provide bereavement support in schools when required.
OFFICE PHONE: 066 7181333
E-MAIL: kfrcs@eircom.net
OPENING HOURS: 9.00am-5.00pm
IS THERE A CHARGE? Yes

KERRY COUNSELLING CENTRE
D17 Edward Court, Edward Street, Tralee, Kerry.

CATCHMENT AREA: Kerry
SERVICES PROVIDED: Individual, couple and family counselling.
OFFICE PHONE: 066 7122931
E-MAIL: kerrycounsellingcentre@hotmail.com
IS THERE A CHARGE? Yes

KERRY DIOCESAN YOUTH SERVICE
KDYS Youth Centre, Fairhill, Killarney, Kerry.

CATCHMENT AREA: Kerry
SERVICES PROVIDED: Information leaflets, resource library available to all youth workers/volunteers and a referral system with links to counselling centre.
OFFICE PHONE: 064 31748
E-MAIL: killarneyinformation@kdys.ie
WEBSITE: www.kdys.ie
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

KILLARNEY COMMUNITY HOSPITAL
Home Care Office, Killarney, Kerry.

CATCHMENT AREA: Kerry
SERVICES PROVIDED: Bereavement support as part of palliative care service.
OFFICE PHONE: 064 35026
SUPPORT PHONE: 064 39645
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

LIVING LINKS (Kerry)
Suicide Bereavement Support

CATCHMENT AREA: Kerry
OFFICE PHONE: 087 9006300
OPENING HOURS: 10.00am-12.00 midday, Mon-Fri
IS THERE A CHARGE? No

MEDICAL CENTRE
Clonalour, Tralee, Kerry.

CATCHMENT AREA: Kerry
SERVICES PROVIDED: Counselling.
OFFICE PHONE: 082 2389995
IS THERE A CHARGE? Yes

SOUTHWEST COUNSELLING CENTRE
Emmets Road, Killarney, Kerry.

CATCHMENT AREA: Kerry
SERVICES PROVIDED: Bereavement counselling for children, adolescents and adults; also bereavement and loss support group.
OFFICE PHONE: 064 36416
E-MAIL: info@southwestcounselling.ie
WEBSITE: www.southwestcounselling.ie
OPENING HOURS: 9.00am-8.00pm Mon-Fri
IS THERE A CHARGE? Yes

TARBERT BEREAVEMENT SUPPORT GROUP
C/O St. Mary’s Church, Tarbert, Kerry.

CATCHMENT AREA: Kerry
SERVICES PROVIDED: Provide support for the bereaved.
OFFICE PHONE: 068 36144 / 068 36161 / 068 36224
IS THERE A CHARGE? No
KILDARE

ATHY COMMUNITY COUNCIL
82 Leinster Street, Athy, Kildare.
  CATCHMENT AREA: Kildare
  SERVICES PROVIDED: General bereavement.
  OFFICE PHONE: 059 8638099
  OPENING HOURS: 9.00am-5.00pm Mon-Fri
  IS THERE A CHARGE? Yes

BETHANY ATHY
C/O 22 Woodstock Street, Athy, Kildare.
  CATCHMENT AREA: Kildare
  SERVICES PROVIDED: General bereavement services.
  SUPPORT PHONE: 056 8632596
  OPENING HOURS: Always available
  IS THERE A CHARGE? No

KILDARE SUICIDE BEREAVEMENT SUPPORT
Tandy's Bridge, Oldtown, Naas, Kildare.
  CATCHMENT AREA: Kildare
  SERVICES PROVIDED: Counselling and psychotherapy.
  OFFICE PHONE: 045 895629
  SUPPORT PHONE: 086 8554852
  IS THERE A CHARGE? No

NEWBRIDGE FAMILY RESOURCE CENTRE
2664 Dara Park, Newbridge, Kildare.
  CATCHMENT AREA: Kildare
  SERVICES PROVIDED: Family resource centre with 4 available counsellors providing counselling support in the Newbridge area.
  OFFICE PHONE: 045 43873
  E-MAIL: marknewbridgefrc@eircom.net
  OPENING HOURS: 9.00am-5.00pm
  IS THERE A CHARGE? No

PERSONAL COUNSELLING & PSYCHOTHERAPY CENTRE
Suite 2 Castle Buildings, Friary Road, Naas, Kildare.
  CATCHMENT AREA: Kildare
  SERVICES PROVIDED: Counselling and psychotherapy and support groups.
  OFFICE PHONE: 045 896690
  E-MAIL: info@personalcounselling.ie
  WEBSITE: www.personalcounselling.ie
  OPENING HOURS: Monday-Friday 9.00am-9.00pm
  IS THERE A CHARGE? Yes

RAINBOWS (Kildare)
Presentation Girls Primary School, 11 Newtown Park, Confey, Leixlip, Co Kildare.
  CATCHMENT AREA: Kildare
  SERVICES PROVIDED: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
  OFFICE PHONE: 01 6242600 (w) / 01 6286034 / 087 2976276
  E-MAIL: ask@rainbowsireland.com
  WEBSITE: www.rainbowsireland.com
  IS THERE A CHARGE? No

TURAS LE CHÉILE (LIVING LINKS)
Whitestown House, Kilcock, Kildare.
  CATCHMENT AREA: Dublin South West / Kildare / South Meath
  SERVICES PROVIDED: Outreach service for communities following a suicide and support for the bereaved including suicide bereaved.
  OFFICE PHONE: 086 0566819 (Mon-Fri 9.00am-5.00pm answer machine on outside these hours. Calls will be returned asap).
  OPENING HOURS: Service is an evening service and by appointment.
  IS THERE A CHARGE? No
KILKENNY

CHILD & ADOLESCENT PSYCHOLOGY SERVICE
Community Services HSE, James Green, Kilkenny.

CATCHMENT AREA: Kilkenny
SERVICES PROVIDED: Counselling and therapy for bereaved children, adolescents and their families.
OFFICE PHONE: 056 7770134
E-MAIL: maireade.phelan@hse.ie
OPENING HOURS: 9.00am-5.00pm
IS THERE A CHARGE? No

HSE CHILD & ADOLESCENT PSYCHOLOGICAL COMMUNITY SERVICES
James’ Green, Kilkenny.

CATCHMENT AREA: Kilkenny
SERVICES PROVIDED: Provide individual therapy for children and adolescents under 18 years and their families.
OFFICE PHONE: 056 7784777
SUPPORT PHONE: 059 9136522
OPENING HOURS: 9.00am-5.00pm
IS THERE A CHARGE? No

KILKENNY BEREAVEMENT SUPPORT
Villa Maria, Talbots Inch, Freshford Road, Kilkenny.

CATCHMENT AREA: Kilkenny
SERVICES PROVIDED: Offer individual bereavement support, bereavement support for children, workshops for schools and training for various groups.
OFFICE PHONE: 056 7756538
OPENING HOURS: 9.00am-6.00pm
IS THERE A CHARGE? No

KILKENNY SOCIAL SERVICES
Waterford Road, Kilkenny.

CATCHMENT AREA: Kilkenny
SERVICES PROVIDED: Provide counselling in schools in the Kilkenny area to include suicide bereavement and general bereavement.
OFFICE PHONE: 056 7756998
E-MAIL: kilkennycss@eircom.net
OPENING HOURS: School hours
IS THERE A CHARGE? Yes

PATRICK STREET MEDICAL CENTRE
Patrick Street, Kilkenny.

CATCHMENT AREA: Kilkenny
SERVICES PROVIDED: Counselling and Psychotherapy for individuals, couples and families.
OFFICE PHONE: 086 8877936
OPENING HOURS: Thursday and Friday, Day and Evening
IS THERE A CHARGE? Yes

RAINBOWS (Kilkenny)
Newtown, Thomastown, Co Kilkenny.

CATCHMENT AREA: Kilkenny
SERVICES PROVIDED: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
OFFICE PHONE: 056 7724036
E-MAIL: ask@rainbowsireland.com
WEBSITE: www.rainbowsireland.com
IS THERE A CHARGE? No
LAOIS

LAOIS HOSPICE HOME CARE
Regional Hospital, Portlaoise, Laois.

CATCHMENT AREA: Laois
SERVICES PROVIDED: Provide services to families bereaved by cancer.
OFFICE PHONE: 057 8660147
OPENING HOURS: 9:30am-5:30pm
IS THERE A CHARGE? No

MIDLANDS LIVING LINKS
C/O Bernie Carroll, Brocca Road, Mucklagh, Tullamore, Co Offaly.

CONTACT: 086 1600641

PEOPLE CARE SERVICES IRELAND
Portarlington Enterprise Centre, Canal Road, Portarlington, Laois.

CATCHMENT AREA: Laois
SERVICES PROVIDED: Counselling and psychology.
OFFICE PHONE: 087 1302899
E-MAIL: eddie@peoplecareservicesireland.com
WEBSITE: www.peoplecareservicesireland.com
IS THERE A CHARGE? Yes

RAINBOWS (Laois)
No. 3 Mount Henry Drive, Killenard, Portarlington, Laois.

CATCHMENT AREA: Laois
SERVICES PROVIDED: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
OFFICE PHONE: 086 1023810
E-MAIL: ask@rainbowsireland.com
WEBSITE: www.rainbowsireland.com
IS THERE A CHARGE? No

LEITRIM

COMMUNITY SCHOOL SEPARATION & BEREAVEMENT SUPPORT GROUP
Community School, Carrick-on-Shannon, Leitrim.

CATCHMENT AREA: Leitrim
SERVICES PROVIDED: School based counselling support for students.
OFFICE PHONE: 071 9620880
E-MAIL: marieocon@eircom.net
OPENING HOURS: 9.00am-4.00pm
IS THERE A CHARGE? Yes

STOP
Market Street, Dromahaire, Leitrim.

CATCHMENT AREA: Leitrim
SERVICES PROVIDED: S.T.O.P. bereavement group meet on the 1st Thursday of each month in the Abbey Manor Hotel, Dromahaire from 8.00pm to 10.00pm.
OFFICE PHONE: 071 9164286
IS THERE A CHARGE? No

LIMERICK

ABBEYFEALE BEREAVEMENT SUPPORT GROUP
Mountmahon, Abbeyfeale, Limerick.

CATCHMENT AREA: Limerick
SERVICES PROVIDED: Bereavement support group.
OFFICE PHONE: 068 31203
SUPPORT PHONE: 068 32444
OPENING HOURS: Monday Nights 7:30pm-9:30pm
Is there a Charge? No

ARDAGH/CARRICKERRY BEREAVEMENT GROUP
Glensharrold, Athea, Limerick.

CATCHMENT AREA: Limerick
SERVICES PROVIDED: Bereavement support.
IS THERE A CHARGE? No
THE BLUEBOX CREATIVE LEARNING CENTRE

8 Limerick Enterprise Dev. Park, Roxboro Road, Limerick.
CATCHMENT AREA: Limerick
SERVICES PROVIDED: Creative therapies.
OFFICE PHONE: 061 315070
E-MAIL: info@bbclc.ie
WEBSITE: www.bbclc.ie
OPENING HOURS: 9.00am-5.00pm
IS THERE A CHARGE? Yes

CONSOLE (Limerick)

1 Oakville Terrace, New Street, Limerick.
CATCHMENT AREA: Limerick
SERVICES PROVIDED: Suicide bereavement support.
OFFICE PHONE: 061 306792
E-MAIL: info@console.ie
WEBSITE: www.console.ie
IS THERE A CHARGE? No

HOSPITAL FAMILY RESOURCE CENTRE

Knockaney Road, Hospital, Limerick.
CATCHMENT AREA: Limerick
SERVICES PROVIDED: Counselling service who also work with community and HSE to host workshops and raise awareness.
OFFICE PHONE: 061 383884
E-MAIL: hospitalfrc@eircom.net
OPENING HOURS: 9.00am-6.00pm Mon-Fri
IS THERE A CHARGE? Yes

LIVING LINKS (Limerick)

Suicide Bereavement Support
OFFICE PHONE: 087 7998427 (5.00pm-7.00pm)
IS THERE A CHARGE? No

MILFORD CARE CENTRE

Castletroy, Limerick.
CATCHMENT AREA: Mid-west region
SERVICES PROVIDED: Along with in-patient and community based palliative care, a range of bereavement support services are also offered. These include facilitated support groups for adults and for children. Individual support is also offered, as is telephone support.
OFFICE PHONE: 061-485800
E-MAIL: info@milfordcarecentre.ie
WEBSITE: www.milfordcarecentre.ie
IS THERE A CHARGE? No
IS LITERATURE PROVIDED? Yes

OUR LADY QUEEN OF PEACE BEREAVEMENT SUPPORT GROUP

27 Daly Ave, Janesboro, Limerick.
CATCHMENT AREA: Limerick
SERVICES PROVIDED: Contact families at time of bereavement and provide follow up visits if required.
SUPPORT PHONE: 061 415651
IS THERE A CHARGE? No

OUR LADY OF THE ROSARY BEREAVEMENT SUPPORT GROUP

C/O 3 Sunville Court, North Circular Road, Limerick.
CATCHMENT AREA: Limerick
SERVICES PROVIDED: Provides individual support and group support to the bereaved.
OFFICE PHONE: 061 455815
E-mail: pmflood@eircom.net
IS THERE A CHARGE? No

RAINBOWS (Limerick)

Limerick Diocesan Pastoral Centre, St Michaels Courtyard, Denmark Street, Limerick City.
CATCHMENT AREA: Limerick
SERVICES PROVIDED: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
OFFICE PHONE: 061 400133 / 061 309431 / 087 2995004
E-MAIL: ask@rainbowsireland.com
WEBSITE: www.rainbowsireland.com
IS THERE A CHARGE? No
ST MUNCHINS FAMILY RESOURCE CENTRE
26-28 Clonconnane Road, Ballynanty, Limerick.

CATCHMENT AREA: Limerick
SERVICES PROVIDED: Individual support and bereavement support group.
OFFICE PHONE: 061 326623
E-MAIL: frc@communitylink.ie
WEBSITE: www.communitylink.ie
OPENING HOURS: 8.45am-5.30pm and 7.00pm-9.00pm
IS THERE A CHARGE? No

SEASONS FOR GROWTH
1 Oakville Terrace, New Street, Limerick.

CATCHMENT AREA: Limerick
SERVICES PROVIDED: Group programmes for children and adults.
OFFICE PHONE: 061 307150
E-MAIL: 1margaretosullivan@eircom.net
OPENING HOURS: 9.00am-5.00pm
IS THERE A CHARGE? Yes

SOCIAL SERVICES CENTRE
Henry Street, Limerick, Limerick.

CATCHMENT AREA: Limerick
OFFICE PHONE: 061 314111
OPENING HOURS: 9:30am-5:30pm
IS THERE A CHARGE? No

LONGFORD

LONGFORD WOMEN’S LINK CENTRE
Willow House, Ardnacassa Avenue, Longford.

CATCHMENT AREA: Longford
SERVICES PROVIDED: Counselling.
OFFICE PHONE: 043 41511
SUPPORT PHONE: 043 42891
E-MAIL: info@longfordwomenslink.org
WEBSITE: www.longfordwomenslink.org
OPENING HOURS: 8.00am-6.00pm
IS THERE A CHARGE? Yes

MIDLANDS LIVING LINKS
C/O Bernie Carroll, Brocca Road, Mucklagh, Tullamore, Co Offaly.
CONTACT: 086 1600641
LOUTH

ARMAGH DIOCESAN PASTORAL CENTRE
Mount Oliver Centre, Dundalk, Louth.

CATCHMENT AREA: Louth

SERVICES PROVIDED: Bereavement support group, beginning experience support for widowed or separated and Rainbows Bereavement Support for young people aged 6-18.

OFFICE PHONE: 042 9371235

SUPPORT PHONE: 042 9371234

E-MAIL: pastoralcentredlk@oceanfree.net

OPENING HOURS: 10.00am-3.30pm

IS THERE A CHARGE? Yes

JEAN CASEY
Lynnbrook, The Lynns, Annagassan, Louth.

CATCHMENT AREA: Louth

SERVICES PROVIDED: Provides counselling and psychotherapy to individuals and groups; also gives talks and workshops.

CONTACT: Ms Jean Casey

OFFICE PHONE: 042 9372047

E-MAIL: jeancasey@eircom.net

OPENING HOURS: 9.00am-5.00pm

IS THERE A CHARGE? Yes

RAINBOWS (Louth)
Mount Oliver Pastoral Centre, Dundalk, Co Louth.

CATCHMENT AREA: Louth

SERVICES PROVIDED: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.

OFFICE PHONE: 042 9371235

E-MAIL: ask@rainbowsireland.com

WEBSITE: www.rainbowsireland.com

IS THERE A CHARGE? No

DROGHEDA COMMUNITY SERVICES
Scarlet Crescent, Drogheda.

CATCHMENT AREA: Louth

SERVICES PROVIDED: One-to-one bereavement counselling. Counselling available 9.00am to 5.00pm and evenings by appointment.

OFFICE PHONE: 041 9836084

E-MAIL: info@droghedacsc.net

IS THERE A CHARGE? No

MAYO

CASTLEBAR COUNSELLING AND THERAPY CENTRE “FOUR WINDS”
Westport Road, Castlebar, Mayo.

CATCHMENT AREA: Mayo

SERVICES PROVIDED: Provide individual counselling, couples and family counselling, training in working with suicide bereaved and public lectures.

OFFICE PHONE: 094 9028746 / SUPPORT PHONE: 087 2229679

E-MAIL: castlebarpsychotherapy@eircom.net / WEBSITE: www.dctc.ie

OPENING HOURS: Mon-Fri 9.30am-5.30pm; evening appointments available.

IS THERE A CHARGE? Yes

KNOCK COUNSELLING CENTRE
Knock Shrine, Knock, Mayo.

CATCHMENT AREA: Mayo

SERVICES PROVIDED: Counselling for individuals and families of the bereaved and suicide bereaved; group sessions for those bereaved by suicide.

OFFICE PHONE: 094 9388100

E-MAIL: counsellingknock@eircom.net

OPENING HOURS: 9.30am-5.00pm Mon-Fri; Wed until 8.30pm; Also have drop-in service.

IS THERE A CHARGE? Yes

RAINBOWS (Mayo)
3 Glencarra, Castlebar, Mayo.

CATCHMENT AREA: Mayo

SERVICES PROVIDED: A safe setting in which children can talk through their feelings with other children who are experiencing similar situations.

OFFICE PHONE: 094 9022750

E-MAIL: ask@rainbowsireland.com / WEBSITE: www.rainbowsireland.com

IS THERE A CHARGE? No

SOLACE THE FAMILY LIFE CENTRE
Chapel Street, Castlebar, Mayo.

CATCHMENT AREA: Mayo

SERVICES PROVIDED: Provide individual and group bereavement support and suicide bereavement support; Rainbows programme and in-service training for bereavement support worker.

OFFICE PHONE: 094 9025900

E-MAIL: info@familylifecentre.ie / WEBSITE: www.familylifecentre.ie

OPENING HOURS: 9.30am-5.30pm closed 1.00pm-2.00pm

IS THERE A CHARGE? No
MEATH

AMEN
St Anne's Resource Centre, Railway Street, Navan, Meath.
CATCHMENT AREA: Meath
SERVICES PROVIDED: Provide a helpline, counselling support and peer support.
OFFICE PHONE: 046 9076864
SUPPORT PHONE: 046 9023718
E-MAIL: info@amen.ie
WEBSITE: www.amen.ie
OPENING HOURS: 9.00am-5.00pm
IS THERE A CHARGE? No

BETHANY ASHBOURNE
Donaghmore Parish 126 Deerpark, Ashbourne, Meath.
CATCHMENT AREA: Meath
SERVICES PROVIDED: Provide listening support service to individuals and groups and home visits as requested.
SUPPORT PHONE: 087 2715222
OPENING HOURS: 8.00pm-9.00pm on 3rd Tuesday of each month and 10.30am-11.30am on 3rd Wednesday of each month.
IS THERE A CHARGE? No

EUREKA SECONDARY SCHOOL
Kells, Meath.
CATCHMENT AREA: Meath
SERVICES PROVIDED: Offer general bereavement support to individuals and groups and home visits as requested.
OFFICE PHONE: 046 9240132
IS THERE A CHARGE? No

KELLS PARISH BEREAVEMENT SUPPORT GROUP
C/O Parish Office, Kells, Meath.
CATCHMENT AREA: Meath
SERVICES PROVIDED: To visit, listen and support people with the death of a loved one or loss of any kind. A safe space is provided for people to talk freely either in a group setting or on a one to one basis about their experience of grief.
OFFICE PHONE: 046 9240213
E-MAIL: info@kellsparish.ie
WEBSITE: www.kellsparish.ie
OPENING HOURS: Tuesday to Saturday 10.30 to 1.00pm and 2.00-5.00pm.
IS THERE A CHARGE? No

LIVING LINKS (Meath)
Dowdstown House, Dalgan Park, Navan, Co Meath.
CATCHMENT AREA: Meath
SERVICES PROVIDED: We provide confidential, practical support and advice to those families bereaved by suicide.
OFFICE PHONE: 046 9021407 (10.00am-1.00pm)
E-MAIL: dowdstownhouse@eircom.net
WEBSITE: www.dowdstownhouse.com
IS THERE A CHARGE? No

RAINBOWS (Meath)
CATCHMENT AREA: Co Meath
SERVICES PROVIDED: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
OFFICE PHONE: 01 8255646
E-MAIL: ask@rainbowsireland.com
WEBSITE: www.rainbowsireland.com
IS THERE A CHARGE? No

MONAGHAN

DOCHAS FOR WOMEN
Mullaghmatt/Cortolvin FRC, Oriel Road, Monaghan.
CATCHMENT AREA: Monaghan
OFFICE PHONE: 047 71640
E-MAIL: dochasforwomen@eircom.net
OPENING HOURS: 9.00am-4.00pm Mon-Thurs, Fri 9.00am-3.00pm
IS THERE A CHARGE? Yes

MONAGHAN LIFE SUPPORT GROUP
Citizens Information Centre, Monaghan.
CATCHMENT AREA: Monaghan
SERVICES PROVIDED: Group support, information and access to counselling for the suicide bereaved.
OFFICE PHONE: 047 82622
SUPPORT PHONE: 087 2405942
E-MAIL: poconnell@monaghanpartnership.com
OPENING HOURS: 9.00am-4.00pm
IS THERE A CHARGE? No
OFFALY

KEDRON COUNSELLING & THERAPY CENTRE
St. Mary’s Road, Edenderry, Offaly.
  CATCHMENT AREA: Offaly
  SERVICES PROVIDED: Counselling and psychotherapy services.
  OFFICE PHONE: 046 9733311
  E-MAIL: info@kedron.ie
  WEBSITE: www.kedron.ie
  OPENING HOURS: 9.00am-5.30pm Mon-Fri
  IS THERE A CHARGE? Yes

MIDLANDS SUICIDE BEREAVEMENT SUPPORT SERVICES
The Arches, 21 Church Street, Tullamore, Offaly.
  CATCHMENT AREA: Tullamore and surrounds
  SERVICES PROVIDED: Bereavement support.
  CONTACT: 086 8157320
  OPENING HOURS: Appointments arranged to suit clients.
  IS THERE A CHARGE? No

MIDLANDS SUICIDE BEREAVEMENT SUPPORT SERVICES
Community Mental Health Centre, Wilmer Road, Birr, Co Offaly.
  CATCHMENT AREA: Birr and surrounds
  SERVICES PROVIDED: Bereavement support.
  CONTACT PHONE: 086 8157320
  OPENING HOURS: Appointments arranged to suit clients.
  IS THERE A CHARGE? No

RAINBOWS (Offaly)
Mercy Convent, Tullamore, Offaly.
  CATCHMENT AREA: Offaly
  SERVICES PROVIDED: Safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
  OFFICE PHONE: 0506 21221
  E-MAIL: ask@rainbowsireland.com
  WEBSITE: www.rainbowsireland.com
  IS THERE A CHARGE? No

ROSCOMMON

THE FAMILY INSTITUTE
Church Street, Ballaghaderreen, Roscommon.
  CATCHMENT AREA: Roscommon
  SERVICES PROVIDED: Counselling and psychotherapy.
  OFFICE PHONE: 094 9861000
  IS THERE A CHARGE? Yes

HSE COMMUNITY SERVICES - PALLIATIVE CARE
Ardsallagh, Athlone Road, Roscommon.
  CATCHMENT AREA: Roscommon
  SERVICES PROVIDED: Bereavement care services for those in Palliative care.
  OFFICE PHONE: 090 6637836
  E-MAIL: maryj.mcdermott@mailn.hse.ie
  OPENING HOURS: 9.30am-5.30pm, 7 days a week.
  Is there a Charge? No

ROSCOMMON HOSPITAL SPECIALIST PALLIATIVE CARE SERVICE
Athlone Road, Roscommon.
  CATCHMENT AREA: Roscommon
  SERVICES PROVIDED: General bereavement to those patients in palliative care.
  OFFICE PHONE: 090 6626200
  E-MAIL: helen.ely@mailn.hse.ie
  OPENING HOURS: 8.30am-10.30pm Mon-Fri
  IS THERE A CHARGE? No

RAINBOWS (Roscommon)
  CATCHMENT AREA: Co Roscommon
  SERVICES PROVIDED: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
  OFFICE PHONE: 071 9662012
  E-MAIL: ask@rainbowsireland.com
  WEBSITE: www.rainbowsireland.com
  IS THERE A CHARGE? No
SLIGO

BALLYMOTE FAMILY RESOURCE CENTRE
Wolfe Tone Street, Ballymote, Sligo.

- **CATCHMENT AREA:** Sligo
- **SERVICES PROVIDED:** Provide support and information to the Ballymote area.
- **OFFICE PHONE:** 071 9189876
- **E-MAIL:** ballymote@eircom.net
- **WEBSITE:** www.frcnf.com/ballymote
- **OPENING HOURS:** Mon-Friday 9.00am-5.00pm
- **IS THERE A CHARGE?** No

RAINBOWS (Sligo)
Kilmacowen, Ballisodare, Sligo.

- **CATCHMENT AREA:** Sligo
- **SERVICES PROVIDED:** Safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
- **OFFICE PHONE:** 071 9167155 / 087 1337706
- **E-MAIL:** ask@rainbowsireland.com
- **WEBSITE:** www.rainbowsireland.com
- **IS THERE A CHARGE?** No

ST MICHAELS FAMILY LIFE CENTRE
Church Hill, Sligo.

- **CATCHMENT AREA:** Sligo
- **SERVICES PROVIDED:** Offer counselling, bereavement and suicide bereavement groups and seminars on loss and bereavement.
- **OFFICE PHONE:** 071 9170329
- **E-MAIL:** stmichaelsfamilylife@eircom.net
- **OPENING HOURS:** 9.30am-4.00pm; Counselling by appointment.
- **IS THERE A CHARGE?** No

SLIGO SOCIAL SERVICE COUNCIL LTD
Charles Street, Sligo.

- **CATCHMENT AREA:** Sligo
- **SERVICES PROVIDED:** Provide support and counselling to individuals and families.
- **OFFICE PHONE:** 071 9145682
- **E-MAIL:** sligosocialservices@eircom.net
- **WEBSITE:** www.sligosocialservices.com
- **OPENING HOURS:** 9.30am-5.30pm Mon-Fri
- **IS THERE A CHARGE?** Yes

TIPPERARY

LIVING LINKS
Head Office, McDonagh House, Dublin Road, Nenagh, Tipperary.

- **CATCHMENT AREA:** Tipperary (see also Multi Branch Organisations)
- **SERVICES PROVIDED:** Living Links provides outreach, practical help, advice and support to persons bereaved by suicide. Trained individuals are available to offer confidential, practical support and advice to families bereaved by suicide.
- **OFFICE PHONE:** 087 9693021
- **WEBSITE:** www.livinglinks.ie
- **IS THERE A CHARGE?** No

RAINBOWS (Tipperary)
32 Willow Park, Clonmel, Tipperary.

- **CATCHMENT AREA:** Tipperary
- **SERVICES PROVIDED:** Safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
- **OFFICE PHONE:** 052 25809
- **E-MAIL:** ask@rainbowsireland.com
- **WEBSITE:** www.rainbowsireland.com
- **IS THERE A CHARGE?** No

ST. OLIVER’S BEREAVEMENT SUPPORT
C/o St. Oliver’s Parish Office, Glenconnor, Clonmel, Tipperary.

- **CATCHMENT AREA:** Tipperary
- **SERVICES PROVIDED:** One-to-one support offered to the bereaved.
- **OFFICE PHONE:** 052 25679
- **OPENING HOURS:** 9.30am-4.30pm
- **IS THERE A CHARGE?** No

SOUTH TIPPERARY GENERAL HOSPITAL
Palliative Care Service, Western Road, Clonmel, Tipperary.

- **CATCHMENT AREA:** Tipperary
- **SERVICES PROVIDED:** General bereavement.
- **OFFICE PHONE:** 052 77358
- **E-MAIL:** maryt.connolly@maila.hse.ie
- **OPENING HOURS:** 9.00am-5.00pm Mon-Fri
- **IS THERE A CHARGE?** No
SOUTH TIPPERARY HOSPICE MOVEMENT
CATCHMENT AREA: Tipperary
SERVICES PROVIDED: Palliative nursing home care bereavement support/counselling.
OFFICE PHONE: 052 27721
E-MAIL: southtipphospice@maila.hse.ie
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

S.U.A.S. (Suicide Understanding & Support)
C/O Caragh, Brittas Road, Thurles, Tipperary.
CATCHMENT AREA: Tipperary
SERVICES PROVIDED: Listening support and links to support in community.
OFFICE PHONE: 0504 21476
SUPPORT PHONE: 0504 26366
OPENING HOURS: 24 hour phone service
IS THERE A CHARGE? No

SUPPORT AFTER HOMICIDE
16 Toberahaena Estate, Clonmel, Tipperary.
CATCHMENT AREA: Tipperary
SERVICES PROVIDED: To offer emotional support and practical information for those bereaved by homicide on a one-to-one basis in their home.
OFFICE PHONE: 087 9837322
IS THERE A CHARGE? No

WATERFORD

FAMILY MINISTRY
St. John's College, John's Hill, Waterford.
CATCHMENT AREA: Waterford
SERVICES PROVIDED: Individual counselling, telephone counselling and support and support groups.
OFFICE PHONE: 051 858972
SUPPORT PHONE: 051 874199
E-MAIL: anibrady@eircom.net
IS THERE A CHARGE? No

RAINBOWS (Waterford)
7 A Cluainmhor, Tramore, Co Waterford.
CATCHMENT AREA: Waterford
SERVICES PROVIDED: Safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
OFFICE PHONE: 051 390394
E-MAIL: ask@rainbowsireland.com
WEBSITE: www.rainbowsireland.com
IS THERE A CHARGE? No

TALK IT OVER (Waterford)
C/O St. Otteran's Hospital, John's Hill, Waterford.
CATCHMENT AREA: Waterford
SERVICES PROVIDED: Trained volunteers provide a listening service for those bereaved by suicide.
OFFICE PHONE: 1850 201249
IS THERE A CHARGE? No

THE MEN'S DEVELOPMENT NETWORK
30 O'Connell Street, Waterford.
CATCHMENT AREA: Waterford
SERVICES PROVIDED: Offer individual and group counselling to men around general loss and bereavement.
OFFICE PHONE: 051 844260
SUPPORT PHONE: 087 1364886
E-MAIL: mdil@mens-network.net
OPENING HOURS: Office open 9.00am-5.00pm, counselling after hours.
IS THERE A CHARGE? No
WESTMEATH

COUNSELLING SERVICES
Convent of Mercy, Rochfortbridge, Westmeath.
  CATCHMENT AREA: Westmeath
  SERVICES PROVIDED: Individual counselling.
  OFFICE PHONE: 087 9219525
  OPENING HOURS: By appointment
  IS THERE A CHARGE? Yes

BETHANY ST CAMILLUS Bereavement Support Group
Griffinstown, Kinnegad, Westmeath.
  CATCHMENT AREA: Westmeath
  SERVICES PROVIDED: Services include a drop in centre at St. Camillus' Killucan Westmeath and a bereavement meeting on the last Thursday of the month or on request.
  OFFICE PHONE: 01 4943142
  IS THERE A CHARGE? No

MIDLANDS LIVING LINKS
C/O Bernie Carroll, Brocca Road, Mucklagh, Tullamore, Co Offaly.
  CONTACT: 086 1600641

RAINBOWS (Westmeath)
Gallstown, Rockfortbridge, Westmeath.
  CATCHMENT AREA: Westmeath
  SERVICES PROVIDED: Safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
  OFFICE PHONE: 044 22074
  E-MAIL: ask@rainbowsireland.com
  WEBSITE: www.rainbowsireland.com
  IS THERE A CHARGE? No

SUICIDE Bereavement Support Mullingar
Community Mental Health Centre, Grace Road, Mullingar, Westmeath.
  CATCHMENT AREA: Westmeath
  SERVICES PROVIDED: Individual counselling for the suicide bereaved.
  IS THERE A CHARGE? No

WEXFORD

OASIS Counselling Service
Creagh, Gorey, Wexford.
  CATCHMENT AREA: Wexford
  SERVICES PROVIDED: Counselling.
  OFFICE PHONE: 053 9421591
  SUPPORT PHONE: 087 2223781
  E-MAIL: berniehackett@oceanfree.net
  OPENING HOURS: By appointment.
  IS THERE A CHARGE? Yes

Rainbows (Wexford)
St John of God Sisters, 28 The Orchard, Bellefield, Enniscorthy, Wexford.
  CATCHMENT AREA: Wexford
  SERVICES PROVIDED: Safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
  OFFICE PHONE: 054 33079
  E-MAIL: ask@rainbowsireland.com
  WEBSITE: www.rainbowsireland.com
  IS THERE A CHARGE? No

St. Senan’s Hospital
Enniscorthy, Wexford.
  CATCHMENT AREA: Wexford
  SERVICES PROVIDED: Adult mental health services.
  OFFICE PHONE: 053 9243233
  E-MAIL: sheilab.kissane@maila.hse.ie
  IS THERE A CHARGE? No

Talk It Over (Wexford)
Mount Cross, Bridgetown, Wexford.
  CATCHMENT AREA: Waterford, Wexford, Carlow and Kilkenny
  SERVICES PROVIDED: Listening and support service for people bereaved by suicide.
  OFFICE PHONE: 1850 201249
  OPENING HOURS: 9.00am-5.00pm Mon-Fri
  IS THERE A CHARGE? No
WXEFORD COMMUNITY CARE CENTRE/PSYCHOLOGICAL SERVICES
Grogan’s Road, Wexford Town, Wexford.
CATCHMENT AREA: Wexford
SERVICES PROVIDED: Provide therapy to children under 18 and consultation to parents.
OFFICE PHONE: 053 9123522
E-MAIL: karen.loane@maila.hse.ie
WEBSITE: www.hse.ie
OPENING HOURS: 9.00am-5.00pm Mon-Fri
IS THERE A CHARGE? No

WICKLOW

BETHANY BEREAVEMENT SUPPORT GROUP
Our Lady Queen of Peace, Putland Road, Bray, Co. Wicklow.
CATCHMENT AREA: Co. Wicklow
SERVICES PROVIDED: Drop-in centre once per month, one to one support, home visits and telephone support.
OFFICE PHONE: 01 2745497 / SUPPORT PHONE: 01 2862629
IS THERE A CHARGE? No
IS LITERATURE PROVIDED? Yes

BRAY CANCER SUPPORT CENTRE
36B Main Street, Bray, Wicklow.
CATCHMENT AREA: Wicklow
SERVICES PROVIDED: Provides support groups and one-to-one counselling for the bereaved.
OFFICE PHONE: 01 2866966
E-MAIL: bcscliol.ie
WEBSITE: www.braycancersupport.ie
OPENING HOURS: 10.00am-4.00pm Monday-Friday
IS THERE A CHARGE? No

MENINGITIS TRUST LTD
2 Glencourt, Bray, Wicklow.
CATCHMENT AREA: Ireland
SERVICES PROVIDED: 24 hour helpline, counselling, home and hospital visits and literature to those affected by meningitis.
OFFICE PHONE: 01 2762050 / SUPPORT PHONE: 1800 523196
E-MAIL: CaroleN@meningitis-trust.ie
WEBSITE: www.meningitis-trust.org
OPENING HOURS: 9.00am-5.00pm Monday-Friday
IS THERE A CHARGE? No

RAINBOWS (Wicklow)
CATCHMENT AREA: Co Wicklow
SERVICES PROVIDED: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
OFFICE PHONE: 01 2868413
E-MAIL: ask@rainbowsireland.com
WEBSITE: www.rainbowsireland.com
IS THERE A CHARGE? No

SUICIDE BEREAVEMENT SUPPORT BRAY AND LIVING LINKS
Holy Redeemer Parish Centre, Bray, Wicklow.
CATCHMENT AREA: Wicklow
SERVICES PROVIDED: Provides suicide support through the monthly Bray suicide support group. Living Links Wicklow provides support for those bereaved by suicide in the immediate after math of the suicide.
OFFICE PHONE: 01 2868413
OPENING HOURS: 9.00am-5.00pm
IS THERE A CHARGE? No

WICKLOW WORKING TOGETHER
CATCHMENT AREA: Wicklow
SERVICES PROVIDED: Provides counselling, family support, literature and information and acts as a liaison with other agencies.
OFFICE PHONE: 0404 64725
SUPPORT PHONE: 087 2873789
E-MAIL: wcandfp@indigo.ie
OPENING HOURS: Mon-Fri 9.30am-1.00, 1.30-4.30pm
IS THERE A CHARGE? Yes
Northern Ireland Contacts

NORTHWEST BEREAVED BY SUICIDE SUPPORT GROUP
C/O Foyle Search & Rescue HQ, 20 Victoria Road, L’Derry.
CATCHMENT AREA: From anywhere
SERVICES PROVIDED: Provides support for people who have been bereaved by suicide.
The coming together of those similarly bereaved can offer the opportunity to gain
strength and understanding from the individuals within the group.
OFFICE PHONE: 02871 865127
E-MAIL: barry.mcgale@westcare.n-i.nhs.uk
OPENING HOURS: 1st & 3rd Monday of the month @ 7.30pm
IS THERE A CHARGE? No

POSITIVE ACTION TO HELP THOSE BEREAVED BY SUICIDE (PATHS)
TARA Centre, 11 Holmview Terrace, Omagh, Co Tyrone, BT790AH.
CATCHMENT AREA: Omagh area
Services Provided: A confidential support group for anyone bereaved by suicide.
It was founded in 1999. Counselling and other relevant support services for PATHS
members, their dependents and those directly affected by death by suicide.
OFFICE PHONE: 02882250024 / SUPPORT PHONE: 07745576886
E-MAIL: info@taraomagh.com / WEBSITE: www.taraomagh.com
OPENING HOURS: 1st Tuesday of each month at 8.00pm.
IS THERE A CHARGE? Free service

PIPS PROJECT
187 Duncairn Gardens, Belfast, BT15 2GF.
CATCHMENT AREA: North Belfast
SERVICES PROVIDED: Working with bereaved families, who have lost a loved one
through suicide, in helping to support them in coming to terms with their loss and
their grief. Crisis intervention for those who are attempting to and/or have previously
attempted to take their own lives.
Provision of counselling and/or complementary therapies for all service users of PIPS.
Lobbying and campaigning for a suicide strategy and the implementation of policies
around the issues of suicide and self-harm.
Assisting communities in establishing their own local support networks and groups.
We have assisted in establishing such groups in Downpatrick, Newcastle, Cookstown,
Newry and Ballynahinch, amongst others.
Going into communities and schools to provide awareness and training around the issues.
Working to remove the social stigma currently attached to suicide, self-harm,
depression and other mental health issues.
OFFICE PHONE: 02890 755070
E-MAIL: pipsproject@btconnect.com / WEBSITE: www.pipsproject.com
OPENING HOURS: 8.30am-5.00pm Monday to Friday
IS THERE A CHARGE? No

HSE Resource Officers for Suicide Prevention

Resource Officers for Suicide Prevention signpost individuals to support services,
co-ordinate meetings of suicide bereavement alliances, support group facilitators in the
area to meet and exchange information, offer peer support and plan mutually beneficial
training, develop materials and leaflets providing information on support services and
provide and co-ordinate delivery of education and training programmes.

HSE DUBLIN NORTH EAST
POST VACANT
Resource Office for Mental Health Promotion and Suicide Prevention
Health Promotion Unit, St. Brigid’s Hospital, Ardee, Co Louth.
Tel: 041 6850671
MS. CAROLINE LENNON-NALLY
Resource Officer for Mental Health Promotion and Suicide Prevention,
3rd Floor, Park House, North Circular Road, Dublin 7
Tel: 01 8823403
E-mail: caroline.lennonally@hse.ie

HSE DUBLIN MID-LEINSTER
POST VACANT
Resource Office for Suicide Prevention
St. Fintan’s Hospital, Dublin Road, Portlaoise, Co Laois.
Tel: 057 8664513
POST VACANT
Resource Office for Mental Health Promotion and Suicide Prevention
Civic Offices, Main Street, Bray, Co Wicklow.
Tel: 01 2744366
POST VACANT
Resource Office for Mental Health Promotion and Suicide Prevention
Oak House, Millennium Park, Naas, Co Kildare.
Tel: 045 882549
HSE SOUTH

MS. BRENDA CROWLEY
Mental Health Resource Officer
St. David's Hostel, Clonakilty Hospital, Co Cork.
Tel: 023 33297
E-mail: brenda.crowley@hse.ie

MS. ANNE MARIE LAWLOR
Resource Officer for Suicide Prevention
40 Front Block St. Patricks Hospital, John’s Hill, Waterford.
Tel: 051 874013
Support Tel: 1850 201249
E-mail: annmarie.lawlor@hse.ie

HSE WEST

MS. MARY O’SULLIVAN
Suicide Prevention Resource Officer
1st Floor, Westcity Centre, Seamus Quirke Road, Galway.
Tel: 091 548360
E-mail: mary.osullivan@hse.ie

MR. MICHAEL RAINEFORD
Health Promotion/Suicide Resource Officer
JFK House, JFK Parade, Sligo.
Tel: 071 9135061
Support Tel: 071 9135945
E-mail: michaelp.rainsford@hse.ie

MS. ANNE SHERIDAN
Mental Health Promotion Officer and Suicide Prevention Resource Officer
Old Church, Drumany, Letterkenny, Co Donegal.
Tel: 074 9168002
E-mail: anne.sheridan1@hse.ie

MS. BERNIE CARROLL
Suicide Strategy Coordinator
St. Joseph’s Hospital, Mulgrave Street, Limerick.
Tel: 061 461454
E-mail: berniem.carroll@hse.ie

Key Contacts

ASSOCIATION FOR PSYCHOANALYSIS & PSYCHOTHERAPY IN IRELAND (APPI)
C/O KSi Faulkner Orr, KSi House, 10 Whitefriars, Aungier Street, Dublin 2.
TEL: 01 4900055
E-MAIL: mcbarry@eircom.net
WEBSITE: www.appi.ie

AWARE
72 Lower Leeson Street, Dublin 1.
TEL: 01 6617211
HELPLINE: 1890 303302
WEBSITE: www.aware.ie
Organises support groups nationwide and monthly lectures.

BELONG TO SUPPORTING GAY, LESBIAN, BISEXUAL AND TRANSGENDERED YOUTH
OUT House Community Centre, 105 Capel St, Dublin 1, Ireland.
TEL: 01 8734184
E-MAIL: belongingto@eircom.net
WEBSITE: www.belongto.org

CHILDLINE (ISPCC)
HELPLINE: 1800 666 666

GROW
Ormonde Home, Barrack Street, Kilkenny.
SUPPORT PHONE: 1890 474474
EMAIL: info@grow.ie
WEBSITE: www.grow.ie
OPENING HOURS: 9.00am-1.00pm
GROW is a Mental Health Organisation which helps people who have suffered, or are suffering, from mental health problems.

IMMIGRANT COUNCIL OF IRELAND
2 St Andrew Street, Dublin 2, Ireland.
INFORMATION SERVICE: 01 6740200
ADMINISTRATION: 01 6740202
FAX: 01 6458031
E-MAIL: info@immigrantcouncil.ie
WEBSITE: www.immigrantcouncil.ie
Link to directory of migrant led community organisations in Ireland; www.immigrantcouncil.ie/mlco.htm
IRISH ASSOCIATION FOR COUNSELLING & PSYCHOTHERAPY (IACP)
8 Cumberland Street, Dun Laoghaire, Dublin.
TEL: 01-230-0061
E-MAIL: iacp@irish-counselling.ie
WEBSITE: www.irish-counselling.ie

IRISH ASSOCIATION OF SUICIDIOLOGY
16 New Antrim Street, Castlebar, Mayo.
TEL: 094 9250858
E-MAIL: office@ias.ie
WEBSITE: www.ias.ie

IRISH COLLEGE OF GENERAL PRACTITIONERS
4/5 Lincoln Place, Dublin 2, Ireland.
TEL: 01 6763705
FAX: 01 6765850
E-MAIL: info@icgp.ie
WEBSITE: www.icgp.ie

IRISH COUNCIL FOR PSYCHOTHERAPY
73 Quinn’s Road, Shankill, Dublin 2.
TEL: 01-272-2105
E-MAIL: amps@indigo.ie
WEBSITE: www.psychotherapy-ireland.com

PAVEE POINT
46 North Great Charles Street, Dublin 1, Ireland.
TELEPHONE: 01 8780255
FAX: 01 8742626
E-MAIL: pavee@iol.ie
WEBSITE: www.paveepoint.ie

PSYCHOLOGICAL SOCIETY OF IRELAND (PSI)
CX House, 2A Corn Exchange Place, Poolbeg Street, Dublin 2.
TEL: 01 4749160
E-MAIL: info@psihq.ie
WEBSITE: www.psihq.ie

SAMARITANS
112 Marlborough Street, Dublin 1.
TEL: 1850 609090
E-MAIL: jo@samaritans.org
SMS TEXTING: 087 2609090
WEBSITE: www.samaritans.ie

SCHIZOPHRENIA IRELAND (SI)
38 Blessington Street, Dublin 7.
TEL: 01 8601620
SUPPORT PHONE: 1890 621631
E-MAIL: info@sirl.ie
WEBSITE: www.sirl.ie

MENTAL HEALTH IRELAND
Mensana House, 6 Adelaide Street, Dun Laoghaire, Co Dublin.
TEL: 01 2841166
E-MAIL: information@mentalhealthireland.ie
WEBSITE: www.mentalhealthireland.ie
Irish & International Websites

WWW.NOSP.IE
National Office for Suicide Prevention

WWW.HOSPIE-FOUNDATION.IE
Irish Hospice Foundation

WWW.BARNARDOS.IE
Barnardos

WWW.SAMARITANS.IE
Samaritans

WWW.NSBSN.ORG
National Suicide Bereavement Support Network

WWW.AWARE.IE
Aware - Depression Support

WWW.GLEN.IE
Gay and Lesbian Equality Network

WWW.JAUCCE IIE
Links to Student Counselling

WWW.DOHC.IE
Department of Health and Children

WWW.NSREIE
National Suicide Research Foundation

WWW.IAS.IE
Irish Association of Suicidology

WWW.SURVIVINGSUICIDE.COM
Irish web site aimed at the bereaved

WWW.THEBLACKDOG.NET
Irish web site aimed at young men

WWW.ICGPIE
Irish College of General Practitioners

WWW.MENTALHEALTHIRELAND.IE
Mental Health Ireland

WWW.CSO.IE
Central Statistics Office, Ireland

WWW.CITIZENSINFORMATION.IE
Agency supporting the provision of information on social services

WWW.TCD.IE/STUDENT_COUNSELLING/
Trinity College mental health initiative

WWW.SPHE.IE
Social, Personal and Health Education

WWW.3TS.IE
Turning The Tide of Suicide

WWW.SPUNOUT.IE
Youth website by Community Creations

WWW.RECOVER.IE
Schizophrenia Ireland run site with information for persons affected

WWW.IMMIGRANTCOUNCIL.IE
Immigrant Council of Ireland

HTTP://LASSO.UIO.NO/SSFF/IASP
European Directory of Survivor Services

WWW.SAVE.ORG
Suicide Awareness Voices of Education

WWW.AFSP.ORG
American Foundation for Suicide Prevention

WWW.GRIEFNET.ORG
Grief Support

WWW.KIDSAID.COM
Online Support for Children by Children

WWW.GRIEFLINK.ASN.AU
Information Resource on Grief

WWW.CRUSEBEREAVEMENTCARE.ORG.UK
Cruse Bereavement
Suggested Reading

A SPECIAL SCAR: The Experiences of People Bereaved by Suicide

AFTER A SUICIDE: Practical Information for People Bereaved by Suicide

AFTER SUICIDE: Information for Families and Friends
Centre for Mental Health, NSW Health Department, 1999.

AT THIS TIME: When Someone You Know has Died by Suicide
Centre for Mental Health, NSW Health Department, 1999.

BEREAVEMENT INFORMATION PACK

COPING WITH GRIEF AFTER SUICIDE
Centre for Mental Health, NSW Health Department 1999.

DEATH: HELPING CHILDREN UNDERSTAND
Barnados. Christchurch Square, Dublin.

EVERYTHING TO LIVE FOR

GUIDANCE FOR COMMUNITY ORGANISATIONS INVOLVED IN SUICIDE POSTVENTION

HEALING GRIEF: A Guide to Loss and Recovery

HELP IS AT HAND: A Resource for People Bereaved by Suicide and other Sudden Traumatic Death

HOPE IN THE FACE OF SUICIDE

HOW IT FEELS WHEN A PARENT DIES

INFORMATION AND SUPPORT PACK FOR THOSE BEREAVED BY SUICIDE

ON DEATH AND DYING

MY SON, MY SON: A Guide to Healing after Death, Loss or Suicide

REPORTING SUICIDE AND MENTAL ILLNESS: A Mindframe Resource for Media Professionals

SILENT GRIEF: Living in the Wake of Suicide

SOS: A Handbook for Survivors of Suicide

SUICIDE AND ITS AFTERMATH: Understanding and Counselling the Survivors

SUICIDE AND THE IRISH

SUPPORTING CHILDREN AFTER SUICIDE
Children Bereaved by Suicide Project, NSW, 2002.

SUPPORTING BEREAVED YOUNG PEOPLE

THE FIERCE GOODBYE

TRAUMATIC DEATH

In addition to the above reading material, the Irish Hospice Library is open to the public and contains many useful references on death and bereavement in general and suicide bereavement. The foundation also provides education and training courses. They are based in the Morrison Chambers, 32 Nassau Street, Dublin 2. www.hospice-foundation.ie
Application / Revision Form

If you wish to amend your details or to apply for inclusion in a future edition of the directory please include your details below. The NOSP will consider all such applications for inclusion in future editions of the guide.

NAME (OF ORGANISATION): .................................................................

ADDRESS: ..........................................................................................

CATCHMENT AREA: ..........................................................................

SERVICES PROVIDED: ........................................................................

OFFICE PHONE: ..............................................................................

SUPPORT PHONE: .................................................................

EMAIL: ..................................................................................

WEBSITE: ..............................................................................

OPENING HOURS: ...........................................................................

IS THERE A CHARGE?

IS LITERATURE PROVIDED?

CONTACT NAME (NOT FOR INCLUSION IN THE DIRECTORY): ..............

When complete this form should be sent to:

NATIONAL OFFICE FOR SUICIDE PREVENTION
Room 2.35, Population Health, Dr Steevens’ Hospital, Kilmainham, Dublin 8.
FAX: 01 6352103
E-MAIL: info@nosp.ie

Disclaimer

Use of this directory means that you have understood and accepted the disclaimer terms and conditions set out below.

The directory provides listings of individuals and organisations involved in general bereavement counselling and support and bereavement counselling and support to those bereaved by suicide. The directory is an information resource about grief relating to death, for people who are bereaved and grieving, their carers, friends and colleagues, and for health and welfare workers. It is not the intention of the National Office for Suicide Prevention to provide specific treatment or care advice, but rather to provide users with listings of potential service providers and information sources to better understand their care needs and provide access to services.

The National Office for Suicide Prevention does not provide certification or accreditation for any counselling organisation, individual practitioners or treatment or care models.

The National Office for Suicide Prevention does not endorse or recommend any of the service providers, agencies or organisations listed in this directory.

The National Office for Suicide Prevention does not endorse, warrant or guarantee the interventions, treatments, services or information described, offered or provided by any of the service providers, agencies or organisations listed.

In no event shall liability exist to any user (or any third party who obtains access to the information) under any law for any loss or damage (including but not limited to direct, indirect, economic and consequential damage) in respect of any matter whatsoever related to any information in the directory nor for the use of the information nor for actions taken or not taken as a result of information contained in the directory (including, without limitation, loss or damage caused by negligence).

The material contained in this directory is provided for general information purposes only and does not constitute care, treatment or other professional advice. Individuals are welcome to use the material contained in the directory but decisions with respect to specific care models are a matter for individual choice. Due to the general nature of the information in this directory, should you require specific help, you should seek the assistance of an appropriately trained professional person.

While every care has been taken in the preparation of the information, due to the nature of the publication, the information may not be complete, correct or up to date.
Emergency & Useful Numbers

EMERGENCY SERVICES
999 or 112

AWARE
T: 1890 303302
Depression Support

CONSOLE
T: 1800 201890
Bereaved by Suicide Foundation

GROW
T: 1890 474474
Promoting better mental health

LIVING LINKS
See Main Directory
Support to persons bereaved by suicide

SAMARITANS
T: 1850 609090

SCHIZOPHRENIA IRELAND
T: 1890 621631

See Also Telephone Directory Page 2 for further Organisations

OTHER USEFUL LOCAL NUMBERS

LOCAL GP

LOCAL POLICE

HOSPITAL