

Community Resources for counselling & support

Online counselling/support options

- Turn2Me: Free online counselling & online support groups for people over 18
Visit: turn2me.org
- MyMind, online counselling options - Visit mymind.org or email: hq@mymind.org
- Shine; offering remote support & an outreach service to people who use Shine services by phone & email. Visit shine.ie/covid-19 or email: phil@shine.ie
- Suicide or Survive (SOS): Free online wellness workshops & programmes
Visit website: suicideorsurvive.ie
- Stress Control: Stress control classes to learn new stress management skills and mind your mental health from HSE Health and Wellbeing.
Visit: www.stresscontrol.ie – further details below.

Clanwilliam Institute

Individual, couple and family therapy sessions, offering both online & phone options.

Visit: clanwilliam.ie

Email: reception@clanwilliam.ie

Phone: (01) 2055010

Accord

Marriage counselling for couples, religious ethos.

Website: <https://www.accord.ie/services/marriage-and-relationship-counselling>

Phone: (01) 5053112.

Helplink Mental Health

Free low-cost online counselling services and educational resources.

Visit: helplink.ie

Offers Phone, email and text support.

Samaritans

Emotional support for anyone in distress, or struggling to cope, a non-directive service, offered by trained Volunteers.

Freephone: 116 123 every day, 24 hours a day, 365 days a year.

Email: jo@samaritans.ie

Pieta House

Telephone and text-based support counselling for people who are suicidal or engaging in self-harm.

Freephone 1800 247 247, every day 24 hours a day or Text HELP to 51444 - standard message rates apply.

Website: pieta.ie

Aware

Information and support to anyone over 18. Issues relating to mood or the mood of a friend or family member, or who has depression or bipolar.

Phone 'Support and Self Care Peer Group' for people experiencing:

- anxiety
- mild to moderate depression
- bipolar disorder
- mood-related conditions

Freephone support line; 1800 80 48 48, from 10 am to 10pm every day

Email: supportmail@aware.ie or Website: aware.ie

Online supported (CBT for depression): CBT based Life Skills online programme & 8 session/s Life Skills Group.

CIPC Counselling (Medical Card)

Free individual counselling for anyone with a Medical Card, up to 6 sessions, request a referral through your GP.

Aisling White's Stress Control Class (Primary Care)

'Stress Control' is a free, six session class which is run by the HSE Dublin South Primary Care Psychology Service

Free, Self-referral, Evening class

Website: <https://stresscontrol.org/> for further information & to register.

Provide resources and hand outs for each session;

- Session 1: Learning about stress
- Session 2: Controlling your body
- Session 3: Controlling your thoughts
- Session 4: Controlling your actions
- Session 5: Controlling panic
- Session 6: Controlling sleep problems and Course review

Daytime Courses- Usually held in Shankill – currently online with COVID

Evening Courses- Usually held in Dun Laoghaire – as above.

RECOVERY Inc.

Group for people to share ideas & offer peer support - GROW's mission is to nurture mental health, personal growth prevention and full recovery from all kinds of mental illness"

Website: <http://recoveryireland.ie>

Weekly meetings (in Foxrock and Blackrock - on hold with Covid19)

LIFE RING

A self-help, peer support group, for people managing addiction to alcohol or substances.

Website: <http://www.dublinlifering.com>

LOW COST COUNSELLING - Of note many therapist are offering online support, please enquire with individual services if you wish to pursue this option.

Donnybrook Centre

Website: <http://www.donnybrooktherapy.com>

Address: Donnybrook Centre, 51 Donnybrook Road, Donnybrook, Dublin 4 and 67 Main Street, Blackrock, Co. Dublin.

Tel: 01 2838735

Living Life in Bray

Address: Bray Centre, Madeley, Eglinton Road, Bray, County Wicklow.

Phone: (01) 2866729

Tivoli Institute

Website: <http://www.tivoliinstitute.com/low-cost-counselling-and-psychotherapy-services-ireland.php>

Address: 24 Clarinda Park East, Dun Laoghaire.

Phone: 01 2809178

Johnstown Therapy

Website: <http://www.johnstowntherapy.com>, phone: (01) 2024837 or

email: info@johnstowntherapy.com

Sandyford Wellness

Website: <http://www.sandyfordwellness.com>

CBT for depression, anxiety, eating disorders & also offering online courses: CBT for Binge Eating or Bulimia and Mindfulness for Emotional Eating.

Insight Matters

Website: <http://www.insightmatters.ie/>

Address: 46 Moutjoy Sq South, Dublin 1. & Phone: (01) 8910703 or (085)2031487

My Mind

Website: <https://mymind.org>

Provides a variety of counselling services with a low-cost counselling option and online consultations also available.

Psychotherapy Dublin

Website: <http://psychotherapydublin.ie> or phone: (01) 6856375

Cost/s covered by some private health insurers.

Other/ Options

- **Polish Language:** CKU is an alcohol/counselling centre that provides services for people in the Polish language. They are based in Coolmine House, 19 Lord Edward Street, Dublin 2. It's 60 euro for an assessment and 180 euro per month for two individual sessions and 8 group sessions. Referral form on www.ckudublin.org.
- **Lust for Life:** Website for young people, including CBT online course. Go to: <http://www.alustforlife.com/section/mental-health/cbt-online-course>
- **Teen Counselling Dun Laoghaire**
Phone (01) 5574706
Address: The Boylan Centre in Sussex Street, Dun Laoghaire.
This service is now provided on a 5 day per week basis.
Email: teencounselling@crosscare.ie
Website: <http://www.teencounselling.ie/index.php/service>
- **MOVE**
Service for men looking to overcome violence and aggressive behaviour in their intimate relationships.
Website: <http://www.moveireland.ie>
- **Anger Management Counselling:**
Website: <http://www.accesscounselling.ie/counselling-services/anger-management-counselling-dublin>
Tel: 01 5240708.
Group Anger Management Course takes place monthly, as well as individual work.
- **PHEW**
Programme for Healthy Eating and Weight Management.
Programmes are **free of charge** and take place over **6 weeks** for approximately **90 minutes** each week

Website: <http://www.hse.ie/eng/services/list/2/PrimaryCare/pcteams/dublinsouthpcts/dunlaoghaireglathulepct/PHEW/>

- **National Counselling Service:**

Counselling support for adults who have experienced abuse in childhood; people can refer themselves and/or, can call their supportive, free phone helpline number which is run by experienced Counsellors or Psychotherapists, phone: 1800 234 111.

Website:

http://www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service.

- **Domestic Abuse**

- **Sonas:** provides key worker and counselling support for people experiencing domestic violence.

Phone: (087) 9525217 or urgent call: (01) 8662015 & Freephone support: (1800) 222223

Website: <https://www.domesticabuse.ie>

- **Women's Aid:** One to One Support Service. The Women's Aid One to One Support Service provides in depth information and support to women experiencing domestic violence. Women's Aid National Freephone Helpline on 1800 341 900, open 24 hours a day, 7 days a week.

- **Support for women following, or during pregnancy**

- **NURTURE:** offers counselling (both in person/online/by phone/support groups) for women experiencing maternal mental health issues.

Address: 4a Thomas Hand Street, Skerries, Co. Dublin.

Phone: +353 1 8430930.

E-mail: info@nurturecharity.org. & website: <http://nurturecharity.org>

- **CUIDIU:** Support for parenthood & offers parent to parent/peer support; including Toddler & breastfeeding groups etc.

Website: <http://www.cuidiu.ie>

Dublin South East: Second Tuesday of Month/more info @ www.cuidiudse.ie

Dublin South West: First Thursday of Month/more info @ www.cuidiudsw.ie

- **AIMS Ireland Birth Healing support group**

AIMS Ireland facilitates a closed group for women whom have experienced a difficult or traumatic childbirth offering a safe place to share stories and provide peer support.

Email: support@aimsireland.com or via Facebook private messages.

- **Postnatal Depression Ireland**

Website: <http://www.pnd.ie>.

Support help line: (021) 4922083 - Attended from Monday to Friday between 9am and 1pm.

Autism (ASD) in Adults

Diagnosis (Private): Prof Rita Honan in TCD

Support/peer support group, website: www.aspireireland.ie

Tuiscint: phone: (086) 2456907 or email: tuiscint@eve.ie

Bereavement

The Bereavement Counselling Service, Dublin Street, Baldoyle.

Phone: (01) 8391766 or (01)6768882

Website: <http://bereavementireland.com>

Bethany Bereavement Support Group

Peer support and also offers individual support – on hold currently with Covid19.

Website: www.bethany.ie

Transgender Support

Websites: www.teni.ie or <https://www.belongto.ie> – details of peer support groups & phone supports available.

BIBLIOTHERAPY

Reading list/website: <http://reading-well.org.uk/books/books-on-prescription/common-mental-health-conditions>

(Especially the Overcoming Series, recommended by Royal College of Psychiatrists (UK))

HSE Website: www.hse.ie/eng/services/list/4/Mental_Health_Services/powerofwords/

List of Resources for Adults (available through participating libraries):

http://www.corkcitylibraries.ie/servicesandprogrammes/librariesforlearning/communityservices/YGSAAdultPrint_43296.pdf

Online CBT:

<http://www.nhs.uk/conditions/online-mental-health-services/Pages/introduction.aspx>