

Psychiatry - Useful Links

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Child & Adolescent Mental Health Services

The Mater Hospital Child and Adolescent Mental Health Services

Provides support to children and adolescents experiencing difficulties coping after an accident or difficult experience, family relationships, anxiety, panic, phobias & obsessions, concerns about a child's social development or ability to make & keep relationships and depression. Access to the teams is through GP referral.

- **Swords Health Centre**
Bridge Street, Swords, Dublin
Tel: 01 813 8260

- **Darndale Belcamp Health Centre**

Darndale, Dublin 17

Tel: 01 877 1550

The Daughters of Charity Child and Family Service

Provides a range of family support services for children and families primarily based in the Dublin region. The services include Early Childhood Development Services, Family Centre Services and Fostering Services.

<http://www.docharity.net/index.php>

Dublin North East ADHD Support Group

Artane/Coolock Resource Centre

55 Gracefield Road

Artane

Dublin 5

Tel: 01 8512289

Citizens Information Centre

58 Dublin Road

Swords, Co. Dublin

Tel: 01 840 6877

Dyslexia Association Ireland

Suffolk Chambers

1 Suffolk Street, Dublin 2

Tel: (01) 679 0276

<http://www.dyslexia.ie>

ASPERGER SYNDROME ASSOCIATION OF IRELAND - ASPIRE

Carmichael House

Nth Brunswick Street, Dublin 7

Tel: (01) 878 0027

<http://www.aspire-irl.com>

IRISH SOCIETY FOR AUTISM

Unity Building

16/17 Lr. O'Connell Street, Dublin 1

Tel: (01) 874 4684

<http://www.autism.ie>

THE DYSPRAXIA OF IRELAND

69a Main Street, Leixlip, Co. Kildare

Tel: (01) 295 7125

<http://www.dyspraxiaireland.com>

Youth

Headstrong

Supporting young people's mental health & wellbeing In Ireland

36 Waterloo Road

Ballsbridge, Dublin 4

Tel: 01 6607343

Email: info@headstrong.ie

www.headstrong.ie

SpunOut

Information on how to find help and contact details of support organisations

<http://www.spunout.ie/help/>

Teen-Line Ireland

24hrs free-phone 1800 833 634

www.teenline.ie/

Teen Between

Counselling service for teenagers with separated or divorced parents

Free-phone 1800 303 191

<http://www.teenbetween.ie>

Jigsaw

Free and confidential support service for young people, aged 15 - 25, in Galway City and County.

www.jigsaw.ie

Reachout

Web-based service that inspires young people to help themselves through tough times, and find ways to improve their own mental health and well-being

<http://ie.reachout.com/>

Youngminds

<http://www.youngminds.org.uk/front-page>

Lowdown

<http://www.thelowdown.co.nz/#/home/>

Headspace

<http://www.headspace.org.au/>

Alcohol and Drugs

Citizens Information on alcohol and drug treatment services

<http://www.citizensinformation.ie/categories/health/alcohol-and-drug-treatment-services>

Stanhope Centre

Providing services to people with alcohol problems, including residential treatment.

Tel: 01 - 677 3965 / 677 9447

<http://www.stanhopeservice.com>

Alcoholics Anonymous (AA)

Provides information and contact numbers for AA meetings and local services.

General Service Office, 109 South Circular Road

Leonard's Corner Dublin 8

Tel: 01 4538998

www.alcoholicsanonymous.ie

Alcohol Action Ireland

National charity organization providing information on alcohol-related issues, creating awareness of alcohol-related harm.

Tel: 01 878 0610

www.alcoholactionireland.ie

Mature Enjoyment of Alcohol in Society Limited (MEAS)

www.meas.ie

Gay and lesbian Alcoholics Anonymous group

Gay and Lesbian AA group provides meetings and support.

Outhouse, 105 Capel Street, Dublin 1

www.outhouse.ie

Information leaflet

<http://www.rcpsych.ac.uk/mentalhealthinfo/problems/alcoholanddrugs.aspx>

Private Rehabilitation Facilities

1. Rutland Centre

Based in South Dublin the Rutland is a private alcohol and drug rehabilitation centre. The services include residential programme, continuing care services, One to one counselling, Workshops, Family programmes and, Outreach and employee assistance programmes.

Knocklyon Road,
Templeogue,
Dublin 16.

Tel: 014946358

www.rutlandcentre.ie

2. St. John of God Hospital

Private residential facility for specialist recovery programme for Alcohol Addiction.

Stillorgan, Co Dublin

Tel: 01 277 1400

www.sjog.ie

3. Forest

Private specialist treatment programme for addiction to alcohol, drugs, food and gambling.

The treatment ranges from Counselling and Group therapy, as well as variety of methods of relaxation and stress management.

Forest

Co. Wicklow

Tel: 1850 882 772

www.forest.ie

4. Ais Eiri

Professional treatment programme for persons experiencing difficulties with alcohol use, drugs use or gambling. Treatment is provided both on an Outpatient and Residential basis.

Aiséirí Wexford

Wexford

Tel: 053 9141818

www.aiseiri.ie

5. Alcohol Treatment Programme in St. Patrick's Hospital

The programme comprises of group therapy, educational lectures, counselling, motivation groups and anti-tension training. The programme also engages the family in the therapeutic process. An aftercare programme for 18 months to two years following discharge from in-patient care is also provided.

St Patrick's University Hospital,
James Street
Dublin 8
Tel: 01 2493200

<http://www.stpatrickshosp.com/index.php/the-programmes/alcoholchemical-dependence>

Depression

AWARE

Assists and supports those suffering from depression and their families in Ireland. A helpline is available as well as support groups, lectures, and current research on depression.

72 Lower Leeson Street

Dublin

Helpline 1890 303 302

www.aware.ie

GROW

Helps people who have suffered or are suffering, from mental health problems. Members are helped to recover from all form of breakdown, or indeed, to prevent such happening.

Info-line 1890 474 474

Information leaflet on Depression

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/depression/depression.aspx>

Information leaflet on Antidepressants

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/depression/antidepressants.aspx>

Information leaflet on Cognitive Behaviour Therapy

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/treatments/cbt.aspx>

Anxiety/Phobias

Recovery International Ireland

A self-help group that offers support and guidance for people with anxiety and depression.

Room 85, Bridge House

Cherry Orchard Hospital Dublin 13

Tel: 01 6260775

www.recovery-inc-ireland.ie/

Information leaflet

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/anxietyphobias/anxietyphobias.aspx>

Suicide/ Deliberate Self-Harm

Irish Association of Suicidology (IAS)

Provides information about suicide and suicide prevention.

16 Antrim Street

Castlebar

Co. Mayo

Tel: 094 9250858

www.ias.ie

National Suicide Bereavement Support Network

The site contains support group listings with contact information in the links page.

P.O. Box 1

Youghal

Co. Cork

www.nsbsn.org

Turning the tide of Suicide

The organizations aims are to raise awareness of the problem of suicide in Ireland and to raise funds to help lower suicide rates through dedicated research, educational support and intervention. You can get all the relevant information on suicide and suicide prevention.

Tel: 01 6615525

www.3ts.ie

CONSOLE

Console assists people who have lost a relative or friend to suicide and who would like the comfort and understanding of others who have experienced a similar loss. The Helpline offers support to people who are in suicidal crisis.

24hr Helpline: 1800 201 890

Headline

Headline is Ireland's national media monitoring programme, working to promote responsible and accurate coverage of mental health and suicide related issues within the Irish media. Headline aims to highlight mental health issues and address the stigma attached to emotional distress, suicidal behaviour and mental illness through the promotion of responsible media coverage.

36 Blessington Street

Dublin 7

Tel: 01 8279022

www.Headline.ie

Bereavement

Citizens Information on Bereavement

Find information on Bereavement Counselling and support services in Ireland. There are many bereavement services and support groups throughout the country, public and private, professional and voluntary, religious and secular.

http://www.citizensinformation.ie/categories/death/bereavement-counselling-and-support/bereavement_counselling_andsupport_services

Information leaflet

<http://www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthproblems/bereavement/bereavement.aspx>

Older People

The Alzheimer Society of Ireland

Provides support services to individuals with Alzheimer's, including day centres, home care, and respite services, as well as offering carer support groups and information to the general public.

Alzheimer House, 43 Northumberland Avenue

Dun Laoghaire, Co Dublin

Tel: 1 800 341 341

www.alzheimer.ie

Age action

Promotes positive ageing and better policies and services for older people.

30/31 Lower Camden Street

Dublin 2

Tel: 01 4756989

www.ageaction.ie

Carers association of Ireland

Voluntary organisation for and of family carers in the home.

National Office Market Square

Tullamore

Co. Offaly

Tel: 057 9322920

www.carersireland.com

Caring for carers

A national organisation supporting Family Carers and those for whom they care.

National Office

Carmody Street Business Park

Ennis Co. Clare

Tel: 065 6866515

www.caringforcarers.org/

Parkinson's association of Ireland

Assist those with Parkinson's, and their families and carers, health professionals, by offering support and information on any aspect of living with Parkinson's disease.

Carmichael House

North Brunswick Street

Dublin 7

www.parkinsons.ie

Help for people with stroke

Provides support to patients with stroke and their families.

Tel: 01-4559036

www.strokescheme.ie

Information leaflet on memory and dementia

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/olderpeople/memoryanddementia.aspx>

Eating disorders

Bodywhys

Information about eating disorders, coupled with online support and advocacy.

PO BOX 105

Blackrock Co Dublin

Tel: 1890 200 444

www.bodywhys.ie

Eating Disorder Resource Centre of Ireland

Provides counselling, information, support, advice, and help to individuals and carers of people experiencing eating disorders.

Blackhorse Lodge
Blackhorse
Drinagh Co. Wexford
Tel: 053 - 913 0506
Mobile: 087-2056560
<http://www.eatingdisorders.ie/>

Information leaflet

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/eatingdisorders/eatingdisorders.aspx>

Schizophrenia

Shine (formerly Schizophrenia Ireland)

Provides support for people with enduring mental ill health including Schizophrenia, Schizo-affective disorder and Bi-polar disorder, their friends and families.

Helpline 1890 621 631

<http://www.shineonline.ie/index.php/supports>

Obsessive Compulsive Disorder

OCD Ireland

A national support group for people with obsessive-compulsive disorder, Trichotillomania and Body Dysmorphic Disorder. It provides information, advice and support for people with these disorders and their family, friends and carers.

Email: info@ocdireland.org

<http://www.ocdireland.org>

Information leaflet

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/obsessivecompulsivedisorder/obsessivecompulsivedisorder.aspx>

Phone Helplines

Samaritans

Provides 24-hour support to anyone experiencing distress, despair or suicidal thought.

Helpline 1850 60 90 90

http://www.samaritans.org/talk_to_someone/find_my_local_branch/ireland.aspx

Faoiseamh

Provides support for survivors of abuse.

Helpline 1800 331 234

(Mondays and Wednesdays 11.00 am to 8.00pm & Fridays 11.00-4.00pm)

<http://www.faoiseamh.com/>

HSE National Counselling Service

Free-phone 1800 235 234

Drugs Helpline

Free phone 1800 459 459

<http://www.drugs.ie/index.php>

Childline

Free phone 1800 666 666

<http://www.childline.ie/>

Teenline Ireland

Free phone 1800 833 634

<http://www.teenline.ie/>

Bodywhys

Helpline 1890 200 444

<http://bodywhys.ie/>

Self-help Groups

Recovery International Ireland

A self-help group that offers support and guidance for people with anxiety and depression.

Room 85, Bridge House

Cherry Orchard Hospital Dublin 13

Tel: 01 6260775

www.recovery-inc-ireland.ie/

AWARE

Provides support through depression.

Helpline 1890 303 302

www.aware.ie

GROW

Helps people who suffer from mental health problems.

Info-line 1890 474 474

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Sleep Disorders

Irish Sleep Apnoea Trust (ISAT)

Patient support group for sufferers of Sleep Apnoea and their families. It promotes awareness, understanding and treatment of Sleep Apnoea through education, research and fund raising.

Irish Sleep Apnoea Trust

PO Box 8440

Dublin 24

Tel: 086 605 3891

<http://www.isat.ie/index.html>

Sleepnet

This is an educational site devoted to providing information on sleep problems.

<http://www.sleepnet.com/>

Information leaflet

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/sleepproblems/sleepingwell.aspx>

Psychotherapy and Counselling services

National Counselling Service

<http://www.hse-ncs.ie/en/CounsellingInformation/>

Irish Association of Counsellors & Therapists (IACT)

www.irish-counselling.ie/

Arduna Counselling & Psychotherapy

www.arduna.ie/

Mater Dei Counselling

<http://www.iol.ie/~croscare/MDeiTeen.htm>

Northside Counselling Service

Tel: 01 848 4789

The Irish Council for Psychotherapy

www.psychotherapy-ireland.com

Related Links

Dep. of Health and Children	www.dohc.ie
Health Service Executive	www.hse.ie
The Mental Health Alliance	www.mentalhealthireland.ie
The Health Promotion Unit	www.healthpromotion.ie
Comhairle	www.comhairle.ie
Volunteering Ireland	www.volunteeringireland.ie
Irish Advocacy Network	www.irishadvocacynetwork.com
Mental Health Resources	www.onlinehealthresources.com
Information on Health Issues	www.irishhealth.com
Mental Health Commission	www.mhcirl.ie
Amnesty International	www.amnesty.ie

Web links to Royal College of Psychiatrists information on Mental Health issues

<http://www.rcpsych.ac.uk/mentalhealthinfoforall/weblinks.aspx>