

The HEALTHLINES Directory

COLLECTION OF INFORMATION

The particulars relating to the contact names, addresses and telephone numbers are the latest available at the time of going to print (March 2009) and may have changed before this copy of this directory is issued or may be altered subsequently, without amendment of the directory.

If a service or organisation is left out or incorrectly described, we will endeavour to rectify this in subsequent editions. Please supply all relevant information to the Suicide Prevention Office Mental Health Directorate, St Joseph's Hospital, Mulgrave Street, Limerick.
Email: suicide.preventionofficelimerick@hse.ie

The Health Service Executive will not accept any liability for any error, omission, misrepresentation or misstatement contained in this directory, whether negligent or otherwise.

ACKNOWLEDGEMENTS

The Health Service Executive would like to thank all the voluntary and statutory organisations who have contributed information for this directory, together with those concerned with it's compilation and publication.

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INTRODUCTION

This is the third edition of the Healthlines Directory and like its predecessors, is the result of collaboration between the Directorate of Mental Health and the Suicide Prevention Office.

The origins of this directory stem from recommendations put forward by the National Task Force on Suicide, published in 1998. These were -

- The establishment of a directory of names and telephone numbers of voluntary groups who contribute to caring services to those in need and at risk of suicide
- A listing of details of statutory services in order that the public may be fully informed about all the services available to them.

The third edition of this directory holds true to these original aims, providing a useful information and reference source and it also incorporates a new section, an A-Z of General Practitioners, which should make it easier to locate contact details for this sector of the service

Like its predecessors, the Healthlines Directory will also be available on the Internet. It can be found within a dedicated section of the Health Service Executive's web site at www.hse.ie/eng/healthlines. It is hoped that this web space can be used to update the directory on a much more frequent basis than has heretofore been the case.

The contents of the directory relate to organisations and services in Counties Clare, Limerick and North Tipperary (the former Mid Western Health Board area).

I welcome the publication of the Directory and thank all those involved in its preparation.

Pat Brosnan

*Specialist, National Planning Mental Health
Mental Health Directorate*

May 2009

USING THE DIRECTORY

This directory has six categories of information as follows:

1. Emergency Services
2. General Practitioners (GMS and Private)
3. Statutory Services: Mental Health Services, Other HSE Services, Other Statutory Services
4. Voluntary Groups: providing help for the suicidal or depressed in
 - (a) Limerick,
 - (b) Clare and
 - (c) North Tipperary
5. Voluntary Groups: providing help with problems associated with suicide and depression in (a) Limerick (b) Clare (c) North Tipperary including
 - a) Health and Disability
 - b) Information, Housing and Welfare
 - c) Education, Training and Employment
 - d) Bereavement Support Groups
 - e) Organisations providing direct help to the Suicidal or Depressed
6. National Voluntary Groups
 - Decide which category the information you require is in
 - All entries are presented on a county by county basis i.e. Limerick, Clare and North Tipperary. Choose the relevant location
 - Look up the alphabetical order within each category. All entries are made in alphabetical order. However, words such as Limerick, Clare and North Tipperary are usually ignored and the second word of an entry is taken to indicate its alphabetical position. For example, Limerick Youth Service is entered as Youth Service, Limerick.
 - If this fails, check the index at the end of the directory where all entries and their page number are listed alphabetically.



Emergency Services



EMERGENCY SERVICES

In an emergency situation dial 999 or 112 and ask for the Emergency Service you require

- Ambulance
- Fire Brigade
- Gardai
- Coastal
- Lifeboats
- Mountain and Cave Rescue

GARDA STATIONS

The following Garda Stations in the Mid-West region operate a 24 hour service

LIMERICK CITY

Address: Henry Street, Limerick
Telephone: 061 212400

Address: Mayorstone, Limerick
Telephone: 061 456980

Address: Roxboro Road, Limerick
Telephone: 061 419555

LIMERICK COUNTY

Address: Askeaton, Co. Limerick
Telephone: 061 392102

Address: Bruff, Co. Limerick
Telephone: 061 382103

Address: Newcastlewest, Co. Limerick
Telephone: 069 62111

CLARE

Address: Ennis, Co. Clare
Telephone: 065 6848100

Address: Ennistymon, Co. Clare
Telephone: 065 7071020

Address: Killaloe, Co. Clare
Telephone: 061 376242

Address: Kilrush, Co. Clare
Telephone: 065 9051017

Address: Shannon, Co. Clare
Telephone: 061 361212

NORTH TIPPERARY

Address: Nenagh, Co. Tipperary
Telephone: 067 50450

Address: Roscrea, Co. Tipperary
Telephone: 0505 24230

Address: Templemore, Co. Tipperary
Telephone: 0504 31011

Address: Thurles, Co. Tipperary
Telephone: 0504 21111

PHARMACY / CHEMIST

In case of urgent prescriptions required from 9am to 10pm, telephone 061 413808. This service is available 7 days a week.



Primary Care



GENERAL PRACTITIONERS

This section contains the following listings:

- An A-Z of all General Practitioners (both GMS and Private in Counties Clare, Limerick City and County and North Tipperary).
- Listings of each GP organised by City and County, and within each, whether GMS or Private.

General Practitioners have been included in this directory because they are a good initial step towards seeking help with a problem. GP's can assess a particular patient's needs and treat accordingly. They can also refer patients to other more appropriate services, if necessary.

Persons who wish to access the Community Based Mental Health services must obtain a letter of referral from their GP.

A –Z OF GP'S IN LIMERICK CITY AND COUNTY AND COUNTIES CLARE AND NORTH TIPPERARY

Aherne	Michael, Abbey River House, Charlotte Quay, Limerick City 061 410355 P
Akamnonu	Fabian, Ozundu, Medical Centre, Ballycasey, Shannon, Co. Clare 061 364755 GMS
Anketell	Michael, Skagh, Croom, Co. Limerick 061 397734 GMS
Ashforth	Deirdre, Unit 8, The Q Centre, Roxboro, Limerick City 061 312291 P
Barrett	Brendan A, Glin, Co. Limerick 068 34107 GMS

Barry	Damien, Circular Road, Kilkee, Co. Clare 065 9056319 GMS
Bennis	Dianne, Maranui, Dublin Road, Castletroy, Limerick 061 331917 P
Black	Patricia, Grove Street, Roscrea, Co. Tipperary 0505 22455 GMS
Boland	Gillian, Dooradoyle Medical Centre, Dooradoyle Road, Limerick City 061 306922 GMS
Booth	Paul, Coolevin, Dublin Road, Roscrea, Co. Tipperary 0505 23555 GMS
Boylan	David, Old Windmill Medical Centre, Lower Gerard Griffin Street, Limerick City 061 416544 GMS
Boyle	Dermot, Ennis Family Medical Centre, Gort Road, Ennis, Co. Clare 065 6840388 GMS
Boyle	John, Parnell Medical Centre, Parnell Street Car Park, Ennis, Co. Clare 065 6868140 GMS
Brogan	Cathy, 1 Riverview Manor, Glin, Co. Limerick P
Bugler	Judith, Main Street, Kilfinnane, Co. Limerick 063 91299 GMS

Bugler	Patrick F, Ard Na Greine, Ennis, Co. Clare 065 6828610 GMS
Burns	Criona, Medical Centre, Meadowsprings, Clareview, Limerick City 061 326929 GMS
Cahill	Ken, Dooradoyle Medical Centre, Dooradoyle Road, Limerick City 061 306922 P
Cahill	Niall, Abbeygrove Surgery, Sir Harry's Mall, Kings Island, Limerick City 061 419121 GMS
Callaghan	Margaret, 138D Fortview Drive, Ballinacurra Gardens, Ballinacurra, Limerick City 061 228093 GMS
Callanan	Miriam, Doon Moon, O'Connell Avenue, Limerick City 061 414659 GMS
Carr	Eric, 26 Francis Street, Kilrush, Co. Clare 065 9051581 GMS
Casey	Eugene, St Martins, Carmody Street, Ennis, Co. Clare 065 6829719 GMS
Casey	Timothy, 1 Stenson Park, High Street, Thomondgate, Limerick City 061 454666 GMS
Cassidy,	Eileen, Lealines, Foynes, Co. Limerick P

Cleary	Michael, Gotoon House, Hospital, Co. Limerick 061 383106 GMS
Coffey	Moya, The Medical Centre, Meadowsprings, Clareview, Limerick City 061 326929 GMS
Collins	James, Health Centre, Lisdoonvarna, Co. Clare 065 7074184 GMS
Collins	Liam, The Surgery, Fenian Road, Thurles, Co. Tipperary 0504 21155 GMS
Comber	Harry, Unit 8, The Q Centre, Roxboro, Limerick City 061 312291 GMS
Conlon	Austin, Feakle, Co. Clare 061 924005 GMS
Cooke	Sylvia, The Manse, Rathkeale, Co. Limerick 069 64304 GMS
Corcoran	Caitriona, c/o Dr Roisin Costello, Cloughjordan, Co. Tipperary 0505 42129 P
Corrigan	Brian J, Wesley Place, Nenagh, Co. Tipperary 067 32644 GMS
Corrigan	Catriona, Rylands, Ballingarry, Co. Limerick 069 68200 GMS
Corrigan	Gerard, Rylands, Ballingarry, Co. Limerick 069 68200 GMS

Costello	Roisin, Cloughjordan, Co. Tipperary 0505 42129 GMS
Cox	Anthony, Fergus Medical Centre, 2 St Anthony's Terrace, Ennis, Co. Clare 065 6842166 GMS
Crowley	Mary, Carrig West, Clarina, Co. Limerick 061 353311 GMS
Crowley	Denise, Fergus Medical Centre, 2 St Anthony's Terrace, Ennis, Co. Clare 065 6842166 GMS
Cullen	Philip, 15 Pery Square, Pery Street, Limerick City 061 314810 GMS
Curtin	Eoin, 19 Abbey Street, Ennis, Co. Clare 065 6829975 GMS
Curtin	Joan, 4 Abbeyview, Adare, Co. Limerick 061 396600 GMS
Curtin	Thomas, Lower Main Street, Rathkeale, Co. Limerick 069 64304 GMS
Culhane	Aidan, Medical Centre, Castleconnell, Co. Limerick 061 377656 GMS
Daly	Michael, Kickham Street, Thurles, Co. Tipperary 0504 21267 GMS

De Feu	Pauline, Rosemary Square, Roscrea, Co., Tipperary 0505 21890 GMS
Delargy	Kevin, Borrisoleigh Health Centre, Borrisoleigh, Co. Tipperary 0504 51974 GMS
Donohoe	John P, Dooradoyle Medical Centre, Dooradoyle Road, Limerick City 061 306922 GMS
Donovan	Aishling, Clonan, Roscrea, Co. Tipperary 0505 24575 GMS
Ellis	Jocelyn, Health Centre, Carrigaholt, Co. Clare 065 9058205 GMS
English	John, 105 O'Connell Street, Limerick City 061 311814 GMS
Fanning	Conor, Medical Centre, 11 Francis Street, Ennis, Co. Clare 065 6848048 GMS
Fehily	James, 2 Anne Terrace, Newstreet, Limerick City 061 301200 GMS
Feore	Richard, Shallee Drive, Cloughleigh, Ennis, Co. Clare 065 6829322 GMS
Finn	Maire, Ennis Family Medical Centre, Gort Road, Ennis, Co. Clare 065 6840388 GMS

Fitzgerald	Martin, Health Centre, Tulla, Co. Clare 065 6835135 GMS
Fitzgibbon	Suzanne, Askeaton Medical Centre, The Quay, Askeaton, Co. Limerick 061 392267 GMS
Fitzpatrick	Finbarr, Abbey Medical Centre, 19 Abbey Street, Ennis, Co. Clare 065 6829975 GMS
Flynn	Alicia, Parnell Mall, Parnell Street, Limerick City 061 411185 GMS
Flynn	Michael, 8 Tullyvarraga Hill, Shannon, Co. Clare 061 362903 GMS
Flynn	Peter, 9 Killian Park, Shannon, Co. Clare 061 364274 GMS
Flynn	Stephen, Abbey River House, Charlotte Quay, Limerick City 061 410355 GMS
Fullam	Mel, Bishop Street, Newcastlewest, Co. Limerick 069 62800 GMS
Gaire	Paula, Abbeygrove Surgery, Sir Harry's Mall, Kings Island, Limerick City 061 419121 GMS
Gavin	Charles, 1 The Park, Edward Street, Limerick City 061 416499 GMS

Gavin	Colum, The Mount, Ballynacally, Ennis, Co. Clare 087 6679862 P
Geaney	Conor, Croom Health Centre, High Street, Co. Limerick 061 600884 GMS
Glynn	Fergus, Medical Centre, Market Street, Corofin, Co. Clare 065 6837604 GMS
Glynn	John, c/o Kieran Murphy, Athea, Co. Limerick 068 42271 P
Glynn	Liam, Clareville House, Ballyvaughan, Co. Clare 065 7077035 GMS
Glynn	Rory, Borrisokane Health Centre, Borrisokane, Co. Tipperary 067 27106 GMS
Gray	Mary, Corbally Clinic, Corbally, Limerick City 061 340628 GMS
Griffin	Laoise, 2 St John's Square, Johns Street, Limerick City 061 419986 P
Griffin	Michael, 2 St John's Square, Johns Street, Limerick City 061 419986 GMS
Guha Murphy	Sheena, c/o Dr Jerry Lucey, The Square, Dromcollogher, Co. Limerick 063 83282 P

Hackett	Colm, Newmarket on Fergus, Co. Clare 061 368299 GMS
Hanly	Damien, 15 Pery Square, Pery Street, Limerick City 061 314810 GMS
Hannon	David, 1 Greaney Close, Raheen, Limerick City 061 302090 GMS
Hanrahan	Conor, Parnell Medical Centre, Parnell Street Car Park, Ennis, Co. Clare 065 6868140 GMS
Harold	Paddy, Carrabawn, Killaloe, Co. Clare 087 2255934 P
Harrold	Patrick, Tyone, Nenagh, Co. Tipperary 067 37296 GMS
Harty	Michael, Richmond Medical Centre, Kilmihil, Co. Clare 065 9050345 GMS
Hayes	Thomas, 1 St Flannans Street, Nenagh, Co. Tipperary 067 31513 GMS
Healy	Jarlath, Toomevara Health Centre, Toomevara, Co. Tipperary 067 26212 GMS
Healy	John, The Mall, Thurles, Co. Tipperary 0504 21296 GMS

Harrington Ryan	Rosarie, 2 Friar Street, Thurles, Co. Tipperary 0504 21021 GMS
Heffernan	Jo, Doon Moon, O'Connell Avenue, Limerick City 061 414659 GMS
Hennessy	Joseph, Main Street, Templemore, Co. Tipperary 0504 32752 GMS
Hession	Grace, Croagh Medical Centre, Croagh, Co. Limerick 069 63444 GMS
Holmes	Liam, Unit 26a, Whitehorns, Castletroy, Limerick City 061 330721 GMS
Horgan	Catriona, 4 Abbeyview, Adare, Co. Limerick 061 396600 GMS
Hughes	Kieran, Kilmurray Road, Sixmilebridge, Co. Clare 061 369722 GMS
Joyce	Elaine, c/o Dr Daly / DrMcBrearty, Kickham Street, Thurles, Co. Tipperary 0504 21267 P
Keane-Carmody	Frieda, East Clinic, Killaloe, Co. Clare 061 376349 P
Kelleher	Michael, Ennistymon Road, Lahinch, Co. Clare 065 7081234 GMS

Kelly	Agnes, Boherbue, Newcastlewest, Co. Limerick 069 61220 GMS
Kelly	Andrew, 1 Greaney Close, Raheen, Limerick City 061 305155 GMS
Kelly	Patrick J, Old Windmill Medical Centre, Lower Gerard Griffin Street, Limerick City 061 410858 GMS
Kieran	Paul, Westbury Centre, Corbally, Limerick City 061 350001 GMS
Kilby	Seamus, 19 Barringtons Street, Limerick City 061 400814 GMS
Kissane	Margie, Abbey Clinic, Killarney Road, Abbeyfeale, Co. Limerick 068 31600 GMS
Lawless	Declan, Beechlawn, Clongour, Thurles, Co. Tipperary 0504 23366 GMS
Lee	Patrick, Abbey River House, Charlotte Quay, Limerick City 061 410355 GMS
Leonard	John, Cara Medical Centre, Gortboy, Newcastlewest, Co. Limerick 069 77040 GMS
Leslie	Ruth, Ennis Family Medical Centre, Gort Road, Ennis, Co. Clare 065 6840388 GMS

Linnane	Michael, 1 Pinewood, Lisheen, Shannon, Co. Clare 061 361426 GMS
Little	Darragh, 11 Shelbourne Road, Limerick City 061 454625 GMS
Lonergan	Margaret, Premier Health Clinic, Kickham Street, Thurles, Co. Tipperary 0504 21331 GMS
Loughnane	John, Boherbue, Newcastlewest, Co. Limerick 069 61220 GMS
Lucey	Jerry, The Square, Dromcollogher, Co. Limerick 063 83282 GMS
Lynch	Margaret, Croagh Medical Centre, Croagh, Co. Limerick 069 63444 GMS
Lynch,	Mary Bernadette, Main Street, Killaloe, Co. Clare 061 374333 GMS
Lynch	Michael, Convent Hill, Killaloe, Co. Clare 061 375731 GMS
Lynch	Liam P, Thomas Street, Rathkeale, Co. Limerick 069 64464 GMS
Lynch	Mary Bernadette, Main Street, Killaloe, Co. Clare 061 374333 GMS

Lynch	Siobhan, Grange Road, Ballina, Co. Tipperary 061 376546 GMS
Lynch	Terry, 23 Russell Lawn, Russell Court, Ballykeeffe, Limerick City 061 309083 P
Madden	David, Stanford Clinic, 6 Steamboat Quay, Limerick City 061 444888 P
Madigan	Marguerite, 19 Cregan Avenue, Kileely, Limerick City 061 327797 GMS
Magnier	Robert, Maranui, Dublin Road, Castletroy, Limerick City 061 331917 GMS
Malone	Finola, Parnell Mall, Parnell Street, Limerick City 061 411185 GMS
McBrearty	John, Kickham Street, Thurles, Co. Tipperary 0504 21267 GMS
McCann	Giolla, Westbrook House, Caherdavin, Limerick City 061 451499 P
McCann	Marcella, Westbrook House, Caherdavin, Limerick City 061 451499 P
McCarthy	John, 79 O'Connell Street, Ennis, Co. Clare 065 6844455 GMS

McCoy	Thomas, Gortboy, Newcastlewest, Co. Limerick 069 62386 GMS
McCurtin	Blanaid, The Paddocks, Castleconnell, Co. Limerick 061 377696 / 087 2530182 P
McDonnell	Thomas, 13 Upper Mallow Street, Limerick City 061 452995 GMS
McGann	Aonghus, The Davin Clinic, Annesville, Ennis Road, Limerick City 061 322255 GMS
McGee	Conor, Scariff Medical Centre, Scariff, Co. Clare 061 921123 GMS
McGovern	Michael, Station Road, Lahinch, Co. Clare 065 7081442 GMS
McGuire	Manus, Scariff Medical Centre, Scariff, Co. Clare 061 921123 GMS
McGuire	Genevieve, Scariff Medical Centre, Scariff, Co. Clare 061 921123 GMS
McIntyre	Paula, Abbey River House, Charlotte Quay, Limerick City 061 410355 GMS
McManus	George, Rosemary Square, Roscrea, Co. Tipperary 0505 21890 GMS

McNally	Mary, 1 Stenson Park, Thomondgate, Limerick City 061 454666 GMS
Molloy	James, 21 Upper Mallow Street, Limerick City 061 310797 GMS
Moloney	James, Alverno, Friars Street, Thurles, Co. Tipperary 0504 24992 GMS
Moran	Aine, Croagh Medical Centre, Croagh, Co. Limerick 069 63444 GMS
Moroney	Patrick, Briarfield, Newport, Co. Tipperary 061 378241 GMS
Morrissey	Patrick, Rathkeale Road, Adare, Co. Limerick 061 396561 GMS
Mulhall	Aine, Doonmore, Doonbeg, Co. Clare 065 9055025 GMS
Mullins	Brendan, Cedarville Surgery, Abbeyfeale, Co. Limerick 068 32188 GMS
Murnane	Brenda, 10 Kickham Street, Nenagh, Co. Tipperary 067 33033 GMS
Murphy	Charles, Lough Muir, Mount Heaton, Roscrea, Co. Tipperary 0505 21763 GMS

Murphy	Joan, 2 Friar Street, Thurles, Co. Tipperary 0504 21021 GMS
Murphy	Kieran, Westbury House, Athea, Co. Limerick 068 42271 GMS
Murphy	Margaret, 2 Gortboy Court, Newcastlewest, Co. Limerick 069 77166 GMS
Murphy	Miriam, Cara Medical Centre, Gortboy, Newcastlewest, Co. Limerick 069 77040 GMS
Murphy	Patrick, Sean Carnan, Stradbally North, Castleconnell, Co. Limerick 061 377563 P
Murray	Richard, 4 Convent Street, Kings Island, Limerick City 061 416848 GMS
Ni Rathaile	Maire Una, Health Centre, Ballylanders, Co. Limerick 062 46639 GMS
Nolan	Thomas A, Loughville, Lahinch Raod, Ennis, Co. Clare 087 9893030 P
Nolan	Tom, Toler Street, Kilrush, Co. Clare 065 9051470 GMS
O' Brien	Gerard, Clareen House, Tyone, Nenagh, Co. Tipperary 067 37400 GMS

O' Brien	John, Doon, Co. Limerick 061 380577 GMS
O' Brien	Mary, c/o Dr Fergus Glynn, Medical Centre, Market Street, Corofin, Co. Clare 065 6837604 P
O' Brien	Maurice, 19 New Link Road, Caherdavin, Limerick City 061 326088 GMS
O'Callaghan	Clíodhna, Rosemary Square, Roscrea, Co. Tipperary 0505 21890 GMS
O'Callaghan	Edmund, Newtown, Bruff, Co. Limerick 061 382577 GMS
O'Callaghan	Marcella, Newtown, Bruff, Co. Limerick 061 382577 GMS
O'Callaghan	Tom, 5 Johnsgate Village, New Road, Limerick City 061 416677 GMS
O'Carroll	Paul, Templetuohy, Thurles, Co. Tipperary 0504 53133 GMS
O'Connell,	Aoife, The Surgery, Ennis Road, Limerick 061 451789 GMS
O'Connell	Billy, Milltown Malbay, Co. Clare 065 7084494 GMS

O'Connell	Gerard, The Surgery, Ennis Road, Limerick City 061 451789 GMS
O'Connor	Eimer, The Surgery, Dooradoyle, Limerick City 061 303177 GMS
O'Connor	Ray, 19 Cregan Avenue, Kileely, Limerick City 061 327797 GMS
O'Dea	John, Clareville House, Ballyvaughan, Co. Clare 065 7077035 GMS
O'Dea	Sinead, 5 Johnsgate Village, New Road, Limerick City 061 416677 GMS
O'Donnell	Elizabeth, Broadford, Charleville, Co. Limerick 063 84004 GMS
O'Donnell	John, 19 Steele's Terrace, Ennis, Co. Clare 065 6822576 GMS
O'Donnell	Michael, Cedarville Surgery, Convent Road, Abbeyfeale, Co. Limerick 068 32188 GMS
O'Dowd	Emily, 5 Salmon Weir, Annacotty, Limerick City P
O'Dowd,	Patrick, Abbey Clinic, Killarney Road, Abbeyfeale, Co. Limerick 068 31600 GMS
O'Driscoll-Quinn,	Anne, 33 Greenview Close, Glencairn, Dooradoyle, Limerick 086 1934099 P

O'Dwyer	Catherine, The Davin Clinic, Ennis Road, Limerick City 061 322255 P
O'Dwyer	Patrick, Cappamore, Co. Limerick 061 381729 GMS
O'Farrell	Paul, O'Rahilly Street, Nenagh, Co. Tipperary 067 31482 GMS
O'Flaherty	Richard, 38 Cecil Street, Limerick City 061 418172 GMS
O'Flaherty	Patrick, Borrisokane, Co. Tipperary 067 27106 GMS
O'Flynn	Michael, The Surgery, 22 William Street, Limerick City 061 416533 GMS
O'Flynn	Seamus, Fingall, Ballinacurra, Limerick City 061 302111 GMS
O'Halloran	Brenda, 27 Ormond Keep, Nenagh, Co. Tipperary 067 32849 GMS
O'Keefe	Muiris, 1 St Flannans Terrace, Nenagh, Co. Tipperary 067 31513 GMS
O'Keefe	Rory, 44 Abbey Street, Ennis, Co. Clare 065 6821805 GMS

O'Meara	Maura, Sli Liag Ard, Ballard Road, Milltown Malbay, Co. Clare 065 7079011 GMS
O'Neill	Yvonne, Grove Island Medical Centre, Corbally, Limerick City 061 346610 GMS
O'Regan	Gerald, 19a Cruises Street, Limerick City 061 418417 GMS
O'Reilly	Colm, Toomevara Health Centre, Toomevara, Co. Tipperary 067 26212 GMS
O'Sullivan	Mary, Banklawn House, Toler Street, Kilrush, Co. Clare 065 9051374 GMS
O'Sullivan	Paul, Grove Island Medical Centre, Corbally, Limerick City 061 346610 GMS
Prendiville	James, Banklawn House, Toler Street, Kilrush, Co. Clare 065 9051374 GMS
Quinn	Paraic, O'Garnery Centre, The Square, Sixmilebridge, Co. Clare 061 369369 GMS
Ralph	Eamonn, Kildysart Health Centre, Kildysart, Co. Clare 065 6832012 GMS

Regan	Blathnaid, The Surgery, Chapel Street, Kilkee, Co. Clare 065 9056400 GMS
Roche	Mary, Carraward, Dromcollogher, Co. Limerick 063 83000 GMS
Roche	Stephen, Parnell Arcade, Parnell Street, Limerick City 061 411185 GMS
Rowsome	Maurice, Abbey River House, Charlotte Quay, Limerick City 061 410355 GMS
Ryan,	Maureen, Grange Road, Ballina, Co. Tipperary 061 376546 GMS
Ryan,	Paul, Premier Health Clinic, Kickham Street, Thurles, Co. Tipperary 0504 21331 GMS
Ryder	Ronan, Old Windmill Medical Centre, Lower Gerard Griffin Street, Limerick City 061 313919 GMS
Scanlon	Bryan, Victoria House, St John's Square, Limerick City 061 417451 GMS
Sheehan	Margaret, Health Centre, Caherconlish, Co. Limerick 061 351899 GMS
Shinkwin	Michael, Fort Mary Park, Ennis Road, Limerick City 061 328333 GMS

Tangney	Michael J. Foynes Clinic, Woodvale, Foynes, Co. Limerick 069 65196 GMS
Thornton	Brendan, Grange Road, Ballina, Co. Tipperary 061 375179 GMS
Tuohy	Blaithin, Old Windmill Medical Centre, Lower Gerard Griffin Street, Limerick City 061 410858 P
Twomey	Edel, 19 Abbey Street, Ennis, Co. Clare 065 6829975 GMS
Twomey	Kevin P, The Surgery, Kilmallock, Co. Limerick 063 98484 GMS
Vaughan Carr	Anne Marie, 26 Francis Street, Kilrush, Co. Clare 065 9051581 GMS
Wajda	Malgorzata, 20a John's Gate Village, St John's Street, Limerick 061 609777 P
Waters	John, 33 Fortfield, Raheen, Limerick City 061 228945 GMS
Wheeler	Gerard, Ennistymon, Co. Clare 065 7071207 GMS
Wojnar	Daria, 20a Johns Gate Village, St Johns Street, Limerick City 061 609777 P

Yon Hin Patrick, Main Street, Templemore, Co. Tipperary
0504 32752
GMS

GP'S ON G.M.S. IN LIMERICK CITY AND COUNTY

Anketell	Michael, Skagh, Croom, Co. Limerick 061 397734 GMS
Barrett	Brendan A, Glin, Co. Limerick 068 34107 GMS
Boland	Gillian, Dooradoyle Medical Centre, Dooradoyle Road, Limerick City 061 306922 GMS
Boylan	David, Old Windmill Medical Centre, Lower Gerard Griffin Street, Limerick City 061 416544 GMS
Bugler	Judith, Main Street, Kilfinnane, Co. Limerick 063 91299 GMS
Burns	Criona, Medical Centre, Meadowsprings, Clareview, Limerick City 061 326929 GMS
Cahill	Niall, Abbeygrove Surgery, Sir Harry's Mall, Kings Island, Limerick City 061 419121 GMS
Callaghan	Margaret, 138D Fortview Drive, Ballinacurra Gardens, Ballinacurra, Limerick City 061 228093 GMS

Callanan	Miriam, Doon Moon, O'Connell Avenue, Limerick City 061 414659 GMS
Casey	Timothy, 1 Stenson Park, High Street, Thomondgate, Limerick City 061 454666 GMS
Cleary	Michael, Gotoon House, Hospital, Co. Limerick 061 383106 GMS
Coffey	Moya, The Medical Centre, Meadowsprings, Clareview, Limerick City 061 326929 GMS
Comber	Harry, Unit 8, The Q Centre, Roxboro, Limerick City 061 312291 GMS
Cooke	Sylvia, The Manse, Rathkeale, Co. Limerick 069 64304 GMS
Corrigan	Catriona, Rylands, Ballingarry, Co. Limerick 069 68200 GMS
Corrigan	Gerard, Rylands, Ballingarry, Co. Limerick 069 68200 GMS
Crowley	Mary, Carrig West, Clarina, Co. Limerick 061 353311 GMS
Cullen	Philip, 15 Pery Square, Pery Street, Limerick City 061 314810 GMS

Curtin	Joan, 4 Abbeyview, Adare, Co. Limerick 061 396600 GMS
Curtin	Thomas, Lower Main Street, Rathkeale, Co. Limerick 069 64304 GMS
Culhane	Aidan, Medical Centre, Castleconnell, Co. Limerick 061 377656 GMS
Donohoe	John P, Dooradoyle Medical Centre, Dooradoyle Road, Limerick City 061 306922 GMS
English	John, 105 O'Connell Street, Limerick City 061 311814 GMS
Fehily	James, 2 Anne Terrace, Newstreet, Limerick City 061 301200 GMS
Fitzgibbon	Suzanne, Askeaton Medical Centre, The Quay, Askeaton, Co. Limerick 061 392267 GMS
Flynn	Alicia, Parnell Mall, Parnell Street, Limerick City 061 411185 GMS
Flynn	Stephen, Abbey River House, Charlotte Quay, Limerick City 061 410355 GMS
Fullam	Mel, Bishop Street, Newcastlewest, Co. Limerick 069 62800 GMS

Gaire	Paula, Abbeygrove Surgery, Sir Harry's Mall, Kings Island, Limerick City 061 419121 GMS
Gavin	Charles, 1 The Park, Edward Street, Limerick City 061 416499 GMS
Geaney	Conor, Croom Health Centre, High Street, Co. Limerick 061 600884 GMS
Gray	Mary, Corbally Clinic, Corbally, Limerick City 061 340628 GMS
Griffin	Michael, 2 St John's Square, Johns Street, Limerick City 061 419986 GMS
Hanly	Damien, 15 Pery Square, Pery Street, Limerick City 061 314810 GMS
Hannon	David, 1 Greaney Close, Raheen, Limerick City 061 302090 GMS
Heffernan	Jo, Doon Moon, O'Connell Avenue, Limerick City 061 414659 GMS
Hession	Grace, Croagh Medical Centre, Croagh, Co. Limerick 069 63444 GMS
Holmes	Liam, Unit 26a, Whitehorns, Castletroy, Limerick City 061 330721 GMS

Horgan	Catriona, 4 Abbeyview, Adare, Co. Limerick 061 396600 GMS
Kelly	Agnes, Boherbue, Newcastlewest, Co. Limerick 069 61220 GMS
Kelly	Andrew, 1 Greaney Close, Raheen, Limerick City 061 302090 GMS
Kelly	Patrick J, Old Windmill Medical Centre, Lower Gerard Griffin Street, Limerick City 061 410858 GMS
Kieran	Paul, Westbury Centre, Corbally, Limerick City 061 350001 GMS
Kilby	Seamus, 19 Barringtons Street, Limerick City 061 400814 GMS
Kissane	Margie, Abbey Clinic, Killarney Road, Abbeyfeale, Co. Limerick 068 31600 GMS
Lee	Patrick, Abbey River House, Charlotte Quay, Limerick City 061 410355 GMS
Leonard	John, Cara Medical Centre, Gortboy, Newcastlewest, Co. Limerick 069 77040 GMS
Little	Darragh, 11 Shelbourne Road, Limerick City 061 454625 GMS

Loughnane	John, Boherbue, Newcastlewest, Co. Limerick 069 61220 GMS
Lucey	Jerry, The Square, Dromcollogher, Co. Limerick 063 83282 GMS
Lynch	Margaret, Croagh Medical Centre, Croagh, Co. Limerick 069 63444 GMS
Lynch	Liam P, Thomas Street, Rathkeale, Co. Limerick 069 64464 GMS
Madigan	Marguerite, 19 Cregan Avenue, Kileely, Limerick City 061 327797 GMS
Magnier	Robert, Maranui, Dublin Road, Castletroy, Limerick City 061 331917 GMS
Malone	Finola, Parnell Mall, Parnell Street, Limerick City 061 411185 GMS
McCoy	Thomas, Gortboy, Newcastlewest, Co. Limerick 069 62386 GMS
McDonnell	Thomas, 13 Upper Mallow Street, Limerick City 061 452995 GMS
McGann	Aonghus, The Davin Clinic, Annesville, Ennis Road, Limerick City 061 322255 GMS

McIntyre	Paula, Abbey River House, Charlotte Quay, Limerick City 061 410355 GMS
McNally	Mary, 1 Stenson Park, Thomondgate, Limerick City 061 454666 GMS
Molloy	James, 21 Upper Mallow Street, Limerick City 061 310797 GMS
Moran	Aine, Croagh Medical Centre, Croagh, Co. Limerick 069 63444 GMS
Morrissey	Patrick, Rathkeale Road, Adare, Co. Limerick 061 396561 GMS
Mullins	Brendan, Cedarville Surgery, Abbeyfeale, Co. Limerick 068 32188 GMS
Murphy	Kieran, Westbury House, Athea, Co. Limerick 068 42271 GMS
Murphy	Margaret, 2 Gortboy Court, Newcastlewest, Co. Limerick 069 77166 GMS
Murphy	Miriam, Cara Medical Centre, Gortboy, Newcastlewest, Co. Limerick 069 77040 GMS
Murray	Richard, 4 Convent Street, Kings Island, Limerick City 061 416848 GMS

Ni Rathaile	Maire Una, Health Centre, Ballylanders, Co. Limerick 062 46639 GMS
O' Brien	John, Doon, Co. Limerick 061 380577 GMS
O' Brien	Maurice, 19 New Link road, Caherdavin, Limerick City 061 326088 GMS
O'Callaghan	Edmund, Newtown, Bruff, Co. Limerick 061 382577 GMS
O'Callaghan	Marcella, Newtown, Bruff, Co. Limerick 061 382577 GMS
O'Callaghan	Tom, 5 Johnsgate Village, New Road, Limerick City 061 416677 GMS
O'Connell,	Aoife, The Surgery, Ennis Road, Limerick 061 451789 GMS
O'Connell	Gerard, The Surgery, Ennis Road, Limerick City 061 451789 GMS
O'Connor	Eimer, The Surgery, Dooradoyle, Limerick City 061 303177 GMS
O'Connor	Ray, 19 Cregan Avenue, Kileely, Limerick City 061 327797 GMS
O'Dea	Sinead, 5 Johnsgate Village, New Road, Limerick City 061 416677 GMS

O'Donnell	Elizabeth, Broadford, Charleville, Co. Limerick 063 84004 GMS
O'Donnell	Michael, Cedarville Surgery, Convent Road, Abbeyfeale, Co. Limerick 068 32188 GMS
O'Dowd,	Patrick, Abbey Clinic, Killarney Road, Abbeyfeale, Co. Limerick 068 31600 GMS
O'Dwyer	Patrick, Cappamore, Co. Limerick 061 381729 GMS
O'Flaherty	Richard, 38 Cecil Street, Limerick City 061 418172 GMS
O'Flynn	Michael, The Surgery, 22 William Street, Limerick City 061 416533 GMS
O'Flynn	Seamus, Fingall, Ballinacurra, Limerick City 061 302111 GMS
O'Neill	Yvonne, Grove Island Medical Centre, Corbally, Limerick City 061 346610 GMS
O'Regan	Gerald, 19a Cruises Street, Limerick City 061 418417 GMS
O'Sullivan	Paul, Grove Island Medical Centre, Corbally, Limerick City 061 346610 GMS

Roche	Mary, Carraward, Dromcollogher, Co. Limerick 063 83000 GMS
Roche	Stephen, Parnell Arcade, Parnell Street, Limerick City 061 411185 GMS
Rowsome	Maurice, Abbey River House, Charlotte Quay, Limerick City 061 410355 GMS
Ryder	Ronan, Old Windmill Medical Centre, Lower Gerard Griffin Street, Limerick City 061 313919 GMS
Scanlon	Bryan, Victoria House, St John's Square, Limerick City 061 417451 GMS
Sheehan	Margaret, Health Centre, Caherconlish, Co. Limerick 061 351899 GMS
Shinkwin	Michael, Fort Mary Park, Ennis Road, Limerick City 061 328333 GMS
Tangney	Michael J. Foynes Clinic, Woodvale, Foynes, Co. Limerick 069 65196 GMS
Twomey	Kevin P, The Surgery, Kilmallock, Co. Limerick 063 984584 GMS
Waters	John, 33 Fortfield, Raheen, Limerick City 061 228945 GMS

PRIVATE GP'S IN LIMERICK CITY AND COUNTY

Aherne Michael, Abbey River House, Charlotte Quay,
Limerick City
061 410355
P

Ashforth Deirdre, Unit 12, Roxoboro Shopping Centre,
Roxboro, Limerick City
061 312291
P

Bennis Dianne, 2 St John's Square, John's Street,
Limerick City
061 419986
P

Brogan Cathy, 1 Riverview Manor, Glin, Co. Limerick
P

Cahill Ken, Dooradoyle Medical Centre, Dooradoyle
Road, Limerick City
061 306922
P

Cassidy, Eileen, Leahies, Foynes, Co. Limerick
P

Glynn John, c/o Kieran Murphy, Athea, Co. Limerick
068 42271
P

Griffin Laoise, 2 St John's Square, Johns Street,
Limerick City
061 419986
P

Guha Murphy Sheena, c/o Dr Jerry Lucey, The Square,
Dromcollogher, Co. Limerick
063 83282
P

Lynch	Terry, 23 Russell Lawn, Russell Court, Ballykeeffe, Limerick City 061 309083 P
Madden	David, Stanford Clinic, 6 Steamboat Quay, Limerick City 061 444888 P
McCann	Giolla, Westbrook House, Caherdavin, Limerick City 061 451499 P
McCann	Marcella, Westbrook House, Caherdavin, Limerick City 061 451499 P
McCurtin	Blanaid, The Paddocks, Castleconnell, Co. Limerick 087 2530182 P
Murphy	Patrick, Sean Carnan, Stradbally North, Castleconnell, Co. Limerick 061 377563 P
O'Driscoll-Quinn,	Anne, 33 Greenview Close, Glencairn, Dooradoyle, Limerick 086 1934099 P
O'Dwyer	Catherine, The Davin Clinic, Ennis Road, Limerick City 061 322255 P
Tuohy	Blaithin, Old Windmill Medical Centre, Lower Gerard Griffin Street, Limerick City 061 410858 P

Wajda	Malgorzata, 20a John's Gate Village, St John's Street, Limerick 061 609777 P
Wojnar	Daria, 20a Johns Gate Village, St John's Street, Limerick City P

GP'S ON G.M.S. IN COUNTY CLARE AREA

Akamnonu	Fabian, Ozundu Medical Centre, Ballycasey, Shannon, Co. Clare 061 364755 GMS
Barry,	Damien, Circular Road, Kilkee, Co. Clare 065 9056319 GMS
Boyle	Dermot, Ennis Family Medical Centre, Gort Road, Ennis, Co. Clare 065 6840388 GMS
Boyle	John, Parnell Medical Centre, Parnell Street Car Park, Ennis, Co. Clare 065 6868140 GMS
Bugler	Patrick F, Ard Na Greine, Ennis, Co. Clare 065 6828610 GMS
Carr	Eric, 26 Francis Street, Kilrush, Co. Clare 065 9051581 GMS
Casey	Eugene, St Martins, Carmody Street, Ennis, Co. Clare 065 6829719 GMS

Collins	James, Health Centre, Lisdoonvarna, Co. Clare 065 7074184 GMS
Conlon	Austin, Feakle, Co. Clare 061 924005 GMS
Cox	Anthony, Fergus Medical Centre, 2 St Anthony's Terrace, Ennis, Co. Clare 065 6842166 GMS
Crowley (Cox)	Denise, Fergus Medical Centre, 2 St Anthony's Terrace, Ennis, Co. Clare 065 6842166 GMS
Curtin	Eoin, 19 Abbey Street, Ennis, Co. Clare 065 6829975 GMS
Ellis	Jocelyn, Health Centre, Carigholt, Co. Clare 065 9058205 GMS
Fanning	Conor, Medical Centre, 11 Francis Street, Ennis, Co. Clare 065 6848048 GMS
Feore	Richard, Shalllee Drive, Cloughleigh, Ennis, Co. Clare 065 6829322 GMS
Finn	Maire, Ennis Family Medical Centre, Gort Road, Ennis, Co. Clare 065 6840388 GMS
Fitzgerald	Martin, Health Centre, Tulla, Co. Clare 065 6835135 GMS

Fitzpatrick	Finbarr, Abbey Medical Centre, 19 Abbey Street, Ennis, Co. Clare 065 6829975 GMS
Flynn	Michael, 8 Tullyvarraga Hill, Shannon, Co. Clare 061 362903 GMS
Flynn	Peter, 9 Killian Park, Shannon, Co. Clare 061 364274 GMS
Glynn	Fergus, Medical Centre, Market Street, Corofin, Co. Clare 065 6837604 GMS
Glynn	Liam, Clareville House, Ballyvaughan, Co. Clare 065 7077035 GMS
Hackett	Colm, Newmarket on Fergus, Co. Clare 061 368299 GMS
Hanrahan	Conor, Parnell Medical Centre, Parnell Street Care Park, Ennis, Co. Clare 065 6868140 GMS
Harty	Michael, Richmond Medical Centre, Kilmihil, Co. Clare 065 9050345 GMS
Hughes	Kieran, Kilmurray Road, Sixmilebridge, Co. Clare 061 369722 GMS
Kelleher	Michael, Ennistymon Road, Lahinch, Co. Clare 065 7081234 GMS

Leslie	Ruth, Ennis Family Medical Centre, Gort Road, Ennis, Co. Clare 065 6840388 GMS
Linnane	Michael, 1 Pinewood, Lisheen, Shannon, Co. Clare 061 361426 GMS
Lynch,	Mary Bernadette, Main Street, Killaloe, Co. Clare 061 374333 GMS
Lynch	Michael, Convent Hill, Killaloe, Co. Clare 061 375731 GMS
McCarthy	John, 79 O'Connell Street, Ennis, Co. Clare 065 6844455 GMS
McGee	Conor, Scariff Medical Centre, Scariff, Co. Clare 061 921123 GMS
McGovern	Michael, Station Road, Lahinch, Co. Clare 065 7081442 GMS
McGuire	Manus, Scariff Medical Centre, Scariff, Co. Clare 061 921123 GMS
McGuire	Genevieve, Scariff Medical Centre, Scariff, Co. Clare 061 921123 GMS
Mulhall	Aine, Doonmore, Doonbeg, Co. Clare 065 9055025 GMS

Nolan	Tom, Toler Street, Kilrush, Co. Clare 065 9051470 GMS
O'Connell	Billy, Milltown Malbay, Co. Clare 065 7084494 GMS
O'Dea	John, Clareville House, Ballyvaughan, Co. Clare 065 7077035 GMS
O'Donnell	John, 19 Steele's Terrace, Ennis, Co. Clare 065 6822576 GMS
O'Keeffe	Rory, 44 Abbey Street, Ennis, Co. Clare 065 6821805 GMS
O'Meara	Maura, Sli Liag Ard, Ballard Road, Milltown Malbay, Co. Clare 065 7079011 GMS
O'Sullivan	Mary, Banklawn House, Toler Street, Kilrush, Co. Clare 065 9051374 GMS
Prendiville	James, Banklawn House, Toler Street, Kilrush, Co. Clare 065 9051374 GMS
Quinn	Paraic, O'Garnerly Centre, The Square, Sixmilebridge, Co. Clare 061 369369 GMS
Ralph	Eamonn, Kildysart Health Centre, Kildysart, Co. Clare 065 6832012 GMS

Regan	Blathnaid, The Surgery, Chapel Street, Kilkee, Co. Clare 065 9056400 GMS
Twomey	Edel, 19 Abbey Street, Ennis, Co. Clare 065 6829975 GMS
Vaughan Carr	Anne Marie, 26 Francis Street, Kilrush, Co. Clare 065 9051581 GMS
Wheeler	Gerard, Ennistymon, Co. Clare 065 7071207 GMS

PRIVATE GP'S IN COUNTY CLARE AREA

Gavin	Colum, The Mount, Ballynacally, Ennis, Co. Clare P 087 6679862
Harold	Paddy, Carrabawn, Killaloe, Co. Clare 087 2255934 P
Keane-Carmody,	Freda, East Clinic, Killaloe, Co. Clare 061 376349 P
Nolan	Thomas A, Loughville, Lahinch Road, Ennis, Co. Clare 087 9893030 P
O'Brien	Mary, c/o Dr Fergus Glynn, Medical Centre, Market Street, Corofin, Co. Clare 065 6837604 P

GP'S ON G.M.S. IN NORTH TIPPERARY AREA

Black	Patricia, Grove Street, Roscrea, Co. Tipperary 0505 22455 GMS
Booth	Paul, Coolevin, Dublin Road, Roscrea, Co. Tipperary 0505 23555 GMS
Collins	Liam, The Surgery, Fenian Road, Thurles, Co. Tipperary 0504 21155 GMS
Corrigan	Brian J, Wesley Place, Nenagh, Co. Tipperary 067 32644 GMS
Costello	Roisin, Cloughjordan, Co. Tipperary 0505 42129 GMS
Daly	Michael, Kickham Street, Thurles, Co. Tipperary 0504 21267 GMS
De Feu	Pauline, Rosemary Square, Roscrea, Co., Tipperary 0505 21890 GMS
Delargy	Kevin, Borrisoleigh Health Centre, Borrisoleigh, Co. Tipperary 0504 51974 GMS
Donovan	Aishling, Clonan, Roscrea, Co. Tipperary 0505 24575 GMS

Glynn	Rory, Borrisokane Health Centre, Borrisokane, Co. Tipperary 067 27106 GMS
Harrold	Patrick, Tyone, Nenagh, Co. Tipperary 067 37296 GMS
Hayes	Thomas, 1 St Flannans Street, Nenagh, Co. Tipperary 067 31513 GMS
Healy	Jarlath, Toomevara Health Centre, Toomevara, Co. Tipperary 067 26212 GMS
Healy	John, The Mall, Thurles, Co. Tipperary 0504 21296 GMS
Harrington Ryan	Rosarie, 2 Friar Street, Thurles, Co. Tipperary 0504 21021 GMS
Hennessy	Joseph, Main Street, Templemore, Co. Tipperary 0504 32752 GMS
Lawless	Declan, Beechlawn, Clongour, Thurles, Co. Tipperary 0504 23366 GMS
Lynch	Siobhan, Grange Road, Ballina, Co. Tipperary 061 376546 GMS
Lonergan	Margaret, Premier Health Clinic, Kickham Street, Thurles, Co. Tipperary 0504 21331 GMS

McBrearty	John, Kickham Street, Thurles, Co. Tipperary 0504 21267 GMS
McManus	George, Rosemary Square, Roscrea, Co. Tipperary 0505 21890 GMS
Moloney	James, Alverno, Friars Street, Thurles, Co. Tipperary 0504 24992 GMS
Moroney,	Pat, Briarfield, Newport, Co. Tipperary 061 378241 GMS
Murnane	Brenda, 10 Kickham Street, Nenagh, Co. Tipperary 067 33033 GMS
Murphy	Charles, Lough Muir, Mount Heaton, Roscrea, Co. Tipperary 0505 21763 GMS
Murphy	Joan, 2 Friar Street, Thurles, Co. Tipperary 0504 21021 GMS
O'Brien	Ger, Clareen House, Tyone, Nenagh, Co. Tipperary 067 37400 GMS
O'Callaghan	Clíodhna, Rosemary Square, Roscrea, Co. Tipperary 0505 21890 GMS
O'Carroll	Paul, Templetuohy, Thurles, Co. Tipperary 0504 53133 GMS

O'Farrell	Paul, O'Rahilly Street, Nenagh, Co. Tipperary 067 31482 GMS
O'Flaherty	Patrick, Borrisokane, Co. Tipperary 067 27106 GMS
O'Halloran	Brenda, 27 Ormond Keep, Nenagh, Co. Tipperary 067 32849 GMS
O'Keefe	Muiris, 1 St Flannans Terrace, Nenagh, Co. Tipperary 067 31513 GMS
O'Reilly	Colm, Toomevara Health Centre, Toomevara, Co. Tipperary 067 26212 GMS
Ryan	Maureen, Grange Road, Ballina, Co. Tipperary 061 376546 GMS
Ryan	Paul, Premier Health Clinic, Kickham Street, Thurles, Co. Tipperary 0504 21331 GMS
Thornton	Brendan, Grange Road, Ballina, Co. Tipperary 061 375179 GMS
Yon Hin	Patrick, c/o Joseph Hennesy, Main Street, Templemore, Co. Tipperary 0504 32752 GMS

**PRIVATE GP'S IN
NORTH TIPPERARY AREA**

Corcoran Caitriona, c/o Dr Roisin Costello, Cloughjordan,
Co. Tipperary
0505 42129
P

Joyce Elaine, c/o Dr Daly / McBrearty, Kickham Street,
Thurles, Co. Tipperary
0504 21267
P

SHANNONDOC

Shannondoc is a co-operative set up by General Practitioners in partnership with the HSE. Its purpose is to provide enhanced out-of-hours service to patients, improved quality of life for doctors and preserve rural general practice.

It is intended to deal with urgent situations that cannot wait for surgeries to open. It is not an emergency service. It will, however, respond to requests for support from the emergency services.

It operates in Counties Clare, Limerick and North Tipperary. (excludes Limerick City at present). Most doctors in these areas are members and the service is provided to patients of these member doctors.

Operating Hours

Shannondoc operates each weekday from 1800 to 0800 the following morning. 24 hour cover is provided on Saturday, Sunday and Public Holidays until 0800 the next working day. It has bases in Ennis, Ennistymon, Killaloe, Kilrush, Shannon, Nenagh, Roscrea, Thurles, Hospital and Newcastle West.

How Shannondoc System works

- Patient calls in on the Lo-Call number **1850 212 999**.
- The calls are dealt with in three categories: Routine, Urgent, Emergency.
- All calls are triaged by trained triaged Nurses and where patients have to be seen by a doctor an appointment is made at their nearest treatment centre. If a patient is unable to travel to a treatment centre a home visit is arranged. Often advice from the nurse or from a doctor is all that is required.
- Details are sent to each doctor of all his/her patients seen by a ShannonDoc doctor on a daily basis by fax.

E-Mail: **shannondoc@eircom.net**



STATUTORY SERVICES



GENERAL HOSPITALS

General hospitals provide a comprehensive range of in-patient and out-patient services for treatment of the acutely ill. They are located in the following areas;

LIMERICK

Name: Mid-Western Regional Hospital,
Address: Dooradoyle, Limerick
Telephone: 061 301111

Name: St. John's Hospital,
Address: John's Square, Limerick
Telephone: 061 415822

CO. CLARE

Name: Mid Western Regional Hospital
Address: Ennis, Co. Clare.
Telephone: 065 6824464

TIPPERARY NORTH

Name: Mid Western Regional Hospital,
Address: Nenagh, Co. Tipperary.
Telephone: 067 31491

STATUTORY MENTAL HEALTH SERVICES IN LIMERICK, CLARE AND NORTH TIPPERARY AREAS

The mental health services in Limerick City and County Clare and North Tipperary are organised on a geographical county basis. The region is divided into eleven sector areas. Within each sector, a Day Hospital has been established from which multidisciplinary clinical services are provided. The Day Hospital located in the community provides a community treatment alternative for those living in the sector.

ACCESS PROCEDURE:

Access to mental health services is routinely through a persons' GP or via hospital accident and emergency services.

MULTIDISCIPLINARY STAFF:

Each Day Hospital is staffed by a multidisciplinary team. The composition of this team may vary. Clinical staff provide a range of services in the Day Hospital and also in other community settings appropriate to the patient's needs. The core role of each team member

is as follows;

- **Psychiatrist:** Provides comprehensive mental health assessment, treatment intervention and follow up care for the referred patient.
- **Clinical Psychologist:** Provide a Psychological Assessment Service with Psychotherapy and Counselling for mental health problems such as depression, anxiety, grief and past trauma of abuse. This is offered mainly on an individual basis. Specific group therapy may be offered.
- **Psychiatric Nurse:** provides a range of interventions including health and support to patient and family members. This will include
 - Advice on medication management
 - Behavioural and other psychologically based interventions
 - Family Education and Crisis Management
 - Home Visitation and Support
- **Social Worker:** is concerned with patients and their families offering assessment, education and supportive counselling. The Social Worker provides advice and information regarding community resources, entitlements and money management. Assessment is done in the context of the person's social environment.
- **Addiction Counsellor:** Provides a comprehensive counselling service which includes both individual and group therapy. Family intervention and after care are also included in the treatment process.
- **Occupational Therapist:** Offers vocational assessment and referral to the National Rehabilitation Board, interview skills, social skills training, self-esteem and confidence building. (To-date this service is only available in Limerick and Clare).
- **Administration Staff:** Provides administrative support to the Clinical Team and the Day Hospital service.

CLINICAL SERVICES OFFERED INCLUDE;

- Assessment/Formulation treatment intervention
- Advice on medication and pharmacological interventions
- Behaviour programmes and skills training
- Individual and group therapies
- Day patient treatment programmes
- Psychotherapy which includes individual CBT and psychodynamic psychotherapy.
- Social work assessment

- Family education crisis management
- Home visits
- Advocacy with / through voluntary groups
- Addiction counselling
- Networking with other community groups

These services are available to people aged 16 – 65 years and those aged over 65 who have had a previous attendance with the mental health services. For those over 65 years of age, who are presenting to mental health services for the first time, details of how to access the service can be found on pp.70 – 71.

ACCESS PROCEDURE

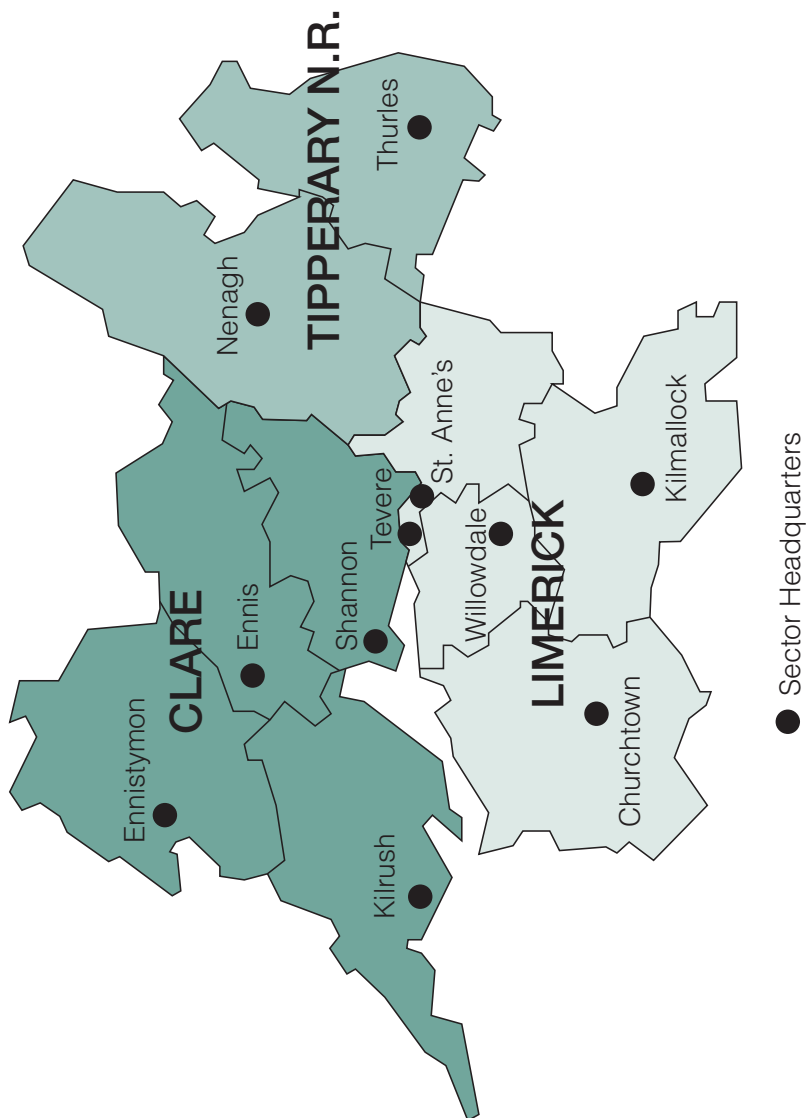
In order to access the mental health services, all patients must in the first instance be referred by their General Practitioner or healthcare worker.

OPENING HOURS:

Day Hospitals are open Monday to Friday 9am – 5pm. Routinely Out of Hours services are accessed through Shannondoc (see p.59) and Accident and Emergency Department Services.

LOCATION:

The day hospitals in Limerick City and County are as follows (see map on page 65):



LIMERICK CITY:

NAME: **ST. ANNE'S DAY HOSPITAL**

Address: Roxboro Road, Limerick

Telephone: 061 315177

Sector:

The area includes all East County Limerick ie. Dublin Road, Castletroy, Annacotty, Lisnagry, Castleconnell, Murroe, Cappamore, Doon, Oola, Pallasgreen, Garrydoolis, Rathjordan, Dromkeen, Caherconlish, Boher, Ballysimon, Drombana and urban areas of East and South Limerick ie. Southhill, Kennedy Park, Garryowen, John's Street, Pennywell, Clare Street, and Mulgrave Street.

NAME: **"TEVERE" DAY HOSPITAL**

Address: Shelbourne Road, Limerick

Telephone: 061 452971

Sector:

The area includes Limerick city (North) i.e. Athlunkard Street, Ashbrook, Ballynanty, Belfield, Caherdavin Park, Caherdavin Lawn, Clareview, Corbally, Lower Coonagh, Ennis Road, Faranshone, Fort Mary Park, George's Quay, Greystones, Kileely, Mayorstone, Mary Street, Moyross, Nicholas Street, North Circular Road, O'Callaghan Strand, Shelbourne Road, Strandville Gardens, St. Mary's Park, Thomondgate and Woodview, as well as south and south east Limerick.

NAME: **WILLOWDALE DAY HOSPITAL**

Address: Raheen, Limerick

Telephone: 061 302248

Sector:

The sector includes the urban areas of Ballinacurra, Dooradoyle, Raheen, Rathbane, Janesboro, and a large portion of the city centre. The rural area includes Adare, Ballycummin, Ballynacarriga, Carrig, Castletown, Clarina, Crecora, Croom, Dunnamon, Fedamore, Garrane, Kilcolman, Kildimo, Kilfinny, Kilpeacon, Pallaskenry, Patrickswell, Roxboro.

LIMERICK COUNTY:

NAME: **CHURCHTOWN DAY HOSPITAL**

Address: Churchtown, Newcastlewest, Co. Limerick

Telephone: 069 61799/ 61988

Sector:

The area includes Abbeyfeale, Askeaton, Foynes, Glin and Newcastlewest.

NAME: **KILMALLOCK DAY HOSPITAL,**

Address: Railway Road, Kilmallock, Co. Limerick

Telephone: 063 98668 / 063 98675

Sector:

The area covers South Limerick and includes Angelsboro, Ardpark, Athlacca, Ballingarry, Ballylanders, Bruff, Bruree, Colmanswell, Galbally, Garryspillane, Grange, Kilbeheny, Kilfinane, Kilmallock, Knocklong, Meanus.

CO. CLARE:

The Day Hospitals in Co. Clare are as follows:

NAME: **ENNIS DAY HOSPITAL**

Address: Gort Road, Ennis, Co. Clare

Telephone: 065 6863708

Sector:

The area includes East Clare: Barefield, Crusheen, Ballinruan, Killaneana, Cahir, Feakle, Tulla, Clooney, Bodyke, Tuamgraney, Scarriff, Whitegate, Mountshannon and Ennis Town (urban area).

NAME: **KILRUSH DAY HOSPITAL**

Address: St. Joseph's Terrace, Kilrush, Co. Clare

Telephone: 065 9051559

Sector:

The area includes West Clare: Ballynacally, Carrigaholt, Part of Connolly, Cooraclare, Cranny, Cree, Darragh, Donaha, Doonbeg, Kilbaha, Kildysart, Kilkee, Killimer, Part of Kilmaley, Kilmihil, Kilrush, Labasheeda, Lissycasey, Moyasta, Mullagh, Quilty, Querin and Tiernaclane.

NAME: SHANNON DAY HOSPITAL

Address: Shannon, Co. Clare

Telephone: 061 718601

Sector:

The area includes South Clare: Shannon, Newmarket-on-Fergus, Clarecastle, Clooney, Quin, Sixmilebridge, Clonlara, Bridgetown, Parteen, Meelick, Shannonbanks, Ardnacrusha, Cratloe, Killaloe, Ogonnelloe, O'Callaghan's Mills, Kilkishen and Broadford.

NAME: STELLA MARIS DAY HOSPITAL (North Clare Community Mental Health Services)

Address: Lisdoonvarna, Co. Clare

Telephone: 065 7075100

Sector:

The area includes North Clare: Ballyvaughan, Corofin, Doolin, Ennistymon, Fanore, Kilfenora, Kilmaley, Kilshanny, Lahinch, Liscannor, Lisdoonvarna and Miltown Malbay.

TIPPERARY NORTH:

The Day Hospitals in Tipperary North are as follows:

NAME: NENAGH DAY HOSPITAL (Community Mental Health Service)

Address: Dromin House, 2 Dromin Road, Nenagh, Co.

Tipperary

Telephone: 067 46800

Fax: 067 46825

Sector:

The area includes Ballina, Ballingarry, Birdhill, Borrisokane, Cloughjordan, Kilbarron, Kilcommon, Lorra, Nenagh Town, Newport, Newtown, Portroe, Puckane, Rathcabbin, Riverstown, Roscrea, Silvermines, Templederry, Terryglass and Toomevara.

NAME: THURLES DAY HOSPITAL

Address: St. Mary's Health Centre, Thurles, Co. Tipperary

Telephone: 0504 23828

Sector:

The area includes Borrisoleigh, Littleton, Roscrea, Templemore, Thurles and Upperchurch.

ACUTE PSYCHIATRIC HOSPITALS IN-PATIENT CARE

ACCESS PROCEDURE:

All admissions must have a referral letter from their GP and must go through the Crisis Nurse in Accident and Emergency. The only exceptions to this are referrals and/or Assisted Admissions from the staff of a Day Hospital or privately from a Consultant Psychiatrist or Involuntary Patients.

ADMISSION PROCEDURE:

When a patient presents for admission he or she is met by one of the nursing staff and details of his/her name, address, telephone number, next of kin etc are taken. He/she will be examined by a doctor, who will take details of the illness. The patient will be asked to sign an admission form.

STAFF:

The teams at acute psychiatric hospitals include Psychiatrists, Nurses, Medical House Officers, Social Workers, Psychologists and Addiction Counsellors. With the exception of nursing staff, the same team members work in both the acute hospitals and community day hospital settings within each sector or area. This ensures a high degree of continuity of care.

CRISIS INTERVENTION SERVICE:

A Crisis Intervention Service commenced in Clare and Limerick in August 1999.

Within **Clare**, the Crisis Intervention Nurse is available 7 days per week, from 4.30pm – 3.00am. The Crisis Intervention Nurse can be contacted through the Ennis Day Hospital Acute Unit on 065 6863208 or via a dedicated crisis nurse number, which is 087 7999857

Within **North Tipperary**, an Out of Hours Service is available 7 days per week from 4.30pm - 3.00am. The Out of Hours Nurse can be contacted through the Accident and Emergency Department, Mid Western Regional Hospital, Nenagh, Co. Tipperary or through Shannon Doc (4.30pm - 3.30am) on 086 8306663

Within **Limerick**, a Crisis Intervention Service is provided by four Clinical Nurse Specialists, who are part of the on-call psychiatry team providing Accident and Emergency Services to the Mid Western Regional Hospital. The service operates on a seven day basis, from

4pm to 3am, Monday to Friday, and 9.30am to 3am at weekends and bank holidays.

The aims of the service are

- To provide an enhanced psychosocial assessment and intervention to those presenting with mental health problems to the A&E Department, particularly during the after hours period.
- To provide enhanced liaison between stakeholders providing mental health services in the Limerick area i.e. Day Hospitals, GP's, Homeless Services, Social Work services etc.
- To provide a "gate keeping" role to reduce the number of inappropriate admissions to the acute psychiatric unit attached to the hospital.
- To provide an emergency telephone helpline to those patients already attending the mental health services who may require support/advice during periods when Day Hospitals are closed
- To carry out a comprehensive assessment of all deliberate self harm presentations.

TREATMENT PROGRAMME:

On admission to hospital the patient is placed under the care of a Consultant Psychiatrist. After a full examination a comprehensive programme is devised to meet each individual's needs. Members of the multidisciplinary team administer the treatment programme. Their objective is to work for the patient's benefit. When the treatment programme has been planned, one of the nursing staff will outline the daily routine. Each activity plays an important part in the patient's overall recovery. Some typical programmes include individual and group therapy, social skills training and relaxation therapy. Recreational and social activities are encouraged as an important aspect of modern treatment programmes.

LOCATION

Acute Psychiatric Hospitals are located in the following areas:

LIMERICK:

Address: Unit 5B, Regional Hospital,
Dooradoyle, Limerick

Telephone: 061 301111

CLARE:

Address: Acute Psychiatric Unit, Ennis General Hospital,
Ennis, Co. Clare

Telephone: 065 6863218

NORTH TIPPERARY:

Address: St Michael's Acute Psychiatric Unit, South
Tipperary General Hospital, Clonmel, Co.
Tipperary

Telephone: 052 77170 (after 5.00pm, 052 77173 / 052
77174)

Acute Psychiatric In-patient services are currently provided by the HSE South at St Michael's Unit, South Tipperary General Hospital, Clonmel, Co Tipperary.

MENTAL HEALTH SERVICES FOR OLDER PEOPLE

A specialist service to meet the needs of older people was set up in 1995.

SERVICE:

Patients suitable for referral to the service includes those aged 65 years and over with a new onset of mental illness and patients suffering from dementia with associated psychological or behavioural problems.

The service is community oriented and provides domiciliary assessment and management. An out-patient clinic operates weekly in St. Camillus' Hospital and a monthly clinic is held in Kilmallock Day Hospital. The service has access to acute in-patient beds in the psychiatric unit (Unit 5B), Mid-Western Regional Hospital. In addition, there is a ten bedded ward (Curragour Ward, St. Camillus' Hospital) for assessment/ respite for those people with dementia. There are also 21 beds available in Tearman Ward, St. Camillus' Hospital, for extended care and intervention for those with dementia and associated behavioural and psychological disturbance. A day hospital operates two days per week in St. Camillus' Hospital. A consultation liaison service is provided to Limerick Regional General Hospital, St. John's Hospital, St. Camillus' Hospital, St. Ita's Hospital, Newcastle West and Croom Orthopaedic Hospital.

STAFF:

The service is provided by a multi-disciplinary team. It includes the following:

- 2 Consultant Psychiatrists in Old Age Psychiatry
- 1 Senior Registrar
- 1 SHO (Senior House Officer) in Old Age Psychiatry
- 2 Clinical Nurse Specialist Community Psychiatric Nurses

- Day Hospital Staff Nurse / Community Psychiatric Nurse
- Senior Clinical Psychologist
- Social Worker (Part Time)
- Art Therapist (Part Time)
- 2 Secretaries

ACCESS PROCEDURE:

The service may be accessed through a G.P. or Consultant referral.

LIMERICK LOCATION:

LIMERICK MENTAL HEALTH SERVICES FOR OLDER PEOPLE

Address: St. Camillus' Hospital, Shelbourne Road,
Limerick.

Telephone: 061 483779

Fax: 061 483781

CLARE LOCATION:

CLARE MENTAL HEALTH SERVICES FOR OLDER PEOPLE

Address: Cappahard Lodge, Tulla Rd., Ennis, Co. Clare

Telephone: 065 6865440

Fax: 065 6865455

STAFF:

The service is provided by a multi-disciplinary team. It includes the following:

- 1 Consultant Psychiatrist in Old Age Psychiatry,
- 1 S.H.O.
- 2 Clinical Nurse Specialists,
- 1 Social Worker,
- 1 Occupational Therapist (part-time)
- Secretarial support.

HSE CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

Address: Child & Adolescent Mental Health Services, 90
O'Connell Street, Limerick

Telephone: 061 483388

Fax: 061 412381

Address: Child & Adolescent Mental Health Services
Merriott House, 5/6 Henry Street, Limerick

Telephone: 061 412247

Fax: 061 412381

Target Group: This service is for children and adolescents up to the age of sixteen and their families.

SERVICES PROVIDED:

We see children and their families for a wide variety of reasons. These may include;

- Self Harm and Attempted Suicides
- Depression
- Fear, Phobias or Anxiety
- Post Traumatic Stress Disorder
- Bereavement or Separation
- Eating Disorders e.g. anorexia or bulimia
- Difficulties at School
- School Refusal
- Behaviour Difficulties
- Temper Tantrums
- Attention Deficit Hyperactivity Disorder
- Autistic Spectrum Disorder
- Aggressive Behaviour

Opening Times: 9.30am - 5.00pm Monday to Friday

Outreach Clinic: These are held on a regular basis in Ennis, Nenagh and Newcastle West. Details are available from your link worker or phone 061 483388

Contact: Ms Anne O'Flynn, Service Manager

SERVICE:

Some of the help we offer is talking with you and listening to you. Often you yourselves have the answers but you need some time and space to find them. We can spend some time with a child alone or with one or more of their family. We may suggest things to do at home or at school. Therapies available include:

- Individual Counselling and Psychotherapy
- Family Therapy
- Art and Play Therapy
- Cognitive Behaviour Therapy
- Group Therapy
- Parenting Courses

In some situations medication may be suggested or prescribed. This happens only after a full assessment and discussions with parents.

STAFF:

The department is staffed by a team consisting of Consultant Child Psychiatrists, Clinical Psychologists, Clinical Nurse Specialists, Social Workers, Family Therapists, Psychiatric Nurses, Childcare Workers and Administrative Staff.

ACCESS PROCEDURE:

If you are worried about your child's behaviour or emotional wellbeing the first thing you could do is talk to someone who knows your child. This might be your doctor (GP), teacher, or public health nurse. Together then you decide if you would like to make a referral to our service. We are available from 9.30am - 5.00pm Monday to Friday. If you are concerned about your child in the evening or at weekends you will need to contact your GP.

We accept referrals from a medical source, e.g. GP's, Area Medical Officers and Paediatricians. We also accept referrals from Clinical Psychologists and Educational Psychologists through your child's school. All referrals are discussed by the team to see what help can be offered. If the referral is appropriate to this service, you will then be placed on a waiting list. If we feel your difficulties would be best addressed within another service we will advise you of this and can liaise with them if appropriate.

SUICIDE PREVENTION OFFICE

Address: St. Joseph's Hospital, Mulgrave St, Limerick
Telephone: 061-461454/061- 461143 (Office Hours)
E-mail: suicide.preventionofficelimerick@hse.ie

Target Groups: The role of the Suicide Prevention Office is to coordinate and implement the actions from Reach Out, the National Strategy for Action on Suicide Prevention (2005-2014).

Aims:

- To disseminate information in creating awareness on the subject of suicide and it's related behaviours throughout Limerick, Clare and North Tipperary.
- To provide awareness and skills based training to all communities and professional groups.
- To explore pathways to care/support and professional services.

CLINICAL PSYCHOLOGY SERVICE

Name of Service: Clinical Psychology Service – Child and Family Services, HSE West

Address: Child and Family Centre
St. Camillus' Hospital,
Shelbourne Road,
Limerick.

Phone No.: (061) 483692

Name of Contact Person: Senior Clinical Psychologist
(address and phone number as above)

Opening Hours: 09.30 – 17.30 Monday – Friday

Aims of Services:

The clinical psychology service in Limerick aims to provide a high quality service to children, adolescents and their families. The objective is to facilitate health and social gain through appropriate psychological interventions, mindful that at all times a) the welfare of the child is the first and paramount consideration, b) in making decisions and planning for the child, due consideration will be given to the wishes of the child, having regard for his/her age and c) it is generally in the best interest of the child to be brought up in his/her own family.

Services are offered and delivered in the city and in some rural areas.

REFERRALS:

Referrals are accepted from professionals within the HSE (West) and externally from General Practitioners, Department of Justice (JLOs) and Department of Education and Science (NEPS and teachers).

RANGE OF CONCERNS:

Children and their families, with a wide range of problems/ concerns are referred to the service. Broadly speaking the following categories reflect the range:

- Children at risk of abuse (Neglect, Sexual, Physical and Emotional)
- Children in Care
- Children with behavioural and emotional problems

INTERVENTION:

Intervention is addressed at various levels and using a variety of approaches. Following an initial assessment, which typically involves the child, and sometimes outside professionals (e.g. schools), an individual therapeutic programme is formulated to address the presenting problem.

Psychological interventions are designed to address the specific needs of the child, having regard for the child's emotional, cognitive, behavioural and social levels of functioning.

HEALTH PROMOTION

LIMERICK CITY

Slainte Health Information, Pery St, Limerick

Telephone: 061-464349

Fax: 061-446653

LIMERICK COUNTY

Carnegie Centre, Bishop Street, Newcastlewest Co. Limerick

Telephone: 069 61430

CLARE HEALTH PROMOTION

"Slainte" Offices, Museum House, Francis St., Ennis, Co. Clare

Tel no: 065 6865839

Fax: 065 6865838

Health promotion is responsible for the development of policy and strategy together with the implementation of national and local programmes on health promotion either independently or in conjunction with the statutory and voluntary organisations including the dissemination of health information literature.

SERVICES:

- Slainte Health Information
- Dissemination of health literature (e.g. general public, G.P.'s, health centres and schools) our resources are for general health information only.

Always consult your G.P. on health matters. An answer phone service is in operation outside of office hours.

- Dietetic referral service through gp/practice nurse/public health nurse/area medical officer services.

- Joint working and consultation with statutory and voluntary organisations and with professionals on health related initiatives.
- Training and group facilitation.
- Development of health promoting policies.

DRUGS / ALCOHOL COUNSELLING & INFORMATION SERVICE

As part of the Social Inclusion Directorate, a Drug & Alcohol Service is operated in Clare, Limerick and North Tipperary by the HSE.

SERVICE:

- Outreach Service incl. 2 needle exchanges – Limerick once a week (static) & backpacking (demand led); pre-treatment interventions and support work with clients. (Please contact the office for details).
- Adolescent Counselling – age 14 to 25 focus on problematic drug &/or alcohol use.
- Counselling – age 26+ -primary drug use must be illicit.
- Primary Care Drug Assessment Unit – service for opiate users (NB no onsite methadone dispensing), including: 5 clinic sessions – including 1 session women only and 1 evening session.
- Locall Helpline 1850 700 850 – Staffed Mon-Fri 2pm-5pm (excluding public holidays) providing confidential advice and referrals.
- Education & Prevention incl – NUI Cert in Addiction Studies (ongoing); development and roll out of Diploma in Drugs & Alcohol UL in conjunction with MWRDTF (Mid West Regional Drug Task Force) plus policy and training work.

STAFF:

The service is staffed by education officers, counsellors, outreach workers, a drug database co-ordinator, P/T nurses, P/T GP's, regional Drug Strategy Co-ordinator and administrative support.

ACCESS PROCEDURE:

Self referrals are accepted in addition to referrals from other Voluntary/Statutory Service Providers. Counselling is available by appointment only. Appointments may be made through reception by telephoning or calling in to the relevant office. Statutory, voluntary

and other professionals when referring a client should fill in a referral form. This is available from the office. There are 4 access sites for all services inclusive of previous education, early intervention and treatment services.

LOCATION:

Limerick Drug & Alcohol Service,
57 O'Connell Street, Limerick, 061 318633

Primary Care Drug Assessment Unit,
57 O'Connell Street, Limerick, 061 318633

Clare Community Drug & Alcohol Service, Museum House,
Francis Street, Ennis, Co. Clare, 065 6865852

County Limerick Drug & Alcohol Service, Carnegie Centre,
Bishops Street, Newcastlewest, Co. Limerick, 069 61430

North Tipperary Drug & Alcohol Service, 94A Silver Street,
Nenagh, Co. Tipperary, 067 42220 / 42221

OPENING HOURS:

Monday to Friday, 9.30am to 5.05pm, (excluding public holidays).

Lo Call Helpline: 1850 700 850

ADULT COUNSELLING SERVICE

NAME:	ADULT COUNSELLING SERVICE (HSE WEST)
Address:	Re Nua, 6, Mount Vincent Terrace, O'Connell Avenue, Limerick
Telephone:	061 411900
Fax:	061 411566
Contact:	Noreen Harrington, Director
Target Group:	Adult Counselling Service is for adults (over 18's) who have suffered childhood physical, emotional or sexual abuse or neglect. This is a community based counselling service for counties Limerick, Clare and North Tipperary. It is an H.S.E. Service and is free of charge to all clients. Self referrals are accepted and referrals from statutory, voluntary and other professionals should be made by completing a referral form which is available from the office.

Aims: The Adult Counselling Service provides the individual with the opportunity to explore his or her past abuse experiences in a safe confidential and non judgemental place. All the counsellors working with the Service are healthcare professionals with counselling accreditation.

COMMUNITY CARE SERVICES

A range of community care services are provided by HSE in Limerick City and County, Clare and North Tipperary for individuals and families at risk. These are available through local Health Centres.

ADOPTION

Adoption services are provided at the following locations:

LIMERICK:

Address: HSE West Adoption Service, Parkbeg House, 2 Elm Drive, Caherdavin Lawn, Ennis Road, Limerick.
Telephone: 061 206820

APPEALS

You have the right of appeal if you are not satisfied with a decision about Medical Cards, GP Visit Cards, Nursing Home Subvention, Supplementary Welfare Allowance, Miscellaneous Allowances and Long Stay Hospital Charges.

YOUR RIGHT OF APPEAL

If you are unhappy with a decision made by the Health Service Executive concerning your entitlement to a Medical Card, GP Visit Cards, Nursing Home Subvention, Supplementary Welfare Allowance, Long Stay Hospital Charges and Miscellaneous Allowances e.g., Blind Welfare Allowance, Domiciliary Care Allowance, you have the right to appeal to the HSE Appeals Officer. The Appeals Officer will review the original decision and decide if it was made in line with current legislation, regulations and guidelines.

HOW DO I APPEAL?

You can appeal by (1) Writing a letter, (2) Sending an e-mail OR (3) By filling an Appeals Form, which can be obtained at your local Health Centre, HSE Office or Citizens Information Centre. You may feel that you have good grounds for appeal or that there are special circumstances about your claim that should have been considered.

The important thing is that you set out your case fully. You must set out clearly the facts which you intend to rely on. If you are unsure how to do this, you should seek help from an HSE staff member or from the Citizens Information Centre or similar organisations.

PLEASE NOTE:

If you wish to appeal a decision made regarding Supplementary Welfare Allowance, Long Stay Hospital Charges, a Medical Card, GP Visit Card or a Miscellaneous Allowance you have **21 days** from the date of the decision to lodge the appeal. If you wish to appeal a decision made on a claim for Nursing Home Subvention, you have **28 days** from the date of the decision to lodge the appeal.

WHAT HAPPENS WITH MY APPEAL?

When your appeal is received in the Appeals Office, an acknowledgement will be sent to you within 2 days. The Appeals Officer must then request a report regarding the decision from the relevant HSE section, for example. Community Welfare, Medical Card Section, Nursing Home Subvention Unit etc. The relevant section may then revise the decision at this stage in light of new evidence presented. If however, the decision remains unchanged, on receipt of the requested report, the Appeals Officer will look at all the relevant information and they will then decide whether the original decision was reasonable or not, bearing in mind legislation and guidelines. The Appeals Officer may also seek further information and may speak to you in person to gain as much information on the circumstances as possible. They may then agree with the original decision or change the decision in your favour. In either case, you will be informed in writing. If there is to be any change as a result of this decision, then the appropriate HSE section will be informed and asked to take the necessary action.

OTHER INFORMATION

- You do not have to pay anything to make an appeal.
- You may ask for a personal meeting with the Appeals Officer, if you wish.
- LoCall No: 1850 4600 55.
- If you wish to enquire about any aspect of your appeal, you may telephone 061 461478 / 461395 and the appeals staff will be glad to help you.

FOR FURTHER INFORMATION PLEASE CONTACT:

The Appeals Office, HSE West, St. Joseph's, Mulgrave Street, Limerick.

LoCall No: 1850 4600 55

Tel: 061 461395 or 061 461478

E-Mail: midwestappeals@hse.ie

I'M STILL NOT HAPPY

In the case of Basic Supplementary Welfare payments or supplements, for example, Rent or Mortgage Interest Supplement, if you are still unhappy with the decision, you have the right of appeal to the Chief Appeals Officer. You should set out your appeal in writing and send it to the Appeals Officer in the HSE Area, who will send it on your behalf to the:

Chief Appeals Officer, Department of Social and Family Affairs,
D'Olier House, D'Olier Street, Dublin 2

Important Note: You should note that the right of appeal to the Chief Appeals Officer only applies to cases concerning Basic Supplementary Welfare Allowance payments and supplements such as Mortgage Interest, Rent and Diet.

COMMUNITY WELFARE

The purpose of the Community Welfare Service is to assist individuals and families, primarily those with financial difficulties through the administration of a range of income maintenance and Health Service schemes, while also providing a comprehensive information and referral service. Community Welfare Scheme Officers provide services in the following areas:

- 1 Financial support through the Supplementary Welfare Scheme which can include the following range of payments:
 - Back to school clothing footwear scheme
 - Basic supplementary welfare allowance
 - Diet and heat supplements
 - Exceptional needs payments in situations of exceptional or urgent need
 - Fuel allowances to people on long term social welfare allowance
 - Other supplements where a need is established, e.g. necessary travel costs, crèche costs, etc.
 - Rent and mortgage supplements
- 2 Informing the public of statutory Income Maintenance services that are available and helping people to avail of these services. The service provides an advice, referral, mediation, counselling and budgeting role so as to deliver a comprehensive package of support in recognition of the plight of those who are marginalised, disabled, alone, isolated and distressed.
- 3 Investigating and reporting on the financial eligibility of persons for the various Health and Welfare services administered by the HSE:
 - Blind Welfare Allowances
 - Choice of Doctor - Medical Cards
 - Domiciliary Care Allowance

- Hospital Charges
- Housing Aid for the Elderly
- Infectious Diseases Maintenance Allowances
- Mobility Allowances
- Motorised Transport Grants
- Nursing Home Subventions
- Rehabilitation Maintenance Allowances

FOSTERING

Fostering is caring for someone else's child in your own home and providing a family life for someone who for one reason or another cannot live with his/her own parents.

Foster care can be short term, long term or day care. Within each Community Care area the fostering unit recruits, assesses, trains and supports foster carers.

HOME HELP

The home help service is designed to maintain older people at home in their local community. Many older people who live alone are capable of undertaking many of their normal daily tasks but require assistance for such activities as getting dressed, shopping, day to day cleaning and preparation of meals.

PHARMACY/CHEMIST

In case of urgent prescriptions required from 9.00am to 10.00pm, telephone 061 413808. This service is available 7 days per week.

PUBLIC HEALTH NURSE

Public health nursing is a community based service committed to the promotion of health and prevention of disease among individuals, families and the community. It also provides home nursing to the convalescent and chronically ill. Special attention is given to pre- and post-natal care, children, those with disabilities and older people.

SEXUALLY TRANSMITTED DISEASES

A clinic which assists with the treatment of Sexually Transmitted Diseases and other genital conditions is available at the following hospitals:

LIMERICK:

Address: GU/STD Clinic, Mid-Western Regional Hospital,
Dooradoyle, Limerick
Telephone: 061 482382
Opening Times: Tuesday, Wednesday and Friday by
appointment

CLARE:

Address: Ennis General Hospital, Ennis, Co. Clare
Telephone: 061 482382
Opening Times: Monday 10.00am – 12.00 noon by
appointment

NORTH TIPPERARY:

Address: Nenagh General Hospital, Nenagh, Co.
Tipperary
Telephone: 061 482382
Opening Times: Wednesday 2.00 - 4.00pm by appointment

CHILD CARE AND FAMILY SUPPORT SERVICES

The aims of the Child Care and Family Support services are:

- To ensure that children grow up in a safe place, nurturing environment which enables them to realise their full potential, and
- To ensure that personal social services are available to individuals and families experiencing difficulties in their personal lives and relationships.

SERVICES:

The range of social work services provided can be broadly grouped into three inter-related service areas:

- Community Development and Family Welfare Services (e.g. Barnardo's Family Support Project, Family Rights Group, Clarecare Children's Holidays Programme)
- Child and Family Protection and Treatment Services (investigation, assessment and treatment of children at risk)
- Alternative Care Services (e.g. foster care, residential care, adoption, homeless youth hostels)

Services are provided in partnership with families, communities and other agencies, and with an emphasis on positive discrimination in favour of children who are not receiving adequate care and protection.

RESIDENTIAL SERVICES AND UNITS

RESIDENTIAL SERVICES

NAME:	REGIONAL RESIDENTIAL SERVICES, HSE
Address:	South East Wing, St Joseph's Hospital, Mulgrave Street, Limerick (Residential HQ)
Telephone:	061 461208
Target Group:	Children aged between 10 and 17 yrs.
Aims:	Regional Residential Services provide 24 hour, supervised, residential care for children who cannot live at home. There are seven residential centres that range from Special Care, High Support Care, Youth/Homeless/Residential and Community Residential Care. The residential staff are trained Social Care Workers who are skilled and experienced to care for vulnerable children and young people who have complex needs. Regional Residential Services provide programmes of care to meet the needs of young people referred to the services. There are particular services available including specialist education and a guidance worker to provide young people with a confidential space to discuss concerns and/or issues.

RESIDENTIAL UNITS

Name:	COOVAGH HOUSE
Address:	St. Joseph's Hospital, Mulgrave Street, Limerick
Telephone:	061 461011
Manager:	Mr. Lorcan O' Neill
Target Groups:	This is a purpose built facility and provides short-term care for up to five young people aged between 11 - 17 years.
Aims:	Referrals to this service are made through the Office of the National Special Care High Support Manager. All Young People placed in special care are admitted on a special care order from the High Court. Coovagh House Special Care Unit is a national service and located on the grounds of St. Joseph's Hospital in Limerick City.

Name:	ELM HOUSE
Address:	Drombana, Co. Limerick
Telephone:	061 412628 / 412614
Manager:	Ms Dianne Curran
Target Group:	Elm House provides up to a 2 year high support programme for boys aged between 10 – 17 years. Referrals are made to the central admissions panel for Residential Services. Priority is given to regional referrals but national referrals are considered.
Aims:	To provide high support residential care within a therapeutic framework based on trauma theory. The programme is specifically focused on addressing problematic sexual behavior for adolescent boys.

Name:	GREEN MEADOWS HIGH SUPPORT CENTRE
Address:	Moyhill, Cratloe, Co. Limerick
Telephone:	061-357979/6
Fax:	061-357981
Manager:	Mrs Margaret O’Gorman
Target Group:	Boys and Girls, 12 – 17 years (on admission), Short Term High Support Care.
Aims:	Green Meadows aims to provide high quality residential care for up to five young people. We aim to provide a high level of support through a high staff/young person ratio, appropriate supervision and structured individual care packages.

The intended focus of our programme of care offered initially is for a 6 month period depending on the needs of the young person. The short term focus allows us to begin to recognise the needs of the young person and plan for their future care needs in conjunction with the social work department.

Depending on the placement objectives longer periods may be offered to support the young person with this transition according to their care plan.

Name:**EDENVILLA**

Address:

32-33 Lord Edward Street, Limerick City

Telephone:

061 418431

Manager:

Ms Yvonne Clarke

Target Groups:

The centre is run by the HSE-West and provides both emergency and short to medium term placements for boys whose presenting need is homelessness. Eden Villa also accepts young people who have already been in residential care and acts as a step down placement. This is a regional service catering for Limerick, Tipperary North and Clare. The age range is 15-17 years on referral.

We can cater for **four** young people. Three of these placements can be for up to a period of one year and the fourth placement is reserved for emergency admissions for a maximum of twenty eight days, by which time the placing Social Work department needs to have assessed the longer term needs and planned accordingly. Where there is availability the Manager can decide to have more than one emergency bed in operation.

Aims:

We aim to work intensively with young people on a short to medium term basis with a view to facilitating their return home or their movement to an alternative placement. The emergency placement can be assessed directly with the centre. Where a medium term placement is being sought a referral needs to be made to the Admissions Panel for Residential Care.

Name:**ROSEMOUNT**

Address:

60, Clare Street, Limerick City

Telephone:

061 405266

Fax:

061 405267

Email:

rosemountcentre@eircom.ie

Manager:

Ms Noreen Burke

Opening Times:

24 hours

Target Groups:

15-18 year old adolescents out-of-home.

Aims:

Rosemount Centre offers both emergency and planned residential care. It provides

- 1 emergency placement for females aged 15-18 years of age up to 28 days, whose primary need is homelessness
- 2 planned residential placements for females aged 15-18 years of age
- 3 planned semi-independent living placements for both male and females aged 15-18 years of age
- Planned admission by social work application, via HSE Admissions panel

Rosemount aims through co-operation of young people, their families and other agencies to return the young person home, or towards supported accommodation or towards independent living. Rosemount can be a positive experience representing a transition to independent living where a young person's welfare is promoted and safeguarded. The staff team work actively with young people to develop new and existing life skills, and provide an atmosphere in which the young person can achieve their full potential emotionally, socially and physically.

Name:

ST OLIVER'S

Address:

1, Garravogue Road, Raheen, Limerick City

Telephone:

061 228690

Manager:

Ms Elaine Beston

Target Group:

Boys and girls between the ages of 12 and 17 years who require residential care in a community setting.

Aims:

To provide a safe and stable environment to each young person in our care.

To facilitate each young person in dealing with issues in his /her past that need to be addressed and to enable him/her to develop the skills needed for the future.

To support each young person in maintaining an educational or training placement in the community.

HEALTH CENTRES

Local health centres offer a range of health and welfare services. They are located in the following areas:

LIMERICK CITY:

Health Centre Ballynanty	061 457100
Health Centre Bishop Street	061 417054
Health Centre Dooradoyle	061 301111
Health Centre Milford, Castletroy	061 338071
Health Centre Moyross	061 326010/
Health Centre Rosbrien	061 483305/483233
Health Centre Roxtown	061 417622
Health Centre Southill	061 410988

CO. LIMERICK:

Health Centre Abbeyfeale	068 31309
Health Centre Adare	061 396442
Health Centre Annacotty	061 331710
Health Centre Askeaton	061 398233
Health Centre Ballylanders	062 46849
Health Centre Bruff	061 382218
Health Centre Caherconlish	061 351899
Health Centre Cappamore	061 381371
Health Centre Castleconnell	061 377656
Health Centre Croom	061 397206
Health Centre Doon	061 380031
Health Centre Dromcollogher	063 83404
Health Centre Foynes	069 65542
Health Centre Galbally	062 57072
Health Centre Glin	068 34305
Health Centre Hospital	061 383031
Health Centre Kilmallock	063 98192
Health Centre Murroe	061 386299
Health Centre Newcastlewest	069 62156/62155
Health Centre Oola	062 47845
Health Centre Pallasgreen	061 384311
Health Centre Rathkeale	069 64308

CO. CLARE:

Health Centre Carrigaholt	065 9058205
Health Centre Clarecastle	065 6829488
Health Centre Ennis	065 6828525
Health Centre, Tobartascain, Ennis	065 6823155
Health Centre Ennistymon	065 7071143
Health Centre Kildysart	065 6832012
Health Centre Kilkee	065 9056381

Health Centre Kilmaley	065 6839747
Health Centre Kilmilhill	065 7050155
Community/Health Centre Kilrush	065 9051508/065 9051608
Health Centre Lisdoonvarna	065 7074184
Health Centre Miltown Malbay	065 7084820
Health Centre Scarriff	061 921286
Health Centre Shannon	061 362491
Health Centre Sixmilebridge	061 369427
Health Centre Tulla	065 6835264

NORTH TIPPERARY:

Health Centre Ballina	061 376321
Health Centre Borrisokane	067 27369
Health Centre Borrisoleigh	0504 51423
Health Centre Cloughjordan	0505 42307
Health Centre Nenagh	067 31212
Health Centre Newport	061 378299
Health Centre Rathcabbin	0509 39043
Health Centre Roscrea	0505 21498
Health Centre Thurles	0504 23211
Health Centre Templemore	0504 31708
Public Health Nurse Templemore	0504 31708

COMMUNITY CARE DEPARTMENTS

Community Care Departments are located in the following areas:

LIMERICK:

St. Joseph's Hospital, Mulgrave St., Limerick.
Tel: 061 461489

CLARE:

County Clinic, Bindon Street, Ennis, Co. Clare.
Tel: 065 6828525

NORTH TIPPERARY:

Unit 3, Friars Court, Nenagh, Co. Tipperary.
Tel: 067 31003

NAME:

Address:

Telephone:

Opening Times:

Target Groups:

COMMUNITY AUDIOLOGY SERVICE

Vocational Training Centre, Dooradoyle,
Limerick

061 482627

Monday to Friday, 9.00 to 4.30pm

Adults with medical cards who need hearing
aids, Children from birth up to and including

Aims: full time education who need diagnostic hearing assessment and hearing aids. To provide hearing assessment and hearing aids to those who qualify and rehabilitation to hearing aid users.

NAME:

CITIZENS INFORMATION BOARD

Address:

Rivercourt Business Centre, 6th Floor,
Cornmarket Square, Limerick

Tel:

061 440199

Fax:

061 440198

E-mail:

keara.burke@ciboard.ie

Web Site:

www.citizensinformationboard.ie

Target Groups:

The agency has a statutory commitment to assist and support people, particularly those with disabilities, in identifying and understanding their needs and options and in accessing their entitlements to social and civil services. Individuals should have access to accurate, comprehensive and clear information relating to social services and should be referred to the relevant services. The Citizens Information Board is the national support agency responsible for supporting the provision of information, advice and advocacy on social services to ensure this access.

The Board provides:

- **Citizens Information** for the general public
- Support for **Information Providers** e.g. voluntary and statutory organisations
- **Social Policy and Research** information

Aims:

The Citizens Information Board supports the provision of information to the public through the nationwide network of Citizens Information Centres, the Citizens Information Phone Service and through the Citizens Information website. As a statutory agency, Citizens Information Board comes within the remit of the Department of Social & Family Affairs in Ireland.

STUDENT COUNSELLING SERVICES (THIRD LEVEL INSTITUTIONS)

Student counselling services are available at the following locations:

AIM OF THE SERVICE:

To offer professional therapeutic support and advice to those who need someone to confide in about their personal problems.

NAME:	INSTITUTE OF TECHNOLOGY, LIMERICK
Address:	Moylish Park, Limerick
Telephone:	061 327688
Web Site:	http://www.lit.ie/student/counselling/team.html
Contact:	Counsellor
Opening Times:	9.00am - 5.00pm, Monday to Friday and a counsellor on call.

NAME:	UNIVERSITY OF LIMERICK
Address:	Castletroy, Limerick
Telephone:	061 202327
Web Site:	www.ul.ie/counselling
Contact:	Dr. Declan Aherne, Head of Counselling.
Opening Times:	9.00am - 5.00pm, Monday to Friday

NAME:	MARY IMMACULATE COLLEGE, UNIVERSITY OF LIMERICK
Address:	South Circular Road, Limerick
Web Site:	http://www.mic.ul.ie/counselling/staff.htm
Contact:	Brid O'Connell / Nessa Breen
Telephone:	061 204948 / 061 204919

HOMELESS PERSONS CENTRE

Address:	36 Cecil Street, Limerick
Telephone:	061 481212 or 1800 606060 (24/7 Service)
Opening Times:	9.30am - 5.00pm, Monday to Friday
Web Site:	www.limerickcityhomeless.ie
Contacts:	Rob Louth (Co-ordinator), Mary Murphy (Team Leader)
Target Groups:	People who are homeless or at risk of homelessness in Limerick City
Aims:	To provide a multidisciplinary approach to those who are homeless or at risk of homelessness The Homeless Persons centre was developed as a direct result of actions arising from the Governments National Homeless Strategy. As part of Limerick City Councils Housing & Social Policy Department, the Centre is focused on ensuring that all services to homeless persons are co-ordinated in an integrated way. Limerick City Council and the HSE Western Area jointly staff the Homeless Persons Centre, this allows a wide range of supports to be put in place, not only giving people a roof over their heads but also providing elements of Health Care essential to the needs of homeless persons via a multi disciplinary team.

Other Areas of Focus:

- Supporting homeless persons with mental health difficulties.
- Inform and educate homeless persons and those who provide support to them.
- To provide publicity addressed at negative social attitudes towards homeless persons and their needs.
- To improve access to Mental Health Services on the principal of continuum of care.
- Resettlement & Tenancy Support of persons from hostels to independent living.

STAFF TEAM:

The Homeless Persons Centre applies a Holistic approach from the point of view of the client. The team comprises of two full-time Community Welfare Officers, Community Mental Health Nurse, Public Health Nurse, Youth Project Worker, Hostel Resettlement Officer, Tenancy Support Officer and Administrative backup.

LIMERICK PRISON

SUICIDE PREVENTION POLICY

Suicide Prevention is administrated in Limerick Prison by a Multi-Discipline Suicide Prevention Committee, which meets at least quarterly. At each meeting all incidents of attempted suicide or self-injury are discussed and examined and follow-up action is proposed, where necessary.

SERVICE:

The Suicide Prevention Committee has the following services available to it:

- A Psychiatrist clinic each week and, as often as necessary, to deal with deaths by suicide or suicide attempts.
- A Prison Medical Officer clinic each day and visits outside of that time, where necessary.
- Two qualified nurses and Medical Orderlies with nursing training on duty 24 hours.
- The Probation and Welfare Service provide counselling and liaison with families, etc.
- Prison Officers are trained in Suicide Awareness and Prevention.
- Counselling is available for drug and alcohol abuse.
- The Samaritans visit the prison each week and phone contact with the Samaritans is available to all prisoners 24 hours a day.
- Alcoholics Anonymous and Narcotics Anonymous visits the prison once a week.
- N.A. visits the prison once a week.
- Any prisoner identified as being at risk is placed on a special observation list.

ADDRESS:

Limerick Prison, Mulgrave Street, Limerick.

TEL NO: 061 415111

CHIEF NURSE OFFICER: 061 204784

DEPUTY GOVERNOR: 061 204743

PROBATION AND WELFARE SERVICE

The following Probation Service offices serve the HSE West region:

LIMERICK CITY:

Address:	Theatre Court, 15, Lower Mallow Street, Limerick
Telephone:	061 206320
Fax:	061 206339
Opening Hours:	9.15am – 1.00pm and 2.15pm – 5.30pm Monday to Friday
Target Group:	People who came before the courts and their families.
Area:	This service covers Limerick city and part of the county adjacent to the city and County Clare. North Tipperary is also serviced from Limerick for young people services (under 18).
Services:	The Probation Service provides a community based sanction for the courts. The options include community based counseling and supervision, community service, outreach programmes, access to workshops and to community and residential services for addiction and substance misuse. The Probation Service has dedicated teams to work with both adults and juveniles and it also provides a service to the prisons, special schools and probation hostels.

COUNTY KERRY AND COUNTY LIMERICK:

Address:	Probation Service, 7 Ashe Street, Tralee, Co. Kerry
Tel No:	066- 7122666
Fax No:	066-7121764
Contact:	Senior Probation Officer
Area:	Serves all of County Kerry and all of County Limerick, excluding Limerick City.
Service:	The Probation Service is an agency within the Department of Justice Equality and Law

Reform. It plays an important role in helping to reduce the level of crime and to increase public safety by working with offenders to help change their behaviour. It is the lead agency in the assessment and management of offenders in the community. The purpose of the Service is to increase community safety and prevent victimisation by motivating, challenging and supporting offenders in leading a crime free life. Functions undertaken by the Service include:

- Preparation of reports for Courts,
- Supervision of offenders in the Community, Family Conferencing,
- Working with offenders in custody and
- Post release supervision of offenders from prison.

The Probation Service works closely with offenders, families, the Courts Service, the Irish Prison Service, An Garda Síochána, the Irish Youth Justice Service and many organisations in the community.

Opening Times: 9.15 am - 1.00pm and 2.15pm - 5.30pm
Monday to Friday

Target Group: Offenders

COUNTY CLARE

SERVICE:

The service operates in conjunction with the Limerick office. A supervision service is provided for persons who have been placed under the care of the Probation and Welfare Service, through the courts or while on temporary release from prison.

Address: 1 Abbey Arcade, off Abbey Street, Ennis, Co. Clare

Tel: 065 6840682

Fax: 065 6848714

Contact: Mary King, Sadie Mohan and Caroline McLoughney

Opening Times: 9.30am – 1.00pm and 2.15pm - 5.30pm,
Monday to Friday

Target Group: People who come before the justice system i.e. through the courts or prison or their families.

NORTH TIPPERARY

Area:	This service operates out of offices in Thurles and Nenagh. However the service is managed through the regional office for Tipperary as a whole, which is based in Clonmel.
Service:	The Probation Service produces reports on defendants at the request of the courts and provides community based sanctions. It also provides a service to prisons, special schools and probation hostels.
Address:	Government Offices, New Quay, Clonmel, Co. Tipperary
Telephone:	052 23880
Fax:	052 25874
Web site:	www.probation.ie
Opening times:	9.15am - 5.30pm (Mon - Thursday) 9.15am - 5.15pm (Fri) Closed weekends.
Target Group:	Offenders referred by the judicial and prison system.

Thurles Probation Office

Address:	Teach an Chuinne, Parnell Street, Thurles, Co. Tipperary.
Telephone:	0504 24772

Nenagh Probation/Nenagh Community Reparation Project

Address:	Connolly Street, Nenagh, Co. Tipperary.
Telephone:	067 41565

Opening hours vary for Nenagh/Thurles. (Clonmel office to be contacted when these office not operational).

Private Counselling



PRIVATE COUNSELLING SERVICES

The following organisations publish a national Register of Accredited Members:

NAME:	ASSOCIATION FOR COUNSELLING & PSYCHOTHERAPY, IRISH
Address:	8 Cumberland Street, Dun Laoghaire, Co. Dublin.
Telephone:	01 2300061
Fax:	01 2300064
E-mail:	iacp@irish-counselling.ie
Website:	www.irish-counselling.ie
Aims:	To educate professionals and others of the nature and benefits of counselling/therapy and to set and maintain standards for the profession of counselling/therapy; to operate a telephone referral helpline; to publish a national Register of Accredited Members
NAME:	COUNCIL FOR PSYCHOTHERAPY, IRISH
Address:	73 Quinn's Road, Shankill, Dublin 2.
Telephone:	01 2722105
Email:	amdps@indigo.ie
Fax:	01 272 2111
Website:	www.psychotherapy-ireland.com/
Aims:	The primary aim of the Irish Council for Psychotherapy is to serve clients, patients and psychotherapists by encouraging and maintaining the highest standards of practice. When a person is seeking the services of a psychotherapist, it is important to seek someone who is experienced and well trained. We act as a link between those who are looking for psychotherapeutic services and those who provide psychotherapeutic services.

Voluntary Groups in Limerick



VOLUNTARY GROUPS

LIMERICK

VOLUNTARY ORGANISATIONS IN LIMERICK

The following voluntary services in the Limerick area help those with a wide range of specific problems which can lead to despair and depression. They do not provide direct help for those feeling suicidal or depressed.

HEALTH AND DISABILITY, LIMERICK

NAME:	ACOA (ADULT CHILDREN OF ALCOHOLICS AND DYSFUNCTIONAL HOMES)
Address:	Civic Trust Office, The Bishop's Palace, Nicholas Street, Limerick
Telephone:	061 300330
Meetings:	Every Friday at 8.30pm in The Bishop's Palace, Nicholas Street, Limerick
Target Groups:	Adult children of alcoholics and dysfunctional homes
Aims:	To help and support children of alcoholic parents and children living in dysfunctional homes.

NAME:	ACTIVE RETIREMENT ASSOCIATION
Address:	Social Service Centre, Henry Street, Limerick
Telephone:	061 412369/314111
E-Mail:	lssc@eircom.net
Contact:	Maura Clohessy or Sr Geraldine Brown
Target Groups:	People who have retired
Aims:	<ul style="list-style-type: none"> ● To make retirement a meaningful and enjoyable phase of life; ● To encourage retired people to maintain activity, good health and independence as long as possible; ● To contribute to community life by providing skills, expertise and experience.

NAME:	ALCOHOLICS ANONYMOUS
Telephone:	01 8420700 between 09.30am and 5pm. After 5pm the Munster Service can be contacted via 061 311222
Web Site:	www.alcoholicsanonymous.ie The web site also contains details of meetings at http://www.alcoholicsanonymous.ie/directory/default.asp?itemId=22
Aims:	Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

NAME:	ALJEFF TREATMENT CENTRES LTD
Address:	The Gables Fairgreen Ballysimon Road, Limerick
Telephone:	061 319053
Fax:	061 446404
E-Mail:	info@aljeff.org
Web Site:	www.aljeff.org
Target Groups:	Anybody with an addiction problem
Aims:	ALJEFF is a Limerick based organisation providing confidential counselling and support services to those suffering from addiction and their family members and friends. We also seek to meet identified needs in the local community through focused treatment and prevention initiatives in the area of alcohol, drug use and suicide. Services include addiction counselling services to prisoners in Limerick prison, to ex-prisoners and families of prisoners, to residents in homeless facilities, and to clients of statutory agencies and community organisations as well as to individual members of the community. Referrals are accepted from other organisations / agencies, GP's/medical/health/social services etc. as well as family and self referrals.

NAME: ALZHEIMER SOCIETY OF IRELAND**LIMERICK CITY****Alzheimer Day Care Centre**

Address: Kilmurry Court, Garryowen, Limerick
 Telephone: 061 313456
 Fax: 061 313862
 Home Care: 061 415235
 Helpline: 1800 341341
 E-Mail: limerickdaycare@yahoo.co.uk
 Opening Times: Monday to Friday, 9.00am to 4.30pm
 Meetings: Carers meeting held on the 1st Weds of every month at 7.00pm at 1 Grattan Street, Limerick.

LIMERICK COUNTY:

Address: Adare Day Centre, Rathkeale Road, Adare, Co. Limerick
 Telephone: 061 396917
 E-Mail: adarecentre@eircom.net
 Opening Times: Monday to Friday, 9.30am to 4.00pm
 Meetings: Ring above number for times.

Web Site: www.alzheimer.ie
 Target Groups: People with Alzheimer's and their carers
 Aims: To increase awareness of Alzheimer's disease, to provide day care for sufferers, to make information and assistance available to carers including research.

NAME: ATTENTION DEFICIT DISORDER MID WEST SUPPORT COMMITTEE

Address: Office Unit 11, L.E.D.P., Roxboro Road, Limerick
 Telephone: 061 312621
 E-Mail: addmidwest@eircom.net
 Web Site: We are members of INCADDS (Irish National Council of ADD Support Groups).
www.incadds.ie

Opening hours: Monday afternoon, all day Wednesday and Thursday afternoon. Monthly Support Group meeting at 8.00pm first Thursday of each month in office.

Target Groups: Sufferers of ADHD and co-existing conditions within the Mid-West region and their families.

Aims & Services: The group provides support, information and advocacy to those affected by ADHD. We

promote awareness of the condition as early intervention and appropriate services are the key to successfully managing and living with this condition. We hold a monthly support group meeting and all are welcome.

NAME:	BARNARDOS
Address:	21 Bishop Street, Limerick
Telephone:	061 430313
Web Site:	www.barnardos.ie
Target Groups:	Barnardos provides three community-based support services in Limerick and one in Thurles. Services are tailor-made to the needs of families and individuals referred to the project and families are consulted in the design and implementation of their programmes.
Aims:	Approaches include: individual and couple counselling, family work, child-parent work, practical help and home management and information and advice. In addition, group-work programmes are available to referred families and also the wider community. These include elements such as: parenting classes, programmes for adolescents, after school groups, womens groups and mens groups.

NAME:	BODYWHYS (SUPPORT GROUP FOR EATING DISORDERS)
Telephone:	Helpline No. 1890 200444 Mon & Wed: 7.30 to 9.30pm Tues & Fri: 12.30 to 2.30pm Thurs: 10.00am to 12.00 noon
Web Site:	www.bodywhys.ie
Target Groups:	People with eating disorders; friends, family and carers of those with eating disorders.
Aims:	To offer help, support and understanding for people with eating disorders.
Meetings:	Support groups for people with eating disorders: 1st and 3rd Thursday of every month. Support groups for families and carers: 2nd Wednesday of each month.

NAME:

Address:
Telephone:
Opening Times:
Target Groups:
Aims:

BROTHER STEPHEN RUSSELL HOUSE

Mulgrave Street, Limerick
061 416500
24 hours
Homeless men.
To provide help with resettlement, referral for employment training and help in dealing with Government agencies.

NAME:

Address:
Telephone:
Target Groups:

BRUREE (CUAN MHUIRE TEORANTA)

Cuan Mhuire, Bruree, Co. Limerick
063 90555
Anybody with an addiction problem; the families of addicts.
To help people fight their addiction problems and help families of addicts. To offer a twelve week residential programme for gamblers, drug addicts and alcoholics. There is also a family day every month. Aftercare is provided every Monday night at 8.00pm in Social Services Centre, Henry St., Limerick.

NAME:

Address:
Telephone:
Helpline No:
Email:
Web Site:
Opening Times:
Target Groups:

C.A.R.I. FOUNDATION (CHILDREN AT RISK IN IRELAND)

C.A.R.I. House, Ennis Road, Limerick
061 413331
1890 924567
caritherapist@eircom.net
www.cari.ie
9.00am - 5.00pm, Monday to Friday
Children, families and groups affected by child sexual abuse.
C.A.R.I. works to provide therapy and allied services to children, young people, families and groups affected by child sexual abuse; they operate a telephone helpline during office hours from Monday to Friday; they provide information, education and training with a view to reducing the numbers of children at risk of sexual abuse by equipping adults to protect them.

NAME:	DEAF HEAR (formerly known as National Association for Deaf People)
Address:	1st Floor, 4 Henry Street, Limerick
Telephone:	061 467494/5
E-Mail:	limerick@deafhear.ie
Web Site:	www.deafhear.ie
Opening Times:	9am - 5pm, Monday to Friday
Target Groups and Aims:	Deaf Hear provides a wide range of services to deaf and hard of hearing people and their families. These include Family Support Service(s) (Social Work Services) Aural Rehabilitation (AR) services for people who have an acquired loss, i.e. information & advice on hearing aids, deaftech, lip reading, deaf and hearing awareness training, deaftech aids and appliances for deaf and hard of hearing people, mental health and deafness clinics , outreach clinics, tinnitus support.

NAME:	GAM ANON
Address:	Social Service Centre, Henry Street, Limerick
Telephone:	061 314111
Meetings:	Monday at 8.30pm in the Social Service Centre, Henry Street, Limerick
Target Group:	Relatives and friends of people with gambling problems
Aims:	To provide help and support.

NAME:	GAMBLERS ANONYMOUS
Address:	Social Service Centre, Henry Street, Limerick
Telephone:	061 314111
Meetings:	Monday, Wednesday and Friday at 8.00pm in the Social Service Centre, Henry Street, Limerick
Web Site:	www.gamblersanonymous.ie
Target Group:	People who have a gambling problem.
Aims:	To help those who wish to stop gambling.

NAME:	GAY SWITCHBOARD LIMERICK
Address:	Rainbow Support Services, Leamy House, Hartstonge Street, Limerick.
Telephone:	061 310101 (Confidential telephone line)
Email:	rainbowlmk@eircom.net
Web Site:	www.myspace.com/rainbowsupportservices
Operating Hours:	7.30pm - 9.30pm Tuesday.
Target Groups:	Gay and bisexual men, their families and friends, focusing mainly on the Mid-West region.
Aims:	Gay Switchboard Limerick has, since 1986, provided the Mid-West region with a confidential information, befriending and support service for gay and bisexual men, their families and friends. In 1989 they set up Lesbian Line and a Transvestite Line. The help lines are run by trained and supervised volunteers.

NAME: GROW

Grow aims to help people develop personal maturity through mutual self help groups in a caring and sharing community. GROW uses a twelve step programme in working towards personal growth.

The objectives of Grow are as follows:

- To provide adult education in its broadest sense and to serve the need of both prevention and rehabilitation.
- To harness the talents and experience of ordinary people who have battled through to good mental health and who are now sharing and showing the way to fellow sufferers.
- To offer something to everyone – many people who join are looking for friendship and support, particularly if they have been struggling alone with their problems. Examples of such problems include phobias, anxiety, depression, panic attacks, loneliness, apathy about life, unsure of direction, stuck in a rut or plain fed-up with things.
- To hold group meetings to allow people to share difficulties and fears with others.
- To provide genuine friendship as friendship is the special key to mental health.

Grow groups have been set up to help anyone at risk of mental illness. The main GROW office is in Limerick as listed below and the places and times of meetings are also listed below. For any information in the Mid-West region, contact the Limerick number.

LIMERICK CITY:

Address: 65 O'Connell Street, Limerick.
 Telephone No: 061 318813
 Opening Times: 9.00am – 5.00pm, Monday to Friday
 Meetings: Every Tuesday, Wednesday and Thursday at 8.00pm also Wednesday at 10.45am at 65 O'Connell Street.

LIMERICK COUNTY:

Address: Desmond College, Newcastlewest, Co. Limerick.
 Meetings: Every Wednesday at 8.00pm in Desmond College, Newcastlewest.
 Every Monday at 2.00pm in Ivy Gate House, Killmallock, Co. Limerick.

NAME:

ISPC (IRISH SOCIETY FOR THE PREVENTION OF CRUELTY TO CHILDREN)

LIMERICK:

Address: 115 O'Connell Street, Limerick
 Telephone: 061 400077
 Email: ispcclmk@indigo.ie
 Fax: 061 316789
 Opening Times: 9.00am - 5.30pm, Monday to Friday
 Target Group: General Public and Children and Young People up to 18 years of age
 Aims: Child protection and children's rights advocacy agency. To provide face to face, web and telephone counselling to children and young people with the aim of building psychological resilience. The following services are available: Childline – a 24 hour telephone listening service, Freephone 1800 666 666; Face to face and web counselling services for young people; Leanbh – a service which aims to address the problem of child begging. Child Focus : Under 12's services.

NAME:**LESBIAN LINE**

Address:

Rainbow Support Services, Leamy House,
Hartstonge Street, Limerick

Confidential Helplines:

(061) 310101 Wed 7.30pm to 9.30pm

Telephone:

(061) 468611

Email:

rainbowlmk@eircom.net

Web Site:

www.myspace.com/rainbowsupportservices

Target Groups:

Females living in the Mid-West region who are lesbian, bisexual or questioning their sexuality (LBQ), and their families and friends. Services are also provided to the wider community including the statutory authorities

Aims:

- To provide a safe, supportive and accepting environment for lesbians, gays, bisexuals, and those questioning their sexuality (LGBQ).
- To increase the self-esteem and skills capacity of individuals who are LGBQ.
- To provide a resource facility for the LGBQ communities in the larger towns of the Mid-west.
- To increase the social inclusiveness of LGBQ people living in the Mid-West region.
- Networks with community organisations, voluntary organisations and statutory authorities to raise awareness of sexuality and to ensure their services recognise and provide appropriately and inclusively for all.
- To promote sexual and mental health in the LGBQ communities of the Mid-West.

Lesbian Line is a service unit of Rainbow Support Services. Exclusion based on sexuality brings people of all ages and backgrounds to seek the support of RSS. All services are non-judgmental and nondirective, provided by appropriately trained and experienced volunteers. The following are some of the activities in which RSS is engaged.

- Confidential telephone Helplines, phone (061) 310101
- Befriending
- Parent's, families and friends' support groups
- Guidelines on Safer Sex, STDs and health issues
- Community Outreach work in the larger towns of the Mid-West

- Running social events
- Training of volunteers
- Networking with other groups
- Providing a weekly LGBTQ friendly Drop-In Centre
- Running social groups and youth groups
- Running LGBTQ self development courses
- Facilitating workshops on sexuality for other groups

MENTAL HEALTH ASSOCIATIONS, LIMERICK CITY AND COUNTY:

Aims:

Mental Health Ireland is a national voluntary organization which aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights.

A nationwide network of Mental Health Associations (MHA's) are affiliated to MHI and share the same aims and objectives.

In achieving it's aim – supporting persons with a mental illness, the MHI relies mainly on the awareness of local needs by local MHA's. Additionally, it produces numerous publications.

Meetings for Limerick Mental Health Associations are on a monthly basis usually on Mondays or Thursdays. (see below for details and venues of meetings)

Mental Health Ireland Development Officer for Limerick City & County:

Contact: Margaret O'Brien
Telephone: 061 461323
Mobile: 086 8131959

LIMERICK MHA

Contact: Secretary
Address: c/o Le Cheile Café, No 3 Sexton Street,
Limerick.

Meeting place for people who experience difficulty in coping.

Meetings: ring numbers below for times

Telephone: 061 446786 / 087 2485742

E-Mail: lecheilelimerick@eircom.net

RAHEEN & DISTRICT MHA

Contact: Sally Howard
Address: c/o Ivernia Lodge, Skagh, Croom, Co. Limerick
Meetings: 3rd Monday of each month at 2.00pm.
Telephone: 061 397080

NORTH LIBERTIES MHA

Contact: John Dwane
Address: 26 Lyradane Ave., Woodview Pk., Limerick.
Telephone: 061 327516

KILMALLOCK MHA

Contact: Bridget Malone.
Address: c/o Ivy Gate House, Wolfe Tone Street,
Kilmallock, Co. Limerick
Telephone: 063 98849

WEST LIMERICK MHA

Contact: Patsy Cregan
Address: Churchtown Day Hospital, Newcastlewest, Co.
Limerick
Telephone: 069 61799

NAME:	M.O.V.E. (MEN OVERCOMING VIOLENCE)
Address:	P.O. Box 530, Ennis, Co. Clare (this covers Limerick and Clare)
Telephone:	065 6848689, 061 367881.
Email:	moveireland@eircom.net
Target Group:	Men who are facing up to the fact that they have a problem with violence.
Aim:	To provide a group-work programme for men who decide to acknowledge and take responsibility for their violence, with the aim of ceasing their violent behaviour.

NAME:	NARCOTICS ANONYMOUS
Address:	Social Service Centre, Henry Street, Limerick
Telephone:	061 314111
Web Site:	www.na-ireland.org
Contact:	Secretary
Target Groups:	Narcotic Addicts
Aims:	To provide support for addicts in their struggle against addiction; to encourage other addicts to seek help.
Meetings:	8.00pm on Monday, Wednesday and Friday in the Social Service Centre.

NAME:	OVEREATERS ANONYMOUS
Address:	Social Service Centre, Henry Street, Limerick
Telephone:	086 0574751 (contact person, available 24 hrs)
Contact:	Molly
Opening Times:	Every Thursday at 8.00pm in the Social Service Centre, Henry Street, Limerick.
Target Groups:	Anybody with a compulsive over-eating disorder.
Aims:	To assist in the recovery from eating disorders; to create awareness of the support group so as to offer help to others.

NAME:	PETER BRADLEY FOUNDATION
Address:	Regional Office, Riocht, Cragreens, Castleisland, Co. Kerry Limerick Office, 66 Ballinvoher, Fr Russell Road, Limerick
Telephone:	066 71 42933 (Regional Office) 086 1721757 (Limerick Local Service Manager)

Contact:	Alan O'Connell (Limerick Local Service Manager) Lucia Power, Mid-West/South Regional Manager – 086 3846034
Target Groups:	Persons with an acquired brain injury.
Aims:	The Peter Bradley foundation provides rehabilitation for persons and their families affected by ABI. In the mid-western area we have residential and community services. We also provide psychological and family support services. We use a person centered approach and tailor our service to meet the individual identified need of each person.

PHRENZ SUPPORT GROUP (meets weekly) see SHINE

NAME:	RAINBOW SUPPORT SERVICES
Address:	Leamy House, Hartstonge Street, Limerick,
Confidential Helpline:	061 310101 Tuesday and Wednesday only 7.30pm – 9.30pm
Telephone:	061 468611
E-Mail:	rainbowlmk@eircom.net
Web Site:	www.myspace.com/rainbowsupportservices
Target Groups:	Lesbians, Gay and bisexual people and family and friends of same
Aims:	To provide support to all people who wish to know more about sexuality issues. Also provide information on health, drugs, safe sex and your rights as a European citizen. Also gives people a chance to meet safely.

NAME: **RED RIBBON PROJECT**
Address: Redwood House, 9 Cecil Street, Limerick
Telephone: 061 314354
Confidential Helpline: 061 316661
Opening Times: 9.30am - 5.30pm, Monday to Friday.
E-mail: info@redribbonproject.com
Website: www.redribbonproject.com

- The Red Ribbon Project is a voluntary non-profit organisation working in the area of sexual health promotion and HIV prevention and support. It offers information, training and counselling on all sexual health issues, including HIV, Hepatitis B and C. It provides a range of support services for those whose lives are affected by HIV and AIDS.

The following services are available:

- **Counselling:** One-to-one confidential counselling on sexual health issues, as well as pre and post test counselling.
- **Confidential Helpline:** 061 316661 A confidential helpline operated by trained staff and volunteers who will supply information, support and referral. This line operates 9.30am - 5.30pm, Monday to Friday.
- **Bereavement Support:** We provide bereavement counselling on request.
- **Recovery Services:** We provide assistance in finding recovery for alcoholics and addicts who have issues with sexuality, HIV/AIDS, or Hepatitis B/C.
- **Library and Resource Centre:** An ever-expanding library covering a large number of topics, such as information on sexual health, HIV/AIDS, sexually transmitted diseases, drugs, medical social and legal information relating to sexual health etc.
- **Drop in Centre:** Please call in during office hours to access our services.
- **Outreach:** Distribution of Gay, Lesbian, Bisexual and Straight safe sex packs and leaflets. Our outreach workers give information on safe sex practices.
- **Training Workshops:** Facilitated by the Red Ribbon Project trainer, workshops are available on sexual health topics, and can be tailored to meet specific needs.

NAME: SAMARITANS

The Samaritans 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.

The Samaritans are the people who provide round the clock support for people who may be going through a difficult time in their lives or who have come to a point when life may be getting too much to bear. The Samaritans are prepared to listen to anyone regardless of how trivial or disturbing a problem appears to be.

The Samaritans believe that simply talking about your feelings and being heard really can make a difference – sometimes the difference between life and death.

Volunteers in the Samaritans befriend people who are going through a personal crisis or who are in imminent danger of taking his/her own life. They are ordinary people from every background who are carefully selected and prepared for the support they offer. You can share your innermost feelings with Samaritan volunteers without fear of criticism or judgement and be safe in the knowledge that it will be confidential. The Samaritans have more than 200 branches throughout Ireland and England.

All branches of the Samaritans can be telephoned day or night, 7 days a week including Bank Holidays, for the price of a local call.

HELPLINE NO: 1850 609090.

The Samaritans also provide a one-to-one service for those bereaved by suicide

LIMERICK:

Address: 20 Barrington Street, Limerick.

Telephone: 061 412111

Email: jo@samaritans.org

Website: www.samaritans.org

Callers are welcome to call to the centre here from 9.00am – 10.00pm.

NAME: SHINE (SUPPORTING PEOPLE EFFECTED BY MENTAL ILL HEALTH)

Address: 14a Clonroad Business Park, Ennis, Co. Clare

Telephone: 065 6844874

Fax: 065 6844964

Mobile: 087 7878222

Information Helpline: 1890 621 631

E-Mail: info@shineonline.ie

Website: www.shineonline.ie

www.recover.ie

All enquiries to Regional Development Officer, Ann Marie Flanagan

Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness including, but not exclusively, schizophrenia, schizo-affective disorder and bi-polar disorder, through the promotion and provision of high quality services and working to ensure the continual enhancement of the quality of life of the people it serves.

How we can help:

Shine provides a range of information, support, advocacy and other professional services for both its membership, the general public and other service providers. Information provision is a key activity of the organisation and we try to make sure that such information is accurate, appropriate and up to date.

Shine provides a number of additional supports and services which include:

Information

Helpline: 1890 621 631

Support Group:

FOR PEOPLE WITH SELF EXPERIENCE OF SCHIZOPHRENIA AND RELATED MENTAL HEALTH DIFFICULTIES:

Shine's Phrenz groups are mutual support and social groups which provide a safe place for people with schizophrenia and related illnesses to speak openly and in confidence about their feelings and about the ups and downs that they may be experiencing in their day to day lives. There is a strong emphasis in the support groups on a positive outlook and approach in dealing with schizophrenia. All Phrenz groups are facilitated.

Phrenz support groups meet weekly in Limerick City, Nenagh and Ennis

For Relatives:

Shine's Relatives' Support Groups meet on a monthly basis and provide a confidential place for family members and friends to meet and share their experiences. Practical information and support are key facets of these groups.

Relatives groups meet monthly in Limerick City, Nenagh, Thurles and Ennis

Education Courses: **Shine** provides a range of support initiatives including one to one information sessions and education courses.

The Family Education Course is designed to help relatives of people with symptoms of schizophrenia and related mental health difficulties, to learn more about the illness and to manage the symptoms and difficulties encountered. The course concentrates on the needs of the relative and promotes self development, self help and coping skills.

Finding YOUR Way is a course for people with self experience of mental ill health and supports the development of a personal understanding of the issues for the individual. It also provides information and coping skills over a six week period.

GENERAL INFORMATION, EVENTS AND SERVICES

Lucia Week: is the national awareness event of **Shine**. Different awareness- raising events are planned regionally and nationally in the week leading up to July 26th. The campaign is named after James Joyce's daughter Lucia who was diagnosed with schizophrenia in her early 20's.

Biennial Conference: This national conference takes place every two years and addresses specific issues and themes relating to schizophrenia.

Information Evenings/Seminars: These events are held at various locations throughout the year. They aim to provide information on schizophrenia and related issues.

Shine News: This quarterly newsletter is available to members of **Shine**. It keeps up to date with current debates on schizophrenia and related topics.

NAME:

Address:

Telephone:

Web Site:

Contact:

Target Groups:

Aims:

WOMEN'S HEALTH CLINIC

38, Oak Park, Newcastlewest, Co. Limerick

069 62933

www.well-woman.info

Nancy Murphy, Clinical Nurse Manager

All Women

To provide services on women's gynaecological and reproductive health at the primary care level.

INFORMATION, HOUSING & WELFARE, LIMERICK

NAME:

ACCORD

Limerick:

Address: St Munchins College, Corbally, Limerick
 Telephone: 061 343000
 Opening Times: Monday to Thursday, 9.00am - 10.30pm, Friday, 9.00am to 9.30pm

Newcastlewest:

Address: The Parish Centre, Newcastlewest, Co.Limerick
 Telephone: 069 61000
 Web Site: www.accord.ie
 Opening Hours: Monday to Friday, 10.00am – 1.00pm

Target Groups: Couples getting married; those experiencing difficulties in their relationships, and couples seeking fertility awareness counselling.

Aims: To offer pre-marriage courses to couples planning to marry; to provide a counselling service to those experiencing relationship difficulties, and couples seeking fertility awareness counselling.

NAME:

ADAPT HOUSE

Address: Adapt House, Rosbrien, Limerick
 Telephone: 061 412354
 Fax: 061-419809
 Email: administration@adaptservices.ie
 Opening Times: 24 Hours, 365 days

Aims: Adapt is committed to promoting the right of women and their children to live and grow in a peaceful, non-violent home environment and to enabling those subjected to domestic abuse to control their lives and their life choices. They are committed to doing this by promoting awareness and recognition of the right to a violence-free life and by providing high quality services and supports which are based on the needs of the women and children involved. Services provided include emergency refuge helpline, group and individual support, accompanying women to court and to other services, education and training, information and help in relation to housing, finance and legal options.

NAME: CITIZENS INFORMATION CENTRE LIMERICK:

Address: 54 Catherine Street, Limerick
 Telephone: 061 311444
 E-Mail: limerickcic@citinfo.ie
 Web Site: www.citizensinformationboard.ie
 Contact: Marion Browne
 Opening Times: 9.30am - 4.30pm, Monday to Friday, including lunch Every Wednesday night, 7.30 - 9.00pm.
 Free Legal Advice: (Solicitor available)
 Financial Information: (Accountant available)
 Ombudsman: Last Tuesday of the month (office hours).

KILMALLOCK:

Address: Shears Street, Kilmallock
 Telephone: 063 20021
 Opening times: 9.30am - 1.30pm Monday to Friday

NEWCASTLEWEST:

Address: c/o 54 Catherine Street, Limerick
 Telephone: 061 311444 (Ring for details)
 Opening Times: Tuesday, Wednesday and Friday, 10.30am - 2pm

CROOM, CAPPAMORE & CASTLECONNELL:

Address: c/o 54 Catherine Street, Limerick
 Telephone: 061 311444 (Ring for details)
 Target Group: If you are looking for information on your rights as a citizen, i.e. Social Welfare, Tax, Employment etc, or seeking out a specialist voluntary organisation - the CITIZENS INFORMATION CENTRE can help you make the connection. All you have to do is call in or telephone and ask.
 Aims: Limerick Citizens Information offers free and confidential advice to the general public in relation to their rights and entitlements. Free financial and legal services are also available.

NAME:	CURA
Drop in Facility:	Social Service Centre, Henry Street, Limerick
Telephone:	061 318207 (Helpline)
Web Site:	www.cura.ie
Hours of Coverage:	9.30am - 1.00pm Monday to Friday (Helpline) 3.00 - 5.00pm Monday to Wednesday 9.30am - 1pm, Thursday and Friday
Contact:	061-314111
Hours:	9.30am to 1.00pm, 2.15 pm to 5.30pm, Monday to Friday.
Target Groups:	Women in a crisis pregnancy or post abortion situation. Support is also provided for boyfriends, husbands, families and friends.
Aims:	To provide support and practical help, such as pregnancy testing, counselling, social welfare information, access to medical help and accommodation - if necessary, post abortion counselling, and a befriending and support service throughout pregnancy and afterwards.

NAME:	DORAS LUIMNI
Address:	Mount St Vincent, O'Connell Avenue, Limerick
Telephone:	061 310328 / 315964
Fax:	061 620960
E-Mail:	info@dorasluimni.org
Web Site:	www.dorasluimni.org
Target Groups:	Development organisation for refugees, asylum seekers and migrants.
Aims:	To open doors for refugees, asylum seekers and migrants, caring for them and giving them guidance, advice and assistance during their stay, to inform and involve the local community. To work with the statutory and voluntary bodies in planning and implementing programmes to support refugees, asylum seekers and migrants.

NAME:	FAMILY MEDIATION SERVICES
Address:	Mill House, Henry Street, Limerick
Telephone:	061 214310
Web Site:	www.fsa.ie
Opening Hours:	9.00am - 5.00pm, Monday to Friday
Target Groups:	Couples who have separated or are going to separate.
Aims:	Helps couples who have decided to separate to reach agreement on all issues relating to their separation e.g. continuing parenting of children, living arrangements, family home, maintenance and marital assets. Mediation is a positive approach to separation and is not a marriage counselling service or a legal advice service. The service is free of charge.

NAME:	FAMILY PLANNING CLINIC
Address:	27 Mallow Street, Limerick
Telephone:	061 312026
Opening Times:	Monday to Friday, 9.00am - 6.00pm (by appointment only after 6.00pm) and Saturday, 9.00am - 5.30pm
Target Group:	General Public.
Aims:	To provide a comprehensive family planning service and related services i.e. counselling, cancer-screening and provide information leaflets.

NAME:	FAMILY PROJECT LTD, BEDFORD ROW
Address:	Bedford Row, Limerick
Telephone:	061 315332
Fax:	061 310016
E-Mail:	bedfordrow@eircom.net
Web Site:	www.bedfordrow.ie
Target Group:	Offering support to families of people in prison, in Limerick and elsewhere, as well as ex-prisoners.
Aims:	Continuation of the information and refreshment service at Limerick Prison, direct intervention to offer support to families who have a family member in prison, adult learning opportunities and support and counselling services.

NAME:	FAMILY SUPPORT GROUP/ FAMILY ADVOCACY SERVICE
Address:	Social Service Centre, Henry Street, Limerick
Telephone:	061 314111
Contact:	Ann McCarthy
Target Groups:	Families who have children in care
Aims:	To provide support and information for families with children in care.

NAME:	HOMELESS YOUTH SOCIAL WORKER
Address:	Social Service Centre, Henry Street, Limerick
Telephone No:	061 312727 / 313133
Opening Times:	9.30am - 5.00pm, Monday to Friday
Target Group:	Homeless Youths
Aims:	To provide support and guidance to young people, (under the age of 18 years) who present as homeless, and their families; Seek out accommodation in the form of residential foster care; Support applications for financial assistance. Access services for young people e.g. training/employment, counselling, money advice, drug/alcohol treatment, etc.

NAME:	MONEY ADVICE AND BUDGETING SERVICE
Address:	Unit 9, Tait Business Centre, Dominic Street, Limerick
Telephone:	061 310620
E-Mail:	limerick@mabs.ie
Opening Times:	Monday to Friday, 9.30am - 5.00pm
Target Groups:	People with financial or budgeting problems.
Aims:	To facilitate people with financial problems to cope with their immediate debts and in the long-term become financially independent by assisting them to develop the knowledge and skills required to avoid getting into future debt.

NAME:	OMBUDSMAN
Address:	Citizens Information Centre, 54 Catherine Street, Limerick
Telephone:	061 311444
Opening Times:	Office hours 10.00am – 1pm, 2.00 – 4.00pm, Monday to Friday.
Ombudsman Service	

available: Last Tuesday of every month
 Target Groups: General Public
 Aims: To advise people on their rights and act as a mediator if a rights issue arises. Ombudsman Link service available. No appointment necessary. To access the service and make your complaint through the link service, contact your local Citizen's Information Service.

NAME: **RAPE CRISIS CENTRE, LIMERICK**
 Address: Rocheville House, Punches Close, Rosbrien Road, Limerick
 Telephone: 061 311511
 Freefone: 1800 311511
 Email: limerickrcc@oceanfree.net
 Opening Times: 9.00am - 5.00pm, Monday to Saturday (24 hour emergency service is contactable through Henry St. Garda Station, Limerick)
 Target Group: Female and male adult survivors of Rape, Child Sexual Abuse, Incest and Sexual Harassment.
 Services: To provide a professional, confidential, free counselling service; to also offer counselling to family and friends of survivors; to provide training for other professionals, give talks to schools, colleges, teachers etc., to women's groups and other interested groups; to organise training programmes to suit individual needs; to also lobby for change in areas of the law relating to sexual offences.

NAME: **ST. PATRICK'S HOSTEL (Society of St Vincent De Paul)**
 Address: Kilree Lodge, Clare St., Limerick
 Telephone: 061 317245
 Fax: 061 317304
 Email: gwhitesvp@eircom.net
 Contact: Gerry White
 Opening Times: 24 hours, 7 days
 Target Groups: Homeless men.
 Aims: To provide emergency accommodation for homeless men.

To enable our residents to reach their full potential so that they can be placed in

appropriate accommodation that meets their needs.

This objective to be achieved through the provision of a range of supports and services that respect the diverse needs and privacy of the homeless person. The ethos of the SVP is paramount to our work.

NAME:	ST. VINCENT DE PAUL
Address:	Regional Office, Ozanam House, Hartstonge Street, Limerick.
Telephone:	061 317327
Fax:	061-310320
Email:	info@svpmw.com
Web Site:	www.svpmw.com
Opening Hours:	9.00am – 5.30pm, Monday to Thursday 9.00am - 5.00pm Friday
Target Group:	Families in need, Travellers, single parents, homeless people and the provision of housing for the elderly.
Aims:	To help people in need, in Limerick, Clare and North Tipperary.

NAME:	SOCIAL SERVICE CENTRE
Address:	Henry Street, Limerick
Telephone:	061 314111
Opening Times:	9.30am - 5.30pm, Monday to Friday (some services at Centre are provided fulltime)
Target Groups:	Individuals and families and groups.
Aims:	In the areas of child care, family support, services to older people, through a caring response, to promote the growth and dignity of individuals, families and groups;

To support and resource a wide range of self help and support organisations. Services provided include the following: Creche, Pre-school service, Family support, Counselling, Parents support, Teen parent support, Pre-natal accommodation, Post-natal accommodation, and Elderly services. The centre is also used at night for meetings for over thirty self help groups.

NAME: **SOCIAL WELFARE LOCAL OFFICES**
Dept. of Social & Family Affairs

LIMERICK CITY:

Address: Dominic Street, Limerick.
 Telephone: 061 212200
 Opening Times: 9.15am to 12.00 noon, 2.00pm to 4.00pm,
 Monday to Friday.

LIMERICK COUNTY:

Address: Gortboy, Newcastlewest, Co. Limerick
 Telephone: 069 20100
 Opening Times: 9.30am to 4.00pm, Monday to Friday
 Web Site: www.welfare.ie
 Target Groups: The Department is responsible for the delivery of a range of social insurance and social assistance schemes including pensions, benefits, allowances and other supports.

Services are provided to many categories of customer, the unemployed, older people, the sick, people with disabilities, carers and the community.

Aims: It is the Department's mission to promote social well-being through income and other supports which enable people to participate in society in a positive way.

NAME: **SOUTHILL DOMESTIC ABUSE PROJECT**

Address: 266, Avondale Court, O'Malley Park, Limerick
 Telephone: 061 313025
 Fax: 061 440382
 E-Mail: sdap@eircom.net
 Opening Times: 9am - 5pm
 Target Groups: Women who are or who have experienced Domestic Abuse.

Aims: To support women who have or are experiencing domestic abuse, raising awareness through training and education. To provide one-one support and peer support through support groups.

NAME:**SUAIMHNEAS**

Address:

29 Ballygrennan Close, Moyross, Limerick
(Located in Repond Housing)

Telephone:

061 328385

Email:

rosemary.fitzgerald@respond.ie

Target Group:

Provide emergency accommodation for homeless women with their children, that is safe, welcoming, family centred and homely.

Aims: Provide assessment of social, physical and housing needs.

Provide support to address identified needs of the families and assistance in accessing relevant and appropriate services.

Offer support, information and resources, which respect individual needs and enable families to move progressively towards permanent re-housing.

NAME:**YOUTH INFORMATION BUREAU**

Address:

Limerick Youth Service, Lower Glentworth Street, Limerick.

Telephone:

061 412444

Email:

yib@limerickyouthservice.com

Web Site:

www.limerickyouthservice.com

Aims:

One stop shop for queries and questions on youth issues, health, travel, entitlements, accommodation, careers and life changes. Internet access and general application forms available.

EDUCATION, TRAINING & EMPLOYMENT, LIMERICK

NAME:	BLUEBOX CREATIVE LEARNING CENTRE
Address:	LEDP, Roxboro Road, Limerick
Telephone:	061 315070
E-Mail:	mark@bluebox.ie
Web Site:	www.bluebox.ie
Opening Times:	9am to 5pm
Contact Person:	Mark Lloyd, General Manager
Target Groups:	Young people and families in Limerick city and the environs.
Aims:	To help vulnerable young people and their families realise their potential through creative therapies and to provide a service that's available, affordable and accessible.

NAME:	COMMUNITY DEVELOPMENT PROGRAMMES
LIMERICK CITY:	
Name:	Community Development Network, Moyross, Ltd
Address:	Community Enterprise Centre, Moyross, Limerick
Telephone:	061 326057
E-Mail:	cdnmoy@communitylink.ie
Name:	Our Lady of Lourdes
Address:	Community Action Greenfields Cross Centre, Rosbrien, Limerick
Telephone:	061 228596
Name:	St. Mary's Area Integrated Development Ltd
Address:	44 Nicholas Street, Limerick
Telephone:	061 410737
Fax:	061 410737
Email:	pdac@eircom.net
Name:	St Munchin's Community Development Project
Address:	c/o St Munchin's Community Centre, Kileely Court, Limerick
Manager:	Susan O'Neill
Telephone:	061 328690
E-Mail:	stmunchinscdp@eircom.net

Name:	St. Munchin's Family Resource Centre
Address:	Clonconnane Road, Ballynanty, Limerick.
Telephone:	061 326623
Fax No:	061 328517
Email:	frc@communitylink.ie
Web Site:	www.communitylink.ie/cait/asp/section.asp?s=1
Opening Times:	8.30am - 5.30pm, and 7.30pm - 9.30pm Mon to Fri
Target Group:	Residents of St. Munchin's Parish, Limerick.
Aims:	To provide quality support services to the community in the area of community education, childcare, counselling, money advice, outreach to senior citizens, information provision and chiropody; to provide support and training for young people; to promote and support enterprise and employment in the community.
Name:	Southill Community Development Project
Address:	266 Avondale Court, O'Malley Park, Southill, Limerick
Telephone:	061 313024
Target Group:	People of all ages in the community.
Aim:	To promote the social, economic and cultural welfare of all the disadvantaged people in the Limerick area.

LIMERICK COUNTY

Name:	West Limerick Community Development Project Ltd
Address:	The Square, Abbeyfeale. Co. Limerick
Phone:	068 32444
E-Mail:	westlimerickcdp@hotmail.com
Contact:	Deirdre Barrett, Co-ordinator.
Opening Times:	9.30am to 6pm Monday to Friday
Target Groups:	Anyone experiencing social inclusion i.e. people with a disability; people experiencing domestic abuse, people experiencing isolation; minority groups; people who have difficulty coping.

The CDP is managed by a voluntary management committee and acts as a catalyst for change in the community. The project aims to enable local people to identify and find solutions to local issues. Service providers are encouraged to provide services such as counselling, at the CDP premises in Abbeyfeale

NAME: DYSLEXIA AWARENESS

Address: Limerick Enterprise Development Park, Roxboro Road, Limerick

Telephone: 061 315888

Meetings: Monthly meetings at Social Services Centre, Henry Street, Limerick, 2nd Tuesday in every month.

Target Group: A voluntary parent run group whose aim is to provide help and support for families and individuals affected by Dyslexia and other specific learning difficulties.

Aims: To provide support courses to assist parents in setting up their own support groups and to give talks to schools and community groups.

NAME: EDUCATION CENTRES**KILFINANE:**

Name: Kilfinane Outdoor Education Centre

Address: Kilfinane, Co. Limerick

Tel No: 063 91161

Fax: 063 91201

Email: koec@eircom.net

Manager: Keith Bickford

Opening Hours: 24 hours, 7 days a week

Target Group: School groups and adults interested in Field Studies, Outdoor Pursuits, Adult and Continuing Education, etc.

Aims: Provision of Outdoor Pursuits Programmes for all ages; hosting of seminars, retreats, meetings, Adult and Continuation Programmes, field studies, etc.

KILMALLOCK:

Name: Kilmallock Institute of Further Education and Training

Address: Railway Road, Kilmallock, Co. Limerick

Tel No: 063 98144 (Education Centre)
063 98523 (VTOS Scheme)

Manager: Maria Hennessy

SHANAGOLDEN:

Name: Shanagolden Education Resource Centre
 Address: Shanagolden, Co. Limerick
 Tel No: 069 60106
 Opening Hours: 9.00am – 5.00pm Monday to Thursday,
 9.00am – 4.00pm Friday

Target Group: V.T.O.S. Adult Literacy Students, Adults in general.

Aims: To provide a range of education and training initiatives for adults and young people who have left mainstream education.

NAME: FAS (EMPLOYMENT SERVICE OFFICE)
LIMERICK CITY:

Address: Pery Court, Upper Mallow Street, Limerick
 Telephone: 061 207980
 Opening Times: 9.00am - 5.00pm, Monday to Friday

LIMERICK COUNTY:

Address: Government Buildings, Gortboy,
 Newcastlewest, Co. Limerick
 Telephone: 069 62411
 Opening Times: 9.00am - 5.00pm, Monday to Friday
 Web Site: www.fas.ie/en/
 Target Groups: Employers, job seekers, unemployed people,
 early school leavers, disadvantaged groups and communities.

Aims: Job placement and the provision of training for unemployed people and early school leavers; to support community development programmes.

NAME: FORÓIGE**LIMERICK:**

Address: Youth in Action Project, 8 Bridge Street,
Croom, Co. Limerick

Telephone: 061 602942

Mobile: 086 9672870

Fax: 061 602030

E-mail: kirsty.boucher@foroige.ie

CO. LIMERICK:

Address: Loobagh Area Youth Project, c/o Ballyhoura
Development Offices, Railway Road,
Killmallock, Co. Limerick

Telephone: 063 98877

E-Mail: pomeara@foroige.ie

WEST LIMERICK:

Address: West Limerick Youth Initiative, Foroige Office,
Desmond Complex, Gortboy,
Newcastlewest, Co. Limerick

Telephone: 069 79789

E-Mail: niamh.oshea@foroige.ie

Target Group: Young people between the age of 12 and 18
years.

Aim: To enable young people to become involved in
their own development and in the
development of their own communities.

NAME:**LAVAJAVAS YOUTH CAFE**

Address: Limerick Youth Service, Lower Glentworth
Street, Limerick

Telephone: 061 412444

Opening Hours: Tuesdays 5pm -8pm and Saturdays 2pm - 6pm

E-Mail: siobhanob@limerickyouthservice.com

Web Site: www.limerickyouthservice.com

Aims: City Centre Youth Cafe for young people aged
15 plus. Drop in, relax, meet friends, music and
bands, chill out in the High Note Snacks and
Sandwiches available.
Programmes and courses run throughout the
year. Check out www.limerickyouthservice.com
for further details.

NAME:	LOCAL EMPLOYMENT SERVICE, LIMERICK
Address:	Unit 2, Tait Business Centre, Dominic Street, Limerick
Telephone:	061 412999
Email:	umalone@les.ie
Web:	www.les.ie
Target Group:	Jobseekers, (ie, long-term unemployed people and their dependant partners, lone parents, people with disabilities and early school leavers) and employers. People particularly distant from the labour market.
Aims:	Jobseekers: To provide jobseekers with up-to-the-minute information and advice on jobs, careers, education and training both locally and around the country.
Employers:	To act as a gateway for potential employers in the community, by delivering a professional recruitment service and helping them to access state recruitment subsidies.

NAME:	PASTORAL CENTRE, LIMERICK DIOCESAN
Address:	St. Michael's Courtyard, Denmark Street, Limerick.
Telephone:	061 400133
Fax:	061 400601
Email:	ldpc@eircom.net
Opening Hours:	9.00am--5.30pm, Monday to Saturday.
Target Groups:	Individuals and communities within the Limerick Diocese.
Aims:	To offer a range of programmes and courses in the area of personal development and family ministry; to offer a range of facilities including meeting rooms, a prayer room, resource room and library. The Centre offers reduced rates to unwaged participants.

NAME: PASTORAL & RESOURCE CENTRE, KILMALLOCK

Address: Kilmallock, Co. Limerick.

Telephone: 063 98131

063 20021

Fax No: 063 20044

E-Mail: pastoralcentre@yahoo.com

Target Groups: Individuals and communities within the Limerick Diocese.

Aims: To offer a range of programmes including a community pre-school facility, services for active older people, education programmes, cultural and social activities and the provision of transport and access to services for older people.

Access to services: Internet Café, Citizen's Information, Physiotherapy and Counselling.

NAME: PAUL PARTNERSHIP LIMERICK

Address: Unit 25a, Tait Business Centre, Dominic Street, Limerick.

Telephone: 061 419388

Fax: 061 418098

Email: info@paulpartnership.ie

Web Site: www.paulpartnership.ie

Contact: Majella Ryan Moloney, Information Officer

Opening Hours: Monday to Friday, 9.00am - 5.00pm

Target Group: Marginalised groups, individuals and in particular the long-term unemployed and their families.

Aims: To promote social inclusion in Limerick City and promote community self-help; assists individuals, marginalised groups and communities through social, educational, economic, environmental and employment related programmes.

TRAVELLER TRAINING CENTRES

NAME:	RIVERSIDE SENIOR TRAVELLER TRAINING CENTRE
Address:	Industrial Estate, Rathkeale, Co. Limerick
Telephone:	069 63077
Email:	riversideworkshop1@eircom.net
Co-ordinator:	Jean Kenny / Assumpta O'Connell
Opening Hours:	9.00am – 4.00pm, Monday to Friday
Target Group:	Travellers.
Aims:	To upgrade literacy and numeracy skills; to progress personal development; preparation for employment, and additionally gain core skills and recognised qualifications.

NAME:	WEST LIMERICK RESOURCES LTD.
Address:	St. Mary's Road, Newcastlewest, Co.Limerick
Telephone:	069 62222
Email:	info@wlr.ie
Target Group:	People living in West Limerick
Aims:	To provide community and social development, business and tourism development and training for people in the West Limerick area, in particular lone parents, long-term unemployed and Travellers.

VOCATIONAL TRAINING OPPORTUNITIES SCHEMES

DROMCOLLOGHER:

Name:	Vocational Training Opportunities Scheme (VTOS)
Address:	An t-Ionas Glas Organic College, Dromcollogher, Co. Limerick
Telephone:	063 83604
Fax:	063 83903
Email:	courses@organiccollege.com
Web:	www.organiccollege.com
Co-ordinator:	Jim McNamara
Opening Hours:	9.30am - 3.30pm, Monday to Friday
Target Group:	Certain categories of unemployed people, their

Aims:

spouses, lone parents and people with disabilities. All must be 21 years of age or over. To upgrade personal, social and work skills; to deal with any literacy and numeracy difficulties. Preparation for employment or simply to be better equipped to live daily life more effectively. Also to promote sustainable living skills, food awareness and an environmentally responsible lifestyle.

KILMALLOCK:

Name: Vocational Training Opportunities Scheme (VTOS)
 Address: Institute of Further Education & Training, Railway Road, Kilmallock, Co. Limerick
 Telephone: 063 98523
 Co-ordinator: Christy Mullane
 Opening Hours: 9.30am – 4.00pm, Monday to Friday

SHANAGOLDEN:

Name: Vocational Training Opportunities Scheme (VTOS)
 Address: Education Resource Centre, Shanagolden, Co. Limerick
 Telephone: 069 60106
 Email: mcasey@serc.ie
 Co-ordinator: Melanie Casey
 Opening Hours: 9.00am – 4.30pm, Monday to Friday
 Target Group: Certain categories of unemployed people, their spouses, lone parents and people with disabilities. All must be 21 years of age or over.
 Aims: To provide participants with education and training opportunities, to improve employability, or leading to further education. Personal development is an integral part of the programme. Support is provided in career guidance, literacy and numeracy difficulties. preparation for employment or simply to be better equipped to live daily life more effectively.

NAME:**YOUTH INFORMATION BUREAU**

Address:

Lower Glentworth Street, Limerick

Telephone:

061 412444

Fax:

061 412795

E-Mail:

lys@limerickyouthservice.com

Web Site:

www.limerickyouthservice.com

Aims:

One stop shop for queries and questions on youth issues, health, travel, entitlements, accommodation, careers and life changes. Internet access and general application forms. For further details see www.limerickyouthservice.com

NAME:**YOUTHREACH TRAINING CENTRES**

Address:

MTI Building, O'Connell Avenue, Limerick.

Telephone:

061 315358

Opening Hours:

9.30am – 4.00pm, Monday to Friday

LIMERICK COUNTY:**Hospital:**

Address:

Main Street, Hospital, Co. Limerick

Telephone:

061 383228

Co-ordinator:

Lorraine O'Leary

Opening Hours:

8.45am - 5.00pm, Monday to Thursday,
8.45am – 1.00pm Friday

SHANAGOLDEN:

Address:

Education Resource Centre, Shanagolden, Co. Limerick

Telephone:

069 60106

Opening Hours:

9.00am – 4.30pm Monday to Thursday,
9.00am – 4.00pm Friday

Target Groups:

Early school leavers, young people aged between 15 and 18 years.

Aims:

To provide early school leavers with a second chance of gaining recognised qualifications; training for employment; to upgrade literacy and numeracy skills; development of social skills as an integral part of personal development.

NAME:**YOUTH SERVICE, LIMERICK**

Address:

Lower Glentworth Street, Limerick

Telephone:

061 412444

Fax No:

061 412795

Email:

lys@limerickyouthservice.com

Web Site:

www.limerickyouthservice.com

Target Group:

Young people aged 15 years and over.

Aims:

To support and encourage young people to be active participants in shaping their futures. Limerick Youth Service operates a FAS/Youthreach training centre for early school leavers in Lower Glentworth Street, offering full time training and education programmes together with practical skills based learning. Full Applied Leaving Certificate and Junior Certificate Courses as well as FETAC accredited training. Limerick Youth Service also offers a full range of services including community based youth-work, outreach programmes, schools completion programmes, youth justice programmes, social inclusion programmes and a youth information service. Limerick Youth Service operates Ballyloughran Centre in Lisselton, Co. Kerry, where it offers activity based programmes as well as a fully equipped gym, swimming pool, health centre, activity hall and accommodation for youth and community groups.

BEREAVEMENT SUPPORT GROUPS, LIMERICK CITY AND COUNTY

The following Bereavement Support Groups have been set up in the HSE Western Region within Limerick City and County

NAME:	CONSOLE
Helpline:	1800 201 890
Contact:	Helen Fisher
Target Group:	Console is a registered charity supporting and helping people bereaved through suicide.
Aims:	Console is a professional organization, responding to the needs of those bereaved through suicide within the community. Console offers a range of services around the country, including counseling, support groups, outreach services and practical information.

NAME:	LIVING LINKS (SUICIDE BEREAVEMENT SUPPORT)
	Living Links has been set up in the HSE West region to offer help to those bereaved by suicide.
Aims:	<p>A number of trained individuals (Suicide Outreach Workers) are available to offer confidential, practical support and advice to families who have experienced a death 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:</p> <ul style="list-style-type: none"> ● 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.

LIMERICK LIVING LINKS

Address: LIMERICK
 Telephone No: 087 7998427 (5pm-7pm. Mon.-Fri)
 Contact: Living Links Support Co-ordinator. If busy, an answering machine will take a message. Just leave your first name and telephone number. The "Living Links" Coordinator will return your call as soon as possible.

NAME: MILFORD HOSPICE, CASTLETROY, LIMERICK

Telephone: 061 485800
 Email: milfordcare@milfordcarecentre.ie
 Web Site: www.milfordcarecentre.ie
 Contact: Social Work Department
 Opening Times: 9.00am - 5.00pm, Monday to Friday
 Target Groups: (a) Those who have been bereaved through the death of a family member, relative or friend, who had been cared for by Milford Hospice, either in the inpatient unit or by the Home Care Team.

(b) On a limited basis, and as resources allow, any person in the Mid-West Region who has been bereaved for any reason and without having had prior contact with Milford Hospice i.e. a bereavement brought about by any type of illness or cause including suicide, accidental death, etc.

(c) The Supporting Bereaved Children programme is available to children and teenagers who are adjusting to the death of a family member or loved one. Individual counselling and support is also available. Participation in these programmes is with the consent of a parent or guardian.

Aims: To provide bereavement counselling and support through (i) individual sessions and/or (ii) participation in a bereavement support group. In addition, a Milford Hospice Bereavement Support Training Programme runs twice a year. Information and application forms from Education Dept.

NAME:	RAINBOWS
	Rainbows is a support programme for children, adolescents and adults who are grieving a death, separation or other painful transition in their family. It is run by volunteers and does not offer professional help.
Address:	Limerick Diocesan Pastoral Centre, Denmark Street, Limerick.
Telephone No:	061 400133
Contact:	Noreen Lynch

NAME:	REGIONAL SUICIDE BEREAVEMENT HEALING PROGRAMME
Address:	Limerick Diocesan Pastoral Centre, Denmark Street, Limerick.
Telephone No:	061 400133
Contact:	Noreen Lynch
Target Group:	Individuals who have experienced a death by suicide.
Aims:	To help individuals who have experienced a death by suicide to find healing and support in a safe and caring environment. To provide an opportunity for individuals to meet with others who have experienced loss through a death by suicide. This eight-week programme is available on a bi-annual basis.

NAME:	SOCIAL SERVICE CENTRE, LIMERICK
Address:	Henry Street, Limerick.
Telephone No:	061 314111
Contact:	Sr. Catherine Ryan
Target Group:	Individuals, Couples, Family Groups.
Aims:	To provide a General Counselling Service in the areas of bereavement, difficulties regarding relationships, self esteem, parenting, work environment, anxiety and general life problems.

Voluntary Groups in Clare



The following voluntary services in Clare help those with a wide range of specific problems which can lead to despair and depression. They do not provide direct help for those feeling suicidal or depressed.

HEALTH & DISABILITY, CO. CLARE

NAME:	ALCOHOLICS ANONYMOUS
Telephone:	01 8420700 between 09.30am and 5pm. After 5pm the Munster Service can be contacted via 061 311222
Web Site:	www.alcoholicsanonymous.ie The web site also contains details of meetings at http://www.alcoholicsanonymous.ie/directory/default.asp?itemId=22
Target Group:	Those with an alcohol problem – the only requirement for membership is a desire to stop drinking.
Aims:	Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

NAME:	ALZHEIMER SOCIETY OF IRELAND, CLARE BRANCH
Address:	Unit 17, Clonroad Business Park, Clonroad, Ennis, Co. Clare
Telephone:	065 6845835/6868621
Helpline:	1800 341341
Web Site:	www.alzheimer.ie
Opening Times:	Mon. – Fri. (office/information) Day care centre, 3 days per week, 10.00am – 4.00pm
Meetings:	Monthly Support Group: 2nd Thursday of every month at 8.00-10.00pm.
Target Groups:	People with Alzheimer's and their Carers.
Aims:	To increase awareness of Alzheimer's disease; to provide day care for sufferers; to make information and assistance available to carers including aiding research.

NAME:	BUSHYPARK, TREATMENT & RECOVERY CENTRE
Address:	Bushypark House, Ennis, Co. Clare
Telephone:	065 6840944
Fax no:	065 6840450
Email:	bushyparkhouse@clarecare.ie
Web Site:	www.clarecare.ie
Target Group:	Those with alcohol, drug (street drugs and prescribed drugs) and gambling addictions (max. capacity 12 beds).
Aims:	To provide a 28 day Residential Programme for addicts, using the Minnesota Model of Treatment. This programme is abstinence based - (using the 12 steps of Alcoholics Anonymous, Narcotics Anonymous, Gamblers Anonymous) Reality Therapy, Rational Emotive Therapy, Group Therapy, One-to-One, Creative Therapy, Peer Groups, Education Lectures and DVD's. As well as gaining valuable insight into addiction and its harmful consequences, residents are provided with the knowledge and coping skills to live a more fulfilling lifestyle free from all addictions. Following the 28 day programme, weekly sessions of Aftercare are provided for one year. A weekend Residential Family Programme is also available for the family members or other concerned persons who are living or have lived with addiction. This Programme provides education, help and support for family members (max. of 8 persons per programme).

NAME:	CARING FOR CARERS
ENNIS:	
Address:	Caring for Carers Clare, 2, Carmody Street Business Park, Ennis, Co. Clare
Contact:	Mary McMahon
Telephone:	065 6866515
Email:	mmcmahon@caringforcarers.org
Opening Times:	Mon. – Fri., 9.00am – 1.00pm, 2.00pm – 5.00pm
Meetings:	Ring number above for times.

ENNISTYMON:

Address: Ennistymon Day Care Centre
 Telephone: 065 7071064
 Meetings: Ring number above for times.

SCARRIFF:

Address: Raheen Community Hospital
 Telephone: 061 923007
 Contact: Pauline McNamara
 Target Groups: People who are caring in the home.
 Aims: To promote the well-being of Carers and those for whom they care; to provide a broad range of Social Services to people in the Health Service Executive Western region; to identify and meet the needs of Carers in the areas of support, respite care, information, training and advocacy.

NAME:	DISABLED PEOPLE OF CLARE
Address:	Unit 11, Clonroad Business Park, Ennis, Co. Clare
Telephone:	065 6843488/065 6843955
Email:	dpoclare@eircom.net
Web Site:	www.dpoc.ie
Opening times:	Monday to Friday, 9.00am – 5.00pm
Target Groups:	People with disabilities. Associate membership of able-bodied persons welcome.
Aims:	To give Disabled People of Clare a greater say in the day-to-day running of their lives, by promoting empowerment, choice, participation, action, consultation and civil rights.

NAME:	ENNIS WEST PARTNERS LTD
Address:	Centrepont, Orchard Lane, Hermitage, Ennis, Co. Clare
Telephone:	065 6823339
Fax:	065 6824442
E-Mail:	ewp.ennis@eircom.net
Target Group:	Long term unemployed, lone parents, travellers, people with disabilities, youth at risk/early school leavers, older people, ethnic minorities low income.
Aims:	<p>Mission Statement: To foster a spirit of pro-action and community which will spearhead the development of a range of actions and measures to counter disadvantage, exclusion and marginalisation within the community and lead to a restoration of dignity and self sufficiency and to enhanced quality of life.</p> <p>Ennis West Partners are involved through partnership and networking with other agencies who work towards social inclusion and improving quality of life for those living in the Ennis West area.</p>

NAME: GROW

Grow aims to help people develop personal maturity through mutual self help groups in a caring and sharing community. GROW uses a twelve step programme in working towards personal growth.

The objectives of Grow are as follows:

- To provide adult education in its broadest sense and to serve the need of both prevention and rehabilitation.
- To harness the talents and experience of ordinary people who have battled through to good mental health and who are now sharing and showing the way to fellow sufferers.
- To offer something to everyone – many people who join are looking for friendship and support, particularly if they have been struggling along with their problems. Examples of such problems include phobias, anxiety, depression, panic attacks, loneliness, apathy about life, unsure of direction, stuck in a rut or plain fed-up with things.
- To hold group meetings to allow people to share difficulties and fears with others.
- To provide genuine friendship as friendship is the special key to mental health.
- Grow groups have been set up to help anyone at risk of mental illness. The main GROW office is in Limerick as listed below and the places and times of meetings are also listed below.
- For any information in the Mid-West region, contact the Limerick number: 061 318813

CLARE:**ENNIS:**

Address: St Anthony's Hall, Ennis, Co. Clare.
 Meetings: Every Monday at 8.00pm and Thursday at 11.00am
 Meetings: Every Thursday at 8.00pm in Community Centre, Ennis

SHANNON:

Address: Shannon Health Centre, Shannon, Co. Clare
 Meetings: Every Monday at 2.00pm in Shannon Health Centre

ENNISTYMON:

Address: Ennistymon Day Hospital, Co. Clare.
 Meetings: Every Thursday at 2.00pm

MENTAL HEALTH ASSOCIATIONS, CLARE:

Aims: Mental Health Ireland is a national voluntary organization which aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights.

A nationwide network of Mental Health Associations (MHA's) are affiliated to MHI and share the same aims and objectives.

In achieving it's aim – supporting persons with a mental illness, the MHI relies mainly on the awareness of local needs by local MHA's.

In achieving it's aim – promoting positive mental health, the MHI relies on a variety of means including:

Numerous publications etc.

Meetings for Clare Mental Health Associations are on a monthly basis. (See below for details and venues of meetings).

MH IRELAND DEVELOPMENT OFFICER FOR CLARE:

Contact: Anne Buckley
Telephone: 086 8079406
Email: annei.buckley@hse.ie

SHANNON MHA

Contact: Rita McMahon
Address: Mount Allen, O'Callaghan's Mills, Co. Clare

WEST CLARE MHA

Contact: Gearoid Williams
Address: McMahon & Williams Solicitors, Frances St.,
Kilrush, Co. Clare
Telephone: 065 9051009

NORTH CLARE MHA

Contact: Maureen McCarthy
 Address: Stella Maris Facility, Lisdoonvarna, Co. Clare
 Telephone: 065 7075100

EAST CLARE MHA

Contact: Michael Daly
 Address: c/o Scarriff Day Centre, H.S.E., Scarrif, Co. Clare.

ENNIS MHA

Contact: Tom McGrath
 Address: Coole Lodge, Francis St., Ennis, Co. Clare.
 Telephone: 065 6846922

NAME: M.O.V.E. (MEN OVERCOMING VIOLENCE)

Address: P.O. Box 530, Ennis, Co. Clare (this covers Limerick and Clare)
 Telephone: 065 6848689 / 061 367881
 E-Mail: moveireland@eircom.net
 Target Group: Men who are facing up to the fact that they have a problem with violence.
 Aim: To provide a group-work programme for men who decide to acknowledge and take responsibility for their violence, with the aim of ceasing their violent behaviour.

NAME: NARCOTICS ANONYMOUS

Telephone: 065 6823445
 Web Site: www.na-ireland.org
 Meetings: Every Monday at 8.30pm in the Friary Hall, Ennis
 Every Thursday at 8.30pm in the Friary Hall, Ennis
 Every Friday at 8.30pm in Bushy Park, Ennis
 Every Sunday at 12.30pm in the Old School, Ballyvaughan.
 Target Groups: Those with alcohol or drug addictions
 Aims: To run a programme of complete abstinence from all drugs.

NAME: PETER BRADLEY FOUNDATION

Address: Regional Office: Riocht, Cragreens, Castleisland, Co. Kerry

Clare Office: Ballymalley Business Park, Gort Road, Ennis, Co. Clare

Telephone: Regional Office: 066 7149923

Contact: Joanne Farrell Clare Local Service Manager - 086 1720773
Lucia Power, Mid-West/South Regional Manager – 086 3846034

Target Groups: Persons with an Acquired Brain Injury

Aims: The Peter Bradley foundation provides rehabilitation for persons and their families affected by ABI. In the Midwestern area we have residential and community services. We also provide psychology and family support services. We use a person centered approach and tailor our service to meet the individual identified need of each person.

NAME: SHINE (Limerick, Clare and North Tipperary)

Address: 14a Clonroad Business Park, Ennis, Co. Clare

Telephone No: 065 6844874

Fax: 065 6844964

Mobile: 087 7878222

Information Helpline: 1890 621 631

E-Mail: info@shineonline.ie

Website: www.shineonline.ie
www.recover.ie

All enquiries to Regional Development Officer, Ann Marie Flanagan. **Shine** is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness including, but not exclusively, schizophrenia, schizo-affective disorder and bi-polar disorder, through the promotion and provision of high quality services and working to ensure the continual enhancement of the quality of life of the people it serves.

How we can help: **Shine** provides a range of information, support, advocacy and other professional services for both its membership, the general public and other service providers. Information provision is a key activity of the organisation and we try to make sure that such information is accurate, appropriate and up to date. **Shine** provides a number of additional supports and services which include:

Information Helpline: 1890 621 631

Support Group: FOR PEOPLE WITH SELF EXPERIENCE OF SCHIZOPHRENIA AND RELATED MENTAL HEALTH DIFFICULTIES:

Shine's Phrenz groups are mutual support and social groups which provide a safe place for people with schizophrenia and related illnesses to speak openly and in confidence about their feelings and about the ups and downs that they may be experiencing in their day to day lives. There is a strong emphasis in the support groups on a positive outlook and approach in dealing with schizophrenia. All Phrenz groups are facilitated.

Phrenz support groups meet weekly in Limerick City, Nenagh and Ennis For Relatives:

Shine's Relatives' Support Groups meet on a monthly basis and provide a confidential place for family members and friends to meet and share their experiences, practical information and support are they key facets of these groups.

Relatives groups meet monthly in Limerick City, Nenagh, Thurles and Ennis

Education Courses: **Shine** provides a range of support initiatives including one to one information sessions and education courses. **The Family Education Course** is designed to

help relatives of people with symptoms of schizophrenia and related mental health difficulties, to learn more about the illness and to manage the symptoms and difficulties encountered. The course concentrates on the needs of the relative and promotes self development, self help and coping skills.

Finding YOUR Way is a course for people with self experience of mental ill health and supports the development of a personal understanding of the issues for the individual. It also provides information and coping skills over a six week period.

GENERAL INFORMATION, EVENTS AND SERVICES

Lucia Week: is the national awareness event of **Shine**. Different awareness- raising events are planned regionally and nationally in the week leading up to July 26th. The campaign is named after James Joyce's daughter Lucia who was diagnosed with schizophrenia in her early 20's.

Biennial Conference: This national conference takes place every two years and addresses specific issues and themes relating to schizophrenia.

Information Evenings / Seminars: These events are held at various locations throughout the year. They aim to provide information on schizophrenia and related issues.

Shine News: This quarterly newsletter is available to members of **Shine**. It keeps up to date with current debates on schizophrenia and related topics.

NAME:**WIDOW'S ASSOCIATION**

Address: Ard-Na-Greine, Ennis, Co. Clare
 Telephone: 065 6824360
 Contact: Patsy Callinan
 Meetings: 1st Monday evening of every month.
 Target Groups: All widows in the area
 Aims: To offer help and support to all widows in need of help, especially young widows.

NAME:**WOMEN'S NETWORK, CLARE**

Address: Clon Road, Business Park, Ennis, Co. Clare.
 Telephone: 065 6828731
 Email: clarewomen@eircom.net
 Web Site: www.clarewomensnetwork.org
 Opening Hours: 9.30am – 1.00pm, Mon - Fri
 Target Group: All women living in Clare.
 Aims: To facilitate and encourage the networking of women's groups and individuals in Clare; to empower women by giving them information to make choices in their lives, by organising local events, celebrations, workshops; to increase awareness and understanding about issues directly affecting women's lives e.g. education, funding, work, employment schemes, health, transport, and childcare.

INFORMATION, HOUSING & WELFARE CO. CLARE

NAME:**ACCORD**

Address: Clarecare, Harmony Row, Ennis, Co. Clare.
 Telephone: 065 6824297 / 1850 585000
 Email: accord.ennis@eircom.net
 Web Site: www.accord.ie
 Opening Hours: Monday to Friday, 9.30am – 2.30pm
 Target Groups: Couples getting married; those experiencing difficulties in their relationships; the general public.
 Aims: To offer pre-marriage courses to couples planning to marry; to provide a counselling service to those experiencing relationship difficulties; to provide psychosexual counselling; to offer courses on personal development and assertiveness.

NAME:**CITIZENS INFORMATION CENTRE****ENNIS:**

Address: Bindon Lane, Bank Place, Ennis, Co. Clare
 Telephone: 065 6841221
 Email: ennis@citinfo.ie
 Opening Hours: Monday to Friday, 9.30am to 5.00pm,
 Thursday till 8pm
 Legal clinic: Thursday, 7.00 to 8.00pm (by appointment)

SHANNON:

Address: c/o Unit 1, Business Centre, Shannon, Co. Clare
 Telephone No: 061 364704/364705
 E-Mail: Shannon@citinfo.ie
 Opening Hours: Monday to Friday, 9.30am – 1.00pm, 2.00 - 5.00pm

KILRUSH:

Address: Francis Street, Kilrush, Co. Clare.
 Telephone: 065 9080056
 Opening Hours: Mon and Tue, 9.30am – 5.00pm.
 E-Mail: kilrush@citinfo.ie
 Web Site: www.citizensinformation.ie
 Target Groups: General Public
 Aims: To offer a free and confidential service which provides information on all matters of public concern, especially in the areas of entitlements, health, social welfare, taxation, housing, consumer affairs, education, community organisations and clubs.

SCARIFF:

Address: East Clare Community Co-op, Main Street, Scariff, Co. Clare
 Telephone: 061 922924
 Contact: John Damsell

NAME: CLARECARE**ENNIS:**

Address: Harmony Row, Ennis, Co. Clare
 Telephone: 065 6828178
 Opening Times: 9.30am - 5.00pm, Monday to Friday
 E-mail: info@clarecare.ie
 Web Site: www.clarecare.ie

KILRUSH:

Address: Community Centre, Toler Street, Kilrush, Co. Clare
 Telephone No: 065 9052817
 Opening Times: Monday to Friday, 9.30am - 5.00pm

SHANNON:

Address: Business Centre, Shannon Town Centre, Shannon, Co. Clare.
 Telephone: 061 364704

KILLALOE:

Address: Molua Centre, The Green, Killaloe, Co. Clare.
 Telephone: 061 376346
 Opening Times: Monday to Friday, 9.30am - 5.00pm.

MILTOWN MALBAY:

Address: Ballard Road, Miltown Malbay, Co. Clare.
 Telephone: 065 7084027
 Opening Times: Monday to Friday, 9.30am - 5.00pm
 Target Groups: Individuals and families in need of support in the Clare Area.
 Aims: To provide a broad range of Social Services to Clare people, including family support services, group-work, early intervention programmes for children and parenting courses, advocacy service for parents of children-in-care, adoption, home help, social work service for the elderly, traveller support service, counselling, adoption services and material assistance for families.

NAME: CLARE HAVEN SERVICES

Address: Clare Road, Ennis, Co. Clare
 Telephone: 065 6842646
 Helpline: 065 6822435
 Refuge: 065 6849777
 Email: chaven@eircom.net
 Web Site: www.clarehaven.ie
 Opening Times: 9.00am - 5.30pm, Monday to Friday
 Target Groups: Women who have experienced domestic violence (physical, emotional or sexual abuse).
 Aims: To provide confidential support, advice, referrals and information to women; to raise awareness of issues and provide education and training to individuals, groups, schools, community, voluntary and statutory agencies; to provide an inter-agency county-wide service and emergency accommodation to women and children, victims of domestic abuse.

NAME: CLARE IMMIGRANT AND SUPPORT CENTRE

Address: Unit 13, Carmody Street Business Park,
 Carmody Street, Ennis, Co. Clare
 Telephone: 065 6822026
 Fax: 065 6822017
 E-Mail: cisc@eircom.net
 Opening Times: Tuesday, Wednesday and Thursday 10.00am-13.30pm
 Target Groups: Asylum Seekers, Refugees and the broader immigrant communities in County Clare.
 Aims: To provide support services, referral and outreach on many aspects of living in Ireland.

NAME: CURA

Address: 2, Barrack Close, Barrack Street, Ennis, Co. Clare

Telephone: 065 6829905

Helpline: 1850 622626

E-Mail: curacares@cura.ie

Web Site: www.cura.ie

Opening Times: Mon, 7.00 – 9.00pm Wed and Thurs, 11.00am – 1.00pm

Target Groups: Women in a crisis pregnancy or post abortion situation. Support is also provided for boyfriends, husbands, families and friends.

Aims: To provide support and practical help, such as pregnancy testing, counselling, social welfare information, access medical help and accommodation, if necessary, post abortion counselling and a befriending and support service throughout pregnancy and afterwards.

NAME: EAST CLARE COMMUNITY CO-OP COUNSELLING SERVICE

Address: Main Street, Scariff, Co. Clare

Telephone: 061 921536

E-Mail: eastclareco-op@live.ie

Contact: Amanda or Valerie

NAME: MONEY ADVICE AND BUDGETING SERVICE**ENNIS:**

Address: 8, Harmony Row, Ennis, Co. Clare.

Telephone: 065 6841991

Email: ennis@mabs.ie

SHANNON:

Address: Community Office, Unit 1, Business Centre, Shannon, Co. Clare.

Telephone No: 061 360422

Fax: 061 360711

Target Groups: People with financial or budgeting problems.

Aims: To facilitate people with financial problems to

cope with their immediate debts and in the long term become financially independent by assisting them to develop the knowledge and skills required to avoid getting into future debt. We also provide Community Education Programmes.

NAME: **ST CATHERINE'S ADOPTION SOCIETY**

Address: St. Catherine's Adoption Society, Clarecare,
Harmony Row, Ennis.
Telephone: 065 6828178

NAME: **ST. VINCENT DE PAUL**

Address: Regional Office, Ozanam House, Hartstonge
Street, Limerick.
Telephone: 061 317327
Fax: 061-310320
Email: info@svpmw.com
Web Site: www.svpmw.com
Opening Hours: 9.00am – 5.30pm, Monday to Thursday
9.00am - 5.00pm Friday
Target Group: Families in need, Travellers, single parents,
homeless people and the provision of housing
for the elderly.
Aims: To help people in need, in Limerick, Clare and
North Tipperary.

NAME: SOCIAL WELFARE LOCAL OFFICE

Address:	Kilrush Road, Ennis, Co. Clare
Telephone:	065 6867800
Opening Times:	9.30am - 4.00pm, Mon, Tues, Weds, Fri. 9.30am - 3.00pm Thursday
Target Groups:	The Department is responsible for the delivery of a range of social insurance and social assistance schemes including pensions, benefits, allowances and other supports. Services are provided to many categories of customer, the unemployed, older people, the sick, people with disabilities, carers and the community.
Aims:	It is the Department's mission to promote social well-being through income and other supports which enable people to participate in society in a positive way.

NAME: YOUTH INFORMATION BUREAU

Address:	Carmody Street, Ennis, Co. Clare
Telephone:	065 6845350
Fax:	065 6829416
E-mail:	yicennis@eircom.net
Target Groups:	General Public.
Aims:	To operate a Youth Information Bureau, a one-stop-shop facility providing information on a wide range of topics relevant to young people and adults who work with them.

EDUCATION, TRAINING & EMPLOYMENT CO. CLARE**NAME: CLARE SUPPORTED EMPLOYMENT SERVICE**

Address:	1, St Anthony's Terrace, Harmony Row, Ennis, Co. Clare
Telephone:	065 6844007
E-Mail:	info@claresupportedemployment.ie
Opening Times:	9am - 5pm Monday to Thursday and 9am - 3pm Friday
Contact:	Alice Carroll, Team Leader or Karen Kelleher, Administrator
Target Groups:	People with a disability or mental health

Aims: difficulty who are seeking employment.
Employers who are seeking staff
We support people with a disability or mental health difficulty to become and remain employed. We also provide effective solutions to employer's staffing needs. We are supported by FAS, EU under the NDP 2007-2013

NAME: **CLARE YOUTH SERVICE**

See YOUTH SERVICE, CLARE

NAME: **EIRI CORCA BAISCIINN**

Address: Community Centre, Circular Road, Kilkee, Co. Clare

Telephone: 065 9056611

Fax: 065 9056602

E-Mail: info@eiri.org

Target Groups: Elderly people, low income farm households, one parent families, people with disabilities, unemployed people and young people at risk of unemployment.

Aims: To assist target groups into employment and self employment, to increase the voice of our target groups and their participation in decision making processes, to reduce the isolation experienced by our target groups.

NAME: FAMILY RESOURCE CENTRE, KILRUSH

Address: The Community Centre, Toler Street, Kilrush,
Co. Clare

Telephone: 065 9052173

Email: info@kilrushfrc.ie

Web Site: www.kilrushfrc.ie

Opening Times: Mon – Fri, 9.30am – 5.00pm

Target Group: Women, Youth, Older People, Single Parents,
Non Irish Nationals, Unemployed

Aims: To empower people to change their lives by
providing training, funding, and community
services e.g. creche facilities.

NAME: FAS (EMPLOYMENT SERVICE OFFICE)**ENNIS:**

Address: 42 Parnell Street, Ennis, Co. Clare

Telephone: 065 6868280

Opening Times: Monday to Friday, 9.00am – 5.00pm

SHANNON:

Address: Shannon Business Park, Shannon, Co. Clare

Telephone: 061 706100

Opening Times: 9.00am - 1.00pm, 2.00 - 5.00pm, Monday to
Friday

Web Site: www.fas.ie

Target Groups: Employers, job seekers, unemployed people,
early school leavers, disadvantaged groups and
communities.

Aims: Job placement and the provision of training for
unemployed people and early school leavers; to
support community development programmes.

NAME:**LOCAL EMPLOYMENT SERVICE CLARE****CENTRAL OFFICES: ENNIS**

Name: Clare Local Employment Service
 Address: Bindon Lane, Bank Place, Ennis, Co.Clare
 Telephone: 065 6840333
 Fax: 065 6840313
 E-Mail: central@clareles.ie

ENNISTYMON

Name: Clare Local Employment Service
 Address: North Clare LES Contact Point, Room 5,
 Council Offices, Ennistymon, Co.Clare
 Telephone: 065 7072065
 Fax: 065 7072066
 E-Mail: ennistymon@clareles.ie

KILRUSH

Name: Community Project Team
 Address: West Clare LES Contact Point, Moore Houdr,
 Francis Street, Kilrush, Co.Clare
 Telephone: 065 9052233
 Fax: 065 9052238
 E-Mail: kilrush@clareles.ie

SCARIFF

Name: East Clare Community Co-op Ltd
 Address: East Clare LES Contact Point, Main Street,
 Scariff, Co.Clare
 Telephone: 061 921795
 Fax: 061 921271
 E-Mail: scariff@clareles.ie

SHANNON

Name: Clare Local Employment Service
 Address: South Clare LES Contact Point, Kilsheelan
 House, Suite 2B, Town Centre, Shannon,
 Co.Clare
 Telephone: 061 360233
 Fax: 061 360235
 E-Mail: shannon@clareles.ie
 Target Group: Jobseekers (i.e. long-term unemployed people,
 dependant partners, lone parents, people with
 disabilities and early school leavers) and
 employers.

NAME:

Address:
Telephone:
Target Group:
Aims:

PARENTING COURSES, CLARECARE

Clarecare, Harmony Row, Ennis, Co. Clare.
065 6828178
All parents throughout County Clare
To support parents in caring for their children
through the provision of a variety of group
based parenting programmes.

NAME:

Address:
Telephone:
Fax:
E-mail:
Target Groups:
Aims:

YOUTH INFORMATION BUREAU

Carmody Street, Ennis, Co. Clare
065 6845350
065 6829416
yicennis@eircom.net
General Public.
To operate a Youth Information Bureau, a one-
stop-shop facility providing information on a
wide range of topics relevant to young people
and adults who work with them.

NAME:**YOUTH REACH TRAINING CENTRES****MILLTOWN MALBAY:**

Address: West Clare Resource Centre, Miltown Malbay,
Co. Clare
Telephone: 065 7084774
E-Mail: ymilltownmalbay@eircom.net
Opening Times: 9.30am - 4.15pm, Monday to Friday

SHANNON:

Address: Unit D6, Smithstown Industrial Estate,
Smithstown, Shannon, Co. Clare
Telephone: 061 365858
E-Mail: yrshannon@eircom.net
Opening Times: 9.30am – 4.00pm, Monday to Friday

KILRUSH:

Address: Adult Education Centre, Cooraclare Road,
Kilrush, Co. Clare
Telephone: 065 9052144
Opening Times: 9.00am – 4.00pm, Monday to Friday

SCARIFF:

Address: Ballyminogue, Scariff, Co. Clare
Telephone: 061 640918
Opening Hours: 9.00am - 4.00pm, Monday to Friday
E-mail: ecyr@eircom.net
Target Groups: Early school leavers, young people aged between 15 and 20 years
Aims: To provide relevant training, skill enhancement and personal development for young people.

NAME:**YOUTH SERVICE LTD., CLARE****ENNIS:**

Address: Carmody Street, Ennis, Co. Clare
Telephone: 065 6845350
E-Mail: cdillon@clareyouthservice.org
Web Site: www.clareyouthservice.org
Target Groups: Early school leavers.
Aims: To offer a wide range of vocational education programmes and workshops which give young people a chance to acquire essential life skills and practical training.

SHANNON:

Name: Shannon Youth Service / Shannon Office
Address: Respond Community Building, Rineanna View, Shannon, Co. Clare
Telephone: 061 364318
E-Mail: cdillon@clareyouthservice.org
Target Groups: Youth in the Shannon Area
Aims: To develop and maintain programmes and services to benefit young people in Shannon. Among the programmes on offer are a Youth Information point, Youth Clubs and a Drop in Centre.

BEREAVEMENT SUPPORT GROUPS, CLARE

NAME:	BEFRIENDERS FOR THOSE BEREAVED BY SUICIDE – THE SAMARITANS
Address:	Sunville, Kilrush Road, Ennis, Co. Clare
Telephone No:	065 6829777
Target Group:	Those bereaved by suicide.
Aims:	The Samaritans provide a one-to-one service for those bereaved by suicide. An appointment may be arranged by telephoning in advance.

NAME:	BEREAVED PARENTS, SELF HELP ASSOCIATION (Affiliated with The Compassionate Friends World Wide Organisation)
Address:	7 Tulla Road, Ennis, Co. Clare
Telephone No:	065 6820024
Meetings:	By appointment.
Aims:	To offer emotional support to others similarly bereaved. Helping the whole family, brothers, sisters, grand-parents, school friends or any young person who would like to call them.

NAME:	BEREAVEMENT COMMITTEE, SHANNON
Address:	Clarecare, Community Office, Town Centre, Shannon, Co. Clare.
Contact:	Sr. Jo: 061 471637
Target Groups:	Anyone that has been bereaved in the parish.
Aims:	To provide support for bereaved people, on a one-to-one basis. Referral to other counselling services is provided, where necessary.

NAME; HELPLINE:	CONSOLE 1800 201 890
Target Group:	Console is a registered charity supporting and helping people bereaved through suicide.
Aims:	Console is a professional organization, responding to the needs of those bereaved through suicide within the community. Console offers a range of services around the country, including counselling, support groups, outreach services and practical information.

NAME:**LIVING LINKS (SUICIDE BEREAVEMENT SUPPORT)**

Living Links has been set up in the HSE West region to offer help to those bereaved by suicide.

Aims:

A number of trained individuals (Suicide Outreach Workers) are available to offer confidential, practical support and advice to families who have experienced a death 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.

CLARE LIVING LINKS

Address: **CLARE**
Telephone No: 086 0565373 (5pm-7pm. Mon.-Fri)
Contact: Living Links Support Co-ordinator. If busy, an answering machine will take a message. Just leave your first name and telephone number. The "Living Links" Coordinator will return your call as soon as possible.

NAME: **RAINBOWS**
 Rainbows is a support programme for children, adolescents and adults who are grieving a death, separation or other painful transition in their family. It is run by volunteers and does not offer professional help.

ENNIS
Address: The Cathedral, Ennis, Co. Clare
Telephone No: 065 6824043
Contact: Catriona McNicholas

SHANNON
Address: Sisters of Mercy, 2 Fergus Drive, Shannon, Co. Clare
Telephone No: 061 471637
Contact: Sr Jo Cantwell
Meetings: Bereavement Group meet every third Monday of month, 8.00-9.00pm, from Sept. – June in Shannon Health Centre.
 Also visit homes/families in own home as deemed necessary.

Voluntary Groups North Tipperary



The following voluntary services in North Tipperary help those with a wide range of specific problems which can lead to despair and depression. They do not provide direct help for those feeling suicidal or depressed.

HEALTH & DISABILITY NORTH TIPPERARY

NAME:	AISEIRI
Address:	Townspark, Cahir, Co. Tipperary
Telephone:	052 41166
Fax:	052 42250
Opening Times:	By appointment only (28 day residential stay)
Target Group:	Those with alcohol, drug (street drugs and prescribed drugs) and gambling addiction.
Aims:	To provide a 30 day residential treatment programme for addicts, based on abstinence using the twelve step plan initiated by Alcoholics Anonymous. Group Therapy and professional counselling form a significant component of the daily programme. Residents are provided with the knowledge and coping skills to live a happier, healthier lifestyle free from all addictions. Following the 30 day programme, weekly sessions of aftercare are provided over a two year period. A five day residential family programme is also available to families of addicts. This programme provides treatment, help and support for family members.

NAME:	AL ANON TEMPLEMORE:
Address:	Social Service Centre, Bank Street, Templemore, Co. Tipperary, 8.30pm
Telephone:	0504 31244/31846 (Office Hours)
E-Mail:	jsbirmingham@eircom.net
Meetings:	Meetings in Social Service Centre, Templemore.
Target Group:	Relatives, friends and colleagues of problem drinkers.
Aims:	To help and support relatives, friends and colleagues people with drink problems.

NAME:	ALCOHOLICS ANONYMOUS
Telephone:	01 8420700 between 09.30am and 5pm. After 5pm the Munster Service can be contacted via 061 311222
Web Site:	www.alcoholicsanonymous.ie The web site also contains details of meetings at http://www.alcoholicsanonymous.ie/directory/default.asp?itemId=22
Target Group:	Those with an alcohol problem – the only requirement for membership is a desire to stop drinking.
Aims:	Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

NAME:	ALZHEIMERS SOCIETY OF IRELAND
Address:	c/o Alzheimers Society of Ireland, O'Connor's Shopping Centre, Martyrs Road, Nenagh, Co. Tipperary
Telephone:	067 28003 (Contact this number for details of opening times and meetings)
Helpline:	1800 341341
Web Site:	www.alzheimer.ie
Target Groups:	People with Alzheimer's and their Carers.
Aims:	To increase awareness of Alzheimer's disease; to provide day care for sufferers; to make information and assistance available to carers including aiding research.

NAME:**ARAS FOLLAIN PEER SUPPORT CENTRE**

Address:

Sancta Maria, Tyone, Nenagh, Co. Tipperary

Telephone:

087 3152803

Email:

nenaghpeersupport@hotmail.com

Opening times:

The centre is open at specific times for scheduled activities.

Target Groups:

People living in the local community and surrounds who have experienced mental health difficulties or who are at risk through social isolation, disability or unemployment. The centre is the focal point for activities such as yoga, arts and crafts, music appreciation and meditation as well as for groups such as the Nenagh Peer Support Group, the Family Support Group, the Social Circle, Wellness Recovery Action group, Nenagh Mental Health Association, Women's Support Group, Community Mother's, and the Phrenz Support Group.

Aims:

The Nenagh Peer Support Centre aims to empower persons in their physical, emotional, and mental development through generating an open, non-judgemental environment. The centre aspires to facilitate both individuals and groups in their respective challenges to develop, through peer support, social skills, personal development, self-recovery and well being in their daily lives.

NAME:**ASCEND SERVICES**

Address:

Roscrea 2000, Newline, Roscrea, Co. Tipperary

Telephone:

0505 23379

Helpline:

0505 23999

Target Groups:

Women who have experienced domestic violence (physical, emotional or sexual abuse).

Aims:

To provide confidential support, advice, referrals and information to women; to raise awareness of issues and provide an inter-agency county-wide service to women and victims of domestic abuse.

NAME: GROW

Grow aims to help people develop personal maturity through mutual self help groups in a caring and sharing community. GROW uses a twelve step programme in working towards personal growth.

The objectives of Grow are as follows:

- To provide adult education in its broadest sense and to serve the need of both prevention and rehabilitation.
- To harness the talents and experience of ordinary people who have battled through to good mental health and who are now sharing and showing the way to fellow sufferers.
- To offer something to everyone – many people who join are looking for friendship and support, particularly if they have been struggling along with their problems. Examples of such problems include phobias, anxiety, depression, panic attacks, loneliness, apathy about life, unsure of direction, stuck in a rut or plain fed-up with things.
- To hold group meetings to allow people to share difficulties and fears with others.
- To provide genuine friendship as friendship is the special key to mental health.

Grow groups have been set up to help anyone at risk of mental illness. The main GROW office is in Limerick as listed below and the places and times of meetings are also listed below.

For any information in the Mid-West region, contact the Limerick number : 061 318813

TIPPERARY NORTH:**NENAGH:**

Address: Sancta Maria, Tyone, Nenagh, Co. Tipperary.
Meetings: Every Tuesday at 8.00pm

TEMPLEMORE:

Address: Community Day Care Centre, Bank Street,
Templemore, Co. Tipperary.
Meetings: Every Monday at 8.00pm

ROSCREA:

Address: Community Information Centre, Rosemary
Street, Roscrea, Co. Tipperary
Meetings: Every Tuesday at 8.00pm.

THURLES:

Address: Community Information Centre, Thurles, Co. Tipperary

Meetings: Every Thursday at 8.00pm in the centre and Every Thursday at 12.00pm in St Anne's Thurles

NAME:**MENTAL HEALTH IRELAND**

Aims: Mental Health Ireland is a national voluntary organization which aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights.

A nationwide network of Mental Health Associations (MHA's) are affiliated to MHI and share the same aims and objectives.

In achieving its aim – supporting persons with a mental illness, the MHI relies mainly on the awareness of local needs by local MHA's.

In achieving its aim – promoting positive mental health, the MHI relies on a variety of means including numerous publications etc.

Meetings for Tipperary Mental Health Associations are on a monthly basis. (See next page for details and venues of meetings).

MH IRELAND DEVELOPMENT OFFICER FOR NORTH TIPPERARY:

Contact: Anne Buckley
Telephone: 086 8079406
Email: annei.buckley@hse.ie

NENAGH & DISTRICT MHA

Contact: Paul Healy
Address: C/O Glenroyd Resource Centre, Tyone, Nenagh,
Co. Tipperary
Telephone: 067 33866

ROSCREA MHA

Contact: Esther Fox
Address: Lymekiln Hse, Timoney, Knock, Roscrea, Co.
Tipperary

THURLES MHA

Contact: Anne Maher
Address: 72 Kennedy Park, Thurles, Co. Tipperary
Telephone: 0504 22966

NAME:

NENAGH MEN'S DEVELOPMENT GROUP

Address: North Tipperary Community Services, Loreto House, Kenyon Street, Nenagh, Co. Tipperary.
Telephone: 067 31800
Contact: Gerry Mitchell or Oonagh Rowntree
Meetings: Every 2nd Monday between 7.30-9.30pm in Loreto House
Target Group: Men who wish to explore issues relevant to their day to day lives.
Aims: To create a safe space for men to share their story, be listened to and be supported by other members of the group.

NAME: SHINE
(Limerick, Clare and North Tipperary)

Address: 14a Clonroad Business Park, Ennis, Co. Clare
 Telephone No: 065 6844874
 Fax: 065 6844964
 Mobile: 087 7878222

Information Helpline: 1890 621 631

E-Mail: info@sirl.ie

Website: www.sirl.ie

www.recover.ie

All enquiries to Regional Development Officer,
 Ann Marie Flanagan

Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness including, but not exclusively, schizophrenia, schizo-affective disorder and bi-polar disorder, through the promotion and provision of high quality services and working to ensure the continual enhancement of the quality of life of the people it serves.

HOW WE CAN HELP

Shine provides a range of information, support, advocacy and other professional services for both its membership, the general public and other service providers. Information provision is a key activity of the organisation and we try to make sure that such information is accurate, appropriate and up to date.

Shine provides a number of additional supports and services which include:

Information Helpline: 1890 621 631

Support Group: FOR PEOPLE WITH SELF EXPERIENCE OF SCHIZOPHRENIA AND RELATED MENTAL HEALTH DIFFICULTIES:

Shine's Phrenz groups are mutual support and social groups which provide a safe place for people with schizophrenia and related

illnesses to speak openly and in confidence about their feelings and about the ups and downs that they may be experiencing in their day to day lives. There is a strong emphasis in the support groups on a positive outlook and approach in dealing with schizophrenia. All Phrenz groups are facilitated.

Phrenz support groups meet weekly in Limerick City, Nenagh and Ennis

For Relatives: Shine's Relatives' Support Groups meet on a monthly basis and provide a confidential place for family members and friends to meet and share their experiences, practical information and support are they key facets of these groups.

Relatives groups meet monthly in Limerick City, Nenagh, Thurles and Ennis

Education Courses: Shine provides a range of support initiatives including one to one information sessions and education courses.

The Family Education Course is designed to help relatives of people with symptoms of schizophrenia and related mental health difficulties, to learn more about the illness and to manage the symptoms and difficulties encountered. The course concentrates on the needs of the relative and promotes self development, self help and coping skills.

Finding YOUR Way is a course for people with self experience of mental ill health and supports the development of a personal understanding of the issues for the individual. It also provides information and coping skills over a six week period.

GENERAL INFORMATION, EVENTS AND SERVICES

Lucia Week: is the national awareness event of **Shine**. Different awareness- raising events are planned regionally and nationally in the week leading up to July 26th. The campaign is named after James Joyce's daughter Lucia who was diagnosed with schizophrenia in her early 20's.

Biennial Conference: This national conference takes place every two years and addresses specific issues and themes relating to schizophrenia.

Information Evenings / Seminars: These events are held at various locations throughout the year. They aim to provide information on schizophrenia and related issues.

Shine News: This quarterly newsletter is available to members of **Shine**. It keeps up to date with current debates on schizophrenia and related topics.

NAME:	SUPPORT GROUP FOR SEPARATED PERSONS
Address:	North Tipperary Community Services, Loreto House, Kenyon Street, Nenagh, Co. Tipperary.
Telephone:	067 31800
Contact:	Gerry Mitchell
Meetings:	1st and 3rd Thursday, 8.00 - 10.00pm in Loreto House.
Target Groups:	Women/men who experience the loss of their partner through separation or death.
Aims:	For people who are separated to come together and enable each other to overcome their loss and find better ways of fulfilling their lives.

NAME:	WOMEN'S AWARENESS GROUP
Address:	North Tipperary Community Services, Loreto House, Kenyon Street, Nenagh, Tipperary.
Telephone:	067 31800

Contact: Gerry Mitchell
 Meetings: Call to enquire for times
 Target Groups: Women who wish to explore particular issues in their lives and to find better ways of coping.
 Aims: To create a safe environment for the group members to share their anxieties and concerns, be listened to and be empowered to find more constructive ways of coping.

NAME: **WOMEN FOR SOBRIETY**
 Address: Thurles Community Services, Rossa Street, Thurles, Co. Tipperary
 Telephone: 0504 22169 (Office Hours)
 Meetings: Every Wednesday at 8.00pm in Community Social Services, Thurles.
 Target Groups: Women suffering from Alcoholism.
 Aims: To provide support and help.

INFORMATION, HOUSING & WELFARE NORTH TIPPERARY

NAME: **ACCORD**

NENAGH:

Address: Loreto House, Kenyon Street, Nenagh, Co. Tipperary
 Telephone: 1850 585000
 Target Groups: Couples getting married; those experiencing difficulties in their relationships.
 Aims: To offer pre-marriage courses to couples planning to marry; to provide a counselling service to those experiencing relationship difficulties.

THURLES:

Address: Accord House, Cathedral Street, Thurles, Co. Tipperary.
 Telephone: 1850 303202
 Email: accordthurles@eircom.net
 Target Groups: Couples getting married; those experiencing difficulties in their relationships.
 Aims: To offer pre-marriage courses to couples planning to marry; to provide a counselling service to those experiencing relationship

difficulties – on an individual one-to-one basis and as a couple; to provide fertility counselling.

NAME: CITIZENS INFORMATION CENTRE

Address: 34-35 Croke Street, Thurles, Co. Tipperary
Telephone: 0504 22399
Opening Hours: Monday to Friday 10.00am to 1.00pm & 2.00pm - 4.00pm
Free Legal Advice: Thursday also 7.30pm – 8.30pm
Target Groups: People of Thurles and surrounding areas.
Aims: To offer a free and confidential service which provides information on all matters of public concern, especially in the areas of entitlements, health, social welfare, taxation, housing, consumer affairs, education, community organisations and clubs.

NAME: MONEY ADVICE AND BUDGETING SERVICE

NENAGH:

Address: 31 Pearse Street, Nenagh, Co. Tipperary
Telephone: 067 41033
Fax: 067 41070
E-Mail: nenagh@mabs.ie
National Helpline: 1890 283438

THURLES:

Address: Friar Street, Thurles, Co. Tipperary
Telephone: 0504 23510
E-Mail: thurles@mabs.ie
Web Site: www.mabs.ie
National Helpline: 1890 283438

Target Groups: People with financial or budgeting problems.
Aims: To facilitate people with financial problems to cope with their immediate debts and in the long term become financially independent by assisting them to develop the knowledge and skills required to avoid getting into future debt.

NAME: **NORTH TIPPERARY COMMUNITY SERVICES**

Address: Loreto House, Kenyon Street, Nenagh, Co. Tipperary.
 Telephone: 067 31800
 Email: ntcs@eircom.net
 Target Groups: Individuals and families in North Tipperary.
 Aims: To provide support services for individuals, families and the elderly who may be at risk or in vulnerable situations.

NAME: **SOCIAL WELFARE LOCAL OFFICE**

Address: Stradavoher, Thurles, Co. Tipperary.
 Telephone: 0504 20210
 Opening Times: 9.30am to 4.00pm, Monday, Tuesday, Wednesday and Friday 9.30am to 3.00pm, Thursdays only
 Target Groups: The Department is responsible for the delivery of a range of social insurance and social assistance schemes including pensions, benefits, allowances and other supports. Services are provided to many categories of customer, the unemployed, older people, the sick, people with disabilities, carers and the community.
 Aims: It is the Department's mission to promote social well-being through income and other supports which enable people to participate in society in a positive way.

NAME: **ST. VINCENT DE PAUL**

Address: Regional Office, Ozanam House, Hartstonge Street, Limerick.
 Telephone: 061 317327
 Fax: 061-310320
 Email: info@svpmw.com
 Web Site: www.svpmw.com
 Opening Hours: 9.00am – 5.30pm, Monday to Thursday
 9.00am - 5.00pm Friday

Target Group:	Families in need, Travellers, single parents, homeless people and the provision of housing for the elderly.
Aims:	To help people in need, in Limerick, Clare and North Tipperary.

NAME: **TEMPLEMORE COMMUNITY SOCIAL SERVICES**
(Templemore Community Services Centre Ltd)

Address:	Bank Street, Templemore, Co. Tipperary
Telephone:	0504 312444
Fax:	0504 31846
Opening Times:	09.30am - 1.00pm, 2.00pm - 4.30pm, Monday to Friday
Target Groups:	People of Templemore and surrounding areas especially families in need; Travelling Families; Individual and family counselling by Social Worker.
Aims:	To identify local needs and to respond to them; to co-ordinate services (locally); to liaise with voluntary and statutory services.

NAME: **THURLES COMMUNITY SOCIAL SERVICES**

Address:	Rossa Street, Thurles, Co. Tipperary
Telephone:	0504 22169
E-Mail:	tess@eircom.net
Opening Hours:	9.00am - 1.00pm, 2.00 - 5.00pm, Monday to Friday.
Target Groups:	People of Thurles and surrounding areas.
Aims:	To identify local needs and to respond to them; to co-ordinate services (locally); to liaise with voluntary and statutory services. A home help service, play school and meals-on-wheels (3 day service), Golden Years Day Centre (5 days a week) are also provided by the service.

EDUCATION, TRAINING & EMPLOYMENT NORTH TIPPERARY

NAME: COMMUNITY NETWORK, NENAGH

Address: Town Hall, Banba Square, Nenagh, Co. Tipperary

Telephone: 067 34900/41414

Fax: 067 34088

Email: ncn@eircom.net

Opening Times: 9.00am - 5.00pm, Monday to Friday

Target Groups: Long term unemployed and their spouses; Youth at risk of Early School leaving; Single Parents; Travelling Community; Low Income Families.

Aims: Nenagh Community Network defines its purpose as: "To empower people to improve their own quality of life, and that of the community leading to increased opportunities and employment."

The programme of activities includes:

- Services to the unemployed;
- Childcare Services;
- Start-Up Business Support;
- Community Development;
- Preventative Education with Young People;
- Complementary Education and Training for Adults.
- Nenagh Community Network operates in these areas through: direct programme delivery, partnership actions with other bodies/organisations, involvement with specific organisations/ committees to bring about change in the community.

NAME: FÁS (EMPLOYMENT SERVICE OFFICE)

NENAGH:

Address: 79 Connolly Street, Nenagh, Co. Tipperary

Telephone: 067 31879

THURLES:

Address: Friar Street, Thurles, Co. Tipperary
 Telephone: 0504 22188
 Target Groups: Employers, job seekers, unemployed people, early school leavers, disadvantaged groups and communities.
 Aims: Job placement and the provision of training for unemployed people and early school leavers; to support community development programmes.

NAME:**FORÓIGE****NENAGH:**

Foroige Nenagh Youth Development Project (for young people from ages 10 – 21)
 Address: Town Hall, Banba Square, Nenagh, Co. Tipperary
 Telephone: 067 34900
 Youth Workers: Brid Bradshaw: brid.bradshaw@foroige.ie
 Olivia O'Sullivan: Olivia.osullivan@foroige.ie
 Regional Youth Officer: Brid Canney (who covers Limerick and North Tipperary) and organises Foroige clubs for young people between the ages of 12 and 18 years.
 E-Mail: brid.canney@foroige.ie
 Aims: The purpose of Foróige is to enable young people to involve themselves consciously and actively in their own development and in the development of society.

This purpose challenges and supports young people to involve themselves in

- Developing their character and talents
- Thinking for themselves, reflecting on their actions and taking responsibility
- Having fun and making friends
- Building positive and helpful relationships
- Acquiring knowledge and skills for life
- Improving the community

NAME:	PARENTING SUPPORT & EDUCATION PROJECT
Address:	North Tipperary Community Services, Loreto House, Kenyon Street, Nenagh, Co. Tipperary.
Telephone:	067 41924
Contact:	Kathryn McGrath
Target Groups:	Parents/guardians who express a need for support in their roles as parents.
Aims:	To recruit and train experienced parents to facilitate parent education and support to groups of parents/guardians out in the community.
NAME:	ROSCREA 2000 LTD.
Address:	Roscrea Community Resource Centre, New Line, Roscrea, Co. Tipperary
Telephone:	0505 23379
Fax:	0505 23386
Email:	ros2000@eircom.net
Target Groups:	People living in Roscrea and surrounding areas.
Aims:	To provide supports in the following areas: Business Start Up, Second Chance Education Programme, Computer Training, Childcare Training, CERT Courses, Community Creche and Pre-Care school facilities, Youthwork, Services to the Unemployed, i.e. Jobs Clubs, C.V. Creation, Interview Techniques.
NAME:	TIPPERARY REGIONAL YOUTH SERVICE
Address:	Croke St., Thurles, Co. Tipperary.
Telephone:	0504 23426
Opening Hours:	9.30am-5.30pm, Monday to Friday
Target Group:	Young people and their parents
Aims:	To operate a youth information centre, youth café, after-schools groups, providing supports, activities and development programmes to young people.
NAME:	YOUTH SERVICE, TEMPLEMORE
Address:	The Town Hall, Templemore, Co. Tipperary.
Telephone:	0504 56441
Contact:	Christy O'Neill
Target Group:	All young people
Aims:	To provide out of school activities and programmes to young people from Templemore and it's environs.

BEREAVEMENT SUPPORT GROUPS, NORTH TIPPERARY

NAME: **BEREAVEMENT SUPPORT GROUP, NENAGH**

Telephone No.:

Geraldine Armitage 067 32491

Target Group:

Anyone bereaved in the Nenagh area

Aims:

To provide support for bereaved people, on a one-to-one basis, in their own homes.

NAME: **BEREAVEMENT SUPPORT GROUP, THURLES**

Telephone No:

0504 22169

Contact:

Sr. Clement : 0504 22320

Meetings:

1st Monday of every month at 8.00pm at Services, Parish Centre, Cathedral Street, Thurles.

NAME; HELPLINE: **CONSOLE 1800 201 890**

Target Group:

Console is a registered charity supporting and helping people bereaved through suicide.

Aims:

Console is a professional organization, responding to the needs of those bereaved through suicide within the community. Console offers a range of services around the country, including counselling, support groups, outreach services and practical information.

NAME: **LIVING LINKS (SUICIDE BEREAVEMENT SUPPORT)**

Living Links has been set up in the HSE West region to offer help to those bereaved by suicide.

Aims:

A number of trained individuals (Suicide Outreach Workers) are available to offer confidential, practical support and advice to families who have experienced a death 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.

NORTH TIPPERARY LIVING LINKS

Address:	NORTH TIPPERARY
Telephone No:	087 9693021, 5pm - 7pm (Mon.-Fri)
Target Group:	Families and individuals who have experienced a death by suicide.
Aims:	Trained individuals (Suicide Outreach Workers) are available to offer confidential, practical support and advice to families after a suicide has occurred.
Contact:	Living Links Support Co-ordinator. If busy, an answering machine will take a message. Just leave your first name and telephone number. The "Living Links" Coordinator will return your call as soon as possible.

NAME:	RAINBOWS
	Rainbows is a support programme for children, adolescents and adults who are grieving a death, separation or other painful transition in their family. It is run by volunteers and does not offer professional help.
Address:	St. Mary's Secondary School, Nenagh, Co. Tipperary.
Telephone No:	067 32491
Contact:	Geraldine Armitage

NAME:	SUAS : SUICIDE UNDERSTANDING AND SUPPORT FOR THE BEREAVED
	This is a partnership initiative between the Archdiocese of Cashel and Emly and the HSE West.
Aims:	The primary purpose of the service is: <ul style="list-style-type: none"> ● To provide a listening service for those who have been bereaved through suicide ● To have an educational role in the area of suicide prevention
Telephone:	0504 26366 (This is a Confidential Telephone Line)



National Voluntary Groups



The following voluntary services are available nationally:

NAME:	ACCORD
Address:	ACCORD Central Office, Columba Centre, Maynooth, Co Kildare
Tel:	01-5053112
Fax:	01-6016410
E-Mail:	admin@accord.ie
Website:	www.accord.ie
Aims:	ACCORD is a voluntary Catholic organisation that aims to promote a deeper understanding of Christian marriage and to offer people the means to safeguard and nourish their marriage and family relationships.

NAME:	ADOPTION AUTHORITY OF IRELAND
Address:	Shelbourne House, Shelbourne Road, Dublin 4.
Telephone:	01-2309300
Duty Social Worker:	01-2309306
E-mail:	adoptioninfo@health.irlgov.ie
Website:	www.adoptionboard.ie
Aims:	<p>The Adoption Board is responsible for registering and supervising the Registered Adoption Societies and for maintaining the Adoption Societies Register. The Adoption Board is also responsible for granting declarations of eligibility and suitability to prospective adopters in advance of their adopting abroad and for maintaining the Register of Foreign Adoptions in which details of inter-country adoptions are entered. Our principal aims are</p> <ul style="list-style-type: none"> ● To plan and oversee the development of comprehensive, high quality and integrated adoption services. ● To make adoption orders, issue declarations of eligibility and suitability to adopt, and maintain the adoption registers. ● To set down guidelines and standards for the provision of all adoption services and to provide for review and evaluation of those services. ● To register and inspect against approved standards all agencies providing adoption services.

- To undertake and promote research and publish information about adoption and related services.
- To provide information directly to the general public and support others in the provision of information on adoption services.

NAME:**AGE ACTION IRELAND**

Address:

30/31 Lower Camden Street, Dublin 2.

Telephone:

01 4756989

Email:

info@ageaction.ie

Web Site:

www.ageaction.ie

Contact Group:

Older People.

Aims:

To improve the quality of life of older people, especially those who are most vulnerable and frail, by enabling them to live full, independent and satisfying lives.

NAME:**AGE & OPPORTUNITY**

Address:

Marino Institute of Education, Griffith Avenue, Dublin 9.

Telephone:

01 8057709

Email:

ageandop@mie.ie

Web Site:

www.olderinireland.ie

Opening Times

9.00am – 5.00pm, Monday to Friday

Target Groups:

Both older people and young people in the community.

Aims:

To challenge negative attitudes to ageing and older people; to promote the participation of older people in society; to encourage understanding between the generations. They have projects in the following areas: arts, physical activity, education, health and media.

NAME:**AL-ANON & ALATEEN**

Address:

Al-Anon Information Centre, Room 5.5 Caple Street, Dublin 1

Telephone:

01 8732699 (Confidential Helpline)

E-Mail:

info@al-anon-ireland.org

Web Site:

www.al-anon-ireland.org

Opening Times:

10.30 am - 2.30pm Monday - Friday

NAME:**ALCOHOLICS ANONYMOUS**

Address:

Unit 2, Block C, Santry Business Park, Swords Road, Dublin 9

Telephone:

01 8420700 (9.30am – 5pm)

Fax:

01 8420703

Email:

gso@alcoholicsanonymous.ie

Web Site:

www.alcoholicsanonymous.ie/

Target Groups:

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

NAME:**ALONE**

Address:

Willie Bermingham Place, Kilmainham Lane, Dublin 8.

Telephone:

01 6791032

E-Mail:

alone@iol.ie

Web Site:

www.alone.ie

Target Groups:

Older people

Aims:

To promote awareness of older people's problems; rescue those in need, visit and provide with necessities of life; refer cases to the Task Force on Special Housing Aid for the Elderly and monitor same.

NAME:**ALZHEIMERS SOCIETY OF IRELAND**

Address:

Alzheimer House, 43 Northumberland Avenue, Dun Laoghaire, Co Dublin

Telephone:

(01) 284 66 16

Helpline:

1800 341341

Fax:

(01) 284 60 30

Email:

info@alzheimer.ie

Target Groups:

People suffering from Alzheimer's Disease and Dementia, together with their families and carers

Aims:

The Alzheimer's Society of Ireland is a national voluntary organisation with an extensive national network of branches, regional offices and services that aims to provide people with all forms of dementia, their families and carers with the necessary support to maximise their quality of life.

NAME:	AMEN (FOR MALE VICTIMS OF DOMESTIC ABUSE)
Address:	St. Anne's Resource Centre, Railway St., Navan, Co. Meath.
Telephone:	046 9023718
Contact:	Mary T. Cleary
Web Site:	www.amen.ie
Target Groups:	Male victims of domestic abuse
Aims:	To provide information and support for men and their families. Domestic violence has traditionally been portrayed as a women's issue, however, recent evidence shows that many men are suffering silently in abusive relationships.

NAME:	AWARE
Address:	72 Lower Leeson Street, Dublin 2.
Tel:	01 661 7211
Fax:	01 661 7217
Web Site:	www.aware.ie
Aims:	Aware is a voluntary organization formed in 1985 by a group of interested patients, relatives and mental health professionals, whose aims are to assist that section of the population who are directly affected by depression.

NAME:	BARNARDOS
Address:	National Office, Christchurch Square, Dublin 8
Telephone:	01 453 0355
Fax:	01 453 0300
E-Mail:	info@barnardos.ie
Web Site:	www.barnardos.ie
Aims:	Barnardo's vision and mission are to make Ireland the best place in the world to be a child and a place where all children are cherished equally.

NAME: BARNARDOS BEREAVEMENT COUNSELLING FOR CHILDREN

DUBLIN:

Address: National Office, Christchurch Square, Dublin 8
 Telephone: 01 453 0355
 Fax: 01 453 0300
 E-Mail: (Dublin Office) bereavement@barnardos.ie
 (Cork Office) bereavement@cork.barnardos.ie
 Helpline: 01 473 2110, 10am - 12 noon (Mon to Fri) and
 12 noon - 2pm on Wednesdays

NAME: BODYWHYS

Address: PO Box 105, Blackrock, Co Dublin.
 Admin Tel: 01-2834963
 Fax: 01-2056959
 Helpline: 1890 200 444
 Email: info@bodywhys.ie
 Web Site: www.bodywhys.ie
 Aims: Bodywhys - The Eating Disorders Association of Ireland is the national organisation dedicated to offering support, information & understanding for people affected by eating disorders including family & carers. We work to ensure support, awareness & understanding of eating disorders amongst the wider community as well as advocating for the rights and healthcare needs of people affected by eating disorders.

NAME: BULLYING, NATIONAL ASSOCIATION FOR VICTIMS

Address: Frederick Street, Clara, Co. Offaly.
 Telephone: 057 9331590
 Contact: Mary Dunne
 Opening Times: 6.30pm – 10.30pm, Monday to Friday, All day
 Saturday
 Target Groups: Anyone who has been bullied, their family and friends.
 Aims: To provide counselling for both those who bully and the victims of bullying; to provide a telephone support line; to offer training for teachers, parents associations and other groups seeking help in dealing with the problem of bullying.

NAME: **CAMPAIGN AGAINST BULLYING (CaB)**
Address: 72 Lakelands Avenue, Stillorgan, Co. Dublin.
Telephone: 01 8962573
Email: odonnllb@indigo.ie
Web Site: <http://indigo.ie/~odonnllb/cabullying>
Aims: To reduce the incidence of bullying and to minimise its ill-effects by providing a consultancy service of information, advice and support for individuals and groups by a helpline, (Mon - Fri 12 noon - 5pm) correspondence, workshops, lectures and written material.

NAME: **CANCER SOCIETY, IRISH**

DUBLIN:
Address: 43-45 Northumberland Road, Dublin 4
Telephone: 01 2310500
Freephone: **1800 200 700**
Fax: 01 2310555
Email: helpline@irishcancer.ie
Web Site: www.cancer.ie

CORK:
Address: 15, Bridge Street, Cork
Telephone: 021 4509918
Fax: 021 4509759

National Cancer

Helpline: Freefone 1800 200700 (Monday to Thursday 9am - 7pm, Friday, 9am - 5pm)

Prostate Cancer

Information Service: 1800 380380,
E-Mail: prostate@irishcancer.ie

Action Breast Cancer: 1800 309040
E-Mail: abc@irishcancer.ie

Target Group: People with cancer and their families and friends; the general public; support groups; health care professionals; smokers; volunteers.

Aims: The Irish Cancer Society is the national charity dedicated to preventing cancer, saving lives from cancer and improving quality of life for those living with cancer through patient care, research and education. Services include: home care teams throughout Ireland which ensure

top quality care for people with cancer, free of charge, in their own homes; a free night nursing service for those families in difficult financial circumstances looking after a seriously ill relative who has cancer; cancer liaison nurses who provide psychological and practical support to patients and their families in the main cancer hospitals from the time of diagnosis and throughout treatment; education of specialist cancer nurses in UCD, so Irish men and women don't have to go abroad for training; specialist cancer nurses on-line to answer callers' concerns with information, advice and support through the Cancer Helpline, Freefone 1800 200 700; a special fund which gives limited financial assistance to patients in need; self-help support groups: Reach to Recovery for woman with breast cancer, CanTeen for teenagers with cancer, Cancer Plus for parents of children with cancer, the Hodgkins United Group, the Colostomy Care Group, the Laryngectomy Association of Ireland and Men Against Cancer.

NAME:
CARI (Children at Risk in Ireland)
Address:

100 Lwr. Drumcondra Rd., Dublin 9

Telephone:

01 8611240

E-mail:
info@cari.ie (general queries)

Web Site:
www.cari.ie
Aims:

We specialise in professional, child centred therapy and counselling service to children, families, and groups who have been affected by child sexual abuse. These services are designed to be flexible to the particular needs of each client. Services are offered regardless of means which allows anyone who needs help to take advantage.

NAME:**CITIZENS INFORMATION BOARD**

Address:

Ground Floor, George's Quay House, 43
Townsend St
Dublin 2

Telephone:

01 605 90 00

Fax:

01 605 90 99

Email:

info@ciboard.ie

Aims:

The Citizens Information Board (formerly Comhairle) is responsible for supporting the provision of information, advice and advocacy on a wide range of social and civil services. Governed by the [Citizens Information Act 2007 \(pdf\)](#) and the [Comhairle Act 2000](#), the Board comes under the remit of the Department of Social and Family Affairs. The Citizens Information Board's mandate, as defined by the Acts, is:

- To ensure that individuals have access to accurate, comprehensive and clear information relating to social services.
- To assist and support individuals, in particular those with disabilities, in identifying and understanding their needs and options.
- To promote greater accessibility, coordination and public awareness of social services.
- To support, promote and develop the provision of information on the effectiveness of current social policy and services and to highlight issues which are of concern to users of those services.
- To support the provision of, or directly provide, advocacy services for people with a disability.

Locally, these services are provided through CITIZENS INFORMATION CENTRES

NAME:	COMBAT POVERTY AGENCY
Address:	Bridgewater Centre, Conyngham Road, Island Bridge, Dublin 8
Telephone:	01 6706746
Fax:	01 6706760
Email:	info@cpa.ie
Web Site:	www.combatpoverty.ie
Opening Times:	9.00am – 5.00pm, Monday to Friday
Target Groups:	Policy makers, researchers, community and voluntary groups and the public.
Aims:	To work for the prevention and elimination of poverty and social exclusion; to offer policy advice to the Minister for Social, Community and Family Affairs and Government; to research the causes and effects of poverty; to raise public awareness about poverty; to support innovative community development and anti-poverty projects.

NAME:	COMMUNITY AWARENESS OF DRUGS
Address:	31/31A Central Hotel Chambers, Dame Court, Dublin 2.
Telephone:	01 6792681
Fax:	01 6797818
Drugs Helpline:	1800 459 459
Web Site:	www.aboutdrugs.ie
Target Group:	Parents, community workers and agencies interested in drug prevention.
Aims:	To reduce the demand for drugs by providing drug education programmes for parents and community workers. The primary service offered is the C.A.D. Parenting for Prevention Programme. The programme is a series of six workshops which provides information on drugs and their effects. Explores attitudes, beliefs and decisions about drug misuse and looks at family drug prevention strategies. The C.A.D. Drug Awareness Presentation focuses mainly on the "Gateway Drugs". Residential Training Weekends with a focus on prevention are run three times a year. Support and training is available to communities setting up Drug Prevention Groups. Advisory and Referral Service is also available.

NAME:

Address:

CONSOLE

All Hallows College, Gracepark Rd,
Drumcondra, Dublin 9

HELPLINE:

Target Group:

1800 201 890

Console is a registered charity supporting and helping people bereaved through suicide.

Aims:

Console is a professional organization, responding to the needs of those bereaved through suicide within the community. Console offers a range of services around the country, including counselling, support groups, outreach services and practical information.

NAME:

Address:

Tel:

Fax:

E-Mail:

Web Site:

Aims:

FÁS

27-33 Upper Baggot Street, Dublin 4

01 607 0500

01 607 0608

info@fas.iewww.fas.ie

As the National Training and Employment Authority, FÁS anticipates the needs of, and responds to, a constantly changing labour market which employs over 2 million people.

Through a regional network of 66 offices and 20 training centres, FÁS operates training and employment programmes; provides a recruitment service to jobseekers and employers, an advisory service for industry, and supports community-based enterprises.

NAME:

Address:

Tel:

Fax:

Email:

Web Site:

Aims:

FOROIGE

Block 12D, Joyce Way, Park West, Dublin 12

01 6301560

01 6301568

info@foroige.iewww.foroige.ie

The purpose of Foróige is to enable young people to involve themselves consciously and actively in their own development and in the development of society. This purpose challenges and supports young people to involve themselves in developing their character and talents.

NAME:**GINGERBREAD (NATIONAL ASSOCIATION FOR ONE-PARENT FAMILIES)**

Address:

Carmichael St., Brunswick St., Dublin 7.

Telephone:

01 8146618

E-mail:

info@gingerbread.ie

Web Site:

www.gingerbread.ie

Opening Times:

9.30am – 5.00pm, Monday to Friday

Target Group:

Gingerbread Ireland is the National Association for One-Parent Families. Membership is open to all those bringing up children on their own whether they are separated, widowed, divorced, single or where the other parent is unable to take their share of responsibility with regard to the care of the children.

Aims:

Encourage and support one parent families; facilitate the exchange of experience and knowledge between training and volunteering; organise social activities and holidays for one parent families; influence opinion and bring about positive changes in matters affecting one-parent families. At national level, Gingerbread is a service and a public voice for one-parent families. Branches nationwide run courses, hold information evenings and organise family fun days and short breaks in accordance with member's needs and energies. Gingerbread Services comprise: mediation; counselling; legal services; counsellor facilitated closed groups for newly separated; an information desk dealing with inquiries by telephone, fax, e-mail and personal contact.

NAME:**GROW**

Grow aims to help people develop personal maturity through mutual self help groups in a caring and sharing community. GROW uses a twelve step programme in working towards personal growth. The objectives of Grow are as follows:

- To provide adult education in its broadest sense and to serve the need of both prevention and rehabilitation.
- To harness the talents and experience of ordinary people who have battled through to good mental health and who are now sharing and showing the way to fellow sufferers.
- To offer something to everyone – many people who join are looking for friendship and support, particularly if they have been struggling along with their problems. Examples of such problems include phobias, anxiety, depression, panic attacks, loneliness, apathy about life, unsure of direction, stuck in a rut or plain fed-up with things.
- To hold group meetings to allow people to share difficulties and fears with others.
- To provide genuine friendship as friendship is the special key to mental health.
- Grow groups have been set up to help anyone at risk of mental illness. The main GROW office is in Limerick as listed below and the places and times of meetings are also listed below. For any information in the HSE West region, contact the Limerick number.

REGIONAL OFFICE:

Address: Grow Centre, 11 Liberty Street, Cork.
 Telephone: 021 4277520
 Opening Times: Monday to Friday, 9.00am – 5.00pm

NAME:**THE IRISH ADVOCACY NETWORK**

Address:

C/o Health Care Unit, Rooskey, Monaghan
Town, Co. Monaghan

Telephone:

047 38918

Fax:

047 38682

E-Mail:

admin@irishadvocacynetwork.com

Web Site:

www.irishadvocacynetwork.com

Target Groups:

People who have experienced difficulties with their mental health and well-being.

Aims:

To provide information, support and choice for those who have experienced difficulties with their mental health and well-being. The Irish Advocacy Network delivers a Peer Advocacy Service. A Peer Advocate in mental health is someone who has overcome a mental health difficulty, achieved a good level of recovery and has successfully completed a fully accredited Peer Advocacy training course.

A Peer Advocate can:

- Provide a listening ear
- Let you know you are not on your own
- Help you identify your needs
- Support you in making your wishes known
- Provide information about what is available for you
- Support you in hospital and the community
- These services are confidential and free.

NAME:	ISPCC (IRISH SOCIETY FOR THE PREVENTION OF CRUELTY TO CHILDREN)
Address:	29 Lower Baggot Street, Dublin 2
Telephone:	01 676 7960
Fax:	01 678 9012
Childline:	1800 66 66 66 - Childline is a free 24 hour listening service for children and young people up to 18 years of age. Childline Online can be accessed at www.childline.ie
E-mail:	ispcc@ispcc.ie
Web Site:	www.ispcc.ie
Aims:	The ISPCC exists to: <ul style="list-style-type: none"> ● Ensure children have a happy safe childhood. ● Prevent children from suffering harm, trauma or abuse. ● Help children who have suffered cruelty or trauma. ● Seek to ensure children are accorded equal rights as citizens.

NAME:	LIVING LINKS (SUICIDE BEREAVEMENT SUPPORT)
Address:	5 Lower Sarsfield Street, Nenagh, Co. Tipperary.
Telephone:	067 43999 (Mobile): 087 4122052
E-Mail:	info@livinglinks.ie
Web Site:	www.livinglinks.ie
Aims:	To provide practical help and support to persons bereaved by suicide in Ireland

NAME:	MACRA NA FEIRME
Address:	Irish Farm Centre, Bluebell, Dublin 12
Telephone:	01 4268900
Fax:	01 4268999
Web Site:	www.macra.ie
Aims:	To assist in the personal, social and vocational development of rural young people throughout Ireland. Key areas of activity include agriculture, sport, travel, public speaking and performing arts. Macra consists of a nationwide network of clubs with voluntary leaders supported by a national office.

NAME:

Address:

Telephone:

Fax:

E-mail:

Web Site:

Aims:

MENTAL HEALTH IRELAND

Mensana House, 6 Adelaide Street, Dun
Laoghaire, Co Dublin, Ireland

01 284 1166

01 284 1736

information@mentalhealthireland.iewww.mentalhealthireland.ie

Supporting local Mental Health Associations in their work by providing information and training and through a network of Development Officers working around the country.

- Actively campaigning and advocating to improve national mental health policy and service provision.
- Providing an Information Service on issues relating to mental health and mental illness through information fact-sheets, this website and directly by telephone, post and email.
- Undertaking research on mental health topics, such as the national survey on stress and the national survey on public attitudes to mental illness.
- Organising Conferences, Courses, Workshops and Seminars on a wide variety of issues relating to mental health. MHI also promotes and co-ordinates activities to celebrate World Mental Health Day on the 10th October each year.
- Developing Mental Health Promotion Programmes.

NAME:

Address:

Telephone:

E-Mail:

National Helpline:

Support E-Mail:

Web Site:

Opening Times:

Target Groups:

Aims:

ONE FAMILY

2 Lower Pembroke St., Dublin 2.

01 6629212

info@onefamily.ie

1890 66 22 12

support@onefamily.iewww.onefamily.ie

9.30am – 5.00pm, Monday to Friday

Anyone parenting alone or sharing parenting

One Family is a leading provider of specialist support services including counselling, support and training to those parenting alone and sharing parenting.

NAME: PARENTLINE (ORGANISATION FOR PARENTS UNDER STRESS)

Address: Carmichael House, North Brunswick Street, Dublin 7
 Telephone: 01 8733500
 Locall: 1890 927 277
 Web Site: www.parentline.ie
 Target Group: All parents under stress.
 Aims: To provide help and support.

NAME: PETER BRADLEY FOUNDATION

Address: 41, Northumberland Avenue, Dun Laoghaire, Co. Dublin
 Telephone: 01 280 4164
 Fax: 01 230 4630
 Web Site: www.peterbradleyfoundation.ie
 Target Group: Established in 2000, the Peter Bradley Foundation was set up to provide a range of pioneering, flexible and tailor-made services to people with Acquired Brain Injury (ABI). The services provided by the Foundation place a critical emphasis on client centeredness, quality, effectiveness and value for money. Rehabilitation and clinical support are key aspects to the service.
 Aims: Our Vision is to provide a range of specialised services designed to meet the needs of people with ABI who have been misplaced in inappropriate environments.

NAME: SAMARITANS

Address: 4-5 Usher's Court, Usher's Quay, Dublin 8.
 Telephone: 01 6710071
 Fax: 01 6710043
 HELPLINE: 1850 609090
 Email: jo@samaritans.org
 Target Groups: Samaritans provides 24 hour emotional support to anyone experiencing distress, despair or suicidal thought. Established in Ireland in 1962, there are now twenty Samaritan branches across the island of Ireland with almost 2,000 active volunteers.
 Aims: Samaritans aims to benefit society by improving people's emotional health in order to create a greater sense of well being.

NAME:**SHINE**

Address:

38 Blessington Street, Dublin 7

Telephone:

01 8601620

Fax:

01 8601602

E-Mail:

info@sirl.ie

Web Site:

www.sirl.ie

Mission:

Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness including, but not exclusively, schizophrenia, schizo-affective disorder and bi-polar disorder, through the promotion and provision of high quality services and working to ensure the continual enhancement of the quality of life of the people it serves.

How can we help?

Shine provides a range of information, support, advocacy and other professional services for both it's membership, the general public and other service providers. Information provision is a key activity of the organisation and we try to make sure that such information is accurate, appropriate and up to date. **Shine** provides a number of additional supports and services which include:

Support Groups:

For people with self-experience of schizophrenia and related mental health difficulties - **Shine's** Phrenz Groups are mutual support and social groups which provide a safe place for people with schizophrenia and related illnesses to speak openly and in confidence about their feelings and about the ups and downs that they may be experiencing in their everyday lives. There is a strong emphasis in the support groups on a positive outlook and approach in dealing with schizophrenia. All Phrenz groups are facilitated.

For Relatives:

Shine's Relatives Support Groups meet on a monthly basis and provide a confidential place for family members and friends to meet and share their experiences. Practical information and support are the key facets of these groups.

Education Courses:

Shine provides a range of support initiatives

including one to one information sessions and education courses.

The Family Education Course is designed to help relatives of people with symptoms of schizophrenia and related mental health difficulties, to learn more about the illness and to manage the symptoms and difficulties encountered. The course concentrates on the needs of the relative and promotes self development, self help and coping skills.

Finding YOUR way is a course for people with self experience of mental ill health and supports the development of a personal understanding of the issues for the individual. It also provides information and coping skills over a six week period.

General Information: Lucia Week: is a national awareness event of **Shine**. Different awareness raising events are planned regionally and nationally in the week leading up to July 26th. The campaign is named after James Joyce's daughter, Lucia, who was diagnosed with Schizophrenia in her early 20's.

Biennial Conference: takes place every two years and addresses specific issues and themes relating to schizophrenia. Information Evening/Seminars are held at various locations throughout the year. They aim to provide information on Schizophrenia and related issues.

Shine News: is a quarterly newsletter available to members of **Shine**. It keeps up to date with current debates on schizophrenia and related topics.

NAME:	SENIOR HELP LINE
Address:	Third Age Centre, Summerhill, County Meath
Phone/Fax Number:	01 46 9557766
Senior Help Line:	1850 440 444
Email:	info@seniorhelpline.ie
Web Site:	www.seniorhelpline.ie
Target Group:	The service is aimed at isolated and lonely older people.
Aims:	A national peer to peer confidential listening service for older people provided by older volunteers, for the price of a local call.

NAME:	SMOKING QUITLINE, NATIONAL
Telephone:	Callsave 1850 201 203
Opening Times:	9.00am - 4.30pm, Monday to Friday
Target Group:	Smokers.
Aims:	Trained smoking cessation counsellors are available to provide advice and support on how to quit smoking and an information pack can be sent on request.

NAME:	SPUN OUT
Address:	4th Floor, The Halls, Quay St, Galway City
Telephone:	091 533693
Email:	info@spunout.ie
Web Site:	www.spunout.ie
Target Group:	SpunOut.ie is Ireland's leading online youth health, lifestyle and citizenship resource for 16 to 25 year olds.
Aims:	SpunOut.ie provides a safe online space for young people to realise they are not alone in the issues they face whilst growing up and that they can make a positive change to their own wellbeing and to the world around them. SpunOut.ie is developed and managed by the youth-led Community Creations charity, is endorsed by key youth, health and community bodies and receives funding from a range of sources in the public and private sectors. The website can be accessed via the internet and mobile phones, 24 hours a day, 7 days a week, ensuring that young people always have access to information and support if and when they need it.

NAME:	SUICIDE BEREAVEMENT SUPPORT NETWORK, NATIONAL
Address:	PO Box 1, Youghal, Co. Cork
Email:	info@nsbsn.org
Web Site:	www.nsbsn.org
Aims:	To offer a means of connecting groups and individuals, already in existence, who provide bereavement support; to inform bereaved people where support groups have been set up.
Aims:	To provide innovative services, facilities and opportunities for older people based on actual needs, including those that focus on health, education and life long learning, volunteering, community development, social inclusion, integration and intergenerational opportunities.

NAME:	TREOIR (FEDERATION OF SERVICES FOR UNMARRIED PARENTS AND THEIR CHILDREN)
Address:	14 Gandon House, Custom House Square, IFSC, Dublin 1
Telephone:	01 6700120
Opening Times:	9.30am - 5.00pm, Monday to Friday
Web Site:	www.treoir.ie
Aims:	To promote the welfare of unmarried parents and their children. National information service available to unmarried parents and those involved with them.



Appendices

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APPENDIX 1

SUICIDE - FICTION AND FACT

FICTION	FACT
People who talk about suicide don't take their own life.	Most people who kill themselves have given definite warnings of their intention
Suicidal people are absolutely intent upon dying	Most suicidal people are ambivalent about living and dying: they gamble with death but may retain the desire to live
Suicide happens without warning	Suicidal people often give indications of thoughts (sometimes before the thoughts become intentions) by words or actions.
Once a person becomes suicidal, he/she is suicidal forever.	Suicidal thoughts may return, but they are not permanent, and in some people they may never return
After a crisis, improvement means that the suicide risk is over	Many suicides occur in a period of improvement when the person has the energy and the will to turn despairing thoughts into self destructive action.
Suicide occurs mainly among the rich/the poor	Suicide occurs in all groups in society
Suicidal behaviour is a sign of mental illness	Suicidal behaviour indicates deep unhappiness but not necessarily mental illness
You are either the suicidal type or you're not	It could happen to anybody

APPENDIX 2

SIGNS OF SUICIDAL INTENT

SUICIDE RISK IS GREATER WHEN THERE IS:

- Recent loss or the break up of a close relationship
- Current or anticipated unhappy change in health or circumstances, e.g. Retirement or financial problems
- Painful and/or disabling illness
- Heavy use of or dependency on alcoholic/other drugs
- History of earlier suicidal behaviour
- History of suicide in the family
- Depression

PEOPLE OFTEN SHOW THEIR SUICIDAL FEELINGS BY:

- Being withdrawn and unable to relate
- Having definite ideas of how to end one's life and may be speaking of tidying up affairs or giving other indications of planning suicide
- Talking about feeling isolated and lonely
- Expressing feelings of failure, uselessness, hopelessness or loss of self esteem
- Constantly dwelling on problems for which there seem to be no solutions
- Expressing the lack of supporting philosophy of life, such as a religious belief.

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