

# PERSONAL AND COMMUNITY

## SUPPORT DIRECTORY

### D I R E C T O R Y



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive  
Dublin Mid-Leinster

Suicide Resource Office,  
The Old Maltings,  
Coote Street,  
Portlaoise,  
Co. Laois

Tel: 057-8664513 ● Fax: 057-8664567  
email: [ritam.kelly@mailq.hse.ie](mailto:ritam.kelly@mailq.hse.ie)



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## ACKNOWLEDGEMENTS

The Health Service Executive Dublin–Mid Leinster would like to thank all the voluntary and statutory organisations who supplied information for this directory.

Caroline Oxley, Assistant Staff Officer, Suicide Resource Office was responsible for the collection and compilation of the directory.

The author is especially grateful to Rita Kelly, Suicide Resource Officer and the members of the HSE Dublin–Mid Leinster Steering Group on Suicide for providing essential advice and guidance during the compilation of this directory.

## COLLECTION OF INFORMATION

The particulars contained in this directory relating to the Contact Names, Addresses, Telephone Numbers, E-mail Addresses and Websites are the latest available at the time of going to print.

If a service or organisation is left out or incorrectly described, we will endeavour to rectify this in any subsequent editions. Please supply all relevant information to the Suicide Resource Office, The Old Maltings, Coote St., Portlaoise, Co Laois, Tel: 057-8664513.

## DISCLAIMER

Whilst every effort has been made to ensure the information contained in this directory is accurate, the HSE Dublin – Mid Leinster cannot accept responsibility for either the information or services provided by individuals and organisations not directly managed by or under contract with the HSE.

# Personal and Community Support Directory

## FOREWORD

The Report of the National Task Force on Suicide, published in 1998 identified Health Boards as one of the agencies who had responsibility for addressing the issue of suicide in Ireland. In response to this Document the former Midland Health Board established a working group to implement the recommendations of the Task Force Report. The Health Services Executive employs a Resource Officer to work with this group and many initiatives and services have been developed to address the issue of suicide in terms of prevention, intervention and postvention.

In 2000 the Midland Health Board published a Directory of Personal and Community Supports available in the Midlands in response to a specific recommendation of the Task Force Report. This directory contained contact details for a number of statutory and voluntary services available at local, regional and national level. The forthcoming "National Strategy for Action on Suicide Prevention" due for publication later in this year, also acknowledges the need for both local and national directories which list all relevant local and national organisations, statutory, voluntary and community groups which have a focus on Mental Health Promotion and Suicide Prevention.

Directories go out of date quickly as contact details change and new services and organisations emerge. For this reason the Health Service Executive Dublin – Mid Leinster are now updating all information contained in the original directory.

This 4th edition of the directory will facilitate the sharing of information on access to services and supports in each local community to those who maybe in crisis or potentially at risk of suicide.

I welcome the publication of this 4th edition of the Health Service Executive Midland Area Directory for Personal and Community Support and thank all those involved in its preparation.

Signed: Liam O Callaghan

Liam O Callaghan,  
Local Health Office Manager,  
Primary Community and Continuing Care,  
Health Service Executive Dublin – Mid Leinster

## RÉAMHRÁ

D'aithin an Tascfhórsa Náisiúnta sa Tuarascáil ar Fhéinmharú in Éirinn 1998 go raibh freagracht ag Boird Sláinte tabhairt faoi cheist an fhéinmharú. Chun cloí leis an mholadh seo bhunaigh an Bhord Sláinte Lár Tíre mar a bhí ag an am, grúpa oibre chun moltaí Thuarascáil an Tascfhórsa Náisiúnta a bhaineann leis an cheantar Lár Tíre a chur i gnímh. Tá Oifigeach Acmhainne fostaithe i gcomhar leis an ghrúpa seo agus ghlacadar páirt i neart tionscnaimh a thugann faoi cheist an fhéinmharú idir sheachaint, idirghabháil agus cúram gaolta i ndiadh féinmharú..

I 2000 d'fhoilsigh an Bhord Sláinte Lár Tíre Eolaire Tacaíocht Pearsannta agus Pobail a bhí ar fáil sa cheantar Lár Tíre de bharr moltaí thuarascáil an Tascfhórsa Náisiúnta. Bhí sonraí teagmhála d'oiread ar leith de sheirbhísí dheonacha agus reachtúla ar fáil ar bhonn náisiúnta, réigiúnach agus áitiúil ann. Aithníonn an "Straitéis Náisiúnta chun Gníomhaíocht le Bac a chur ar Féinmharú" atá le foilsiú amach anseo, go bhfuil gá le Eolairí faoi Sheirbhísí Áitiúla agus Náisiúnta a thabharfadh sonraí na grúpaí reachtúla, deonacha agus pobail atá ag díriú ar Cothú Sláinte Mheabhrach agus Bac ar Fhéinmharú don phobal.

Imíonn Eolairí as dáta go tapaidh mar go n-athraíonn na sonraí teagmhála agus go mbunaítear seirbhísí agus eagraíochtaí nua. Dá bharr sin tá an FSS – Baile Átha Cliath & Lár Laighin ag déanamh athnuachan ar na sonraí san Eolaire príomha.

Cuireann an 4ú eagrán seo den Eolaire ar ár gcumas eolas a roinnt leo siúd atá i ngábh agus i gcontúirt féinmharú faoi chonas teacht ar sheirbhísí agus tacaíocht i ngach pobal áitiúil.

Cuirim fáilte roimh fhoilsiú an 4ú eagrán seo den Eolaire do Thacaíocht Pearsanta agus Pobail d'Fheidhmeannas Seirbhíse Sláinte - Limistéar Lár Tíre agus gabhaim buíochas leo siúd ar fad a ghlac páirt san ullmhúchán.

Sínithe: Liam Ó Ceallacháin

Liam Ó Ceallacháin,  
Bainisteoir Oifig Sláinte Áitiúil  
Feidhmeannacht na Seirbhíse Sláinte,  
FSS – Baile Átha Cliath & Lár Laighin

# Personal and Community Support Directory

## INTRODUCTION

In order to facilitate the sharing of information and increase access to available sources of support the National Task Force Report on Suicide 1998 in Ireland recommended that each Health Board establish a Directory of names, telephone numbers and details of both statutory and voluntary organisations who contribute caring services to those in distress or at risk of suicide.

The approach taken with this Directory reflects this objective and is set out accordingly.

The overall aim of this Directory is to increase awareness of existing services and supports and therefore encourage greater usage of them. This Directory attempts to meet this aim by:

- 1 Providing accurate, up to-date information on a range of services and supports provided by the Health Service Executive Dublin – Mid Leinster
- 1 Providing contact details of Voluntary organisations on a county basis
- 1 Providing contact details for National Organisations
- 1 Providing a list of Helplines for people who may be in crisis or distress
- 1 Providing a list of reputable websites on a variety of organisations offering information guidance and support.

Compiling the directory involved establishing a small project team to advise on its preparation. There was wide consultation with a variety of statutory and voluntary organisations. Questionnaires were sent out and returned. Drafts of the information contained in the Directory were circulated for comment and feedback. Caroline Oxley Administration support in the Suicide Resource Office took responsibility for liaising with the various services and organisations and inputting the information.

This is the 4th edition of the Health Service Executive Dublin – Mid Leinster Area Directory for Personal and Community Support. The information contained in this Directory will benefit professionals, individuals, families, and organisations enabling them to take full advantage of the services and supports on offer in the Midlands.

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## USING THE DIRECTORY

The directory is divided on a county by county basis under five major headings. Some headings are further divided into other subgroups.

### Primary Care Services

This contains a list of all the General Practitioners in each county and their contact telephone numbers. The majority of these General Practitioners operate under the General Medical Services Scheme.

### Acute Hospital Services

This contains a list of the General Hospitals, Psychiatric Hospitals, Accident and Emergency Departments, and the contact telephone numbers.

### Mental Health Services

Listed in this section are the Community Mental Health Centres, Child and Adolescent Psychiatric Services, Psychiatry for Later Life, Addiction Services and other Mental Health Services in each county.

### Other Health and Statutory Services

This contains a list of all the Health Centres in the county, Community Medical Services, Community Psychology Services, Community Welfare Services, Social Work Services and other useful contact details on Statutory Services.

### Voluntary Organisations

This section contains a list of local Voluntary Organisations and contact details. Regional Groups are included in the county in which they are based. A Listing of National Voluntary Organisations are included at the end of the directory.

## LONGFORD

**In an Emergency Phone-999 or 112**

**MIDOC - Urgent Family Doctor Out-of-Hours-ServiceCall- LoCall 1850-302-702**

**Hours of Operation: Mon-Fri 6.00pm-8.00am.**

**Weekends/Public Holidays 8.00am-8.00am**

### Primary Care Services

List of General Practitioners in Co. Longford

NAME	ADDRESS	PHONE NO.
Dr. S. S. Ali	Longford Medical Centre, Dublin Rd	043-31973
Dr. D. Brennan	St. Joseph's Hospital	043-46211
Dr. P. Breslin	2, Dublin St., Longford	043-41879
Dr. S. Breslin	2, Dublin St., Longford	043-41879
Dr. M. Cahill	Earl St., Longford	043-45223
Dr. N. Donohoe	Granard, Longford	043-86584
Dr. C. Farrell	Health Centre, Lanesboro	043-21832
Dr. K. Flanagan	College Medical Centre, 1 Ballinalee Rd.	043-48884
Dr. M. Gorman	College Medical Centre, 1, Ballinalee Rd.	043-45182
Dr. P. McGarry	College Medical Centre, 1, Ballinalee Rd.	043-41207
Dr. D. McGivney	Ballymahon, Longford	044-9357530
Dr. S. Moran	Aughnaccliffe, Longford	043-84027
Dr. B. Sharkey	Edgeworthstown, Longford	043-71157
Dr. P. Trueick	Shopping Centre, Longford	043-45055
Dr. N. Walsh	Lanesboro, Longford	043-41394

### Acute Hospital Services

#### **Midland Regional Hospital at Mullingar**

Contact: Director of Nursing

Tel: 044-9340221

#### **St. Joseph's Care Centre Longford**

Contact: Director of Nursing

Tel: 043-46211

#### **St. Lomans Psychiatric Hospital – Mullingar**

Contact: Clinical Director

Tel: 044-9340191



## Mental Health Services

Mental Health Services are delivered by a Multi-Disciplinary Team. This is where a number of professionals offer their particular skills in a co-ordinated and complementary way. The Multi-Disciplinary team is led by a Consultant Psychiatrist through hospital or community facilities. The term Multi-Disciplinary means that there are a number of professionals on the team to deliver Mental Health Services such as: Psychiatrists, Clinical Psychologists, Occupational Therapists, Addiction Counsellors, Nursing Staff and Social Workers. Under this arrangement, each team is responsible for the Mental Health Services of its sector and runs all out-patient clinics, day hospital, day care and residential facilities.

Access to Mental Health Services is normally provided by referral from the individual's G.P. Referrals from other health professionals are also accepted.

### **Longford Mental Health Services**

Community Mental Health Centre,  
Dublin Rd.,  
Longford  
Tel: 043-46992/46903  
Contact: Consultant Psychiatrist

### **Adult Mental Health Services have out-patient clinics at the following locations:**

#### **Longford**

Location: Community Mental Health Centre, Dublin Rd., Longford  
Tel No.: 043-46992  
Day & Time: Monday from 1.30pm and Thursday from 1.30pm  
Contact: Consultant Psychiatrist

#### **Granard**

Location: Out Patient Clinic  
Day & Time: Every 2nd Thursday from 10.30am  
Contact: Consultant Psychiatrist

#### **Ballymahon**

Location: Out Patient Clinic  
Day & Time: Every 2nd Tuesday from 2pm  
Contact: Consultant Psychiatrist

**Child & Adolescent Psychiatry Services**

Midland Regional Hospital at Mullingar

Tel: 044-9340221

Contact: Consultant Child & Adolescent Psychiatrist

**Psychiatry for Later Life**

St. Loman's Hospital,

Mullingar

Tel: 044-9340191

Contact: Consultant Psychiatrist

**Adult Clinical Psychology Services**

Community Mental Health Centre,

Dublin Rd.,

Longford

Tel: 043-46992

Contact: Senior Clinical Psychologist

**Occupational Therapy Service**

Community Mental Health Centre,

Dublin Rd.,

Longford

Tel: 043-46992 Fax: 043-47173

Contact: Senior Occupational Therapist

**Social Work Services**

Community Mental Health Centre,

Dublin Rd.,

Longford

Tel: 043-46992

Contact: Principal Social Worker

## **Adult Counselling Service**

Adult Counselling Service

The Arches

21 Church St.

Tullamore

Tel: 057-9327141      Fax: 057-9327140

**Helpline: 1800 234 113**

**This service caters for people who have experienced childhood sexual, physical abuse in an institution, education or family setting. Appointments are arranged with trained counsellors.**

## **Community Alcohol & Drugs Service**

Community Resource Centre,

Bishopgate St.,

Mullingar,

Co Westmeath

Tel: 044-9341630

**Services Offered:** Assessment, counselling and educational information for people with Alcohol and Drug problems and their families.

## **Other Health & Statutory Services**

### **Public Health Nursing Service**

Health Centre,

Dublin Rd.,

Longford

Tel: 043-46221

Contact: Director of Public Health Nursing Longford/Westmeath

### **Health Centres**

#### **– Longford**

Aughnaccliffe

– 043-84158

Ballinaloe

– 043-23212

Ballymahon

– 090-64 32316

Colehill

– 044-9357530

### **Health Centres**

#### **– Longford**

Drumlish

– 043-24440

Edgeworthstown

– 043-71157

Granard

– 043-86068

Killashee

– 043-41341

Longford

– 043-46211

## **Community Psychology Services**

Health Centre,

Dublin Rd.,

Longford

Tel: 043-50170

Contact: Principal Clinical Psychologist / Senior Clinical Psychologist

## **Community Welfare Services**

Health Centre,

Dublin Rd.,

Longford

Tel: 043-50150

Contact: Superintendent Community Welfare Officer

**Services Offered:** If you or someone close to you is affected by illness, unemployment, retirement, old age or other circumstances which puts you in need of financial assistance, the Community Welfare Officer based in your local Health Centre will explain what entitlements are available to you and how to claim them.

## **Palliative Care Service**

C/O County Clinic,

Longford

Tel: 043-45851

## **Social Work Service – Community Care**

Tivoli House,

Dublin Rd.,

Longford

Tel: 043-50584

Contact: Social Worker Team Leader

## **Family Welfare Conference Service**

(Serving Longford & Westmeath)

Top Floor

Primary Care Unit

Springfield

Mullingar

Co. Westmeath

Tel: 044 9384374

Contact: Mo Smith - Team Leader. Annie Blessington - Co-ordinator

**Services Offered:** The Service offers families the chance to take an active part in the making of unanimously agreed Family Plans in the best interests of their children at a Family Welfare Conference. These Conferences include birth and extended family members, key agency members and any significant others identified by the family themselves.

## **Health Promotion Services**

Regional Office:

Health Promotion Dept,

Unit 4,

Central Business Park,

Clonminch,

Tullamore,

Co Offaly

Tel: 057-9357800 Fax: 057-9357823

The overall aim of the Health Promotion Service is to enable individuals and communities to take control of their health by making healthier choices, easier choices. Such choices could include a healthy diet, regular exercise and avoidance of smoking. Healthier choices are easier to make when they are supported by healthy public policies and healthy environments.

### **Services Offered:**

- |                              |                               |
|------------------------------|-------------------------------|
| 1 Substance Misuse Education | 1 Consumer Health Information |
| 1 Schools Officer            | 1 Services for Older Persons  |
| 1 Travellers Health          | 1 Cardiovascular Health       |
| 1 Women's Health             | 1 Sexual Health               |

### **Midlands Crisis Pregnancy Counselling Service**

HSE Dublin – Mid Leinster,  
Regional Child & Family Centre,  
Central Office,  
Arden Rd.,  
Tullamore  
FREEPHONE 1800 200 857  
E-mail: [crisispregnancy.counselling@mailq.hse.ie](mailto:crisispregnancy.counselling@mailq.hse.ie)  
Web: [www.crisispregnancy.ie](http://www.crisispregnancy.ie)

This local, free, confidential counselling service is for anyone for whom being pregnant is a crisis. Crisis pregnancy is defined as “a pregnancy, which is neither planned nor desired by the woman concerned, and which represents a personal crisis for her”. Crisis pregnancy can include those for whom a planned or desired pregnancy develops into a crisis over time due to a change in circumstances.

### **Sexually Transmitted Infection Clinics**

St. James’s Hospital,  
G.U.I.D.E. Clinic,  
Hospital 5,  
James’s St.,  
Dublin 8  
Tel: 01-4162315

Mater Misericordiae Hospital,  
Infectious Disease Clinic,  
Outpatients Dept.,  
North Circular Rd.,  
Dublin 7  
Tel: 01-8032063

Portiuncula Hospital,  
Ballinasloe,  
Co Galway  
Tel: 090-9648341

## **Substance Misuse Education & Prevention Services**

Health Promotion Service,  
6 Church St.,  
Longford  
Tel: 043-42031

## **Homelessness Liaison Nurse**

Community Liaison Nurse for Homelessness (Longford/Westmeath)  
Unit 17, Level 1 Business Suite  
Tesco Shopping Centre  
Co. Longford  
Tel No: 043-36587 Fax No: 043-36571  
Mobile: 086-3803395

**Services Offered:** To liaise or create a point of contact for persons identified as homeless or at risk of becoming homeless. Contact and visit homeless hostels and meet all clients when appropriate. Assess clients and develop a care plan. Refer clients to appropriate emergency or other accommodation where applicable and to appropriate agencies to deal with aspects of care e.g. social work, counselling, etc.

## **Juvenile Liaison Service**

C/O Garda Station,  
Battery Rd.,  
Longford  
Tel: 043-46741

Contact: JLO - Juvenile Liaison Officer

Aimed at young people under the age of 18 years. The purpose of the office is to prevent youth entering into the criminal justice system.

## **Legal Aid Board**

Law Centre,  
Credit Union Courtyard,  
50a Main St.,  
Longford  
Tel: 043-47590

Web: [www.legalaidboard.ie](http://www.legalaidboard.ie)

### **Longford Community Resources Ltd. (L.C.R.L.)**

6 Earl St.,

Longford

Tel: 043-45555 Fax: 043-48675

E-mail: [enquiries@lclrl.ie](mailto:enquiries@lclrl.ie)

**Services Offered:** enterprise development, grant aid, advice on carers, support to unemployed, education initiatives, traveller development, community development

### **Money Advice & Budgeting Service – Longford (MABS)**

1 Church St.,

Longford

Tel: 043-47705 Fax: 043-48837

E-mail: [longford@mabs.ie](mailto:longford@mabs.ie)

Web: [www.mabs.ie](http://www.mabs.ie)

Contact: Money Advisor

**Services Offered:** To help clients manage their over-indebtedness, to help families to budget their money so they do not get into debt and can enjoy a better quality of life

### **Garda National Drugs Unit**

Dublin Tel: 01-6669900

The Gardai are actively involved in giving advice and assistance in relation to substance abuse to parents and community groups



## Voluntary Organisations

### **Mental Health Ireland Regional Office**

12 Henry St,

Tullamore,

Co Offaly

Contact: Ms. Finola Colgan – Regional Development Officer

Tel: 086-8353387

E-mail: [finolacolgan@eircom.net](mailto:finolacolgan@eircom.net) Web: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

For further information and a list of support groups in your area please contact the above.

### **GROW**

Regional Office

O'Connor Square,

Tullamore,

Co Offaly

Info Line: 1890 474 474

E-mail: [midlandregion@grow.ie](mailto:midlandregion@grow.ie) Web: [www.grow.ie](http://www.grow.ie)

Self help group for sufferers of mental illness, anxiety, depression and phobias. For further information and a list of support groups in your area please contact the above.

### **Longford Community Mothers**

Harmony House

Community Centre

Longford

Contact Name: Elaine Keogh

Tel: 043 48754

Email: [communitymothers@eircom.net](mailto:communitymothers@eircom.net)

**Service Offered:** Home visits by experienced mothers to support parents with children aged 0-5 years. Community Mothers have an excellent knowledge of activities and services in your area and will often link parents with other support if required.

## Personal and Community Support Directory

### **Aware**

Regional Office

Contact: Karl O'Reilly – Regional Development Officer

Tel: 059-8625898

Fax: 059-8625898

Helpline: 1890 303 302

E-mail: [awaremidlandoffice@eircom.net](mailto:awaremidlandoffice@eircom.net) Web: [www.aware.ie](http://www.aware.ie)

For further information and a list of support groups in your area please contact the above.

### **Samaritans**

3 Court Devenish,

Athlone

Tel: 090-6473133

E-mail: [jo@samaritans.org](mailto:jo@samaritans.org) Web: [www.samaritans.org](http://www.samaritans.org) Text: [087 2609090](tel:0872609090)

Contact: Director

Services offered: Emotional Support 24 hours a day 7 days a week to anyone going through a crisis or at risk of suicide

**"Don't Get Down Get Help" Helpline 1850 60 90 90**

### **Schizophrenia Ireland**

55 Dublin St.,

Longford

Tel: 043-42366 Fax: 043-42367

Info Line: 1890 621 631 - 9am – 4pm Monday – Friday, Providing information support and a listening ear to all callers. Calls charged at local rate.

E-mail: [mkennedy@sirl.ie](mailto:mkennedy@sirl.ie) Web: [www.sirl.ie](http://www.sirl.ie)

Contact: Mary Kennedy – Regional Officer

**Services Offered:** Information Service, Helpline, Relatives Groups, Family Support Initiatives, Counselling and Employment Services, Lucia National Awareness Week, Seminars and Information Evenings and Biennial Conference.

### **Phrenz Group in the Midlands**

**Contact:** Mary Kennedy,

55 Dublin St.,

Longford

Tel: 043-42366 Fax: 043-47173

**Services Offered:** Phrenz is a mutual support group which aims to empower people with self experience of Schizophrenia and related illnesses. Activities include weekly/monthly meetings, outings, talks and linking in with other activities of Schizophrenia Ireland. It offers peer support and social activities.

## **Lucia Counselling Service**

This is a professional, confidential service, serving the Midlands.  
For people with self experience of Mental Illness and their caring relatives.

Telephone: 087-6500928 for an appointment.

## **Accord**

"Tellach Iosa",  
St. Mels's Rd.,  
Longford  
Tel: 043-47222

Web: [www.accord.ie](http://www.accord.ie)

**Services Offered:** Marriage and relationship counselling, marriage preparation courses.

## **Rath Mhuire Resource Centre**

Barrack St.,  
Granard,  
Co Longford  
Tel: 043-86309 Fax: 043-86309

E-mail: [rathmhuirerc@eircom.net](mailto:rathmhuirerc@eircom.net)

Contact: Community Worker

**Services Offered:** Support & promote community work and development, link up voluntary and statutory agencies, bring people together for recreation, information & education

## **Acorn Community Development Project**

10 Richmond Street  
Longford

Co. Longford  
Tel: 043-48373

E-mail: [cdpacorn@eircom.net](mailto:cdpacorn@eircom.net)

**Service Offered:** The aim of the Project is to involve men in the issues that affect them. There are opportunities to get involved in group work, counselling and pre-employment courses.

## **Recovery Incorporated**

St. Mels Family Centre,  
St. Mels Rd.,  
Longford  
Tel: 049-4339157

E-mail: [recovirl@indigo.ie](mailto:recovirl@indigo.ie)

**Services Offered:** Weekly group meetings for people suffering depression, anxiety, fears, panic attacks, phobias, fatigue. A self help organisation offers a method of Will Training.

National Headquarters

Recovery Inc.,  
P.O. Box 2210,  
Dublin 13

Tel: 01-6260775      Fax: 01-6206401

## **Alcoholics Anonymous**

The General Service Board of Alcoholics Anonymous of Ireland,  
109 South Circular Rd.,  
Leonard's Corner,  
Dublin 8

Tel: 01-4538998      Fax: 01-4537673

E-mail: [ala@indigo.ie](mailto:ala@indigo.ie)      Web: [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

Please contact the above office for information on Alcoholics Anonymous or for a list of meeting times and places in your area.

## **Alateen**

Supports young people who have experienced the effects of alcoholism in their lives through the excessive drinking of parents or significant others.

For further information contact: 01-8732699

## **Gam-Anon**

Carmichael House,  
North Brunswick St.,  
Dublin 7

Tel: 01-8721133

E-mail: [info@gamblersanonymous.ie](mailto:info@gamblersanonymous.ie)

Gam-Anon is an organisation for families of compulsive gamblers to help them deal with their problems.

**Narcotics Anonymous**

24 Hour helpline: 01-8300944

**Citizens Information Service**

Level One,

Longford Shopping Centre,

Longford

Tel: 043-41069 Fax: 043-50918

E-mail: [longford.cic@comhairle.ie](mailto:longford.cic@comhairle.ie)

Web: [www.longfordcic.ie](http://www.longfordcic.ie)

Contact: Manager

**Opening Hours:**

Mon – Thurs 9.00am-5.30pm

Friday 9.00am-5.00pm

Services Provided at Longford CIC

Consumer Affairs - By Appointment Only

F.L.A.C. - 2nd Thurs of Month By Appointment Only

Victim Support - By Appointment Only

**M.R.C.S. Marriage & Relationship Counselling Service**

Willow House,

Ardnacassa Ave.,

Longford

Tel: 043-41087 M.R.C.S. Private Line Fax: 043-41241 Women's Centre

Contact: Co-ordinator

**St. Vincent De Paul**

Ozanam House,

Chapel St.,

Longford

Tel: 043-46074

## Bereavement Groups

### **Rainbows (For All God's Children)**

The Family Centre,

St. Mels Rd.,

Longford

Tel: 043-46827

Contact: Sr. Angela Clarkson

Web: [www.rainbowsireland.com](http://www.rainbowsireland.com)

**Services Offered:** Support teenagers and children who have suffered loss through death and separation. Rainbows is a peer support group guided by facilitators who have been trained by Rainbows.

### **Bereavement Group**

The Family Centre,

St Mels Rd.,

Longford

Tel: 043-46827

Contact: Sr. Angela Clarkson

The main aim is to provide support and counselling to those who are bereaved.

### **Midland Suicide Bereavement Support Service**

The Suicide Resource Office,

The Old Maltings,

Coote St.,

Portlaoise,

Co Laois

Tel: 086-8157320

Hours: Mon – Fri 9.30am – 5.30pm

Contact: Co-ordinator

## Women's Groups

### **Longford Women's Network Centre**

Willow House,  
Ardnacass Ave.,  
Longford  
Tel: 043-41511 Fax: 043-41241

E-mail: [lwc@iolfree.ie](mailto:lwc@iolfree.ie)

Contact: Tess Murphy

**Services Offered:** Domestic violence support service to women and children victims of domestic violence. Comprehensive counselling service to all women and their families, childcare facilities, Education & Training Courses and support for women's groups.

## Youth Groups

### **Foróige**

Regional Office  
Unit 5,  
Tuar Ard.,  
Church St.,  
Moate,  
Co Westmeath  
Tel: 090-6448947

E-mail: [foroigeoffaly@eircom.net](mailto:foroigeoffaly@eircom.net) Web: [www.forogie.ie](http://www.forogie.ie)

Contact: Regional Youth Officer

Foróige clubs in Longford are located in: Ardagh, Newtowncashel, Hell Raisers Drumlish, Mostrim Dromard, Legan, Ballymahon, Killoe, Lanesboro.

### **Longford Youth Services**

6 Earl St.,  
Longford  
Tel: 043-45555 Fax: 043-48675

E-mail: [enquiries@lcl.ie](mailto:enquiries@lcl.ie)

**Services Offered:** Youth activities and programmes delivered to young people all over county Longford.

## **LEAP Project**

Earl St.,

Longford

Tel: 043-42515 Fax: 043-42515

E-mail: [longfordleap@hotmail.com](mailto:longfordleap@hotmail.com)

Web: [www.foroige.ie](http://www.foroige.ie)

Contact: Project Co-ordinator

LEAP (Longford Enabling Action Project) is a community based and supported youth development project providing a range of educational and recreational activities for young people between the ages of 12 & 17 years

## **Groups for Older People**

### **County Longford Social Services Council**

Flat 6,

St. Joseph's Care Centre

Dublin Rd.,

Longford

Tel: 043-50138 Fax: 043-46178

E-mail: [longsocserv1@eircom.net](mailto:longsocserv1@eircom.net)

Contact: Co-ordinator

**Services Offered:** Promotes better living standards for elderly people with disabilities and others in need. Services include meals on wheels and provision of transport for people to hospitals/clinics

### **Club 89**

Teallach Iosa

St. Mels Rd.,

Longford

Tel: 043-41123

Contact: Co-ordinator

Provides a setting where senior citizens can meet, socialise and keep in touch open to all persons over 55 years.



## WESTMEATH

**In an Emergency Phone-999 or 112**

**MIDOC - Urgent Family Doctor Out-of-Hours-Service (East Westmeath and Athlone areas only)**

**Call- LoCall 1850-302-702**

**Hours of Operation: Mon-Fri 6.00pm-8.00am. Weekends/Public Holidays 8.00am-8.00am**

### Primary Care Services

List of General Practitioners in Co. Westmeath

<b><u>NAME</u></b>	<b><u>ADDRESS</u></b>	<b><u>PHONE NO.</u></b>
Dr. J. Bannon	Health Centre, Castletowngeoghegan	044-9226078
Dr. D. Brennan	Health Centre, Kinnegad	044-9375289
Dr. A. Butler	College St., Mullingar	044-9341987
Dr. R. Campbell	Medical Centre, Kilbeggan	057-9332444
Dr. A. Culhane	7, Auburn Terrace, Mullingar	044-9347435
Dr. G. Clyne	Tyrrellspass	044-9223812
Dr. N. Cogan	Castlepollard	044-9661235
Dr. G. S. Cuffe	Health Centre, Athlone	090-6475301
Dr. P. Cullen	Coole	044-9661104
Dr. M. Curran	Medi-Centre, Moate	090-6481130
Dr. L. D'Alton	College St., Mullingar	044-9341987
Dr. M. Fagan	Church Avenue, Mullingar	044-9342480
Dr. O. Fagan	Church Avenue, Mullingar	044-9342480
Dr. W. Fox	Milltownpass	044-9222116
Dr. K. Gaine	Mary St., Mullingar	044-9340408
Dr. G. Kearon	Garden Vale, Athlone	090-6472337
Dr. P. Kelly	Ballymore	044-9356230
Dr. E. King	Mary St., Mullingar	044-9344722
Dr. R. Kirby O'Hanlon	The Batteries, Athlone	090-6494110
Dr. F. Lee	Medi-Centre, Moate	090-6481130
Dr. T. Lowry	1, Newtown Terrace, Athlone	090-6472075
Dr. L. Lowry	1, Newtown Terrace, Athlone	090-6472075
Dr. G. Lynch	Medi-Centre, Moate	090-6481130
Dr. B. Mahon	Health Centre, Delvin	044-9664405

## Personal and Community Support Directory

Dr. M. McCormick	Garden Vale, Athlone	090-6472337
Dr. A. McGarry	Auburn Village, Mullingar	044-9340792
Dr. M. McGrath	Garden Vale Court, Athlone	090-6472172
Dr. F. McKenna	Austin Friars St., Mullingar	044-9348146
Dr. T. Meagher	Little Court, Ballymahon Rd., Athlone	090-6472715
Dr. T. Moore	Health Centre, Killucan	044-9374120
Dr. M. O'Driscoll	Medical Centre, Kilbeggan	057-9332444
Dr. J. O'Flynn	Medical Centre, Kilbeggan	057-9332444
Dr. P. O'Kelly	Ballynacargy	044-9373104
Dr. R. O'Leary	Bonavalley Medical Centre, Athlone	090-6474428
Dr. M. O'Mahony	Health Centre, Glasson	090-6485122
Dr. P. O'Meara	Garden Vale Court, Athlone	090-6472172
Dr. U. O'Neill	Retreat Rd., Athlone	090-6472543
Dr. J. Rice	Garden Vale Court, Athlone	090-6472172
Dr. E. Ruane	Mary St., Mullingar	044-9344722
Dr. C. Ryan	Health Centre, Killucan	044-9374120
Dr. B. Thornton	Parke, Kinnegad	044-9375110

### Acute Hospital Services

#### **Midland Regional Hospital at Mullingar**

Contact: Director of Nursing

Tel: 044-9340221

#### **District Hospital Athlone – General Practitioner Unit**

Contact: Director of Nursing

Tel: 090 6475301

#### **St. Loman's Psychiatric Hospital – Mullingar**

Contact: Clinical Director

Tel: 044-9340191

## Mental Health Services

Mental Health Services are delivered by a Multi-Disciplinary Team. This is where a number of professionals offer their particular skills in a co-ordinated and complementary way. The Multi-Disciplinary team is led by a Consultant Psychiatrist through hospital or community facilities. The term Multi-Disciplinary means that there are a number of professionals on the team to deliver Mental Health Services such as: Psychiatrists, Clinical Psychologists, Occupational Therapists, Addiction Counsellors, Nursing Staff and Social Workers. Under this arrangement, each team is responsible for the Mental Health Services of its sector and runs all out-patient clinics, day hospital, day care and residential facilities.

Access to Mental Health Services is normally provided by referral from the individuals G.P. Referrals from other health professionals are also accepted.

### **Athlone Mental Health Services**

Community Mental Health Centre,  
Re Nua,  
St. Vincent's Hospital,  
Athlone  
Tel: 090 6483190  
Contact: Consultant Psychiatrist

### **Mullingar Mental Health Services**

Community Mental Health Centre  
Green Rd.,  
Mullingar  
Tel: 044-9339552  
Contact: Consultant Psychiatrist

### **Adult Mental Health Services have out-patient clinics at the following venues:**

#### **Athlone**

Location: Re Nua/St. Vincent's Hospital  
Tel No.: 090-6483190 (Re Nua)  
Day & Time: Every Tuesday 9.30am – 1.00pm  
Every Wednesday from 9.30am – 1pm  
Consultant: Consultant Psychiatrist

## **Mullingar**

Location: Community Mental Health Centre  
Tel No.: 044-9339552  
Day & Time: Tuesdays & Thursdays 2pm – 4.30pm  
Consultant: Consultant Psychiatrist

## **Child & Adolescent Psychiatry Services**

Midland Regional Hospital at Mullingar  
Tel: 044-9340221  
Contact: Consultant Child & Adolescent Psychiatrist

## **Psychiatry for Later Life**

St. Loman's Hospital,  
Mullingar  
Tel: 044-9340191  
Contact: Consultant Psychiatrist

## **Adult Clinical Psychology Service**

Community Mental Health Centre,  
Re Nua,  
Athlone District Hospital,  
Athlone  
Tel: 090-6483190  
Contact: Senior Clinical Psychologist

Community Mental Health Centre,  
Green Rd.,  
Mullingar  
Tel: 044-9339552  
Contact: Senior Clinical Psychologist

## **Occupational Therapy Services**

Re Nua,  
St. Vincent's Hospital,  
Athlone  
Tel: 090-6491302  
Contact: Senior Occupational Therapist

## Personal and Community Support Directory

Community Mental Health Centre,  
Green Rd.,  
Mullingar  
Tel: 044-9339552  
Contact: Senior Occupational Therapist

### **Social Work Services – Mental Health**

Re Nua,  
St. Vincent's Hospital,  
Athlone  
Tel: 090-6483190  
Contact: Principal Social Worker

Community Mental Health Centre,  
Green Rd.,  
Mullingar  
Tel: 044-9339552  
Contact: Principal Social Worker

### **Adult Counselling Service**

Adult Counselling Service  
The Arches  
21 Church St.  
Tullamore  
Tel: 057-9327141      Fax: 057-9327140

**Helpline: 1800 234 113**

**This service caters for people who have experienced childhood sexual, physical abuse in an institution, education or family setting. Appointments are arranged with trained counsellors.**

### **Community Drug & Alcohol Service**

Re Nua,  
St. Vincent's Hospital,  
Athlone,  
Tel: 090-6474028

## Personal and Community Support Directory

Community Resource Centre,  
Bishopgate St.,  
Mullingar,  
Tel: 044-9341630

**Services Offered:** Assessment, counselling and educational information for people with Alcohol and Drug problems and their families.

### Other Health & Statutory Services

#### **Public Health Nursing Service**

Health Centre,  
Mullingar,  
Co Westmeath

Tel: 044-9340221

Contact: Director of Public Health Nursing Longford/Westmeath

#### **Health Centres**

Athlone  
Ballynacargy  
Ballymore  
Castlepollard  
Castletowngeoghegan  
Clonmellon  
Delvin  
Glasson  
Kilbeggan  
Killucan  
Kinnegad  
Moate  
Mullingar  
Rochfortbridge

#### **Westmeath**

090-6475301  
044-9373104  
044-9356274  
044-9661170  
044-9226432  
046-33288  
044-9664256  
090-6485122  
057-9332267  
044-9374120  
044-9375289  
090-6431165  
044-9340221  
044-9222379

## **Community Psychology Services**

Health Centre,

Coosan,

Athlone

Tel: 090-6491310

Contact: Principal Clinical Psychologist / Senior Clinical Psychologist

Psychology Dept.,

Harbour House,

Harbour St.,

Mullingar

Tel: 044-9339580

Contact: Principal Clinical Psychologist / Senior Clinical Psychologist

## **Community Welfare Services**

Community Welfare Office,

Health Centre,

Coosan Rd.,

Athlone

Tel: 090-6475301

Contact: Superintendent Community Welfare Officer Longford/Westmeath

Community Welfare Office,

Health Centre,

Longford Rd.,

Mullingar

Tel: 044-9340221

Contact: Superintendent Community Welfare Officer Longford/Westmeath

**Services Offered:** If you or someone close to you is affected by illness, unemployment, retirement, old age or other circumstances which puts you in need of financial assistance, the Community Welfare Officer based in your local Health Centre will explain what entitlements are available to you and how to claim them.

## **Family Welfare Conference Service**

(Serving Longford & Westmeath)

Top Floor

Primary Care Unit

Springfield

Mullingar

Co. Westmeath

Tel: 044 9384374

Contact: Mo Smith - Team Leader. Annie Blessington - Co-ordinator

**Services Offered:** The Service offers families the chance to take an active part in the making of unanimously agreed Family Plans in the best interests of their children at a Family Welfare Conference. These Conferences include birth and extended family members, key agency members and any significant others identified by the family themselves.

## **Social Work Services – Community Care**

Health Centre,

Coosan Rd.,

Athlone

Tel: 090-6475301

Contact: Social Work Team Leader

HSE Dublin – Mid Leinster,

Child & Family Centre,

Springfield,

Mullingar

Tel: 044-9344877

Contact: Social Work Team Leader

## **Community Medical Service**

Health Centre,

Mullingar

Tel: 044-9340221

Contact: Senior Area Medical Officer

Health Centre,

Coosan Rd.,

Athlone

Tel: 090-6475301

Contact: Senior Area Medical Officer



## **Health Promotion Services**

### **Regional Office:**

Health Promotion Dept,  
Unit 4,  
Central Business Park,  
Clonminch,  
Tullamore,  
Co Offaly  
Tel: 057-9357800      Fax: 057-9357823

The overall aim of the Health Promotion Service is to enable individuals and communities to take control of their health by making healthier choices, easier choices. Such choices could include a healthy diet, regular exercise and avoidance of smoking. Healthier choices are easier to make when they are supported by healthy public policies and healthy environments.

### **Services Offered:**

- 1 Substance Misuse Education
- 1 Schools Officer
- 1 Travellers Health
- 1 Women's Health
- 1 Consumer Health Information
- 1 Services for Older Persons
- 1 Cardiovascular Health
- 1 Sexual Health

## **Midlands Crisis Pregnancy Counselling Service**

HSE Dublin – Mid Leinster  
Regional Child & Family Centre,  
Central Office,  
Arden Rd.,  
Tullamore

**FREEPHONE 1800 200 857**

E-mail: [crisispregnancy.counselling@mailq.hse.ie](mailto:crisispregnancy.counselling@mailq.hse.ie)

Web: [www.crisispregnancy.ie](http://www.crisispregnancy.ie)

This local, free, confidential counselling service is for anyone for whom being pregnant is a crisis. Crisis pregnancy is defined as " a pregnancy, which is neither

planned nor desired by the woman concerned, and which represents a personal crisis for her". Crisis pregnancy can include those for whom a planned or desired pregnancy develops into a crisis over time due to a change in circumstances.

### **Sexually Transmitted Infection Clinics**

St. James's Hospital,  
G.U.I.D.E. Clinic,  
Hospital 5,  
James's St.,  
Dublin 8  
Tel: 01-4162315

Mater Misericordiae Hospital,  
Infectious Disease Clinic,  
Outpatients Dept.,  
North Circular Rd.,  
Dublin 7  
Tel: 01-8032063

Portiuncula Hospital,  
Ballinasloe,  
Co Galway  
Tel: 090-9648341

## **Substance Misuse Education & Prevention Services**

Health Promotion Service,  
HSE – Midland Area,  
Gleeson St.,  
Garden Vale,  
Athlone  
Tel: 090-6477108

## **Homelessness Liaison Nurse**

Community Liaison Nurse for Homelessness (Longford/Westmeath)  
Unit 17, Level 1 Business Suite  
Tesco Shopping Centre  
Co. Longford  
Tel No: 043-36587 Fax No: 043-36571  
Mobile: 086-3803395

**Services Offered:** To liaise or create a point of contact for persons identified as homeless or at risk of becoming homeless. Contact and visit homeless hostels and meet all clients when appropriate. Assess clients and develop a care plan. Refer clients to appropriate emergency or other accommodation where applicable and to appropriate agencies to deal with aspects of care e.g. social work, counselling, etc.

## **Juvenile Liaison Service**

Juvenile Liaison Officer,  
Garda Station,  
Mullingar  
Tel: 044-9348915 Fax: 044-9384083  
Contact: JLO - Juvenile Liaison Officer

Aimed at young people under the age of 18 years. The purpose of the office is to prevent youth entering into the criminal justice system.

## **Legal Aid Board**

Law Centre,  
Northgate St.,  
Athlone  
Tel: 090-6474694  
Web: [www.legalaidboard.ie](http://www.legalaidboard.ie)

**Shannon Bank Training Centre**

Weirside,  
The Docks,  
Athlone

Tel: 090-6492188

Fax: 090-6494497

E-mail: [shanbank@iol.ie](mailto:shanbank@iol.ie)

Contact: Peter Geraghty

**Money Advice & Budgeting Service – Athlone (MABS)**

St. Mary's Square,  
Athlone

Tel: 090-6476616

E-mail: [athlone@mabs.ie](mailto:athlone@mabs.ie)

Web: [www.mabs.is](http://www.mabs.is)

Contact: Money Advisor

**Services Offered:** To help clients manage their over-indebtedness, to help families to budget their money so they do not get into debt and can enjoy a better quality of life

**Money Advice & Budgeting Service – Mullingar (MABS)**

Church Avenue,  
Mullingar

Tel: 044-9340871

Fax: 044-9345115

E-mail: [mullingar@mabs.ie](mailto:mullingar@mabs.ie)

Web: [www.mabs.ie](http://www.mabs.ie)

Contact: Money Advisors

**Services Offered:** To help clients manage their over-indebtedness, to help families to budget their money so they do not get into debt and can enjoy a better quality of life

**Garda National Drugs Unit**

Dublin Tel: 01-6669900

The Gardai are actively involved in giving advice and assistance in relation to substance abuse to parents and community groups

## Voluntary Organisations

### **Athlone Community Mothers**

8 Connaught Street

Athlone

Co. Westmeath

Contact Name: Jenny Fletcher

Tel: 090-6444936

Email: [athlonecommunitymothers@eircom.net](mailto:athlonecommunitymothers@eircom.net)

**Service Offered:** Home visits by experienced mothers to support parents with children aged 0-5 years. Community Mothers have an excellent knowledge of activities and services in your area and will often link parents with other support if required.

### **Mental Health Ireland**

#### **Regional Office**

12 Henry St,

Tullamore,

Co Offaly

Contact: Ms. Finola Colgan – Regional Development Officer

Tel: 086-8353387

E-mail: [finolacolgan@eircom.net](mailto:finolacolgan@eircom.net) Web: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

For further information and a list of support groups in your area please contact the above.

### **GROW**

#### **Regional Office**

O'Connor Square,

Tullamore,

Co Offaly

Info Line: 1890 474 474

E-mail: [midlandregion@grow.ie](mailto:midlandregion@grow.ie) Web: [www.grow.ie](http://www.grow.ie)

Self help group for sufferers of mental illness, anxiety, depression and phobias. For further information and a list of support groups in your area please contact the above.

## Personal and Community Support Directory

### **Aware**

#### **Regional Office**

Contact: Karl O'Reilly – Regional Development Officer

Tel: 059-8625898

Fax: 059-8625898

Helpline: 1890 303 302

E-mail: [awaremidlandoffice@eircom.net](mailto:awaremidlandoffice@eircom.net) Web: [www.aware.ie](http://www.aware.ie)

For further information and a list of support groups in your area please contact the above.

### **Samaritans**

3 Court Devenish,

Athlone

Tel: 090-6473133

E-mail: [jo@samaritans.org](mailto:jo@samaritans.org) Web: [www.samaritans.org](http://www.samaritans.org) Text: [087 2609090](tel:0872609090)

Contact: Director

**Services offered:** Emotional Support 24 hours a day 7 days a week to anyone going through a crisis or at risk of suicide

**"Don't Get Down Get Help" Helpline 1850 60 90 90**

### **Schizophrenia Ireland**

55 Dublin St.,

Longford

Tel: 043-42366 Fax: 043-42367

Info Line: 1890 621 631 - 9am – 4pm Monday – Friday, Providing information support and a listening ear to all callers. Calls charged at local rate.

E-mail: [mkennedy@sirl.ie](mailto:mkennedy@sirl.ie) Web: [www.sirl.ie](http://www.sirl.ie)

Contact: Mary Kennedy – Regional Officer

**Services Offered:** Information Service, Helpline, Relatives Groups, Family Support Initiatives, Counselling and Employment Services, Lucia National Awareness Week, Seminars and Information Evenings and Biennial Conference.

### **Phrenz Group in the Midlands**

Contact: Mary Kennedy,

55 Dublin St.,

Longford

Tel: 043-42366 Fax: 043-47173

**Services Offered:** Phrenz is a mutual support group which aims to empower people with self experience of Schizophrenia and related illnesses. Activities include weekly/monthly meetings, outings, talks and linking in with other activities of Schizophrenia Ireland. It offers peer support and social activities.

## **Lucia Counselling Service**

This is a professional, confidential service, serving the Midlands.  
For people with self experience of Mental Illness and their caring relatives.

Telephone: 087-6500928 for an appointment

## **Alcoholics Anonymous**

The General Service Board of Alcoholics Anonymous of Ireland,  
109 South Circular Rd.,  
Leonard's Corner,  
Dublin 8

Tel: 01-4538998      Fax: 01-4537673

E-mail: [ala@indigo.ie](mailto:ala@indigo.ie)      Web: [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

Please contact the above office for information on Alcoholics Anonymous or for a list of meeting times and places in your area.

## **Alateen**

Supports young people who have experienced the effects of alcoholism in their lives through the excessive drinking of parents or significant others.

For further information contact: 01-8732699

## **Gam-Anon**

Carmichael House,  
North Brunswick St.,  
Dublin 7

Tel: 01-8721133

E-mail: [info@gamblersanonymous.ie](mailto:info@gamblersanonymous.ie)

Gam-Anon is an organisation for families of compulsive gamblers to help them deal with their problems.

## **Narcotics Anonymous**

24 Hour helpline: 01-8300944

## **Dr Steven's Centre for the Unemployed**

Lloyds Lane,  
Athlone

Tel: 090-6473001      Fax: 090-6478291

E-mail: [drstevenscentre@hotmail.com](mailto:drstevenscentre@hotmail.com)

**Services Offered:** The aim of the organisation is to provide services for the long term

## Personal and Community Support Directory

unemployed in Athlone and its environs such as social welfare information, secretarial support, mediation, jobs club, computer learning centre and second-hand school book shop

### **Athlone Drug Awareness Group**

C/O St. Martins Centre,  
St. Vincent's Hospital,  
Athlone

Tel: 090-6474028

Contact: Frankie Keenan – Chairman

**Services Offered:** Drug awareness talks, non-alcoholic youth discos/events, dissemination of material on substance misuse

### **ACCORD – Athlone**

"Alverna", Northgate St.,  
Athlone

Tel: 090-6475491      Fax: 090-6491781

E-mail: [athloneaccord@eircom.net](mailto:athloneaccord@eircom.net)      Web: [www.accord.ie](http://www.accord.ie)

**Services Offered:** Marriage and relationship counselling, marriage preparation courses, fertility and infertility management, marital sexual therapy, enrichment course and relationship programmes for schools

### **ACCORD – Mullingar**

Social Services Centre,  
Bishopgate St.,  
Mullingar

Tel: 044-9348707

E-mail: [accordmullingar@eircom.net](mailto:accordmullingar@eircom.net)

**Services Offered:** Marriage counselling, pre marriage courses etc.

### **Athlone (Midlands) Rape Crisis Centre**

2 Fairview, Gardenvale,  
Athlone

Free phone: 1800 306 600



## **Athlone Citizens Information Centre**

St. Mary's Square,

Athlone

Tel: 090-6478851

E-mail: [athlone.cic@comhairle.ie](mailto:athlone.cic@comhairle.ie)

### **Hours of Service:**

Monday – Friday 9.30 – 1.00 & 2.00 – 5.00

### **Services Offered:**

Consumer Affairs: 2nd Thurs of Month 11am – 1pm

FLAC- Legal Aid: 2nd & 4th Mon of Month 6.30pm - 8.30pm

Free Financial Advice By Appointment

## **Mullingar Citizens Information Centre**

Market House,

Market Square,

Mullingar

Tel: 044-9340700

Fax: 044-9345642

E-mail: [mullingar.cic@comhairle.ie](mailto:mullingar.cic@comhairle.ie)

### **Hours of Service:**

Monday – Friday 9.30 – 1.00 & 2.00 – 5.00

### **Services Offered:**

Consumer Advice: 2nd Wed of Month 2pm - 4pm

FLAC-Legal Aid: 1st & Last Mon of Month 6.30pm - 8.30pm

## **Irish Autism Action**

41 Newlands,

Mullingar,

Co Westmeath

Tel: 044-9331609

Fax: 044-9331609

E-mail: [kevinaa@eircom.net](mailto:kevinaa@eircom.net)

**Services:** Advocacy support to families affected by autism

### **Society of St. Vincent De Paul – Athlone**

#### **Regional Office:**

18 O'Connell St.,  
Athlone

Tel: 090-6498098      Fax: 090-6493577

E-mail: [athlonesvp@indigo.ie](mailto:athlonesvp@indigo.ie)      Web: [www.svp.ie](http://www.svp.ie)

### **Society of St. Vincent De Paul – Mullingar**

Ozanam House,  
Bishopgate St.,  
Mullingar

Tel: 044-9343868      Fax: 044-9343179

E-mail: [vdpmullingar@tinet.ie](mailto:vdpmullingar@tinet.ie)

### **New Beginnings Counselling Ltd**

Baskin High,  
Drumraney,  
Athlone

Tel: 044-9356600

E-mail: [newbeginnings@eircom.net](mailto:newbeginnings@eircom.net)      Web: [www.newbeginnings.ie](http://www.newbeginnings.ie)

**Services Offered:** Counselling, psychotherapy, group counselling, personal development training, personal effectiveness programs

### **Athlone Community Taskforce**

Business Development Centre,  
Parnell Square,  
Athlone

Tel: 090-6494555

ACT is a community group offering a range of services to marginalised groups to combat social exclusion and increase employment opportunities

## **T.W.L. – (Transition to Working Life)**

Business Development Centre,  
Parnell Square,  
Athlone

Tel: 090-6494555

Fax: 090-6493311

Contact: Co-ordinator

TWL is an organisation to help young people to interact with the working world in a way which enables them to make the most of their resources in finding opportunities for work. TWL is a practical project for young people aged 15 – 19 years who are unemployed or likely to be unemployed. It is a community development organisation with key services of support, advice and information particularly specialised for young people.

## **PALS – Parents Alone Local Support**

Harmony Building,  
Garden Vale,  
Athlone

Tel: 090-6476646

Contact: Co-ordinator

**Services Offered:** Provides an outlet where lone parents can come together and share information, provides training for clients, provides a drop in centre to all independent parents offering support and information where needed.

## **VTOS – Vocational Training Opportunities Scheme**

Burgess Chambers,  
Church St.,  
Athlone

Tel: 090-6475718

Fax: 090-6475718

E-mail: [rmckenna@iol.ie](mailto:rmckenna@iol.ie)

Contact: Co-ordinator

VTOS is a full time adult education and training course organised by Westmeath VEC.

## **The Open Door Men's Centre**

Parnell Square,  
Athlone

Tel: 090-6498903

Fax: 090-6493311

E-mail: [declanhughes@eircom.net](mailto:declanhughes@eircom.net)

Contact: Declan Hughes – Co-ordinator

### **Athlone Community Training Centre**

Lyster Square,

Athlone

Tel: 090-6492170

Fax: 090-6494107

E-mail: [actw@eircom.net](mailto:actw@eircom.net)

Contact: Manager

Second chance education and training for young people aged between 15 & 25 years.

### **Athlone Community Services Council Ltd**

Northgate St.,

Athlone

Tel: 090-6472174

Fax; 090-6476015

Contact: Manager

**Services Offered:** Aims to improve the well being of the people of Athlone. Provides Community arts projects, meals on wheels, married parent support, after school classes, youth information service, street theatre & community arts programme

## Bereavement Groups

### **Rainbows (For All God's Children)**

St. Mary's Youth Ministry,

Athlone

Tel: 090-6473358

Contact: Co-ordinator

Web: [www.rainbowsireland.com](http://www.rainbowsireland.com)

**Services Offered:** Rainbows offers to children a peer support group supervised by caring adults to help them through the loss of a parent through death or separation.

### **Midland Suicide Bereavement Support Service**

The Suicide Resource Office,

The Old Maltings,

Coote St.,

Portlaoise,

Co Laois

Tel: 086-8157320

Hours: Mon – Fri 9.30am – 5.30pm

Contact: Co-ordinator

## Youth Groups

### **Foróige**

#### **Regional Office**

Unit 5,

Tuar Ard.,

Church St.,

Moate,

Co Westmeath

Tel: 090-6448947

E-mail: [foroigeoffaly@eircom.net](mailto:foroigeoffaly@eircom.net) Web: [www.forogie.ie](http://www.forogie.ie)

Contact:– Regional Youth Officer

Foróige Clubs in Westmeath are located in: Moate, Coosan, Coole, St. Malachy's, Castletowngeoghan, Taughman, Tyrellspass, Mount Temple, Moyvoughly, St. Loman's, Rathowen, Rosemount.

### **Youth Information Centre**

Gleeson St.,

Gardenvale,

Athlone

Tel: 090-6479208

Fax: 090-6477076

E-mail: [yicathlone@eircom.net](mailto:yicathlone@eircom.net)

Contact: Co-ordinator

### **Midland Regional Youth Services**

Gleeson St.,

Gardenvale,

Athlone

Tel: 090-6477075

Fax: 090-6477076

E-mail: [midyouth@eircom.net](mailto:midyouth@eircom.net)

Contact: Regional Director

## Groups for Older People

### **Castlepollard Social Service Council**

Freighmore,

Castlepollard

Tel: 044-9361193

Contact: Maureen – Co-ordinator

Provides services for elderly people and families in need.

### **Kinnegad/Coralstown Social Service Council**

Kinnegad,

Mullingar

Tel: 044-9374186

Contact: Martha Foley

**Services Offered:** Social outings, chiropody & library service.

### **Meals on Wheels Athlone**

Árus Brid,

Excise St.,

Athlone

Tel: 090-6494393

Contact: Co-ordinator

**Services Offered:** Supply of hot meals to elderly people in their home.

## OFFALY

**In an Emergency Phone - 999 or 112**

**MIDOC-Urgent Family Doctor Out-of-Hours-Service (West Offaly Only)**

**Call-LoCall 1850-302-702**

**Hours of Operation Mon-Fri 6.00pm-8.00am Weekends/Public Holidays 8.00am – 8.00am**

### Primary Care Services

#### List of General Practitioners in Co. Offaly

NAME	ADDRESS	PHONE NO.
Dr. P. Brady	1, Boyne Meadows, Edenderry	0405-38333
Dr. J. Hunt	Kilcormac	057-9135031
Dr. J. Corboy	Church St. Clara	057-9331106
Dr. A. Donovan	Prospect Lodge, Roscrea	0505-22455
Dr. K. Duffy	Daingean	057-9353068
Dr. B. Emerson	JKL St. Edenderry	0405-31014
Dr. P. Fahy	JKL St. Edenderry	0405-31355
Dr. F. Fahy	O'Connor Sq., Tullamore	057-9322645
Dr. L. Gavin	Rhode	0405-37003
Dr. V. Harkins	Health Centre, Banagher	057-9151247
Dr. A. Keane	Harbour St., Tullamore	057-9351225
Dr. G. Kidney	St. Kyran's St., Tullamore	057-9351497
Dr. B. Lee	3, Cormac St., Tullamore	057-9321060
Dr. A. Mansoor	Kilbeggan Bridge, Tullamore	057-9351004
Dr. P. McAuliffe	Green St., Birr	057-9121356
Dr. P. McGovern	Seffin, Birr	057-9120181
Dr. G. Murphy	Health Centre, Ferbane	090-6454117
Dr. D. O'Brien	Wilmer Rd., Birr	057-9120037
Dr. D. O'Hare	Oxmanstown Mall, Birr	057-9120391
Dr. J. O'Hare	Oxmanstown Mall, Birr	057-9120391
Dr. M. O'Kelly	Harbour St., Tullamore	057-9351225
Dr. J. Quinlan	St. Kyrans St., Tullamore	057-9351497
Dr. A. Quinlan	St. Kyran's St., Tullamore	057-9351497
Dr. D. Scanlon	Church St., Tullamore	057-9321170
Dr. H. Stokes	Clara Rd., Tullamore	057-9341297
Dr. B. Scully	Medi-Centre, Clonminch, Tullamore	057-9352868
Dr. M. Twomey	Daingean	057-9353068

## Acute Hospital Services

### **Midland Regional Hospital at Tullamore**

Contact: Director of Nursing  
Tel: 057-9321501

### **St. Fintans Psychiatric Hospital Portlaoise**

Contact: Clinical Director:  
Tel: 057-8696421

### **Dept. of Psychiatry**

Midland Regional Hospital at Portlaoise  
Tel: 057-8696396

## Mental Health Services

Mental Health Services are delivered by a Multi-Disciplinary Team. This is where a number of professionals offer their particular skills in a co-ordinated and complementary way. The Multi-Disciplinary team is led by a Consultant Psychiatrist through hospital or community facilities. The term Multi-Disciplinary means that there are a number of professionals on the team to deliver Mental Health Services such as: Psychiatrists, Clinical Psychologists, Occupational Therapists, Addiction Counsellors, Nursing Staff and Social Workers. Under this arrangement, each team is responsible for the Mental Health Services of its sector and runs all out-patient clinics, day hospital, day care and residential facilities.

Access to Mental Health Services is normally provided by referral from the individual's G.P. Referrals from other health professionals are also accepted.

### **Tullamore Mental Health Services**

Community Mental Health Centre,  
Bury Quay,  
Tullamore  
Tel: 057-9351019  
Contact: Consultant Psychiatrist

### **Birr Mental Health Services**

Community Mental Health Centre,  
Wilmer Road,  
Birr,  
Tel: 057-9120576  
Contact: Consultant Psychiatrist



## **Adult Mental Health Services have out-patient clinics at the following venues:**

### **Tullamore**

Location: Community Mental Health Centre, Bury Quay  
Tel No.: 057-9351019  
Day & Time: Every Thursday at 9.30am and every Tuesday at 2.00pm  
Consultant: Consultant Psychiatrist

### **Clara**

Location: Health Centre  
Tel No.: 057-9331242  
Day & Time: 3rd Thursday of every second month at 2pm  
Consultant: Consultant Psychiatrist

### **Edenderry**

Location: Health Centre  
Tel No.: 046-9733518  
Day & Time: 2nd Thursday of the month at 10am  
Consultant: Consultant Psychiatrist

### **Birr**

Location: Community Mental Health Centre  
Tel No.: 057-9120576  
Day & Time: Every Tuesday at 9.30am  
Consultant: Consultant Psychiatrist

### **Child & Adolescent Psychiatry Services**

Midland Regional Hospital at Portlaoise  
Tel: 057-8621364  
Contact: Consultant Child & Adolescent Psychiatrist

### **Psychiatry for Later Life**

An Triu Aois,  
Block Rd.,  
Portlaoise  
Tel: 057-8670245      Fax: 057-8670249  
Contact: Consultant Psychiatrist

### **Adult Clinical Psychology Services**

Community Mental Health Centre,  
Bury Quay,  
Tullamore  
Tel: 057-9351019  
Contact: Senior Clinical Psychologist

### **Occupational Therapy Service**

Community Mental Health Centre,  
Bury Quay,  
Tullamore  
Tel: 086-8064690  
Contact: Senior Occupational Therapist

### **Social Work Service**

Community Mental Health Centre,  
Bury Quay,  
Tullamore  
Tel: 057-9351019  
Contact: Principal Social Worker

### **Adult Counselling Service**

Adult Counselling Service,  
The Arches,  
21 Church St.,  
Tullamore  
Tel: 057-9327141      Fax: 057-9327140

### **Helpline: 1800 234 113**

**This service caters for people who have experienced childhood sexual or physical abuse in an institution, education or family setting. Appointments are arranged with trained counsellors.**

## **Community Alcohol & Drug Services**

1 Coote St.,  
Portlaoise,  
Co Laois  
Tel: 057-8692516      Fax: 057-8663296  
Contact: Substance Misuse Counsellor

**Services Offered:** The addiction/alcohol counsellor specifically explores alcohol and drug related problems and looks at all aspects of the problem, physical and mental health, interpersonal relationships, employment, criminal behaviour and dependency.

## **Other Health & Statutory Services**

### **Public Health Nursing Service**

Health Centre,  
Arden Rd.,  
Tullamore  
Tel: 057-9341301  
Contact: Director of Public Health Nursing Laois/Offaly

### **Health Centres**

Birr  
Banagher  
Blueball  
Bracknagh  
Clara  
Cloghan  
Cloneygowan  
Daingean

### **Offaly**

057-9169750  
057-9151124  
057-9354044  
057-8623479  
057-9331242  
090-6457119  
057-9343552  
057-9353142

Edenderry  
Ferbane  
Kilcormack  
Kinnitty  
Moneygal  
Rhode  
Shinrone  
Tullamore

046-9733518  
090-6454916  
057-9135030  
057-9137061  
0505-45272  
046-9737162  
0505-47312  
057-9341301

### **Community Psychology Services**

Tullamore:  
Health Centre,  
Arden Rd,  
Tullamore  
Tel: 057-9341301  
Contact: Principal Clinical Psychologist

### **Community Welfare Service**

Community Welfare Office,  
Health Centre,  
Arden Rd.,  
Tullamore

Tel: 057-9341301 Fax: 057-9359565

Contact: Superintendent Community Welfare Officer Laois/Offaly

**Services Offered:** If you or someone close to you is affected by illness, unemployment, retirement, old age or other circumstances which puts you in need of financial assistance, the Community Welfare Officer based in your local Health Centre will explain what entitlements are available to you and how to claim them.

### **Social Work Services – Community Care**

Social Work Dept.,  
Community Care Centre,  
O'Carroll St.,  
Tullamore

Tel: 057-9322488 Fax: 057-9321136

Contact: Principal Social Worker

### **Family Welfare Conference Service**

(Serving Offaly & Laois)

Unit 2

Gateway Business Park  
Kilbeggan

Co. Westmeath

Tel: 057-9333616 E-mail: Paul.Byrne2@mailq.hse.ie

Contact: Paul Byrne - Co-ordinator.

**Services Offered:** The Service offers families the chance to take an active part in the making of unanimously agreed Family Plans in the best interests of their children at a Family Welfare Conference. These Conferences include birth and extended family members, key agency members and any significant others identified by the family themselves.

## **Community Medical Services**

Health Centre,  
Arden Rd.,  
Tullamore  
Tel: 057-9341301  
Contact: Senior Area Medical Officer

## **Health Promotion Services**

### **Regional Office:**

Health Promotion Dept,  
Unit 4,  
Central Business Park,  
Clonminch,  
Tullamore,  
Co Offaly  
Tel: 057-9357800      Fax: 057-9357823

The overall aim of the Health Promotion Service is to enable individuals and communities to take control of their health by making healthier choices, easier choices. Such choices could include a healthy diet, regular exercise and avoidance of smoking. Healthier choices are easier to make when they are supported by healthy public policies and healthy environments.

### **Services Offered:**

- 1 Substance Misuse Education
- 1 Schools Officer
- 1 Travellers Health
- 1 Women's Health
- 1 Consumer Health Information
- 1 Services for Older Persons
- 1 Cardiovascular Health
- 1 Sexual Health

## **Midlands Crisis Pregnancy Counselling Service**

Regional Child & Family Centre,  
Central Office,  
Arden Rd.,  
Tullamore

**FREEPHONE 1800 200 857**

E-mail: [crisispregnancy.counselling@mailq.hse.ie](mailto:crisispregnancy.counselling@mailq.hse.ie)

Web: [www.crisispregnancy.ie](http://www.crisispregnancy.ie)

This local, free, confidential counselling service is for anyone for whom being pregnant is a crisis. Crisis pregnancy is defined as “a pregnancy, which is neither planned nor desired by the woman concerned, and which represents a personal crisis for her”. Crisis pregnancy can include those for whom a planned or desired pregnancy develops into a crisis over time due to a change in circumstances.

## **Sexually Transmitted Infection Clinics**

St. James’s Hospital,  
G.U.I.D.E. Clinic,  
Hospital 5,  
James’s St.,  
Dublin 8  
Tel: 01-4162315

Mater Misericordiae Hospital,  
Infectious Disease Clinic,  
Outpatients Dept.,  
North Circular Rd.,  
Dublin 7  
Tel: 01-8032063

Portiuncula Hospital,  
Ballinasloe,  
Co Galway  
Tel: 090-9648341

### **Substance Misuse Education & Prevention Services**

Health Promotion Service,  
HSE-Midland Area,  
Unit 4, Central Business Park,  
Clonminch,  
Tullamore  
Tel: 057-9357800      Fax: 057-9357823

### **Homelessness Liaison Nurse**

Community Liaison Nurse for Homelessness,  
HSE-Midland Area,  
Arden Rd.,  
Tullamore,  
Co Offaly  
Tel: 086-8169066  
E-mail: [homelessness@mailq.hse.ie](mailto:homelessness@mailq.hse.ie)

**Services Offered:** To liaise or create a point of contact for persons identified as homeless or at risk of becoming homeless. Contact and visit homeless hostels and meet all clients when appropriate. Assess clients and develop a care plan. Refer clients to appropriate emergency or other accommodation where applicable and to appropriate agencies to deal with aspects of care e.g. social work, counselling, etc.

### **Money Advice & Budgeting Service – Offaly (MABS)**

High St.,  
Tullamore,  
Co Offaly  
Tel: 057-9323211      Fax: 057-9352252  
E-mail: [offaly@mabs.ie](mailto:offaly@mabs.ie)      Web: [www.mabs.ie](http://www.mabs.ie)

**Services Offered:** Advice, support and advocacy to people in relation to arrears/debt, to get them back in control of their finances and provide community education to prevent debt.

## Personal and Community Support Directory

### **Juvenile Liaison Service**

C/O Garda Station,

Tullamore

Tel: 057-9321305

Contact: Juvenile Liaison Officer

Aimed at young people under the age of 18 years. The purpose of the office is to prevent youth entering the criminal justice system.

### **Garda National Drugs Unit**

Dublin Tel: 01-6669900

The Gardai are actively involved in giving advice and assistance in relation to substance abuse to parents and community groups

## Voluntary Organisations

### **Mental Health Ireland**

#### **Regional Office**

12 Henry St,

Tullamore,

Co Offaly

Contact: Ms. Finola Colgan – Regional Development Officer

Tel: 086-8353387

E-mail: [finolacolgan@eircom.net](mailto:finolacolgan@eircom.net) Web: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

For further information and a list of support groups in your area please contact the above.

### **Accord**

St. Brigid's Place,

Tullamore

Tel: 057-9341831

Fax: 057-9341831

Contact: Secretary

E-mail: [accordtull@eircom.net](mailto:accordtull@eircom.net) Web: [www.accord.ie](http://www.accord.ie)

**Services Offered:** Pre-Marriage Courses, Marriage & Relationship Counselling, Marriage Enrichment Courses, Marital Sex Therapy.



## **GROW**

### **Regional Office**

O'Connor Square,  
Tullamore,  
Co Offaly

Info Line: 1890 474 474

E-mail: [midlandregion@grow.ie](mailto:midlandregion@grow.ie) Web: [www.grow.ie](http://www.grow.ie)

Self help group for sufferers of mental illness, anxiety, depression and phobias. For further information and a list of support groups in your area please contact the above.

## **Aware**

### **Regional Office**

Contact: Karl O'Reilly – Regional Development Officer

Tel: 059-8625898

Fax: 059-8625898

Helpline: 1890 303 302

E-mail: [awaremidlandoffice@eircom.net](mailto:awaremidlandoffice@eircom.net) Web: [www.aware.ie](http://www.aware.ie)

For further information and a list of support groups in your area please contact the above.

## **Samaritans**

3 Court Devenish,  
Athlone

Tel: 090-6473133

E-mail: [jo@samaritans.org](mailto:jo@samaritans.org) Web: [www.samaritans.org](http://www.samaritans.org) Text: [087 2609090](tel:0872609090)

Contact: Director

**Services offered:** Emotional Support 24 hours a day 7 days a week to anyone going through a crisis or at risk of suicide

**"Don't Get Down Get Help" Helpline 1850 60 90 90**

## **Schizophrenia Ireland**

55 Dublin St.,  
Longford

Tel: 043-42366 Fax: 043-42367

Info Line: 1890 621 631 - 9am – 4pm Monday – Friday, Providing information support and a listening ear to all callers. Calls charged at local rate.

E-mail: [mkennedy@sirl.ie](mailto:mkennedy@sirl.ie) Web: [www.sirl.ie](http://www.sirl.ie)

Contact: Mary Kennedy – Regional Officer

**Services Offered:** Information Service, Helpline, Relatives Groups, Family Support Initiatives, Counselling and Employment Services, Lucia National Awareness Week, Seminars and Information Evenings and Biennial Conference.

## **Phrenz Group in the Midlands**

Contact: Mary Kennedy,  
55 Dublin St.,  
Longford

Tel: 043-42366 Fax: 043-47173

**Services Offered:** Phrenz is a mutual support group which aims to empower people with self experience of Schizophrenia and related illnesses. Activities include weekly/monthly meetings, outings, talks and linking in with other activities of Schizophrenia Ireland. It offers peer support and social activities.

## **Lucia Counselling Service**

This is a professional, confidential service, Serving the Midlands.

For people with self experience of Mental Illness and their caring relatives.

Telephone: 087-6500928 for an appointment

## **Alcoholics Anonymous**

The General Service Board of Alcoholics Anonymous of Ireland,  
109 South Circular Rd.,

Leonard's Corner,  
Dublin 8

Tel: 01-4538998 Fax: 01-4537673

E-mail: [ala@indigo.ie](mailto:ala@indigo.ie) Web: [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

Please contact the above office for information on Alcoholics Anonymous or for a list of meeting times and places in your area.

## **Alateen**

Supports young people who have experienced the effects of alcoholism in their lives through the excessive drinking of parents or significant others.

For further information contact: 01-8732699

## **Gam-Anon**

Carmichael House,  
North Brunswick St.,  
Dublin 7

Tel: 01-8721133

E-mail: [info@gamblersanonymous.ie](mailto:info@gamblersanonymous.ie)

Gam-Anon is an organisation for families of compulsive gamblers to help them deal with their problems.

## **Narcotics Anonymous**

24 Hour helpline: 01-8300944

## **Citizens Information Service**

The Bridge Centre,  
Tullamore

Tel: 057-9352204      Fax: 057-9326742

E-mail: [tullamore.cic@comhairle.ie](mailto:tullamore.cic@comhairle.ie)

Web: [www.comhairle.ie](http://www.comhairle.ie)

Contact: Development Manager

## **Opening Hours:**

Mon – Fri      9.15am-1.00pm & 2.00pm-4.00pm

## **Services Provided at Offaly CIC**

Consumer Affairs: 1st Tues of Month 2pm -4pm

CIC give information and advice on all entitlements and rights of the citizen, it is a free confidential and independent service.

## **Barnardos Family Support Project**

Patrick St.,

Tullamore

Tel: 057-9326803 Fax: 057-9326804

E-mail: [info@tullamore.barnardos.ie](mailto:info@tullamore.barnardos.ie) Web: [www.barnardos.ie](http://www.barnardos.ie)

Contact: Project Leader

**Services Offered:** Information, advice, group work i.e. young parents groups, after school groups, parent & toddler group, toy library service and direct/individual work service for children and families who need more one to one work.

## **Home-Start Tullamore**

St. Mary's Youth & Community Centre,

Harbour St.,

Tullamore

Tel: 057-9322996 Fax: 057-9322996

E-mail: [tullamorehomestart@eircom.net](mailto:tullamorehomestart@eircom.net)

Contact Person: Co-ordinator

**Services Offered:** Home-start is a voluntary organisation offering support & friendship to families with at least 1 child under the age of 5 years.

## **St. Vincent De Paul**

Ozanam House,

Offaly St.,

Tullamore

Tel: 057-9322072

Contact: President

**Service Offered:** provide fuel, food vouchers, furniture, clothes and financial help to those in need of support and assistance.

## **Legal Aid Board**

The Law Centre,

Harbour St.,

Tullamore

Tel: 057-9351177 Fax: 057-9351544

Web: [www.leagalaidboard.ie](http://www.leagalaidboard.ie)

**Services Offered:** Legal advice/court representation to financially eligible applicants who satisfy requirements of the legal aid act. (Particularly Family Law)

## **Tullamore Sexual Abuse & Rape Crisis Counselling Service**

10A Patrick St.,

Tullamore

Tel: 057-9322500 Fax: 057-9322501

E-mail: [tullamorecrcc@eircom.net](mailto:tullamorecrcc@eircom.net)

Contact: Co-ordinator

**Services Offered:** Face to face counselling, outreach service, telephone helpline, aftercare and general information.

For Individual Counselling FREEPHONE 1800 32 32 32

## **Life – Pregnancy Care Service**

7B Cormac St.,

Tullamore

Tel: 057-9341110 Fax: 057-9341110

E-mail: [lifemidlands@eircom.net](mailto:lifemidlands@eircom.net) Web: [www.life.ie](http://www.life.ie)

Contact: Co-ordinator

## **Offaly Women in Crisis**

Esker House

Patrick Street

Tullamore

Co. Offaly

Tel: 057-9351886 Helpline Fax: 057-9351796

E-mail: [offalywomenincrisisltd@eircom.net](mailto:offalywomenincrisisltd@eircom.net)

Contact: Co-ordinator

**Services Offered:** For women suffering Domestic Abuse, Support Groups, Crisis Counselling, One to One Counselling, Court/other service accompaniment, Hospital Intervention & support and Complimentary Therapy

## **Brainwave – Irish Epilepsy Association**

Offaly Exhibition and Resource Centre,

Bury Quay,

Tullamore

Tel: 057-9328631 Fax: 057-9328605

E-mail: [midlandbrainwave@eircom.net](mailto:midlandbrainwave@eircom.net) [www.epilepsy.ie](http://www.epilepsy.ie)

Contact: Community Resource Officer

Provides advice, support, awareness and advocacy for people with epilepsy and their families.

## Bereavement Groups

### **Tullamore Bereavement Group**

18 Chapel St.,

Tullamore

Tel: 057-9326604

Contact: Ring above number to make an appointment

**Services Offered:** This is a one to one listening service for people experiencing loss through bereavement.

### **Rainbows (For All Gods Children)**

C/O Mercy Convent,

Tullamore

Tel: 057-9326855

Contact: Sr. Gerard Murphy

Web: [www.rainbowsireland.com](http://www.rainbowsireland.com)

### **Together Group**

18 Chapel St.,

Tullamore

Tel: 057-9326604

Contact: Mary

**Services Offered:** Support to people who have lost their partner through death or separation

### **Midland Suicide Bereavement Support Service**

The Suicide Resource Office,

The Old Maltings,

Coote St.,

Portlaoise,

Co Laois

Tel: 086-8157320

Hours: Mon – Fri 9.30am – 5.30pm

Contact: Co-ordinator

## Youth Groups

### **Foróige**

#### **Regional Office:**

Unit 5,

Tuar Ard.,

Church St.,

Moate,

Co Westmeath

Tel: 090-6448947

E-mail: [foroigeoffaly@eircom.net](mailto:foroigeoffaly@eircom.net) Web: [www.forogie.ie](http://www.forogie.ie)

Contact: Regional Youth Officer

Foróige clubs in Offaly are located in: Bracknagh, Walsh Island, Ferbane, Daingean, Clonfert, Kinnitty, Geashill, Ballycumber, Banagher, Tullamore, Rhode, Shannonbridge.

### **St. Mary's Youth & Community Centre**

Harbour St.,

Tullamore

Tel: 057-9322963 Fax: 057-9322388

E-mail: [stmarysyc@eircom.net](mailto:stmarysyc@eircom.net)

Contact: Manager

**Services Offered:** A wide range of youth orientated services available to young people from 7years upwards.

## Groups for Older People

### **T.A.R.A – Tullamore Active Retirement Association**

60 Pearse Park,

Tullamore

Tel: 057-9322076

Contact: Connie Clarke

**Services Offered:** Weekly meetings, organised holidays, sporting activities, computer courses, exercise classes and social evenings.

### **Tullamore Meals on Wheels**

Riada House,  
Arden Rd.,  
Tullamore

Tel: 057-9351799      Fax: 057-9346205

Contact: Sylvia Meehan

**Services Offered:** Provides hot nourishing meals for elderly people and others living alone, for those who are not able to cook meals for themselves and for those who are temporarily incapacitated.

### **READY**

60 Pearse Park,  
Tullamore,

Tel: 057-9322076

Contact: Connie Clarke

**Services offered:** Provides social outings for senior citizens and gives practical help where necessary in providing a consistent social life for members on a weekly basis.

### **Tullamore Parish Support Service**

Parish Centre,  
18 Chapel St.,  
Tullamore

Tel: 057-9326604

This is a confidential phone service for people who don't know where to turn. They are offered listening and information on a variety of services. Access to this service is through ringing the above number.



## LAOIS

**In an Emergency Phone – 999 or 112**

**MIDOC – Urgent Family Doctor Out- of- Hours- Service**

**Call – Locall 1850-302-702**

**Hours of Operation Mon – Fri 6.00pm – 8.00am Weekends/Public Holidays 8.00am – 8.00am**

### Primary Care Services

#### List of General Practitioners in Co. Laois

NAME	ADDRESS	PHONE NO.
Dr. D. Booth	13, The Village, Portlaoise	057-8621110
Dr. A. Bergin	Patrick St., Mountmellick	057-8624299
Dr. P. Farrell	Ballylinan	059-8625108
Dr. S. Fitzgerald	Borris-in-Ossory	0505-41198
Dr. L. Fullam	Portarlington	057-8623333
Dr. N. Gallagher	Dublin St., Ballickmoyler	0503-47636
Dr. A. Gullane	Stradbally Rd., Portlaoise	057-8620371
Dr. A. Hanson	O'Moore St., Mountmellick	057-8624340
Dr. D. Hickey	Mount Leader House, Glenlahan, Portlaoise	057-8621834
Dr. A. Honan	Medi-Centre, Portarlington	057-8623138
Dr. D. Honan	86 Main St., Portlaoise	057-8662929
Dr. J. Lyons	Health Centre, Mountrath	057-8732203
Dr. J. Madden	Health Centre, Ballinakill	057-8731772
Dr. P. McDermott	Ballickmoyler, Carlow	0503-47636
Dr. F. McKeagney	Portarlington	057-8623183
Dr. N. O'Doherty	Rathdowney	0505-46117
Dr. P. P. O'Dwyer	Health Centre, Mountrath	057-8732203
Dr. G. McDonagh	Health Centre, Abbeyleix	057-8731359
Dr. D. Rabinowicz	Durrow	057-8736585
Dr. M. Sheehan	Clonaslee	057-8648170
Dr. G. White	Abbeyleix Rd., Portlaoise	057-8622101
Dr. N. Whelan	Court Square, Stradbally	057-8625106
Dr. J. White	Portarlington	057-8642772

## Acute Hospital Service

### **Midland Regional Hospital at Portlaoise**

Contact: Director of Nursing

Tel: 057-8621364

### **St. Fintans Psychiatric Hospital – Portlaoise**

Contact: Clinical Director

Tel: 057-8696421

### **Dept. of Psychiatry**

Midland Regional Hospital at Portlaoise

Tel: 057-8696396

## Mental Health Services

Mental Health Services are delivered by a Multi-Disciplinary Team. This is where a number of professionals offer their particular skills in a co-ordinated and complementary way. The Multi-Disciplinary team is led by a Consultant Psychiatrist through hospital or community facilities. The term Multi-Disciplinary means that there are a number of professionals on the team to deliver Mental Health Services such as: Psychiatrists, Clinical Psychologists, Occupational Therapists, Addiction Counsellors, Nursing Staff and Social Workers. Under this arrangement, each team is responsible for the Mental Health Services of its sector and runs all out-patient clinics, day hospital, day care and residential facilities.

Access to Mental Health Services is normally provided by referral from the individual's G.P. Referrals from other health professionals are also accepted.

### **Portlaoise Mental Health Service**

Community Mental Health Centre,

Bridge St.,

Portlaoise

Tel: 057-8622925

Contact: Consultant Psychiatrist

## **Rathdowney Mental Health Services**

Erkina House,  
Rathdowney  
Tel: 0505-46560  
Contact: Consultant Psychiatrist

## **Adult Mental Health Services have out-patient clinics at the following venues:**

### **Portlaoise**

Location: Community Mental Health Centre, Bridge St.  
Tel No.: 057-8622925  
Day & Time: Every Tuesday at 2.00pm & every Thursday at 9.30am  
Consultant: Consultant Psychiatrist

### **Portarlington**

Location: Medi-Centre  
Tel No.: 057-8623138  
Day & Time: 3rd Wednesday of the month at 1pm  
Consultant: Consultant Psychiatrist

### **Mountmellick**

Location: Health Centre  
Tel No.: 057-8624343  
Day & Time: 1st and 3rd Monday of month at 2pm  
Consultant: Consultant Psychiatrist

### **Abbeyleix**

Location: Health Centre  
Tel No.: 057-8731359  
Day & Time: Every alternate Wednesday at 2pm  
Consultant: Consultant Psychiatrist

### **Rathdowney**

Location: Erkina House  
Tel No.: 0505-46560  
Day & Time: Every alternate Monday at 2pm  
Consultant: Consultant Psychiatrist

## **Carlow**

Location: Health Centre, Graiguecullen  
Tel No.: 0503-43651  
Day & Time: 2nd and 4th Wednesday of the month at 11am  
Consultant: Consultant Psychiatrist

## **Child & Adolescent Psychiatric Services**

Midland Regional Hospital at Portlaoise  
Tel: 057-8696152  
Contact: Consultant Child & Adolescent Psychiatrist

## **Psychiatry for Later Life**

An Triu Aois Day Hospital,  
Block Rd.,  
Portlaoise  
Tel: 057-8670245 Fax: 057-8670249  
Contact: Consultant Psychiatrist

## **Adult Clinical Psychology Services**

Community Mental Health Centre,  
Bridge St.,  
Portlaoise  
Tel: 057-8622925  
Contact: Senior Clinical Psychologist

## **Occupational Therapy Services**

Dept. of Child & Adolescent Psychiatry,  
Midland Regional Hospital at Portlaoise,  
Portlaoise  
Tel: 057-8696152  
Contact: Senior Occupational Therapist

Psychiatry for Later Life,  
An Triu Aois Day Hospital,  
Block Rd.,  
Portlaoise  
Tel: 057-8670245  
Contact: Senior Occupational Therapist

## Personal and Community Support Directory

Community Mental Health Centre,  
Bridge St.,  
Portlaoise  
Tel: 057-8622925  
Contact: Senior Occupational Therapist

### **Social Work Service**

Community Mental Health Centre,  
Bridge St.,  
Portlaoise  
Tel: 057-8622925  
Contact: Principal Social Worker

### **Adult Counselling Service**

Adult Counselling Service,  
The Arches,  
21 Church St.,  
Tullamore  
Tel: 057-9327141      Fax: 057-9327140

### **Helpline: 1800 234 113**

**This service caters for people who have experienced childhood sexual or physical abuse in an institution, education or family setting. Appointments are arranged with trained counsellors.**

### **Community Alcohol & Drug Services**

1 Coote St.,  
Portlaoise,  
Co Laois  
Tel: 057-8692516      Fax: 057-8663296  
Contact: Substance Misuse Counsellor

**Services Offered:** The addiction/alcohol counsellor specifically explores alcohol and drug related problems and looks at all aspects of the problem, physical and mental health, interpersonal relationships, employment, criminal behaviour and dependency.

## Other Health & Statutory Services

### **Public Health Nursing Service**

Health Centre,

Dublin Rd.,

Portlaoise

Tel: 057-8621135

Contact: Director of Public Health Nursing Laois/Offaly

### **Health Centres**

Abbeyleix

Ballylinan

Borris-in-Ossory

Clonaslee

Durrow

Emo

Mountmellick

Mountrath

Oakley Park

Portarlinton

Portlaoise

Rathdowney

Stradbally

### **Laois**

057-8731359

059-8625108

0505-41172

057-8648033

057-8736133

057-8646575

057-8624343

057-8732422

059-9143651

057-8623479

057-8621135

0505-46276

057-8625415

### **Community Psychology Services**

Child & Family Resource Centre,

Dublin Rd.,

Portlaoise

Tel: 057-8692564/98

Contact: Principal Clinical Psychologist / Senior Clinical Psychologist

## **Family Welfare Conference Service**

(Serving Offaly & Laois)

Unit 2

Gateway Business Park

Kilbeggan

Co. Westmeath

Tel: 057-9333616 E-mail: Paul.Byrne2@mailq.hse.ie

Contact: Paul Byrne - Co-ordinator.

**Services Offered:** The Service offers families the chance to take an active part in the making of unanimously agreed Family Plans in the best interests of their children at a Family Welfare Conference. These Conferences include birth and extended family members, key agency members and any significant others identified by the family themselves.

## **Community Welfare Services**

Community Welfare Office,

Health Centre,

Dublin Rd.,

Portlaoise

Tel: 057-8621135

Contact: Superintendent Community Welfare Officer Laois/Offaly

**Services Offered:** If you or someone close to you is affected by illness, unemployment, retirement, old age or other circumstances which puts you in need of financial assistance, the Community Welfare Officer based in your local Health Centre will explain what entitlements are available to you and how to claim them.

## **Social Work Services – Community Care**

Child & Family Resource Centre,

Dublin Rd.,

Portlaoise

Tel: 057-8692567/68

Contact: Principal Social Worker

## **Community Medical Services**

Health Centre,

Dublin Rd.,

Portlaoise

Tel: 057-8621135

Contact: Senior Area Medical Officer

## **Health Promotion Services**

### **Regional Office:**

Health Promotion Dept,  
Unit 4,  
Central Business Park,  
Clonminch,  
Tullamore,  
Co Offaly  
Tel: 057-9357800      Fax: 057-9357823

The overall aim of the Health Promotion Service is to enable individuals and communities to take control of their health by making healthier choices, easier choices. Such choices could include a healthy diet, regular exercise and avoidance of smoking. Healthier choices are easier to make when they are supported by healthy public policies and healthy environments.

### **Services Offered:**

- 1 Substance Misuse Education
- 1 Schools Officer
- 1 Travellers Health
- 1 Women's Health
- 1 Consumer Health Information
- 1 Services for Older Persons
- 1 Cardiovascular Health
- 1 Sexual Health

## **Midlands Crisis Pregnancy Counselling Service**

HSE Dublin Mid - Leinster,  
Regional Child & Family Centre,  
Central Office,  
Arden Rd.,  
Tullamore

**FREEPHONE 1800 200 857**

E-mail: [crisispregnancy.counselling@mailq.hse.ie](mailto:crisispregnancy.counselling@mailq.hse.ie)

Web: [www.crisispregnancy.ie](http://www.crisispregnancy.ie)



## Personal and Community Support Directory

This local, free, confidential counselling service is for anyone for whom being pregnant is a crisis. Crisis pregnancy is defined as “a pregnancy, which is neither planned nor desired by the woman concerned, and which represents a personal crisis for her”. Crisis pregnancy can include those for whom a planned or desired pregnancy develops into a crisis over time due to a change in circumstances.

### **Sexually Transmitted Infection Clinics**

St. James’s Hospital,  
G.U.I.D.E. Clinic,  
Hospital 5,  
James’s St.,  
Dublin 8  
Tel: 01-4162315

Mater Misericordiae Hospital,  
Infectious Disease Clinic,  
Outpatients Dept.,  
North Circular Rd.,  
Dublin 7  
Tel: 01-8032063

Portiuncula Hospital,  
Ballinasloe,  
Co Galway  
Tel: 090-9648341

### **Substance Misuse Education & Prevention Services**

Health Promotion Service,  
The Old Maltings,  
Coote St.,  
Portlaoise  
Tel: 057-8664564      Fax: 057-8664567

### **Homelessness Liaison Nurse**

Community Liaison Nurse for Homelessness,  
HSE Dublin Mid - Leinster Area,  
Arden Rd.,  
Tullamore,  
Co Offaly  
Tel: 086-8169066  
E-mail: [homelessness@mailq.hse.ie](mailto:homelessness@mailq.hse.ie)

**Services Offered:** To liaise or create a point of contact for persons identified as homeless or at risk of becoming homeless. Contact and visit homeless hostels and meet all clients when appropriate. Assess clients and develop a care plan. Refer clients to appropriate emergency or other accommodation where applicable and to appropriate agencies to deal with aspects of care e.g. social work, counselling, etc.

### **Le Cheile**

Child & Family Centre,  
Dublin Rd.,  
Portlaoise  
Tel: 057-8692567  
Contact: Manager

Community based youth support project for 12-18 year olds referred from the Social Work Dept.

### **Juvenile Liaison Service**

C/O Garda Station,  
Portlaoise  
Tel: 057-8621105  
Contact: Juvenile Liaison Officer

Aimed at young people under the age of 18 years. The purpose of the office is to prevent youth entering the criminal justice system.

### **Money Advice & Budgeting Service – Laois (MABS)**

Railway Mews,  
Railway St.,  
Portlaoise

Tel: 057-8661727      Fax: 057-8661683

E-mail: [portlaoise@mabs.ie](mailto:portlaoise@mabs.ie)      Web: [www.mabs.ie](http://www.mabs.ie)

**Services Offered:** Advice, support and advocacy to people in relation to arrears/debt, to get them back in control of their finances and provide community education to prevent debt.

### **Garda National Drugs Unit**

Dublin Tel: 01-6669900

The Gardai are actively involved in giving advice and assistance in relation to substance abuse to parents and community groups

## Voluntary Organisations

### **Mental Health Ireland**

#### **Regional Office**

12 Henry St,  
Tullamore,  
Co Offaly

Contact: Ms. Finola Colgan – Regional Development Officer

Tel: 086-8353387

E-mail: [finolacolgan@eircom.net](mailto:finolacolgan@eircom.net) Web: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

For further information and a list of support groups in your area please contact the above.

### **GROW**

#### **Regional Office**

O'Connor Square,  
Tullamore,  
Co Offaly

Info Line: 1890 474 474

E-mail: [midlandregion@grow.ie](mailto:midlandregion@grow.ie) Web: [www.grow.ie](http://www.grow.ie)

Self help group for sufferers of mental illness, anxiety, depression and phobias. For further information and a list of support groups in your area please contact the above.

### **Aware**

#### **Regional Office**

Contact: Karl O'Reilly – Regional Development Officer

Tel: 059-8625898

Fax: 059-8625898

Helpline: 1890 303 302

E-mail: [awaremidlandoffice@eircom.net](mailto:awaremidlandoffice@eircom.net) Web: [www.aware.ie](http://www.aware.ie)

For further information and a list of support groups in your area please contact the above.

## **Samaritans**

3 Court Devenish,

Athlone

Tel: 090-6473133

E-mail: [jo@samaritans.org](mailto:jo@samaritans.org) Web: [www.samaritans.org](http://www.samaritans.org) Text: [087 2609090](tel:0872609090)

Contact: Director

**Services offered:** Emotional Support 24 hours a day 7 days a week to anyone going through a crisis or at risk of suicide

**“Don’t Get Down Get Help” Helpline 1850 60 90 90**

## **Schizophrenia Ireland**

55 Dublin St.,

Longford

Tel: 043-42366 Fax: 043-42367

Info Line: 1890 621 631 - 9am – 4pm Monday – Friday, Providing information support and a listening ear to all callers. Calls charged at local rate.

E-mail: [mkennedy@sirl.ie](mailto:mkennedy@sirl.ie) Web: [www.sirl.ie](http://www.sirl.ie)

Contact: Mary Kennedy – Regional Officer

**Services Offered:** Information Service, Helpline, Relatives Groups, Family Support Initiatives, Counselling and Employment Services, Lucia National Awareness Week, Seminars and Information Evenings and Biennial Conference.

## **Phrenz Group in the Midlands**

Contact: Mary Kennedy,

55 Dublin St.,

Longford

Tel: 043-42366 Fax: 043-47173

**Services Offered:** Phrenz is a mutual support group which aims to empower people with self experience of Schizophrenia and related illnesses. Activities include weekly/monthly meetings, outings, talks and linking in with other activities of Schizophrenia Ireland. It offers peer support and social activities.

## **Lucia Counselling Service**

This is a professional, confidential service, Serving the Midlands.

For people with self experience of Mental Illness and their caring relatives.

Telephone: 087-6500928 for an appointment

## **ACCORD**

New Parish Centre,  
Portlaoise  
Tel: 057-8661581  
Web: [www.accord.ie](http://www.accord.ie)

## **Alcoholics Anonymous**

The General Service Board of Alcoholics Anonymous of Ireland,  
109 South Circular Rd.,  
Leonard's Corner,  
Dublin 8

Tel: 01-4538998 Fax: 01-4537673

E-mail: [ala@indigo.ie](mailto:ala@indigo.ie) Web: [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

Please contact the above office for information on Alcoholics Anonymous or for a list of meeting times and places in your area.

## **Alateen**

Supports young people who have experienced the effects of alcoholism in their lives through the excessive drinking of parents or significant others.

For further information contact: 01-8732699

## **Gam-Anon**

Carmichael House,  
North Brunswick St.,  
Dublin 7

Tel: 01-8721133

E-mail: [info@gamblersanonymous.ie](mailto:info@gamblersanonymous.ie)

Gam-Anon is an organisation for families of compulsive gamblers to help them deal with their problems.

## **Narcotics Anonymous**

24 Hour helpline: 01-8300944

## **Citizens Information Service**

27 Main St.,

Portlaoise

Tel: 057-8621425 Fax: 057-8662172

E-mail: [laois.cic@comhairle.ie](mailto:laois.cic@comhairle.ie)

Contact: Development Manager

## **Opening Hours:**

Mon – Fri 9.30am-1.15pm & 2.15pm - 5.00pm

## **Services Provided at Portlaoise CIC**

Consumer Affairs - 1st Wed of Month 2.15pm-4.30pm

FISC & FIAC by Appointment

## **The Carers Association**

1 Kellyville Court,

Portlaoise

Tel: 057-8661112 Fax: 057-8661113

E-mail: [carersportlaoise@eircom.net](mailto:carersportlaoise@eircom.net)

Contact: Manager

**Services Offered:** Advocacy and lobbying, promotion and awareness, home respite, information and training for family carers in the home.

## **Other Branches:**

Unit, 11, Town Centre Shopping Mall, Mullingar,

Co. Westmeath Tel: 044-9347922

O'Connor Square, Tullamore, Co. Offaly Tel: 057-9322920

## **Laois Cancer Support Group**

Oncology Unit,

Midland Regional Hospital,

Portlaoise

Tel: 057-8621364 Bleep No. 38

Fax: 057-8678123

Contact: Clinical Nurse Specialist

## Personal and Community Support Directory

### **National Association for Parent Support**

17 Roselawn,  
Harpurs Lane,  
Portlaoise

Tel: 057-8661666 Fax: 057-8661666

E-mail: [ep\\_naps@eircom.net](mailto:ep_naps@eircom.net)

Contact: Elizabeth Quinn

**Services Offered:** Anti-Bullying Education, 24hr Helpline for Parents, Counselling, Parents Support

### **St. Vincent De Paul**

Ozanam House,  
1 Dublin Rd.,  
Portlaoise

Tel: 057-8660486

Contact: Co-ordinator

SVP aims to respond to the needs of those in financial and emotional distress and to combat loneliness and isolation.

## Bereavement Groups

### **Laois Bereavement Service**

Portlaoise

Tel: 057-8660984

Contact: Ring above number to make an appointment.



## **Midland Suicide Bereavement Support Service**

The Suicide Resource Office,  
The Old Maltings,  
Coote St.,  
Portlaoise,  
Co Laois  
Tel: 086-8157320  
Hours: Mon – Fri 9.30am – 5.30pm  
Contact: Co-ordinator

## Youth Groups

### **Foróige**

#### **Regional Office:**

9Dean St.,  
Kilkenny  
Tel: 056-7765906  
E-mail: [foroigekilkenny@eircom.net](mailto:foroigekilkenny@eircom.net)      Web: [www.forogie.ie](http://www.forogie.ie)  
Contact: Regional Youth Officer

Foróige clubs in Laois are located in: Portlaoise, Rath, Killeshin, Castletown, Ratheniska, The Bomb.Com, New Radicals, Mountmellick.

### **Laois Youthreach**

Harbour St.,  
Mountmellick  
Tel: 057-8624196      Fax: 057-8624242  
E-mail: [ylaois@eircom.net](mailto:ylaois@eircom.net)      Web: [www.laoisyouthreach.ie](http://www.laoisyouthreach.ie)  
Contact: Director

**Services Offered:** Education for early school leavers, second chance education for adult learners and post leaving cert courses.

## Groups for Older People

### **Abbeyleix Social Services**

New Row,  
Abbeyleix  
Tel: 057-8730234  
Contact: Secretary

**Services Offered:** Meals on wheels 3 days per week, socials and an annual outing for senior citizens.

## NATIONAL ORGANISATIONS

### **Accept: Counselling Association of Ireland**

Newpark Adult Education Centre, P.O. Box 6989, Blackrock, Co Dublin

Tel: 01-2781115      Fax: 01-2781115

### **Access Ireland Refugee Social Integration Project**

Dominick Court, 40-41 Dominick St. Lower, Dublin 7

Tel: 01-8780589      Fax: 01-8780591

E-mail: [info@accessireland.ie](mailto:info@accessireland.ie)

Web: [www.accessireland.ie](http://www.accessireland.ie)

### **Accord – Catholic Marriage Counselling Service (CMAC)**

Columba Centre, Maynooth, Co Kildare

Tel: 01-5053112      Fax: 01-6016410

E-mail: [admin@accord.ie](mailto:admin@accord.ie)

Web: [www.accord.ie](http://www.accord.ie)

### **ADAPT**

Adapt House, Rosbrien, Limerick

Tel: 061-412354      Fax: 061-410809

E-mail: [refuge@adaptservoices.ie](mailto:refuge@adaptservoices.ie)

### **Adopted Peoples Association**

27 Templeview Green, Clare Hall, Dublin 13

Tel: 01-4624430      Fax: 01-8674033

E-mail: [info@adoptionireland.com](mailto:info@adoptionireland.com)

Web: [www.adoptionireland.com](http://www.adoptionireland.com)

### **Adoption Advice Service**

Barnardos, Christchurch Square, Dublin 8

Tel: 01-4530355      Fax: 01-4530300

E-mail: [adoption@barnardos.ie](mailto:adoption@barnardos.ie)

## **Adoption Board**

4th Floor, Shelbourne House, Shebourne Rd., Ballsbridge, Dublin 4

Tel: 01-2309300 Fax: 01-6671438

Web: [www.adoptionboard.ie](http://www.adoptionboard.ie)

## **Age Action Ireland Ltd.**

30/31 Lower Camden St., Dublin 2

Tel: 01-4756989 Fax: 01-4750611

E-mail: [info@ageaction.ie](mailto:info@ageaction.ie)

Web: [www.ageaction.ie](http://www.ageaction.ie)

## **Age & Opportunity**

St. Patricks Building, Marino Institute of Education, Griffith Avenue, Dublin 9

Tel: 01-8057709 Fax: 01-8535117

E-mail: [info@olderinireland.ie](mailto:info@olderinireland.ie)

Web: [www.olderinireland.ie](http://www.olderinireland.ie)

## **AIDLINK**

46 Lower Rathmines Rd., Rathmines, Dublin 6

Tel: 01-4966956 Fax: 01-4963320

E-mail: [info@aidlink.ie](mailto:info@aidlink.ie)

## **Aim Family Services**

6 D'Olier St., Dublin 2

Tel: 01-6708363 Fax: 01-6708365

E-mail: [aimfamilyservices@eircom.net](mailto:aimfamilyservices@eircom.net)

## **Al Anon Family Groups**

Al Anon Information Centre, 5/6 Capel St., Dublin 1

Tel: 01-8732699

Helpline: 01-8732699

## **Alateen**

Al Anon Information Centre, 5/6 Capel St., Dublin 1

Tel: 01-8732699

## **Alcoholic Rehabilitation Centre,**

Glasnevin Business Centre, 278 Glasnevin Ave, Dublin 11

Tel: 01-8641440 Fax: 01-8641441

## **Alcoholics Anonymous**

General Service Office, 109 South Circular Rd., Leonard's Corner, Dublin 8

Tel: 01-4538998 Fax: 01-4537673

E-mail: [aa@indigo.ie](mailto:aa@indigo.ie)

Web: [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

## **Alliance Sexual Health Centre**

16 Peters St., Cork

Tel: 021-4275837 Fax: 021-4274370

Helpline one to one: 021-427667, Helpline for young people by young people.

E-mail: [alliance@eircom.net](mailto:alliance@eircom.net)

Web: [www.sexualhealthireland.ie](http://www.sexualhealthireland.ie)

## **Alone**

1 Willie Bermingham Place, Kilmainham, Dublin 8

Tel: 01-6791032 Fax: 01-4942784

## **Alzheimer Society of Ireland**

Alzheimer House, 43 Northumberland Ave., Dun Laoghaire, Co Dublin

Tel: 01-2846616 Fax: 01-2846030

E-mail: [info@alzheimer.ie](mailto:info@alzheimer.ie)

Web: [www.alzheimer.ie](http://www.alzheimer.ie)

## **AMEN**

9-10 Academy St., Navan, Co Meath

Tel Helpline: 046-9023718

E-mail: [amen@irl.ie](mailto:amen@irl.ie)

Web: [www.amen.ie](http://www.amen.ie)

## **Amputee Ireland**

125 Clonkeen Rd., Deansgrange, Co Dublin

Tel: 01-2893824 Fax: 01-2893239

E-mail: [micmac@indigo.ie](mailto:micmac@indigo.ie)

**ANA Liffey Drug Project**

48 Middle Abbey St., Dublin 1

Tel: 01-8728088      Freephone: 1800 786 828

E-mail: [aldp@indigo.ie](mailto:aldp@indigo.ie)

**Arthritis Foundation of Ireland**

1 Clanwilliam Square, Grand Canal Quay, Dublin 2

Tel: 01-6618188      Fax: 01-6618261

E-mail: [info@arthritis-foundation.com](mailto:info@arthritis-foundation.com)

**AWARE**

72 Lower Leeson St., Dublin 2

Tel: 01-6617211      Fax: 01-6617217

E-mail: [info@aware.ie](mailto:info@aware.ie)

Web: [www.aware.ie](http://www.aware.ie)

**Barnardos**

Christchurch Square, Dublin 8

Tel: 01-4530355      Fax: 01-4530300

E-mail: [info@barnardos.ie](mailto:info@barnardos.ie)

Web: [www.barnardos.ie](http://www.barnardos.ie)

**Bereavement Counselling Service**

Dublin St., Baldoyle, Dublin 13

Tel: 01-8391766

**Bodywhys**

P.O. Box 105, Blackrock, Co Dublin

Tel: 01-2834963      Helpline: 01-2835126

E-mail: [info@bodywhys.ie](mailto:info@bodywhys.ie)

Web: [www.bodywhys.ie](http://www.bodywhys.ie)

**Brainwave – Irish Epilepsy Association**

249 Crumlin Rd., Dublin 12

Tel: 01-4557500      Fax: 01-4557013

## **Canteen Ireland**

Carmichael Centre, North Brunswick St., Dublin 7

Tel: 01-8722012 Fax: 01-8735737

Web: [www.canteen.ie](http://www.canteen.ie)

## **Campaign Against Bullying**

72 Lakelands Avenue, Stillorgan, Co Dublin

Tel: 01-288976

E-mail: [odonnlb@indigo.ie](mailto:odonnlb@indigo.ie)

## **The Carers Association**

Prior's Orchard, John's Quay, Kilkenny

Tel: 056-7721424 Fax: 056-7721446

Web: [www.carersireland.com](http://www.carersireland.com)

## **Caring for Carers Ireland**

Abbey Arcade, Abbey St., Ennis Co Clare

Tel: 065-6866515 Fax: 065-6867710

## **Catholic Youth Care**

Headquarters: Arran Quay, Dublin 7

Tel: 01-8725055 Fax: 01-8725010

E-mail: [info@cyc.ie](mailto:info@cyc.ie)

Web: [www.cyc.ie](http://www.cyc.ie)

## **Cherish**

2 Lower Pembroke St., Dublin 2

Tel: 01-6629212 Fax: 01-6629096

E-mail: [cherish@eircom.net](mailto:cherish@eircom.net)

## **Combat Poverty Agency**

Bridgewater Centre, Conyngham Rd., Islandbridge, Dublin 8

Tel: 01-6706746 Fax: 01-6706760

E-mail: [info@cpa.ie](mailto:info@cpa.ie)

Web: [www.cpa.ie](http://www.cpa.ie)

## **Comhairle**

7th Floor, Hume House, Ballsbridge, Dublin 4

Tel: 01-6059000 Fax: 01-6059099

E-mail: [comhairle@comhairle.ie](mailto:comhairle@comhairle.ie)

Web: [www.comhairle.ie](http://www.comhairle.ie)

## **Crisis Pregnancy Agency**

4th Floor 89-94 Capel St., Dublin 1

Tel: 01-8146292 Fax: 01-8146282

E-mail: [info@crisispregnancy.ie](mailto:info@crisispregnancy.ie)

Web: [www.crisispregnancy.ie](http://www.crisispregnancy.ie)

## **Cura**

Columba Centre, Maynooth, Co Kildare

Tel: 01-5053040 National Helpline: 1850 622 626

E-mail: [cura@iol.ie](mailto:cura@iol.ie)

Web: [www.cura.ie](http://www.cura.ie)

## **Drug Treatment Centre Board**

Trinity Court, 30/31 Pearse St., Dublin 2

Tel: 01-6488600 Fax: 01-6488700

Web: [www.addictionireland.ie](http://www.addictionireland.ie)

## **Dublin Well Woman Centre**

35 Lower Liffey St., Dublin 1

Tel: 01-8728051

Web: [www.wellwomancentre.ie](http://www.wellwomancentre.ie)

## **Eating Disorder Association Ireland**

Central Office P.O. Box 8114, Dublin 6

Helpline: 01-4126690

E-mail: [donnaoc\\_200@emailfast.com](mailto:donnaoc_200@emailfast.com)

## **Enable Ireland**

National Services, Sandymount Avenue, Dublin 4

Tel: 01-2695355 Fax: 01-2694983

## **Family Mediation Centre**

Family Mediation Service, 1st Floor, St. Stephen's Green House, Earlsfort Terrace,  
Dublin 2

Tel: 01-6344320      Fax: 01-6622339

## **Focus Ireland**

14a Eustace St., Dublin 2

Tel: 01-6712555      Fax: 01-6796843

E-mail: [info@focusireland.ie](mailto:info@focusireland.ie)

Web: [www.focusireland.ie](http://www.focusireland.ie)

## **Foróige**

Irish Farm Centre, Bluebell, Dublin 12

Tel: 01-4501122      Fax: 01-4501941

E-mail: [foroige@eircom.net](mailto:foroige@eircom.net)

Web: [www.foroige.ie](http://www.foroige.ie)

## **Gamblers Anonymous**

Carmichael House, North Brunswick St., Dublin 7

Tel: 01-8721133

## **Gay & Lesbian Equality Network**

C/O Outhouse, 105 Capel St., Dublin 1

Tel: 01-8734932

Web: [www.outhouse.ie](http://www.outhouse.ie)

## **Gay Switchboard Dublin**

Carmichael House, North Brunswick St., Dublin 7

Tel: 01-8721055

E-mail: [gsd@iol.ie](mailto:gsd@iol.ie)

Web: [www.gayswitchboard.ie](http://www.gayswitchboard.ie)

## **Grow**

Ormond Home, Barrack St., Kilkenny

Tel: 056-7761624      Fax: 056-7751615

E-mail: [grownational@eircom.net](mailto:grownational@eircom.net)



### **Homeless Agency**

Parkgate Hall, 6-9 Conynghan Rd., Dublin 8  
Tel 01-7036100 Fax: 01-7036170

### **Irish Advocacy Network**

Old Rooskey Building, Rooskey, Co Monaghan  
Tel: 047-38918 Fax: 047-38682

### **Irish Association for Counselling & Therapy**

8 Cumberland St., Dun Laoghaire, Co Dublin  
Tel: 01-2300061 Fax: 01-2300064  
E-mail: [iact@irish-counselling.ie](mailto:iact@irish-counselling.ie)  
Web: [www.irish-counselling.ie](http://www.irish-counselling.ie)

### **Irish Cancer Society**

5 Northumberland Rd., Dublin 4  
Tel: 01-2310500 Fax: 01-2310555  
Cancer Helpline: Freephone 1800 200 700  
E-mail: [reception@irishcancer.ie](mailto:reception@irishcancer.ie)  
Web: [www.irishcancer.ie](http://www.irishcancer.ie)

### **Irish Stillbirth & Neonatal Death Society**

Carmichael House, North Brunswick St., Dublin 7  
Tel Helpline: 01-8726996

### **Irish Sudden Infant Death Association**

Carmichael House, North Brunswick St., Dublin 7  
Tel: 01-8732711 Fax: 01-8726056  
Freephone Helpline: 1850 391 391

### **Legal Aid Board**

Quay St., Cahirciveen, Co Kerry  
Tel: 066-9471000  
E-mail: [legalaidboard@eircom.net](mailto:legalaidboard@eircom.net)  
Web: [www.legalaidboard.ie](http://www.legalaidboard.ie)

## **Life Pregnancy Care Service**

29-30 Dame St., Dublin 2

Tel: 01-6775282

E-mail: [lifenational@eicom.net](mailto:lifenational@eicom.net)

Web: [www.life.ie](http://www.life.ie)

## **Money Advice & Budgeting Service (MABS)**

Department of Social Community and Family Affairs,

Tel: 01-8748444

Web: [www.mabs.ie](http://www.mabs.ie)

## **Madd – Mothers Against Drink Driving**

C/O Gretie Shields, Lambeecher, Drogheda Rd., Ballbriggan, Co Dublin

Tel: 01-8413088

## **MCRS – Marriage & Relationship Counselling Service**

38 Upper Fitzwilliam St., Dublin 2

Tel: 01-6785256 Fax: 01-6785260

E-mail: [info@mcrs.ie](mailto:info@mcrs.ie)

Web: [www.mcrs.ie](http://www.mcrs.ie)

## **Mental Health Ireland**

Mensana House, 6 Adelaide St., Dun Laoghaire, Co Dublin

Tel: 01-2841166 Fax: 01-2841736

E-mail: [info@mentalhealthireland.ie](mailto:info@mentalhealthireland.ie)

Web: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

## **Miscarriage Association of Ireland**

Carmichael Centre, North Brunswick St., Dublin 7

Tel: 01-8735702 Fax: 01-8735737

## **M.O.V.E. Ireland (Men Overcoming Violence)**

Carmichael Centre, North Brunswick St., Dublin 7

Tel: 01-8724357 Fax: 01-8735737

E-mail: [info@moveireland.org](mailto:info@moveireland.org)

Web: [www.moveireland.org](http://www.moveireland.org)

### **Narcotics Anonymous**

4-5 Eustace St., Dublin 2

Tel: 01-6728000

E-mail: [na@irelan.org](mailto:na@irelan.org)

Web: [www.na.ireland.org](http://www.na.ireland.org)

### **National Association for the Mentally Handicapped of Ireland (NAMHI)**

5 Fitzwilliam Place, Dublin 2

Tel: 01-6766035      Fax: 01: 6760517

E-mail: [info@namhi.ie](mailto:info@namhi.ie)

Web: [www.namhi.ie](http://www.namhi.ie)

### **National Network of Women's Refuges & Support Services**

Elliot House, St. Mary's Square, Athlone, Co Westmeath

Tel: 090-6479078      Fax: 090-6479090

### **National Office for Victims of Abuse (N.O.V.A.)**

19 Upper Ormond Quay, Dublin 7

Tel: 01-8728482      Helpline: 1800 252 524

E-mail: [nofvoa@eircom.net](mailto:nofvoa@eircom.net)

### **National Suicide Bereavement Support Network**

P.O. Box 1, Youghal, Co Cork

Tel: 085-7224819

E-mail: [termill@eircom.net](mailto:termill@eircom.net)

Web: [www.nsbsn.org](http://www.nsbsn.org)

### **National Youth Council of Ireland**

3 Montague St., Dublin 2

Tel: 01-4784122      Fax: 01-4783974

E-mail: [info@nyci.ie](mailto:info@nyci.ie)

Web: [www.youth.ie](http://www.youth.ie)

### **National Youth Federation**

20 Lower Dominick St., Dublin 1

Tel: 01-8729933      Fax: 01-8724183

E-mail: [info@nyf.ie](mailto:info@nyf.ie)

Web: [www.nyf.ie](http://www.nyf.ie)

### **PACT – Counselling & Support for Unplanned Pregnancy**

15 Belgrave Rd., Rathmines, Dublin 6

Tel: 01-4976788 Fax: 01-4966565

E-mail: [pact@eircom.net](mailto:pact@eircom.net)

Web: [www.pact.ie](http://www.pact.ie)

### **Rape Crisis Network Ireland**

2nd Floor, The Halls, Quay St., Galway

Tel: 091-563676 Fax: 091-563677

Web: [www.rcni.net](http://www.rcni.net)

### **Parentline**

Carmichael House, North Brunswick St., Dublin 7

Tel: 01-8787230 Helpline LoCall: 1890 927 277

E-mail: [parentline@eircom.net](mailto:parentline@eircom.net)

Web: [www.parentline.ie](http://www.parentline.ie)

### **Pavee Point Travellers' Centre**

Pavee Point, 46 North Great Charles St., Dublin 1

Tel: 01-8780225 Fax: 01-8742626

E-mail: [pavee@iol.ie](mailto:pavee@iol.ie)

Web: [www.paveepoint.ie](http://www.paveepoint.ie)

### **Rainbows Ireland Ltd.**

National Office, Loreto Centre, Crumlin Rd., Dublin 12

Tel: 01-4734175

E-mail: [rainbows@eircom.net](mailto:rainbows@eircom.net)

Web: [www.rainbowsireland.com](http://www.rainbowsireland.com)

### **Recovery Inc.**

P.O. Box 2210, Dublin 13

Tel: 01-6260775

E-mail: [dermod1@ireland.com](mailto:dermod1@ireland.com)

### **Refugee Information Service**

27 Annamoe Terrace, North Circular Rd., Dublin 7

Tel: 01-8382740 Fax: 01-8382480

E-mail: [info@ris.ie](mailto:info@ris.ie) Web: [www.ris.ie](http://www.ris.ie)

## **Samaritans**

National Regional Office, Room 35, 112 Marlborough St., Dublin 1

Tel: 01-8781822 Helpline: 1850 60 90 90

Web: [www.samaritans.ie](http://www.samaritans.ie)

## **Schizophrenia Ireland**

38 Blessington St., Dublin 7

Tel: 01-8601620 Fax: 01-8601602 Helpline: 1890 621 631

E-mail: [info@sirl.ie](mailto:info@sirl.ie)

Web: [www.sirl.ie](http://www.sirl.ie)

## **Society of St. Vincent De Paul**

8 New Cabra Rd., Dublin 7

Tel: 01-8384164 Fax: 01-8387355

E-mail: [info@svp.ie](mailto:info@svp.ie)

Web: [www.svp.ie](http://www.svp.ie)

## **Sólás – Child Bereavement Counselling**

Barnardos, Christchurch Square, Dublin 8

Tel Helpline: 01-4732110

E-mail: [solas@barnardos.ie](mailto:solas@barnardos.ie)

Web: [www.barnardos.ie](http://www.barnardos.ie)

## **Turning Point**

23 Crofton Rd., Dun Laoghaire, Co Dublin

Tel: 01-2807888 Fax: 01-2800643

E-mail: [info@turningpoint.ie](mailto:info@turningpoint.ie)

Web: [www.turningpoint.ie](http://www.turningpoint.ie)

## **Women's Aid**

Everton House, 47 Old Cabra Rd., Dublin 7

Tel: 01-8684721 Fax: 01-8684722 Helpline: 1800 341 900

E-mail: [info@womensaid.ie](mailto:info@womensaid.ie)

Web: [www.womensaid.ie](http://www.womensaid.ie)

## HELPLINES

Adult Counselling Service	1800 234 113
Al Anon	01 8732699
Alateen	01 8732699
Alliance Centre for Aids & Sexual Health	021 427615
Alzheimer Society of Ireland	1800 341 341
Amen (Violence Against Men)	046 23718
Aware	01 6766166
Bodywhys	01 2835126
Cancer Helpline	1800 200 700
Carers Association Helpline	1800 240 724
Childline	1800 666 666
Crisis Pregnancy Counselling Service	1800 200 857
Cura Helpline	1850 622 626
Domestic Violence	1800 444 944
Gay Switchboard	01 8721055
Homeless Persons Unit	1800 724 724
Irish Sudden Infant Death Ass.	1850 391 391
Life Pregnancy Care Service	1850 281 281
MOVE (Men Overcoming Violence)	01 8724357
N.O.V.A. (National Office for Victims of Abuse)	1800 252 524
Narcotics Anonymous	01 8300944 ext. 486
National Pregnancy Helpline	1850 495 051
National Suicide Bereavement Support	085-7224819
P.A.C.T Pregnancy Counselling Service	1850 673 333
Parentline	01 8733500
Parents' Support (Gay & Lesbian)	01 8721055
Parkinsons Association	1800 359 359
Rape Crisis Helpline	1800 323 232
Samaritans - Don't Get Down Get Help	1850 60 90 90
Schizophrenia Ireland	1890 621 631
Senior Helpline	1850 440 444
Smoking Quitline	1850 201 203
Womens Aid	1800 341 900

## Useful Resources - Suicide

### **Friends of the Suicide Bereaved**

P.O. Box 162,  
Cork  
Tel: 021-294318

### **Irish Association of Suicidology**

16 New Antrim St.,  
Castlebar,  
Co Mayo  
Tel: 094-9250858                      Fax: 094-9250859  
Web: [www.ias.ie](http://www.ias.ie)

### **National Suicide Bereavement Support Network**

P.O. Box 1,  
Youghal,  
Co Cork  
Tel: 085-7224819  
E-mail: [info@nsbsn.org](mailto:info@nsbsn.org)    Web: [www.nsbsn.org](http://www.nsbsn.org)

### **National Suicide Research Foundation**

1 Perrott Avenue,  
College Rd.,  
Co Cork  
Tel: 021-4277499                      Fax: 021-4277545  
E-mail: [nsrf@iol.ie](mailto:nsrf@iol.ie)              Web: [www.nsrff.ie](http://www.nsrff.ie)

### **National Suicide Review Group**

HSE Western Area,  
1st Floor, West City Centre  
Seamus Quirke Road  
Galway  
Tel: 091 548424  
E-mail: [info@nsrg.ie](mailto:info@nsrg.ie)              Web: [www.nsrq.ie](http://www.nsrq.ie)

### **Suicide Resource Officer HSE-Midland Area**

Ms. Rita Kelly,  
Suicide Resource Officer,  
The Old Maltings,  
Coote St.,  
Portlaoise,  
Co Laois  
Tel: 057-8664513              Fax: 057-8664567  
E-mail: [ritam.kelly@mailq.hse.ie](mailto:ritam.kelly@mailq.hse.ie)

## Useful Websites

<a href="http://www.afsp.org">www.afsp.org</a>	-American Foundation for Suicide Prevention
<a href="http://www.cso.ie">www.cso.ie</a>	-Central Statistics Office
<a href="http://www.ias.ie">www.ias.ie</a>	-Irish Association of Suicidology
<a href="http://www.3ts.ie">www.3ts.ie</a>	- Turning the Tide of Suicide
<a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a>	-Mental Health Ireland
<a href="http://www.nsbns.org">www.nsbns.org</a>	-National Suicide Bereavement Support Network
<a href="http://www.nsrq.ie">www.nsrq.ie</a>	-National Suicide Review Group
<a href="http://www.nsrp.ie">www.nsrp.ie</a>	-National Suicide Research Foundation
<a href="http://www.samaritans.org">www.samaritans.org</a>	-The Samaritans UK and Ireland
<a href="http://www.suicideinfo.ca">www.suicideinfo.ca</a>	-Suicide Information & Education Centre Canada
<a href="http://www.suicidology.org">www.suicidology.org</a>	-American Association of Suicidology
<a href="http://www.survivingsuicide.com">www.survivingsuicide.com</a>	-Surviving Suicide Website
<a href="http://www.uke.uni-hamburg.de/ens/">www.uke.uni-hamburg.de/ens/</a>	-European Network for Suicidology
<a href="http://www.wfmh.com">www.wfmh.com</a>	-World Federation of Mental Health
<a href="http://www.who.int/whosis/statistics">www.who.int/whosis/statistics</a>	-World Health Organisation – Data
<a href="http://www.mind.org.uk">www.mind.org.uk</a>	-Mind, National Association for Mental Health
<a href="http://www.rcpsych.ac.uk">www.rcpsych.ac.uk</a>	-Royal College of Psychiatrists’
<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>	-The Mental Health Foundation
<a href="http://www.scmh.org.uk">www.scmh.org.uk</a>	-Sainsbury Centre for Mental Health
<a href="http://www.nimh.nih.gov">www.nimh.nih.gov</a>	-National Institute of Mental Health



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# Personal and Community Support Directory

## Suicide – Fact & Fiction

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### **Fiction**

People who talk about it don't die by suicide.

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### **Fact**

Most people who kill themselves have given definite warnings of their intention.

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### **Fiction**

Suicidal people are absolutely intent upon dying.

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### **Fact**

Most suicidal people are ambivalent about living or dying; they gamble with death but may retain the desire to live

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### **Fiction**

Suicide happens without warning.

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### **Fact**

Suicidal people often give indicators of thoughts (sometimes before the thoughts become intentions) by words or actions.

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### **Fiction**

Once a person becomes suicidal he/she is suicidal forever.

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### **Fact**

Suicidal thoughts may return, but they are not permanent and, in some people they may never return.

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### **Fiction**

After a crisis, improvement means that the suicide risk is over.

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### **Fact**

Many suicides occur in a "period of improvement" when the person has energy and the will to turn despairing thoughts into self-destructive action.

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### **Fiction**

Suicide occurs mainly among the rich/the poor.

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### **Fact**

Suicide occurs in all groups in society.

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### **Fiction**

Suicidal behaviour is a sign of mental illness.

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### **Fact**

Suicidal behaviour indicates deep unhappiness but not necessarily mental illness.

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### **Fiction**

You are either the suicidal type or you're not.

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### **Fact**

It could happen to anybody.

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## Signs of Suicidal Intent

### SUICIDE RISK IS GREATER WHERE THERE IS:

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

### PEOPLE OFTEN SHOW THEIR SUICIDAL FEELINGS BY:

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

**Samaritans**

Applied Suicide Intervention skills Training - A.S.I.S.T. is a first aid suicide intervention training for anyone who may come in contact with those at risk of suicide.

**Available through the Suicide Resource Office.**

**Tel:** 057-8664513





# Notáí

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