

# You Are Not Alone

Directory of Bereavement Support Services 2007



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

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## Foreword

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

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

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

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

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

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

Geoff Day  
National Office for Suicide Prevention

## Introduction

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

- Disbelief
- Depression
- Shock
- Anxiety
- Anger
- Despair
- Sadness
- Longing
- Relief
- Loneliness

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

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

- loss of energy and interest in life
- an inability to sleep or constant tiredness
- poor concentration and forgetfulness
- loss of appetite or compulsive comfort eating
- a "frozen" inability to cry or a tendency to continuously burst into tears
- nausea and/or diarrhoea
- headaches and unexplained body pains.

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

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

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

## Multi Branch Organisations

### Barnardos Bereavement Counselling for Children

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

A **Helpline** (01 473 21 10, Monday - Friday 10am -12 noon) provides listening, information and support for members of the public concerned about childhood bereavement.

**Early Intervention Service** - Short-term, focused work with children following a sudden or traumatic death.

**Long-term Bereavement Counselling** - Based on the individual needs of each child and their family.

**Training and Consultancy** - For groups and organisations whose work brings them into contact with bereaved children.

**Research** - On issues relating to childhood bereavement.

**Information** - Developing information and resource materials on bereavement.

"Someone to Talk to: A Handbook on Childhood Bereavement" by Pat Donnelly is available from Barnardos NCRCs at €20 + p&p.

### Our Referral procedure:

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

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

**Head Office:** Barnardos  
Christchurch Square  
Dublin 8  
Telephone Helpline: 01 4732110 (Mon-Fri 10am-12noon)  
Main Telephone: 01 4530355  
Email: [bereavement@barnardos.ie](mailto:bereavement@barnardos.ie)  
Web: [www.barnardos.ie](http://www.barnardos.ie)

**Cork Branch:** White Street 021 4310591

## Bethany Bereavement Support Group

The Bethany Bereavement Support Group is a voluntary parish-based ministry which aims to help the bereaved and those grieving.

Many Bethany members have themselves been bereaved. They are trained to listen with understanding. They accept those suffering loss as they are and support them through the grieving process.

Groups currently exist in parishes in the greater Dublin area and surrounding counties. They may be contacted at the given telephone number.

**Head Office:** Bethany Bereavement Support Group  
Rathfarnham Parish Centre  
Willbrook Road  
Rathfarnham  
Dublin 14

**Telephone:** 01 4943142

**Email:** [bethanysupport@eircom.net](mailto:bethanysupport@eircom.net)

**Web:** <http://homepage.eircom.net/~bethanysupport/index.htm>

## Console

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

Console provides:

- A National Freephone Helpline
- Individual and Family Counselling for people bereaved through suicide
- In partnership with the Daughters of Charity, a counselling service for children and young people bereaved by suicide
- Therapy and Support Groups which offer safety and understanding
- Console publications and literature to assist people to understand their grief
- Practical information following a bereavement through suicide
- Workshops and Conferences
- Community Outreach Programmes
- Education Programmes and materials for the wider community including Seasons for Growth aimed at young people and adults
- Suicide Prevention and Bereavement Awareness DVD called 'A Life 2 Live 4'.

**Head Office:** Console - Dublin  
All Hallows College  
Gracepark Road  
Drumcondra  
Dublin 9

**Telephone:** 01 8574300  
**Email:** [info@console.ie](mailto:info@console.ie)  
**Web:** [www.console.ie](http://www.console.ie)

**Helpline  
(Nationwide):** 1800 201 890

**Branches:**

Console - Clondalkin	01 4595463
Console - Galway	091 537333
Console - Limerick	061 306792
Seasons for Growth National Office Limerick	061 307150

## Daughters of Charity Child and Family Service

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

<b>Head Office</b>	Child and Family Service Management Office 1st Floor, T O'Reilly Building Swords Road Santry Dublin 9
<b>Telephone</b>	01-8425100
<b>Email</b>	<a href="mailto:admin@docharitynet.ie">admin@docharitynet.ie</a>
<b>Web</b>	<a href="http://www.docharity.net">www.docharity.net</a>
<b>Branches:</b>	
	Blanchardstown, Dublin 15 01 885 2680
	Balbriggan, Co. Dublin 01 841 4122
	Santry, Dublin 9 01 842 5955
	Phibsboro, Dublin 7 01 838 8077
	46 North Strand Road, Dublin 3 01 855 9313
	Darndale, Dublin 17 01 877 1712
	Kilbarrack, Dublin 5 01 848 8137
	Darndale, Dublin 17 01 877 1550
	Ballyfermot, Dublin 10 01 623 1313
	Tallaght, Dublin 24 01 458 5703

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



## Living Links

Living Links provides outreach, practical help, advice and support to persons bereaved by suicide.

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

- The Funeral
- The Inquest
- Entitlements
- What to say to the children
- How to deal with the neighbours
- Help to clarify your personal grief
- Connect you to other support services in your area
- Provide information on suicide and attempted suicide
- Be there, as a friend, for you.

**Head Office:** Mc Donagh House  
Dublin Road  
Nenagh  
Co. Tipperary

Telephone: 087 4122052  
Web [www.livinglinks.ie](http://www.livinglinks.ie)

<b>Branches:</b>	North Tipperary	087 9793021
	East Cork	087 1370792
	Co. Meath	046 9021407
	Co. Clare	086 0565373
	Co Kildare	086 0566819
	Limerick (City & Co.)	087 7998427
	Co. Kerry	087 9006300
	Galway (City & Co.)	091 565066
	Co. Wicklow	01 2868413

## Rainbows

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

Rainbows help by:

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

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

**Head Office:** RAINBOWS Ireland  
Head Office  
Loreto Centre  
Crumlin Rd.  
Dublin 12

**Telephone:** 01 473 4175

**Email:** [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)

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

<b>Main Branches:</b> Cavan	049 4371363
Carlow	059 9146577
Cork	026 46076
Donegal	074 91 21512
Dublin	01 2984837
Dublin	01 8453609
Dublin	01 8402429
Dublin	087 6868281
Dublin 2	086 8634398
Dublin 5	086 8460492
Dublin 8	01 4510444

**Rainbows Branches**, continued

Dublin 13	01 8476295
Dublin 15	01 8119430
Dublin 16	01 4946647
Dublin 20	086 8760018
Dublin 22	01 4592656
Co. Dublin	01 8402429
Co. Galway	091 472500
Co. Kildare	045 521481
Co. Kildare	01 6242600
Co. Kilkenny	056 7724036
Co. Laois	086 1023810
Co. Limerick	061 400133
Co. Louth	042 9371235
Co. Mayo	094 9022750
Co. Meath	01 8255646
Co. Offaly	0506 21221
Co. Roscommon	071 9662012
Co. Sligo	071 9167155
Co. Tipperary	052 25809
Co. Waterford	051 390394
Co. Westmeath	044 22074
Co. Wexford	054 33079
Co. Wicklow	01 2868413

## Samaritans

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

**Telephone:** 01 878 1822  
**Helpline:** 1 850 60 90 90

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)  
**Web:** [www.samaritans.ie](http://www.samaritans.ie)  
**SMS Texting** 087 2 60 90 90

<b>Location</b>	<b>Address</b>
Athlone	3 Court Devenish, Athlone.
Ballymena	45 Mount Street, Ballymena.
Bangor & North Down	92 Dufferin Avenue, Bangor.
Belfast	5 Wellesley Avenue, Belfast.
Coleraine	20 Lodge Road, Coleraine.
Cork	Coach Street, Cork.
Craigavon	162 Thomas Street, Carigavon.
Derry	16 Clarendon Street, Derry.
Drogheda	3 Leyland Place, Drogheda.
Dublin	112 Marlborough Street, Dublin 1.
Ennis	Kilrush Road, Ennis.
Galway	14 Nuns Island, Galway.
Kerry (Tralee)	43-44 Moyderwell, Tralee.
Kilkenny & Carlow	Barrack Street, Kilkenny.
Limerick	20 Barrington Street, Limerick.
Newbridge	3 McElwaine Terrace, Newbridge.
Newry	19 St Colman's Park, Newry.
Omagh	20 Campsie Road, Omagh.
Sligo	3 The Mall, Sligo.
Waterford	16 Beau Street, Waterford.

## COUNTY LISTING

### Co. Carlow

**Carlow Regional Youth Service**  
**Kennedy Street**  
**Co. Carlow**

Catchment Area: Co. Carlow  
Services Provided: Youth counselling services provide both bereavement and suicide bereavement counselling  
Office Phone: 059 9130476  
Email: [carlowys@iol.ie](mailto:carlowys@iol.ie)  
Website: [www.carlowys.ie](http://www.carlowys.ie)  
Opening Hours: 9:30am-5:30pm  
Is there a Charge? No

**Carlow Women's Aid**  
**1B Acorn Business Centre**  
**Staplestown Road**  
**Co. Carlow**

Catchment Area: Co. Carlow  
Services Provided: Counselling where client also has domestic abuse issues  
Office Phone: 059 9173552  
Support Phone: 1800 444 944  
Email: [carlowwomensaid@gmail.com](mailto:carlowwomensaid@gmail.com)  
Opening Hours: 9:30am-12:30pm and 2pm-4:30pm Mon-Fri  
Is there a Charge? No

**Rainbows-Carlow  
Linkardstown  
Tinryland  
Carlow**

Catchment Area: Carlow  
Services Provided: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.  
Office Phone: 059 9146577  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

**Suicide Bereavement Group  
Askea Parish Centre  
Browneshill Ave  
Carlow  
Co. Carlow**

Catchment Area: Co. Carlow  
Services Provided: Individual counselling  
Office Phone: 059 9131323  
Email: [roquigley@hotmail.com](mailto:roquigley@hotmail.com)  
Is there a Charge? Yes

**Teach Bhríde  
Tullow  
Co. Carlow**

Catchment Area: Co. Carlow  
Services Provided: General counselling and workshops on Bereavement and Suicide  
Office Phone: 059 9152465  
Email: [teachbhríde@eircom.net](mailto:teachbhríde@eircom.net)  
Opening Hours: 8:30am-10pm  
Is there a Charge? Yes

## Co. Cavan

**Rainbows-Cavan  
Family Resource Centre  
Lr. Main St  
Cavan Town  
Cavan**

Catchment Area: Cavan  
Services Provided: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations  
Office Phone: 049 4371363  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a charge? No

**Suicide Bereavement Support Cavan  
Family Resource Office  
Main St.  
Cavan  
Co. Cavan**

Catchment Area: Co. Cavan  
Services Provided: Provide Cavan/Monaghan suicide support group and Cruse Bereavement services  
Office Phone: 049 4371363  
Support Phone 049 4372999  
Email: [cavfamil@oceanfree.net](mailto:cavfamil@oceanfree.net)  
Opening Hours: 10am-5pm Mon-Fri  
Is there a Charge? No

## Co. Clare

### **Amethyst Resource for Human Development Ballybroghan Killaloe Co. Clare**

Catchment Area: Co. Clare  
Services Provided: Individual counselling  
Phone: 061 376331  
Email: [amethyst@iol.ie](mailto:amethyst@iol.ie)  
Website: [www.holistic.ie/amethyst](http://www.holistic.ie/amethyst)  
Opening Hours: By appointment  
Is there a Charge? Yes

### **Congress Info & Opportunities Centre Springfield House Harmony Row Ennis Co. Clare**

Catchment Area: Co. Clare  
Services Provided: Group counselling  
Office Phone: 065 6841009  
Email: [cioc@eircom.net](mailto:cioc@eircom.net)  
Opening Hours: counselling from 7pm-9pm  
Is there a Charge? No

### **Living Links-Clare Suicide Bereavement Support**

Office Phone: 086 0565373



**Shannon Bereavement Group**  
**23 Coill Mhara**  
**Shannon**  
**Co. Clare**

Catchment Area: Co. Clare  
Services Provided: Visit bereaved families and also provide Rainbows facility for children.  
Support Phone: 061 364133  
Is there a Charge? No

**Stem (Strength Through Every Meeting)**  
**River's Leap**  
**Corofin**  
**Co. Clare**

Catchment Area: Co. Clare  
Services Provided: Group therapy for the bereaved  
Phone: 087 638 3988  
Email: [paulinebrad@eircom.net](mailto:paulinebrad@eircom.net)  
Is there a Charge? No

## Co. Cork

**Barnardos  
Regional Office  
The Bowling Green  
White Street  
Cork**

Services Provided: Early intervention/trauma service for children and their families bereaved by sudden death. Longer term bereavement counselling. Telephone helpline for public concerned about a grieving child. Training and consultation for groups whose work brings them into contact with bereaved children

Office Phone: 021 4310591  
Email: [bereavement@cork.barnardos.ie](mailto:bereavement@cork.barnardos.ie)  
Website: [www.barnardos.ie](http://www.barnardos.ie)  
Opening Hours: 9am-5pm  
Is there a Charge? No

**Castlehaven Nursing Association  
The Grounds House  
Castletownshend  
Co. Cork**

Catchment Area: Co. Cork  
Services Provided: Home visits  
Office Phone: 028 36100  
Opening Hours: One and a half days a week  
Is there a Charge? No

**Clonakilty Bereavement Group, West Cork  
Sleeven  
Clonakilty  
Co. Cork**

Catchment Area: Co. Cork  
Services Provided: Offer evening support meetings for the bereaved  
Office Phone: 023 38927  
Support Phone: 023 34320  
Email: [bolandkim@eircom.net](mailto:bolandkim@eircom.net)  
Is there a Charge? No

**Cork Counselling Services**  
**7 Fr Mathew Street**  
**Cork**  
**Co. Cork**

Catchment Area: Co. Cork  
Services Provided: Counselling and psychotherapy, Educational services and Training for health professionals working with bereavement  
Office Phone: 021 4274951  
Email: [info@thecounsellingcentre.ie](mailto:info@thecounsellingcentre.ie)  
Website: [www.thecounsellingcentre.ie](http://www.thecounsellingcentre.ie)  
Opening Hours: 9am-5pm Mon-Thurs, Fri 9am-4pm  
Is there a Charge? Yes

**Family Ministry Cork**  
**Family Centre**  
**34 Paul Street**  
**Co. Cork**

Catchment Area: Co. Cork  
Services Provided: Seedlings- a grief support programme for 12-18 year olds and bereavement support for spouses. Also provides parish bereavement training and support/counselling.  
Office Phone: 021 4275136  
Email: [familyministry@eircom.net](mailto:familyministry@eircom.net)  
Opening Hours: 10am-4pm Mon-Fri (some evenings and weekend programmes)  
Is there a Charge? No

**Families of Beara Support Group**  
**C/O The Caha Centre**  
**Adrigole**  
**Co. Cork**

Catchment Area: Co. Cork  
Services Provided: Information, Referral to other services, counselling and cognitive-behavioural therapy.  
Office Phone: 027 60909  
Email: [familiesofbeara@gmail.com](mailto:familiesofbeara@gmail.com)  
Opening Hours: As per the Caha Centre  
Is there a Charge? Yes

**Irish Friends of the Suicide Bereaved  
The Planning Office  
St Finbarr's Hospital  
Douglas Road  
Cork**

Catchment Area: Co. Cork  
Services Provided: Support and counselling for people bereaved by suicide.  
Office Phone: 021 431 6722  
Email: [ifsb@gofree.indigo.ie](mailto:ifsb@gofree.indigo.ie)

**Let's Get Together Foundation  
Middleton  
Co. Cork**

Catchment Area: Co. Cork  
Services Provided: Counselling and support group for the bereaved and those bereaved by suicide  
Office Phone: 021 4636634  
Support Phone: 021 4613780  
Email: [patbuckleylgtf@yahoo.co.uk](mailto:patbuckleylgtf@yahoo.co.uk)  
Website: [www.letsgettogether.ie](http://www.letsgettogether.ie)  
Opening Hours: 24 hrs at present  
Is there a Charge? No

**Living Links-Cork  
Suicide Bereavement Support**

Catchment Area: Cork  
Office Phone: 087 1370792  
Is there a Charge? No

**Mercy University Hospital-Palliative Care  
Palliative Care Services  
Mercy Hospital  
Cork  
Co. Cork**

Catchment Area: Co. Cork  
Services Provided: Palliative Care service to acute hospital population  
Office Phone: 021 4271971  
Email: [shilliard@muh.ie](mailto:shilliard@muh.ie)  
Opening Hours: 9am-5pm Mon-Fri  
Is there a Charge? No

**Mitchelstown Family Coordinating Group**  
**Ballyhoura Development**  
**Baldwin Street**  
**Mitchelstown**  
**Co. Cork**

Catchment Area: Co. Cork  
Services Provided: Organises the "Living with Loss" programme which provides bereavement support to teenagers who have suffered loss in their lives. Programme is community based.  
Office Phone: 025 85213  
Support Phone: 086 6080304  
Email: [c.ryan@ballyhoura.org](mailto:c.ryan@ballyhoura.org)  
Is there a Charge? No

**National Suicide Bereavement Support Network**  
**4 St. Francis Court**  
**Cork Hill**  
**Youghal**  
**Co. Cork**

Catchment Area: Co. Cork, Nationwide  
Services Provided: A website dedicated to providing information to the suicide bereaved  
Email: [info@nsbsn.org](mailto:info@nsbsn.org)  
Website: [www.nsbsn.org](http://www.nsbsn.org)  
Is there a Charge? No

**Rainbows-Cork**  
**Cooldorrihy**  
**Kilmichael**  
**Macroom**  
**Co Cork**

Catchment Area: Cork  
Services Provided: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations  
Office Phone: 026 46076; 087 2373876  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

## Co. Donegal

**Family Ministry Support and Development Group  
Pastoral Centre  
Monastery Avenue  
Letterkenny  
Co. Donegal**

Catchment Area: Co. Donegal  
Services Provided: Provide individual and group support to the bereaved and suicide bereaved; also provide training in A.S.I.S.T. course  
Office Phone: 074 9121853  
Email: [pastoralcentre@eircom.net](mailto:pastoralcentre@eircom.net)  
Website: [northwestcounsellingservices.com](http://northwestcounsellingservices.com)  
Opening Hours: 9am-5pm  
Is there a Charge? No

**Help Care North West Ltd  
Tabor House  
Drimark  
Donegal Town  
Co. Donegal**

Catchment Area: Co. Donegal  
Services Provided: Individual counselling  
Office Phone: 087 2879707  
Email: [taborhouse2004@eircom.net](mailto:taborhouse2004@eircom.net)  
Opening Hours: 10am-4pm Mon-Fri  
Is there a Charge? Yes

**HSEW Bereavement Counselling Service  
Millennium Court  
Pears Road  
Letterkenny  
Co. Donegal**

Catchment Area: Co. Donegal  
Services Provided: Individual counselling/grief therapy, information and literature, group work, consultation, training and research  
Office Phone: 074 9123670  
Support Phone: 074 9123695  
Email: [carolm.phelan@mailb.hse.ie](mailto:carolm.phelan@mailb.hse.ie)  
Opening Hours: 9am-5pm Mon-Fri  
Is there a Charge? No

**Moville and District Family Resource Centre**  
**2 Montgomery Terrace**  
**Moville**  
**Co. Donegal**

Catchment Area: Co. Donegal  
Services Provided: Counselling sessions on a weekly basis  
Office Phone: 074 9385548  
Email: [serenityhouse@eircom.net](mailto:serenityhouse@eircom.net)  
Opening Hours: 9am-5pm  
Is there a Charge? No

**Rainbows-Donegal**  
**Woodhill**  
**Glencar Irish**  
**Letterkenny**  
**Co Donegal**

Catchment Area: Donegal  
Services Provided: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations  
Office Phone: 074 9121512  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

**STEER**  
**Mental Health Organisation**  
**5 Rosemount Villas**  
**Letterkenny**  
**Co. Donegal**

Catchment Area: Co. Donegal  
Services Provided: Provides mental health services to include postvention and family support  
Office Phone: 074 9177311  
Email: [steerireland@donegal.net](mailto:steerireland@donegal.net)  
Opening Hours: 9am-5pm Mon-Fri  
Is there a Charge? No

## Dublin and Co. Dublin

### **Abate Counselling & Employee Assistance Programme 110 Seafield Rd Clontarf Dublin 3**

Catchment Area: Dublin 3  
Services Provided: Provides counselling and therapy throughout Ireland and individual counselling in suicide bereavement and general bereavement  
Office Phone: 1800 222833  
Email: [counselling@indigo.ie](mailto:counselling@indigo.ie)  
Website: [www.abatecounselling.ie](http://www.abatecounselling.ie)  
Is there a Charge? Yes

### **The Albany Clinic Lower Fitzwilliam Street Dublin 2**

Catchment Area: Dublin 2  
Services Provided: General counselling practice  
Office Phone: 01 6612222  
Email: [bolgercat@hotmail.com](mailto:bolgercat@hotmail.com)  
Opening Hours: Mon-Wed 11am-7pm  
Is there a Charge? Yes

### **Awakenings 2 Dodder Park Dr. Rathfarnham Dublin 14**

Catchment Area: Dublin 14  
Services Provided: Counselling and Psychotherapy services for individuals and couples  
Office Phone: 01 4920122  
Opening Hours: 8am-9pm Mon-Sat, Appointment only  
Is there a Charge? Yes



**Ballbriggan Family Centre**  
**13 Drogheda Street**  
**Ballbriggan**  
**Co. Dublin**

Catchment Area: North County Dublin  
Services Provided: Individual and group counselling for the bereaved and suicide bereaved  
Office Phone: 01 8414122  
Opening Hours: 8:30am-8pm Mon and Thurs, 8:30-5:15 Tues, Wed, Fri  
Email: [bsc@docharity.net](mailto:bsc@docharity.net)  
Website: [www.docharity.net](http://www.docharity.net)  
Is there a Charge? No

**Barnardos**  
**Christchurch Square**  
**Christchurch**  
**Dublin 8**

Catchment Area: Dublin 8  
Services Provided: Early intervention/trauma service for children and their families bereaved by sudden death. Longer term bereavement counselling. Telephone helpline for public concerned about grieving child. Training and consultation for groups whose work brings them into contact with bereaved children  
Office Phone: 01 4530355  
Support Phone: 01 4732110 Mon Wed and Fri 10am-12 noon  
Email: [bereavement@barnardos.ie](mailto:bereavement@barnardos.ie)  
Website: [www.barnardos.ie](http://www.barnardos.ie)  
Opening Hours: 9am-5pm  
Is there a Charge? No

**Beacon of Light Counselling Centre**  
**4 Collinstown Grove, Neilstown,**  
**Clondalkin, Dublin 22**

Catchment Area: Dublin 22  
Services Provided: Counselling and group facilitation  
Office Phone: 01 4578700  
Email: [beaconoflight@iolfree.ie](mailto:beaconoflight@iolfree.ie)  
Opening Hours: 9am-8pm Mon-Thursday, Fri 9am-5pm  
Is there a Charge? Yes

**Beaumont Hospital Social Work Department**  
**Beaumont Road**  
**Dublin 9**

Catchment Area: Co. Dublin  
Services Provided: One-to-one bereavement counselling and group work to families who are bereaved at Beaumont Hospital  
Office Phone: 01 8093290  
Email: [medicalsocwork@beaumont.ie](mailto:medicalsocwork@beaumont.ie)  
Opening Hours: 9am-5pm Mon-Fri  
Is there a Charge? No

**Beechlawn Medical Centre**  
**Carrickbrennan Road**  
**Monkstown**  
**Co. Dublin**

Catchment Area: Co. Dublin  
Services Provided: Individual counselling  
Office Phone: 01 2147613  
Support Phone : 087 2245484  
Email: [annemariehearne@eircom.net](mailto:annemariehearne@eircom.net)  
Website: [www.annemariehearne.com](http://www.annemariehearne.com)  
Opening Hours: 7:45am-9pm  
Is there a Charge? Yes

**The Bereavement Counselling Service**  
**G.S.P.C.,**  
**Dublin Street**  
**Baldoyle**  
**Dublin 13**

Catchment Area: Dublin 13  
Services Provided: Provides one-to-one counselling, community talks and group facilitation for children in 7 centres operating in Dublin, Wicklow, Carlow and Kildare  
Office Phone: 01 8391766  
Email: [bereavement@eircom.net](mailto:bereavement@eircom.net)  
Website: [www.bereavementireland.org](http://www.bereavementireland.org)  
Opening Hours: 9:30am-1pm  
Is there a Charge? No

**Bethany Bawnogue Bereavement Group**  
**C/O 3 Ashford Way**  
**Clondalkin**  
**Dublin 22**

Catchment Area: Dublin 22  
Services Provided: Support group for the bereaved  
Office Phone: 01 4943142  
Is there a Charge? No

**Bethany Cabra West Bereavement Support Group**  
**29 Dunmanus Rd**  
**Cabra West**  
**Dublin 7**

Catchment Area: Dublin 7  
Services Provided: Provide listening support to those who are bereaved  
Office Phone: 087 9300890  
Support Phone: 01 8388955  
Opening Hours: 1-6pm  
Is there a Charge? No

**Bethany Castleknock Bereavement Group**  
**11 College Grove**  
**Castleknock**  
**Dublin 15**

Catchment Area: Dublin 15  
Services Provided: We help with the funeral rite and follow-up psychological support and advice regarding professional counselling services.  
Support Phone: 01-8211151  
Email: [paulinemkelly@gmail.com](mailto:paulinemkelly@gmail.com)  
Is there a Charge? No

**Bethany Clonskeagh Bereavement**  
**C/O 22 Willowfield Park**  
**Milltown**  
**Dublin 14**

Catchment Area: Dublin 14  
Services Provided: Provide bereavement support through home visits to those who have lost a loved one. Also arrange talks on bereavement for the community and hold an annual Mass for the bereaved every November.  
Support Phone: 01 4943142  
Is there a Charge? No

**Bethany Finglas West**  
**42 Cardiffsbridge Road**  
**Finglas West**  
**Dublin 11**

Catchment Area: Dublin 11  
Services Provided: We provide home visits and a "listening ear" if the bereaved person feels the need to talk. We also operate a drop in centre once a month and a support group.  
Office Phone: 01-8341284  
Support Phone : 01-8341284  
Is there a Charge? No

**Bethany Loughlinstown Bereavement. Support**  
**C/O 87 Lambay Drive**  
**Loughlinstown**  
**Co. Dublin**

Catchment Area: Co. Dublin  
Services Provided: General Bereavement Support  
Office Phone: 01 4943142  
Is there a Charge? No

**Bethany Malahide  
The Bungalow  
Rob's Wall  
Malahide  
Co. Dublin**

Catchment Area: Co. Dublin  
Services Provided: One to one support, group support, and telephone support  
after bereavement  
Office Phone: 01 8451244  
Is there a Charge? No

**Bethany Old Bawn Bereavement Group  
103 Cill Cáis  
Old Bawn  
Dublin 24**

Catchment Area: Dublin 24  
Services Provided: Listening support group for the bereaved  
Office Phone: 01 4510160  
Opening Hours: 1st Tuesday of the month  
Is there a Charge? No

**Bethany Rathfarnham Bereavement Group  
51 Barton Road  
Rathfarnham  
Dublin 14**

Catchment Area: Dublin 14  
Services Provided: Provide support to bereaved through home visits  
Office Phone: 01 4958695  
Is there a Charge? No

**Bethany Rathgar Bereavement Group  
3 Dodder Park Grove  
Rathfarnham  
Dublin 14**

Catchment Area: Dublin 14  
Services Provided: Bereavement Support  
Office Phone: 01 4943142  
Is there a Charge? No

**Bethany Rathmines  
Bereavement Support Group  
6 Fortfield Grove  
Terenure  
Dublin 6**

Catchment Area: Dublin 6  
Services Provided: Telephone support, monthly support meetings and home visits as required  
Support Phone: 087 2050514  
Is there a Charge? No

**Bethany St Attracta's Group  
10 Sycamore Road  
Dundrum  
Dublin 16**

Catchment Area: Dublin 16  
Services Provided: Provide individual and group support for the recently bereaved  
Office Phone: 01 4943142  
Opening Hours: 10am-9pm weekdays  
Is there a Charge? No

**Bethany St Brigid's Resource Centre  
306 Howth Road  
Killester  
Dublin 5**

Catchment Area: Dublin 5  
Services Provided: Provides a bereavement support group and home visits to the recently bereaved  
Office Phone: 01 8534030  
Email: [killesterparish@eircom.net](mailto:killesterparish@eircom.net)  
Website: [www.killester.dublindiocese.ie](http://www.killester.dublindiocese.ie)  
Is there a Charge? No

**Bethany St Mary's Priory Tallaght**  
**37 Bancroft Ave**  
**Tallaght**  
**Dublin 24**

Catchment Area: Dublin 24  
Services Provided: Provides a bereavement support group and home visits to the recently bereaved  
Office Phone: 01 4943142  
Is there a Charge? No

**Blackrock Hospice,**  
**The Venerable Louis & Zelig Martin Hospice**  
**Sweetman's Avenue,**  
**Blackrock,**  
**Co. Dublin**

Catchment Area South County Dublin  
Services Provided Counselling services for individuals and families of the bereaved and dying  
Office Phone 01 206 4000  
Email: [blackrockhospice@olh.ie](mailto:blackrockhospice@olh.ie)  
Website: [www.olh.ie/Departments/BlackrockHospice](http://www.olh.ie/Departments/BlackrockHospice)  
Is there a Charge? No

**CDVEC Psychological Services**  
**25 Temple Road**  
**Dartry**  
**Dublin 6**

Catchment Area: Dublin 6  
Services Provided: Provides psychological services to youth in schools and centres  
Office Phone: 01 4971442  
Email: [stephen.harper@psychser.cdvec.ie](mailto:stephen.harper@psychser.cdvec.ie)  
Website: [www.cdvec.ie](http://www.cdvec.ie)  
Opening Hours: 9am-5pm Mon-Fri  
Is there a Charge? No

**Console - Dublin  
Head Office  
All Hallows College  
Gracepark Road  
Drumcondra  
Dublin 9**

Catchment Area: National  
Office Phone: 01 8574300  
Support Phone: 1800 201890  
Email: [info@console.ie](mailto:info@console.ie)  
Web: [www.console.ie](http://www.console.ie)  
Is there a charge? No

**An Cuan Centre for Psychological Services  
14 Pembroke Cottages  
Main St., Dundrum  
Dublin 14**

Catchment Area: Dublin 14  
Services Provided: Provide individual counselling, child and adolescent psychotherapy and family therapy  
Office Phone: 01 2967870  
Support Phone: 086 2265060  
Email: [info@ancuan.ie](mailto:info@ancuan.ie)  
Website: [www.ancuan.ie](http://www.ancuan.ie)  
Opening Hours: 8am-9pm Mon- Sat  
Is there a Charge? Yes

**Daughters of Charity  
Administration Headquarters  
Child and Family Service Management Office  
First Floor, T. O'Reilly Building  
Swords Road,  
Santry  
Dublin 9**

Catchment Area: Dublin  
Office Phone: 01 842 5100  
Email: [admin@docharity.net](mailto:admin@docharity.net)  
Website: [www.docharity.net](http://www.docharity.net)  
Is there a Charge? No



**Daughters of Charity, Jobstown Family Centre  
Mary Mercer Health Centre  
Fortunestown Rd.  
Tallaght  
Dublin 24**

Catchment Area: Dublin 24  
Services Provided: We provide individual counselling and therapy and group intervention based on "Seasons for Growth" which addresses loss generally.  
Office Phone: 01 4585703  
Opening Hours: Mon/Tue. 9 - 8pm, Wed/Thur/Fri. 9 - 5pm  
Is there a Charge? No

**Dochas Baldoyle  
Respond Housing Development  
Grange Road  
Baldoyle  
Dublin 13**

Catchment Area: Dublin 13  
Services Provided: We provide a listening service to those bereaved by suicide.  
Office Phone: 01 8326115  
Support Phone: 01 8063883, 086 1714839  
Email: [bfrs@eircom.net](mailto:bfrs@eircom.net)  
Opening Hours: Resource Centre 9:30 - 5pm  
Is there a Charge? No

**Dochas Hope After Suicide  
Ballymun Psychiatric Clinic  
Ballymun Health Centre  
Ballymun  
Dublin 11**

Catchment Area: Dublin 11  
Services Provided: Support for Crisis Management. Listening and providing a safe place to talk. Non-directive and confidential services to family and individuals  
Support Phone: 086-8569283  
Opening Hours: Appointments by Phone

**Drug Treatment Centre  
Trinity Court  
30-32 Pearse St  
Dublin 2**

Catchment Area: Dublin 2  
Services Provided: A Multi-disciplinary team works with clients who have experienced bereavement by suicide and general bereavement  
Office Phone: 01 6488600  
Email: [mbreathnach@dtcb.ie](mailto:mbreathnach@dtcb.ie)  
Website: [www.addictionireland.ie](http://www.addictionireland.ie)  
Opening Hours: 9am-5pm  
Is there a Charge? No

**Dublin Counselling & Therapy Centre Ltd.  
41 Upper Gardiner Street  
Dublin 1  
Co. Dublin**

Catchment Area: Co. Dublin  
Services Provided: Counselling and Psychotherapy for individuals, couples and families  
Office Phone: 01 8788236  
Email: [info@dctc.ie](mailto:info@dctc.ie)  
Website: [www.dctc.ie](http://www.dctc.ie)  
Opening Hours: 9:30am-5:30pm Mon-Fri  
Is there a Charge? Yes

**Dublin Institute of Technology  
DIT Counselling Service  
Pembroke St.  
Dublin 2**

Catchment Area: Dublin 2  
Services Provided: Psychological counselling, education/awareness, support groups, self-help material and workshops for students and staff  
Office Phone: 01 4023443/3352  
Email: [susan.lindsay@dit.ie](mailto:susan.lindsay@dit.ie)  
Website: [www.dit.ie](http://www.dit.ie)  
Opening Hours: 9am-5pm Mon-Fri; Tues and Thurs 6pm-8pm  
Is there a Charge? No

**Fairview Therapy Centre**  
**10 Fairview Strand**  
**Fairview**  
**Dublin 3**

Catchment Area: Dublin 3  
Services Provided: General Psychotherapy practice  
Office Phone: 01 8561289  
Email: [info@fairviewtherapycentre.ie](mailto:info@fairviewtherapycentre.ie)  
Website: [www.fairviewtherapycentre.ie](http://www.fairviewtherapycentre.ie)  
Opening Hours: Mon-Sat 8am-10pm; by appointment only  
Is there a Charge? Yes

**Family Therapy Centre**  
**204 Griffith Avenue**  
**Dublin 9**

Catchment Area: Dublin 9  
Services Provided: Individual and Family Therapy  
Office Phone: 01 6238035  
Opening Hours: 8am-4pm Mon-Fri  
Is there a Charge? No

**Fingal Counselling Service Base Resource Centre**  
**Brackenstown**  
**Swords**  
**Co. Dublin**

Catchment Area: Co. Dublin  
Services Provided: One-to-one Humanistic Counselling  
Office Phone: 01 8902596  
Website: [www.fingalcounsellingservice.org](http://www.fingalcounsellingservice.org)  
Opening Hours: 9:30am-9:30pm Mon-Fri  
Is there a Charge? No

**Forest Healthcare  
PO Box 10040  
Dublin 16  
Co. Dublin**

Catchment Area: Co. Dublin  
Services Provided: Psychological counselling for individuals, couples, and families within a residential setting as part of a substance abuse program  
Office Phone: 1850 882 772  
Support Phone: 01 2015863  
Email: [lorraine@forest.ie](mailto:lorraine@forest.ie)  
Website: [www.forest.ie](http://www.forest.ie)  
Opening Hours: 24/7/365  
Is there a Charge? Yes

**Greine Counselling & Psychotherapy Centre  
Glebeview House  
River Mall  
Swords  
Co. Dublin**

Catchment Area: Co. Dublin  
Services Provided: Counselling  
Office Phone: 01 8107667  
Email: [bredabutler123@eircom.net](mailto:bredabutler123@eircom.net)  
Opening Hours: 9am-8pm  
Is there a Charge? Yes

**Group Analytic Practice  
29 Lower Abbey Street  
Dublin 1**

Catchment Area: Dublin 1  
Services Provided: Group and individual psychotherapy  
Office Phone: 01 8786486  
Email: [gap@grouptherapy.ie](mailto:gap@grouptherapy.ie)  
Website: [www.grouptherapy.ie](http://www.grouptherapy.ie)  
Opening Hours: 8:30am-9:30pm Mon-Fri  
Is there a Charge? Yes

**Irish Association of University & College Counsellors  
c/o Student Counselling Services  
Trinity College  
Dublin 2**

Catchment Area: Dublin 2  
Services Provided: Individual counselling, information on bereavement and debriefing/support postvention  
Office Phone: 01 8961407  
Website: [www.iaucc.ie](http://www.iaucc.ie)  
Opening Hours: 9am-5pm  
Is there a Charge? No

**ISANDS  
Carmichael House  
4 Nth Brunswick St  
Dublin 7**

Catchment Area: Dublin 7  
Services Provided: Provide support to bereaved parents and families who have lost a baby through literature, telephone contact support and individual support  
Office Phone: 01 8726996; 01 8224688  
Email: [info@isands.ie](mailto:info@isands.ie)  
Website: [www.isands.ie](http://www.isands.ie)  
Opening Hours: 9:30am-9pm  
Is there a Charge? No

**Johnstown Therapy Centre  
35A Johnstown Road  
Cabinteely  
Dublin 18**

Catchment Area: Dublin 18  
Services Provided: Psychotherapy/Counselling  
Office Phone: 01 2024837  
Support Phone: 086 2400329  
Opening Hours: 9am-9pm  
Is there a Charge? Yes

**Mercy Centre Care Group**  
**St Brendan's Drive**  
**Coolock**  
**Dublin 5**

Catchment Area: Dublin 5  
Services Provided: Workshops on coping with Loss  
Office Phone: 01 8487259  
Email: [mercycoolock@eircom.net](mailto:mercycoolock@eircom.net)  
Opening Hours: 9am-1pm Mon-Fri  
Is there a Charge? Yes

**National Association of Widows in Ireland**  
**29 Gardiner Place**  
**Dublin 1**

Catchment Area: Dublin 1  
Services Provided: Support groups/useful information for Widows with over 40 branches throughout Ireland  
Office Phone: 01 8728814  
Email: [info@nawi.ie](mailto:info@nawi.ie)  
Website: [www.nawi.ie](http://www.nawi.ie)  
Opening Hours: Mon-Thurs 11-4  
Is there a Charge? Yes

**NCAD Counselling Centre**  
**100 Thomas St**  
**Dublin 8**

Catchment Area: Dublin 8  
Services Provided: General bereavement support for any student registered in College  
Office Phone: 01 6364200  
Email: [counsellor@ncad.ie](mailto:counsellor@ncad.ie)  
Opening Hours: Mon-Thurs 10am-4pm  
Is there a Charge? No

**Newlands Institute for Counselling  
2 Monastery Road  
Clondalkin  
Dublin 22**

Catchment Area: Dublin 22  
Services Provided: Counselling and Psychotherapy  
Office Phone: 01 4594573  
Email: [ronangrimshaw@eircom.net](mailto:ronangrimshaw@eircom.net)  
Opening Hours: 10am-9pm Mon-Fri  
Is there a Charge? Yes

**North Dublin Clinical Psychology Services  
Nurses Home  
Rathdown Rd.  
Dublin 7**

Catchment Area: Dublin 7  
Services Provided: General Psychotherapy  
Office Phone: 01 8380137  
Email: [eoingalavan1974@yahoo.ie](mailto:eoingalavan1974@yahoo.ie)  
Is there a Charge? No

**Northside Counselling Suicide Bereavement Support Group  
Northside Counselling Services Ltd.  
Coolock Development Centre  
Bunratty Drive  
Bonnybrook  
Dublin 17**

Catchment Area: Dublin  
Services Provided: The aim of the counselling service is to provide a quality, accessible and low cost professional counselling service that meets the on-going needs of the local community  
Office Phone: 01 8484789  
Email: [nctl@gofree.indigo.ie](mailto:nctl@gofree.indigo.ie)  
Is there a charge? Yes

**Oasis Counselling Service**  
**1 Drumfinn Park**  
**Ballyfermot**  
**Dublin 10**

Catchment Area: Dublin 10  
Services Provided: Low cost or voluntary counselling and support  
Office Phone: 01 6268519  
Email: [jovimac@esatclear.ie](mailto:jovimac@esatclear.ie)  
Website: [www.oasiscounselling.net](http://www.oasiscounselling.net)  
Opening Hours: 9am-9pm Mon-Wed, Thurs 9am-4pm,  
Sat 9:30am-1:30pm  
Is there a Charge? No

**Rainbows-Dublin**  
**Mercy Secondary School**  
**Goldenbridge**  
**Inchicore**  
**Dublin 8**

Catchment Area: Dublin 8  
Services Provided: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situation  
Office Phone: 01 4510444  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a charge? No

**Riverside Counselling Service**  
**Blessed Sacrament Chapel**  
**20 Bachelors Walk**  
**Dublin 1**

Catchment Area: Dublin 1  
Services Provided: Individual counselling, open support group, information and literature and family counselling  
Office Phone: 01 8724597  
Email: [liams63@yahoo.ie](mailto:liams63@yahoo.ie)  
Opening Hours: 9am-5pm Mon-Sat  
Is there a Charge? No



**St. Catherine's Counselling Service**  
**The Priory**  
**Tallaght**  
**Dublin 24**

Catchment Area: Dublin 24  
Services Provided: Individual counselling and psychotherapy  
Office Phone: 01 4513076  
Opening Hours: 10am-5pm  
Is there a Charge? No

**St Francis Hospice**  
**Station Road**  
**Raheny**  
**Dublin 5**

Catchment Area: Dublin 5  
Services Provided: Volunteer bereavement support for family and friends of those who have died under care at St. Francis Hospice  
Office Phone: 01 8327535  
Is there a Charge? No

**St. Vincent's University Hospital/Social Work Department**  
**Department of Palliative Medicine**  
**Elm Park**  
**Dublin 4**

Catchment Area: Dublin 4  
Services Provided: Bereavement Support Programme held twice yearly and social workers provide some one-to-one support  
Office Phone: 01 2214286/2214831  
Email: [palliativecare@st-vincentis.ie](mailto:palliativecare@st-vincentis.ie)  
Website: [www.stvincentis.ie](http://www.stvincentis.ie)  
Opening Hours: 9am-5pm  
Is there a Charge? No

**St. Vincent's Trust**  
**9 Henrietta Street**  
**Dublin 1**

Catchment Area: Dublin 1  
Services Provided: We provide counselling for the bereaved.  
Office Phone: 01 8874100  
Email: [info@stvincentstrust.ie](mailto:info@stvincentstrust.ie)  
Website: [www.svt.ie](http://www.svt.ie)  
Opening Hours: 9:00 to 17:00 Mon to Thurs, 9:00 to 13:00 Friday  
Is there a Charge? No

**Samaritans**  
**112 Marlborough Street**  
**Dublin 1**

Catchment Area: Dublin 1  
Services Provided: Confidential emotional support  
Support Phone: 1850 60 90 90  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
Website: [www.samaritans.org](http://www.samaritans.org)  
Opening Hours: 24/7/365  
Is there a Charge? No

**Saol**  
**58 Amiens Street**  
**Dublin 1**

Catchment Area: Dublin 1  
Services Provided: Working on training in conjunction with the NOSP  
Office Phone: 01 8553391  
Email: [progressionroutes@saolproject.ie](mailto:progressionroutes@saolproject.ie)  
Opening Hours: 9am-5pm  
Is there a Charge? No

**Tabor Counselling & Therapy Centre**  
**316 The Lawns**  
**Belgard Heights**  
**Tallaght**  
**Dublin 24**

Catchment Area: Dublin 24  
Services Provided: Psychotherapy and specifically Bereavement Therapy  
Office Phone: 01 4518869  
Email: [contact@TaborCounsellingandPsychotherapy.ie](mailto:contact@TaborCounsellingandPsychotherapy.ie)  
Website: [www.taborcounsellingandpsychotherapy.ie](http://www.taborcounsellingandpsychotherapy.ie)  
Opening Hours: 9am-10pm Mon-Fri  
Is there a Charge? Yes

**Tallaght Travellers Youth Service**  
**St Aidan's Travellers Centre**  
**Brookfield**  
**Tallaght**  
**Dublin 24**

Catchment Area: Dublin 24  
Services Provided: Individual and Family counselling  
Office Phone: 01 4596692  
Email: [ttys@iol.ie](mailto:ttys@iol.ie)  
Opening Hours: 9am-5:30pm Mon-Fri  
Is there a Charge? No

**Teen Counselling**  
**Crosscare**  
**Mater Dei**  
**Clonliffe Road**  
**Dublin 3**

Catchment Area: Dublin 3  
Services Provided: Counselling and Family Therapy  
Office Phone: 01 8371892  
Email: [mforrest@teencounselling.com](mailto:mforrest@teencounselling.com)  
Website: [www.crosscare.ie](http://www.crosscare.ie)  
Is there a Charge? No

**Tiernan's Womens Group**  
**St Tiernan's Community School**  
**Parkvale**  
**Balally**  
**Dublin 16**

Catchment Area: Dublin 16  
Services Provided: Counselling services available  
Office Phone: 01 2061554  
Email: [marypsfagan@eircom.net](mailto:marypsfagan@eircom.net)  
Is there a Charge? No

**Tivoli Institute**  
**24 Clarinda Park East**  
**Dun Laoghaire**  
**Co. Dublin**

Catchment Area: Co. Dublin  
Services Provided: Counselling/Psychotherapy  
Office Phone: 01 2809178  
Email: [tivoliinstitute@gmail.com](mailto:tivoliinstitute@gmail.com)  
Website: [www.tivoliinstitute.com](http://www.tivoliinstitute.com)  
Opening Hours: 9am-6pm  
Is there a Charge? Yes

**Turas Family Centre**  
**Our Lady Immaculate School**  
**Darndale**  
**Dublin 17**

Catchment Area: Dublin 17  
Services Provided: Work with families bereaved by suicide in partnership with Console  
Office Phone: 01 8678180  
Opening Hours: 9am-5pm Mon-Fri  
Is there a Charge? No

## Co. Galway

**Console-Galway  
Console House  
26 Bowling Green  
Galway City  
Co. Galway**

Catchment Area: Galway  
Services Provided: Suicide Bereavement Support  
Office Phone: 091 537333  
Email: [info@console.ie](mailto:info@console.ie)  
Website: [www.console.ie](http://www.console.ie)  
Is there a Charge? No

**Forum - North and West Connemara  
Rural Development Project Ltd  
Ellis Hall  
Letterfrack  
Co. Galway**

Catchment Area: Co. Galway  
Services Provided: Forum supports a community based counselling service based in Clifden every Friday. Forum is also a registered Rainbows site offering programmes to children affected by loss through death or separation  
Office Phone: 095 41116  
Email: [forum@indigo.ie](mailto:forum@indigo.ie)  
Is there a Charge? Yes

**Galway Diocesan Pastoral Centre  
Arus de Brun  
Newtownsmith  
Co. Galway**

Catchment Area: Co. Galway  
Services Provided: Individual and Group counselling  
Office Phone: 091 565066  
Email: [gdpc@eircom.net](mailto:gdpc@eircom.net)  
Opening Hours: By appointment  
Is there a Charge? No

**Galway Youth Federation**  
**7 St Francis Street**  
**Galway City**  
**Co. Galway**

Catchment Area: Co. Galway  
Services Provided: Support provided in response to a youth suicide, staff trained to offer Rainbows and trained in ASIST  
Office Phone: 091 561637  
Email: [regional.resourcecentre@gyf.ie](mailto:regional.resourcecentre@gyf.ie)  
Website: [www.gyf.ie](http://www.gyf.ie)  
Opening Hours: 10am-5pm Mon-Fri  
Is there a Charge? No

**Living Links-Galway**

Catchment Area: Galway  
Services Provided: Suicide Bereavement Support  
Support phone: 091 565066  
Is there a charge? No

**Pro Consult**  
**1 St. Helen's St**  
**Cooke's Corner**  
**Galway**  
**Co. Galway**

Catchment Area: Co. Galway  
Services Provided: Individual Counselling/Psychotherapy  
Office Phone: 091 589581  
Email: [office@proconsult.iol.ie](mailto:office@proconsult.iol.ie)  
Opening Hours: 9:30am-5pm Mon-Fri; Thurs 5:30pm-7:30pm and Sat 9am-12pm  
Is there a Charge? Yes

**Rainbows-Galway**  
**24 Forster Court**  
**Galway**

Catchment Area: Galway  
Services Provided: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.  
Office Phone: 091 472500; 087 6247712  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

## Co. Kerry

### **Castlemaine Family Resource Centre Castlemaine Co. Kerry**

Catchment Area: Co. Kerry  
Services Provided: Individual and group bereavement support  
Office Phone: 066 9767833  
Email: [cmainefrc@eircom.net](mailto:cmainefrc@eircom.net)  
Opening Hours: 9am-6pm Mon-Fri  
Is there a Charge? No

### **Kerry Adolescent Counselling Service Balloonagh Tralee Co. Kerry**

Catchment Area: Co. Kerry  
Services Provided: Provide adolescent and family counselling, offer a Grief and Loss Program for parents, and provide bereavement support in schools when required  
Office Phone: 066 7181333  
Email: [kfrcs@eircom.net](mailto:kfrcs@eircom.net)  
Opening Hours: 9am-5pm  
Is there a Charge? Yes

### **Kerry Counselling Centre D17 Edward Court Edward Street Tralee Co. Kerry**

Catchment Area: Co. Kerry  
Services Provided: Individual, couple and family counselling  
Office Phone: 066 7122931  
Email: [kerrycounsellingcentre@hotmail.com](mailto:kerrycounsellingcentre@hotmail.com)  
Is there a Charge? Yes



**Kerry Diocesan Youth Service  
KDYS Youth Centre  
Fairhill  
Killarney  
Co. Kerry**

Catchment Area: Co. Kerry  
Services Provided: Information leaflets, resource library available to all youth workers/volunteers and a referral system with links to counselling centre  
Office Phone: 064 31748  
Email: [killarneyinformation@kdys.ie](mailto:killarneyinformation@kdys.ie)  
Website: [www.kdys.ie](http://www.kdys.ie)  
Opening Hours: 9am-5pm Mon-Fri  
Is there a Charge? No

**Killarney Community Hospital  
Home Care Office  
Killarney  
Co. Kerry**

Catchment Area: Co. Kerry  
Services Provided: Bereavement support as part of Palliative Care service  
Office Phone: 064 35026  
Support Phone: 064 39645  
Opening Hours: 9am-5pm Mon-Fri  
Is there a Charge? No

**Living Links-Kerry  
Suicide Bereavement Support**

Catchment Area: Co. Kerry  
Office Phone: 087 9006300  
Is there a Charge? No

**Medical Centre  
Clonalour  
Tralee  
Co. Kerry**

Catchment Area: Co. Kerry  
Services Provided: Counselling  
Office Phone: 082 2389995  
Is there a Charge? Yes

**Southwest Counselling Centre  
Emmets Road  
Killarney  
Co. Kerry**

Catchment Area: Co. Kerry  
Services Provided: Bereavement Counselling for Children, Adolescents and Adults; also Bereavement and Loss support group  
Office Phone: 064 36416  
Email: [info@southwestcounselling.ie](mailto:info@southwestcounselling.ie)  
Website: [www.southwestcounselling.ie](http://www.southwestcounselling.ie)  
Opening Hours: 9am-8pm Mon-Fri  
Is there a Charge? Yes

**Tarbert Bereavement Support Group  
C/O St. Mary's Church  
Tarbert  
Co. Kerry**

Catchment Area: Co. Kerry  
Services Provided: Provide support for the bereaved  
Office Phone: 068 36144; 068 36161; 068 36224  
Is there a Charge? No

**Co. Kildare**

**Athy Community Council  
82 Leinster Street  
Athy  
Co. Kildare**

Catchment Area: Co. Kildare  
Services Provided: General Bereavement  
Office Phone: 059 8638099  
Opening Hours: 9am-5pm Mon-Fri  
Is there a Charge? Yes

**Bethany Athy  
C/O 22 Woodstock Street  
Athy  
Co. Kildare**

Catchment Area: Co. Kildare  
Services Provided: General Bereavement services  
Support Phone: 056 8632596  
Opening Hours: Always available  
Is there a Charge? No

**Kildare Suicide Bereavement Support  
Tandy's Bridge  
Oldtown  
Naas  
Co. Kildare**

Catchment Area: Co. Kildare  
Services Provided: Counselling and Psychotherapy  
Office Phone: 045 871340  
Support Phone: 045 895629  
Is there a Charge? No

**Newbridge Family Resource Centre**  
**2664 Dara Park**  
**Newbridge**  
**Co. Kildare**

Catchment Area: Co. Kildare  
Services Provided: Family Resource Centre with 4 available counsellors providing counselling support in the Newbridge area  
Office Phone: 045 43873  
Email: [marknewbridgefrfc@eircom.net](mailto:marknewbridgefrfc@eircom.net)  
Opening Hours: 9am-5pm  
Is there a Charge? No

**Personal Counselling & Psychotherapy Centre**  
**Suite 2 Castle Buildings**  
**Friary Rd**  
**Naas**  
**Co. Kildare**

Catchment Area: Co. Kildare  
Services Provided: Counselling and psychotherapy and support groups  
Office Phone: 045 896690  
Email: [info@personalcounselling.ie](mailto:info@personalcounselling.ie)  
Website: [www.personalcounselling.ie](http://www.personalcounselling.ie)  
Opening Hours: Monday-Friday 9am-9pm  
Is there a Charge? Yes

**Rainbows-Kildare**  
**Presentation Girls Primary School**  
**11 Newtown Park**  
**Confey**  
**Leixlip**  
**Co Kildare**

Catchment Area: Kildare  
Services Provided: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.  
Office Phone: 01 6242600 (w); 01 6286034; 087 2976276  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

**Turas Le Chéile (Living Links)**  
**Whitestown House**  
**Kilcock**  
**Co. Kildare**

Catchment Area: Dublin South West / Kildare / South Meath  
Services Provided: Outreach service for communities following a suicide and support for the bereaved including suicide bereaved  
Office Phone: 086 0566819 (Mon - Fri 9am - 5pm answer machine on outside these hours. Calls will be returned asap)  
Opening Hours: Service is an evening service and by appointment.  
Is there a Charge? No

## Co. Kilkenny

### **Child & Adolescent Psychology Service**

#### **Community Services HSE**

**James Green**

**Kilkenny**

**Co. Kilkenny**

Catchment Area: Co. Kilkenny  
Services Provided: Counselling and therapy for bereaved children, adolescents and their families.  
Office Phone: 056 7770134  
Email: [maireade.phelan@hse.ie](mailto:maireade.phelan@hse.ie)  
Opening Hours: 9am-5pm  
Is there a Charge? No

### **HSE Child & Adolescent Psychological Community Services**

**James' Green**

**Kilkenny**

**Co. Kilkenny**

Catchment Area: Co. Kilkenny  
Services Provided: Provide individual therapy for children and adolescents under 18 years and their families  
Office Phone: 056 7784777  
Support Phone: 059 9136522  
Opening Hours: 9am-5pm  
Is there a Charge? No

### **Kilkenny Bereavement Support**

**Villa Maria**

**Talbots Inch**

**Freshford Rd**

**Co. Kilkenny**

Catchment Area: Co. Kilkenny  
Services Provided: Offer individual bereavement support, bereavement support for children, workshops for schools and training for various groups  
Office Phone: 056 7756538  
Opening Hours: 9am-6pm  
Is there a Charge? No

**Kilkenny Social Services**  
**Waterford Road**  
**Co. Kilkenny**

Catchment Area: Co. Kilkenny  
Services Provided: Provide counselling in schools in the Kilkenny area to include suicide bereavement and general bereavement  
Office Phone: 056 7756998  
Email: [kilkennycss@eircom.net](mailto:kilkennycss@eircom.net)  
Opening Hours: School hours  
Is there a Charge? Yes

**Patrick Street Medical Centre**  
**Patrick Street**  
**Kilkenny**  
**Co. Kilkenny**

Catchment Area: Co. Kilkenny  
Services Provided: Counselling and Psychotherapy for individuals, couples and families  
Office Phone: 086 8877936  
Opening Hours: Thursday and Friday Day and Evening  
Is there a Charge? Yes

**Rainbows-Kilkenny**  
**Newtown**  
**Thomastown**  
**Co Kilkenny**

Catchment Area: Kilkenny  
Services Provided: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.  
Office Phone: 056 7724036  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

## Co. Laois

### **Laois Hospice Home Care Regional Hospital Portlaoise Co. Laois**

Catchment Area: Co. Laois  
Services Provided: Provide services to families bereaved by cancer  
Office Phone: 057 8660147  
Opening Hours: 9:30am-5:30pm  
Is there a Charge? No

### **Midlands Suicide Bereavement Support Services The Old Maltings Coote St., Portlaoise Co Laois**

Catchment Area Laois  
Services Provided Bereavement Support  
Contact 086 8157320  
Opening Hours: Appointments arranged to suit clients  
Is there a Charge? No

### **People Care Services Ireland Portarlington Enterprise Centre Canal Road Portarlington Co. Laois**

Catchment Area: Co. Laois  
Services Provided: Counselling and Psychology  
Office Phone: 087 1302899  
Email: [eddie@peoplecareservicesireland.com](mailto:eddie@peoplecareservicesireland.com)  
Website: [www.peoplecareservicesireland.com](http://www.peoplecareservicesireland.com)  
Is there a Charge? Yes



**Rainbows-Laois**  
**No. 3 Mount Henry Drive**  
**Killenard**  
**Portarlinton**  
**Co. Laois**

Catchment Area:	Laois
Services Provided:	Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
Office Phone:	086 1023810
Email:	<a href="mailto:ask@rainbowsireland.com">ask@rainbowsireland.com</a>
Website:	<a href="http://www.rainbowsireland.com">www.rainbowsireland.com</a>
Is there a Charge?	No

## Co. Leitrim

### **Community School Separation & Bereavement Support Group Community School Carrick-on-Shannon Co. Leitrim**

Catchment Area: Co. Leitrim  
Services Provided: School based counselling support for students  
Office Phone: 071 9620880  
Email: [marieoc@indigo.ie](mailto:marieoc@indigo.ie)  
Opening Hours: 9am-4pm  
Is there a Charge? Yes

### **Stop Market Street Dromahaire Co. Leitrim**

Catchment Area: Co. Leitrim  
Services Provided: S.T.O.P. bereavement group meet on the 1st Thursday of each month in the Abbey Manor Hotel, Dromahaire from 8pm-10pm  
Office Phone: 071 9164286  
Is there a Charge? No

## Co. Limerick

**Abbeyfeale Bereavement Support Group**  
**Mountmahon**  
**Abbeyfeale**  
**Co. Limerick**

Catchment Area: Co. Limerick  
Services Provided: Bereavement support group  
Office Phone: 068 31203  
Support Phone: 068 32444  
Opening Hours: Monday Nights 7:30pm-9:30pm  
Is there a Charge? No

**Ardagh/Carrickerry Bereavement Group**  
**Glensharrold**  
**Athea**  
**Co. Limerick**

Catchment Area: Co. Limerick  
Services Provided: Bereavement support  
Is there a Charge? No

**The Bluebox Creative Learning Centre**  
**8 Limerick Enterprise Dev. Park**  
**Roxboro Rd**  
**Co. Limerick**

Catchment Area: Co. Limerick  
Services Provided: Creative Therapies  
Office Phone: 061 315070  
Email: [info@bbclc.ie](mailto:info@bbclc.ie)  
Website: [www.bbclc.ie](http://www.bbclc.ie)  
Opening Hours: 9am-5pm  
Is there a Charge? Yes

**Console-Limerick**  
**1 Oakville Terrace**  
**New Street**  
**Limerick**  
**Co. Limerick**

Catchment Area: Limerick  
Services Provided: Suicide Bereavement Support  
Office Phone: 061-306792  
Email: [info@console.ie](mailto:info@console.ie)  
Website: [www.console.ie](http://www.console.ie)  
Is there a Charge? No

**Hospital Family Resource Centre**  
**Knockaney Road**  
**Hospital**  
**Co. Limerick**

Catchment Area: Co. Limerick  
Services Provided: Counselling service who also work with community and HSE to host workshops and raise awareness  
Office Phone: 061 383884  
Email: [hospitalfrc@eircom.net](mailto:hospitalfrc@eircom.net)  
Opening Hours: 9am-6pm Mon-Fri  
Is there a Charge? Yes

**Living Links-Limerick**  
**Suicide Bereavement Support**

Office Phone: 087 7998427 (5pm-7pm)  
Is there a Charge? No

**Our Lady Queen of Peace Bereavement Support. Group**  
**27 Daly Ave**  
**Janesboro**  
**Limerick**

Catchment Area: Co. Limerick  
Services Provided: Contact families at time of bereavement and provide follow up visits if required  
Support Phone: 061 415651  
Is there a Charge? No

**Our Lady of the Rosary Bereavement Support Group**  
**C/O 3 Sunville Court**  
**North Circular Road**  
**Co. Limerick**

Catchment Area: Co. Limerick  
Services Provided: Provides individual support and group support to the bereaved  
Office Phone: 061 455815  
Email: [pmflood@eircom.net](mailto:pmflood@eircom.net)  
Is there a Charge? No

**Rainbows-Limerick**  
**Limerick Diocesan Pastoral Centre**  
**St Michaels Courtyard**  
**Denmark St**  
**Limerick City**  
**Co. Limerick**

Catchment Area: Limerick  
Services Provided: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.  
Office Phone: 061 400133; 061 309431; 087 2995004  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

**St Munchins Family Resource Centre**  
**26-28 Clonconnane Road**  
**Ballynanty**  
**Co. Limerick**

Catchment Area: Co. Limerick  
Services Provided: Individual support and Bereavement support group  
Office Phone: 061 326623  
Email: [frc@communitylink.ie](mailto:frc@communitylink.ie)  
Website: [www.communitylink.ie](http://www.communitylink.ie)  
Opening Hours: 8:45am-5:30pm and 7pm-9pm  
Is there a Charge? No

**Seasons for Growth**  
**1 Oakville Terrace**  
**New Street**  
**Limerick**  
**Co. Limerick**

Catchment Area: Co. Limerick  
Services Provided: Group programmes for children and adults  
Office Phone: 061 307150  
Email: [1margaretosullivan@eircom.net](mailto:1margaretosullivan@eircom.net)  
Opening Hours: 9am-5pm  
Is there a Charge? Yes

**Social Services Centre**  
**Henry St.**  
**Limerick**  
**Co. Limerick**

Catchment Area: Co. Limerick  
Office Phone: 061 314111  
Opening Hours: 9:30am-5:30pm  
Is there a Charge? No

## Co. Longford

**Longford Women's Link Centre**  
**Willow House**  
**Ardnacassa Avenue**  
**Co. Longford**

Catchment Area:	Co. Longford
Services Provided:	Counselling
Office Phone:	043 41511
Support Phone	043 42891
Email:	<a href="mailto:info@longfordwomenslink.org">info@longfordwomenslink.org</a>
Website:	<a href="http://www.longfordwomenslink.org">www.longfordwomenslink.org</a>
Opening Hours:	8am-6pm
Is there a Charge?	Yes

**Midlands Suicide Bereavement Support Services**  
**Community Mental Health Centre**  
**Dublin Rd.**  
**Longford**

Catchment Area	Longford and surrounds
Services Provided	Bereavement Support
Contact Phone	086 8157320
Opening hours	Appointments arranged to suit clients
Is there a Charge?	No

## Co. Louth

### **Armagh Diocesan Pastoral Centre Mount Oliver Centre Dundalk Co. Louth**

Catchment Area: Co. Louth  
Services Provided: Bereavement Support Group, Beginning Experience support for widowed or separated and Rainbows Bereavement Support for young people aged 6-18  
Office Phone: 042 9371235  
Support Phone: 042 9371234  
Email: [pastoralcentredlk@oceanfree.net](mailto:pastoralcentredlk@oceanfree.net)  
Opening Hours: 10am-3:30pm  
Is there a Charge? Yes

### **Jean Casey Lynnbrook The Lynns Annagassan Co. Louth**

Catchment Area: Co. Louth  
Services Provided: Provides counselling and psychotherapy to individuals and groups; also gives talks and workshops  
Contact: Ms Jean Casey  
Office Phone: 042 9372047  
Email: [jeancasey@eircom.net](mailto:jeancasey@eircom.net)  
Opening Hours: 9am-5pm  
Is there a Charge? Yes

### **Rainbows-Louth Mount Oliver Pastoral Centre Dundalk Co Louth**

Catchment Area: Louth  
Services Provided: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.  
Office Phone: 042 9371235  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No



## Co. Mayo

### **Castlebar Counselling and Therapy Centre, "Four Winds" Westport Road Castlebar Co. Mayo**

Catchment Area: Co. Mayo  
Services Provided: Provide individual counselling, Couples and Family counselling, training in working with suicide bereaved and public lectures  
Office Phone: 094 9028746  
Support Phone: 087 2229679  
Email: [castlebarpsychotherapy@eircom.net](mailto:castlebarpsychotherapy@eircom.net)  
Website: [www.dctc.ie](http://www.dctc.ie)  
Opening Hours: Mon-Fri 9:30am-5:30pm; evening appointments available  
Is there a Charge? Yes

### **Knock Counselling Centre Knock Shrine Knock Co. Mayo**

Catchment Area: Co. Mayo  
Services Provided: Counselling for individuals and families of the bereaved and suicide bereaved; group sessions for those bereaved by suicide  
Office Phone: 094 9388100  
Email: [counsellingknock@eircom.net](mailto:counsellingknock@eircom.net)  
Opening Hours: 9:30am-5pm Mon-Fri; Wed until 8:30pm; Also have Drop-in service  
Is there a Charge? Yes

**Rainbows-Mayo**  
**3 Glencarra**  
**Castlebar**  
**Co. Mayo**

Catchment Area: Mayo  
Services Provided: A safe setting in which children can talk through their feelings with other children who are experiencing similar situations.  
Office Phone: 094 9022750  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

**Solace The Family Life Centre**  
**Chapel St.**  
**Castlebar**  
**Co. Mayo**

Catchment Area: Co. Mayo  
Services Provided: Provide individual and group bereavement support and suicide bereavement support; Rainbows programme and in-service training for bereavement support worker  
Office Phone: 09490 25900  
Email: [info@familylifecentre.ie](mailto:info@familylifecentre.ie)  
Website: [www.familylifecentre.ie](http://www.familylifecentre.ie)  
Opening Hours: 9:30am-5:30pm closed 1-2  
Is there a Charge? No

## Co. Meath

**Amen  
St Anne's Resource Centre  
Railway Street  
Navan  
Co. Meath**

Catchment Area: Co. Meath  
Services Provided: Provide a helpline, counselling support and peer support  
Office Phone: 046 9076864  
Support Phone: 046 9023718  
Email: [info@amen.ie](mailto:info@amen.ie)  
Website: [www.amen.ie](http://www.amen.ie)  
Opening Hours: 9am-5pm  
Is there a Charge? No

**Bethany Ashbourne/Donaghmore Parish  
126 Deerpark  
Ashbourne  
Co. Meath**

Catchment Area: Co. Meath  
Services Provided: Provide listening support service to individuals and groups and home visits as requested  
Support Phone: 087 2715222  
Opening Hours: 8pm-9pm on 3rd Tuesday of each month  
and 10:30am-11:30am on 3rd Wednesday of each month  
Is there a Charge? No

**Eureka Secondary School  
Kells  
Co. Meath**

Catchment Area: Co. Meath  
Services Provided: Offer general bereavement support and "Threads" which is a peer-to-peer suicide prevention and support program  
Office Phone: 046 9240132  
Is there a Charge? No

**Kells Parish Bereavement Support Group**  
**C/O Parish Office**  
**Kells**  
**Co. Meath**

Catchment Area: Co. Meath  
Services Provided: To visit, listen and support people with the death of a loved one or loss of any kind. A safe space is provided for people to talk freely either in a group setting or on a one to one basis about their experience of grief.  
Office Phone: 046 9240213  
Email: [info@kellsparish.ie](mailto:info@kellsparish.ie)  
Website: [www.kellsparish.ie](http://www.kellsparish.ie)  
Opening Hours: Tuesday to Saturday 10:30 to 1pm and 2-5 pm.  
Is there a Charge? No

**LivingLinks-Meath Suicide Bereavement Support (10am-1pm)**  
**Dowdstown House**  
**Dalغان Park**  
**Navan**  
**Co Meath**

Catchment Area: Meath  
Services Provided: We provide confidential, practical support and advice to those families bereaved by suicide.  
Office Phone: 046 9021407  
Email: [dowdstownhouse@eircom.net](mailto:dowdstownhouse@eircom.net)  
Website: [www.dowdstownhouse.com](http://www.dowdstownhouse.com)  
Is there a Charge? No

**Rainbows-Meath**

Catchment Area: Co Meath  
Services Provided: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.  
Office Phone: 01 8255646  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

## Co. Monaghan

**Dochas For Women  
Mullaghmatt/Cortolvin FRC  
Oriel Road  
Co. Monaghan**

Catchment Area: Co. Monaghan  
Office Phone: 047 71640  
Email: [dochasforwomen@eircom.net](mailto:dochasforwomen@eircom.net)  
Opening Hours: 9am-4pm Mon-Thurs, Fri 9am-3pm  
Is there a Charge? Yes

**Monaghan Bereavement Support Group  
Roselawn  
Ballybay Road  
Co. Monaghan**

Catchment Area: Co. Monaghan  
Services Provided: Provide individual and group support to the bereaved  
Office Phone: 047 82196  
Is there a Charge? No

**Monaghan Life Support Group  
Citizens Information Centre  
Monaghan  
Co. Monaghan**

Catchment Area: Co. Monaghan  
Services Provided: Group support, information and access to counselling for the suicide bereaved  
Office Phone: 047 82622  
Support Phone: 087 2405942  
Email: [poconnell@monaghanpartnership.com](mailto:poconnell@monaghanpartnership.com)  
Opening Hours: 9am-4pm  
Is there a Charge? No

## Co. Offaly

**Kedron Counselling & Therapy Centre**  
**St. Mary's Road**  
**Edenderry**  
**Co. Offaly**

Catchment Area: Co. Offaly  
Services Provided: Counselling and Psychotherapy services  
Office Phone: 046 9733311  
Email: [info@kedron.ie](mailto:info@kedron.ie)  
Website: [www.kedron.ie](http://www.kedron.ie)  
Opening Hours: 9am-5:30pm Mon-Fri  
Is there a Charge? Yes

**Midlands Suicide Bereavement Support Services**  
**The Arches**  
**21 Church Street**  
**Tullamore**  
**Co. Offaly**

Catchment Area Tullamore and surrounds  
Services Provided Bereavement Support  
Contact 086 8157320  
Opening hours Appointments arranged to suit clients  
Is there a Charge? No

**Midlands Suicide Bereavement Support Services**  
**Community Mental Health Centre**  
**Wilmer Road,**  
**Birr**  
**Co Offaly**

Catchment Area Birr and surrounds  
Services Provided Bereavement Support  
Contact Phone 086 8157320  
Opening hours Appointments arranged to suit clients  
Is there a Charge? No

**Rainbows-Offaly**  
**Mercy Convent**  
**Tullamore**  
**Co. Offaly**

Catchment Area: Offaly  
Services Provided: Safe setting in which children can talk through their feelings with other children who are experiencing similar situations.  
Office Phone: 0506 21221  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

## Co. Roscommon

**The Family Institute  
Church Street  
Ballaghaderreen  
Co. Roscommon**

Catchment Area: Co. Roscommon  
Services Provided: Counselling and Psychotherapy  
Office Phone: 094 9861000  
Is there a Charge? Yes

**HSE Community Services-Palliative Care  
Ardsallagh  
Athlone Road  
Roscommon  
Co. Roscommon**

Catchment Area: Co. Roscommon  
Services Provided: Bereavement care services for those in Palliative care  
Office Phone: 090 6637836  
Email: [maryj.mcdermott@mailn.hse.ie](mailto:maryj.mcdermott@mailn.hse.ie)  
Opening Hours: 9:30am-5:30pm 7 days a week  
Is there a Charge? No

**Roscommon Hospital  
Specialist Palliative Care Service  
Athlone Road  
Roscommon  
Co. Roscommon**

Catchment Area: Co. Roscommon  
Services Provided: General bereavement to those patients in palliative care  
Office Phone: 090 6626200  
Email: [helen.ely@mailn.hse.ie](mailto:helen.ely@mailn.hse.ie)  
Opening Hours: 8:30am-10:30pm Mon-Fri  
Is there a Charge? No



## Rainbows-Roscommon

Catchment Area:	Co Roscommon
Services Provided:	Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
Office Phone:	071 9662012
Email:	<a href="mailto:ask@rainbowsireland.com">ask@rainbowsireland.com</a>
Website:	<a href="http://www.rainbowsireland.com">www.rainbowsireland.com</a>
Is there a Charge?	No

## Co. Sligo

### **Ballymote Family Resource Centre Wolfe Tone St Ballymote Co. Sligo**

Catchment Area:	Co. Sligo
Services Provided:	Provide support and information to the Ballymote area
Office Phone:	071 9189876
Email:	<a href="mailto:ballymotefrc@eircom.net">ballymotefrc@eircom.net</a>
Website:	<a href="http://www.frcnf.com/ballymote">www.frcnf.com/ballymote</a>
Opening Hours:	Mon-Friday 9am-5pm
Is there a Charge?	No

### **Rainbows-Sligo Kilmacowen Ballisodare Co. Sligo**

Catchment Area:	Sligo
Services Provided:	Safe setting in which children can talk through their feelings with other children who are experiencing similar situations.
Office Phone:	071 9167155; 087 1337706
Email:	<a href="mailto:ask@rainbowsireland.com">ask@rainbowsireland.com</a>
Website:	<a href="http://www.rainbowsireland.com">www.rainbowsireland.com</a>
Is there a Charge?	No

### **St Michaels Family Life Centre Church Hill Co. Sligo**

Catchment Area:	Co. Sligo
Services Provided:	Offer counselling, bereavement and suicide bereavement groups and seminars on Loss and Bereavement
Office Phone:	071 9170329
Email:	<a href="mailto:stmichaelsfamilycentre@eircom.net">stmichaelsfamilycentre@eircom.net</a>
Opening Hours:	9:30am-4pm; Counselling by appointment
Is there a Charge?	No

**Sligo Social Service Council Ltd.**  
**Charles Street**  
**Co. Sligo**

Catchment Area: Co. Sligo  
Services Provided: Provide support and counselling to individuals and families  
Office Phone: 071 9145682  
Email: [sligosocialservices@eircom.net](mailto:sligosocialservices@eircom.net)  
Website: [www.sligosocialservices.com](http://www.sligosocialservices.com)  
Opening Hours: 9:30am-5:30pm Mon-Fri  
Is there a Charge? Yes

## Co. Tipperary

**Living Links  
Head Office  
McDonagh House  
Dublin Road  
Nenagh  
Co. Tipperary**

Catchment Area: Tipperary (see also Multi Branch Organisations)  
Services Provided: Living Links provides outreach, practical help, advice and support to persons bereaved by suicide. Trained individuals are available to offer confidential, practical support and advice to families bereaved by suicide.  
Office Phone: 087 9693021  
Website: [www.livinglinks.ie](http://www.livinglinks.ie)  
Is there a Charge? No

**Rainbows-Tipperary  
32 Willow Park  
Clonmel  
Co. Tipperary**

Catchment Area: Tipperary  
Services Provided: Safe setting in which children can talk through their feelings with other children who are experiencing similar situations.  
Office Phone: 052 25809  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

**St. Oliver's Bereavement Support  
C/o St. Oliver's Parish Office  
Glenconnor  
Clonmel  
Tipperary  
Co. Tipperary**

Catchment Area: Co. Tipperary  
Services Provided: One-to-one support offered to the bereaved  
Office Phone: 052 25679  
Opening Hours: 9:30am-4:30pm  
Is there a Charge? No

**South Tipperary General Hospital  
Palliative Care Service  
Western Road  
Clonmel  
Co. Tipperary**

Catchment Area: Co. Tipperary  
Services Provided: General bereavement  
Office Phone: 052 77341  
Email: [maryt.connolly@maila.hse.ie](mailto:maryt.connolly@maila.hse.ie)  
Opening Hours: 9am-5pm Mon-Fri  
Is there a Charge? No

**South Tipperary Hospice Movement  
3/4 Mandeville House  
The Quay  
Clonmel  
Co. Tipperary**

Catchment Area: Co. Tipperary  
Services Provided: Palliative nursing home care bereavement  
support/counselling  
Office Phone: 052 27721  
Email: [southtipphospice@maila.hse.ie](mailto:southtipphospice@maila.hse.ie)  
Opening Hours: 9am-5pm Mon-Fri  
Is there a Charge? No

**S.U.A.S. Suicide Understanding & Support  
C/O Caragh  
Brittas Road  
Thurles  
Co. Tipperary**

Catchment Area: Co. Tipperary  
Services Provided: Listening support and links to support in community  
Office Phone: 0504 21476  
Support Phone: 0504 26366  
Opening Hours: 24 hour phone service  
Is there a Charge? No

**Support After Homicide**  
**16 Toberaheana Estate**  
**Clonmel**  
**Co. Tipperary**

Catchment Area:	Co. Tipperary
Services Provided:	To offer emotional support and practical information for those bereaved by homicide on a one-to-one basis in their home
Office Phone:	087 9837322
Is there a Charge?	No

## Co. Waterford

**Family Ministry  
St. John's College  
John's Hill  
Waterford  
Co. Waterford**

Catchment Area: Co. Waterford  
Services Provided: Individual counselling, Telephone counselling and support and support groups  
Office Phone: 051 858972  
Support Phone: 051 874199  
Email: [anabradyl@eircom.net](mailto:anabradyl@eircom.net)  
Is there a Charge? No

**Rainbows-Waterford  
7 A Cluainmhor  
Tramore  
Co Waterford**

Catchment Area: Waterford  
Services Provided: Safe setting in which children can talk through their feelings with other children who are experiencing similar situations.  
Office Phone: 051 390394  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

**Talk It Over (Waterford)  
C/O St.Otteran's Hospital  
John's Hill  
Co. Waterford**

Catchment Area: Co. Waterford  
Services Provided: Trained volunteers provide a listening service for those bereaved by suicide  
Office Phone: 1850 201 249  
Is there a Charge? No

**The Men's Development Network**  
**30 O'Connell Street**  
**Co. Waterford**

Catchment Area: Co. Waterford  
Services Provided: Offer individual and group counselling to men around  
general loss and bereavement  
Office Phone: 051 844260  
Support Phone 087 1364886  
Email: [mdil@mens-network.net](mailto:mdil@mens-network.net)  
Opening Hours: Office open 9am-5pm, counselling after hours  
Is there a Charge? No



## Co. Westmeath

### **Counselling Services Convent of Mercy Rochfortbridge Co. Westmeath**

Catchment Area: Co. Westmeath  
Services Provided: Individual counselling  
Office Phone: 087 9219525  
Opening Hours: By appointment  
Is there a Charge? Yes

### **Bethany St Camillus Bereavement Support Group Griffinstown Kinnegad Co. Westmeath**

Catchment Area: Co. Westmeath  
Services Provided: Services include a drop in centre at St. Camillus' Killucan Westmeath and a bereavement meeting on the last Thursday of the month or on request.  
Office Phone: 01 4943142  
Is there a Charge? No

### **Midlands Suicide Bereavement Support Services St. Vincents Hospital Athlone,**

Catchment Area Athlone and surrounds  
Services Provided Bereavement Support  
Contact Phone 086 8157320  
Opening hours Appointments arranged to suit clients  
Is there a Charge? No

**Rainbows-Westmeath  
Gallstown  
Rockfortbridge  
Co. Westmeath**

Catchment Area: Westmeath  
Services Provided: Safe setting in which children can talk through their feelings with other children who are experiencing similar situations.  
Office Phone: 044 22074  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

**Suicide Bereavement Support Mullingar  
Community Mental Health Centre  
Grace Road  
Mullingar  
Co. Westmeath**

Catchment Area: Co. Westmeath  
Services Provided: Individual counselling for the suicide bereaved  
Is there a Charge? No

## Co. Wexford

### Oasis Counselling Service

Creagh

Gorey

Co. Wexford

Catchment Area: Co. Wexford  
Services Provided: Counselling  
Office Phone: 053 9421591  
Support Phone: 087 2223781  
Email: [berniehackett@oceanfree.net](mailto:berniehackett@oceanfree.net)  
Opening Hours: By appointment  
Is there a Charge? Yes

### Rainbows-Wexford

St John of God Sisters

28 The Orchard

Bellefield

Enniscorthy

Co. Wexford

Catchment Area: Wexford  
Services Provided: Safe setting in which children can talk through their feelings with other children who are experiencing similar situations.  
Office Phone: 054 33079  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

### St. Senan's Hospital

Enniscorthy

Co. Wexford

Catchment Area: Co. Wexford  
Services Provided: Adult mental health services  
Office Phone: 053 9243233  
Email: [sheilab.kissane@maila.hse.ie](mailto:sheilab.kissane@maila.hse.ie)  
Is there a Charge? No

**Talk It Over (Wexford)  
Mount Cross  
Bridgetown  
Co. Wexford**

Catchment Area: Co. Wexford  
Services Provided: Listening and support service for those bereaved by suicide  
Office Phone: 1850 201 249  
Opening Hours: 9am-5pm Mon-Fri  
Is there a Charge? No

**Wexford Community Care Centre/Psychological Services  
Grogan's Road  
Wexford Town  
Co. Wexford**

Catchment Area: Co. Wexford  
Services Provided: Provide therapy to children under 18 and consultation to parents  
Office Phone: 053 9123522  
Email: [maxwellpe@sehb.ie](mailto:maxwellpe@sehb.ie)  
Website: [www.hse.ie](http://www.hse.ie)  
Opening Hours: 9am-5pm Mon-Fri  
Is there a Charge? No

## Co. Wicklow

### **Bray Cancer Support Centre** **36B Main Street** **Bray** **Co. Wicklow**

Catchment Area: Co. Wicklow  
Services Provided: Provides support groups and one-to-one counselling for the bereaved  
Office Phone: 01 2866966  
Email: [bcsc@iol.ie](mailto:bcsc@iol.ie)  
Website: [www.braycancersupport.ie](http://www.braycancersupport.ie)  
Opening Hours: 10am-4pm Monday-Friday  
Is there a Charge? No

### **Meningitis Trust Ltd.** **2 Glencourt** **Bray** **Co. Wicklow**

Catchment Area: Ireland  
Services Provided: 24 hour helpline, counselling, home and hospital visits and literature to those affected by meningitis  
Office Phone: 01 2762050  
Support Phone : 1800 523 196  
Email: [CaroleN@meningitis-trust.org](mailto:CaroleN@meningitis-trust.org)  
Website: [www.meningitis-trust.org](http://www.meningitis-trust.org)  
Opening Hours: 9am-5pm Monday-Friday  
Is there a Charge? No

### **Rainbows-Wicklow**

Catchment Area: Co Wicklow  
Services Provided: Provides a safe setting in which children can talk through their feelings with other children who are experiencing similar situations.  
Office Phone: 01 2868413  
Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
Website: [www.rainbowsireland.com](http://www.rainbowsireland.com)  
Is there a Charge? No

**Suicide Bereavement Support Bray and  
Living Links  
Holy Redeemer Parish Centre  
Bray  
Co. Wicklow**

Catchment Area: Co. Wicklow  
Services Provided: Provides suicide support through the monthly Bray  
suicide support group. Living Links Wicklow provides  
support for those bereaved by suicide in the immediate after  
math of the suicide.  
Office Phone: 01 2868413  
Opening Hours: 9am-5pm  
Is there a Charge? No

**Wicklow Working Together  
Wicklow Child & Family Project  
The Mall  
Wicklow Town  
Co. Wicklow**

Catchment Area: Co. Wicklow  
Services Provided: Provides counselling, family support, literature and  
information and acts as a liaison with other agencies  
Office Phone: 0404 64725  
Support Phone 087 2873789  
Email: [wcandfp@indigo.ie](mailto:wcandfp@indigo.ie)  
Opening Hours: Mon-Fri 9:30am-1:00, 1:30-4:30pm  
Is there a Charge? Yes

## Northern Ireland Contacts

### Northwest Bereaved by Suicide Support Group

C/O Foyle Search & Rescue HQ

20 Victoria Road

L'Derry

**Catchment Area**  
**Services Provided**

From anywhere

Provides support for people who have been bereaved by suicide. The coming together of those similarly bereaved can offer the opportunity to gain strength and understanding from the individuals within the group.

**Office Phone:**

02871 865127

**E Mail:**

[barry.mcgale@westcare.n-i.nhs.uk](mailto:barry.mcgale@westcare.n-i.nhs.uk)

**Opening Hours**

1st & 3rd Monday of the month @7.30pm

**Is there a Charge?**

No

### Positive Action To Help Those Bereaved By Suicide (PATHS)

TARA centre

11 Holmview Terrace

OMAGH

Co Tyrone

BT79OAH

**Catchment Area**  
**Services Provided**

Omagh area

A confidential Support Group for anyone bereaved by suicide. It was founded in 1999. Counselling and other relevant support services for PATHS members, their dependents and those directly affected by death by suicide.

**Office Phone:**

02882250024

**Support Phone**

07745576886

**Email:**

[info@taraomagh.com](mailto:info@taraomagh.com)

**Website:**

[www.taraomagh.com](http://www.taraomagh.com)

**Opening Hours**

1st Tuesday of each month at 8pm

**Is there a Charge?**

Free service

**PIPS Project**  
**187 Duncairn Gardens,**  
**Belfast, BT15 2GF**

**Catchment Area**  
**Services Provided**

North Belfast

Working with bereaved families, who have lost a loved one through suicide, in helping to support them in coming to terms with their loss and their grief. Crisis intervention for those who are attempting to and/or have previously attempted to take their own lives.

Provision of counselling and/or complementary therapies for all service users of PIPS.

Lobbying and campaigning for a suicide strategy and the implementation of policies around the issues of suicide and self-harm.

Assisting communities in establishing their own local support networks and groups. We have assisted in establishing such groups in Downpatrick, Newcastle, Cookstown, Newry and Ballynahinch, amongst others.

Going into communities and schools to provide awareness and training around the issues.

Working to remove the social stigma currently attached to suicide, self-harm, depression and other mental health issues.

**Office Phone:**  
**E Mail:**  
**Website:**  
**Opening Hours**  
**Is there a Charge?**

02890 755070  
[pipsproject@btconnect.com](mailto:pipsproject@btconnect.com)  
[www.pipsproject.com](http://www.pipsproject.com)  
8.30am - 5pm Monday to Friday  
No



## HSE Resource Officers for Suicide Prevention

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

### HSE-Dublin North East

Mr. John McGuire,  
Resource Officer for Mental Health Promotion and Suicide Prevention,  
HSE Dublin North East  
Health Promotion Unit,  
St. Brigid's Hospital,  
Ardee,  
Co Louth  
Tel: 041-6850671  
E-mail: [john.mcguire@maile.hse.ie](mailto:john.mcguire@maile.hse.ie)

Ms. Caroline Lennon-Nally,  
Resource Officer for Mental Health Promotion and Suicide Prevention,  
3rd Floor,  
Park House,  
North Circular Rd.,  
Dublin 7  
Tel: 01-8823403  
E-mail: [caroline.lennonally@mailc.hse.ie](mailto:caroline.lennonally@mailc.hse.ie)

### HSE-Dublin Mid-Leinster

Ms. Rita Kelly,  
Resource Officer for Suicide Prevention,  
HSE Dublin Mid Leinster  
Health Promotion,  
The Old Maltings,  
Coote St.,  
Portlaoise,  
Co Laois  
Tel: 057 8664513  
E-mail: [ritam.kelly@mailq.hse.ie](mailto:ritam.kelly@mailq.hse.ie)

Mr. Martin Kane,  
Resource Officer for Mental Health Promotion and Suicide Prevention,  
HSE Dublin Mid-Leinster  
Civic Offices,  
Main St.  
Bray,  
Co Wicklow  
Tel: 01-2744366  
E-mail: [martin.kane@maild.hse.ie](mailto:martin.kane@maild.hse.ie)

Ms. Catherine Brogan,  
Resource Officer for Mental Health Promotion and Suicide Prevention,  
HSE Dublin Mid Leinster  
Oak House,  
Millennium Park,  
Naas,  
Co Kildare  
Tel: 045-882549  
E-mail: [catherine.brogan@mailm.hse.ie](mailto:catherine.brogan@mailm.hse.ie)

#### **HSE-South**

Ms. Brenda Crowley,  
Mental Health Resource Officer,  
HSE South  
St. David's Hostel,  
Clonakilty Hospital,  
Co Cork  
Tel: 023 33297  
E-mail: [brenda.crowley@mailp.hse.ie](mailto:brenda.crowley@mailp.hse.ie)

Mr. Sean McCarthy,  
Resource Officer for Suicide Prevention,  
40 Front Block  
St. Patricks Hospital,  
John's Hill,  
Waterford  
Tel: 051-874013  
Support Tel: 1 850 201 249  
E-mail: [sean.mccarthy@maila.hse.ie](mailto:sean.mccarthy@maila.hse.ie)

**HSE-West**

Ms. Mary O'Sullivan,  
Suicide Prevention Resource Officer,  
HSE West  
1st Floor,  
Westcity Centre,  
Seamus Quirke Rd.,  
Galway  
Tel: 091-548360  
E-mail: [mary.osullivan@mailn.hse.ie](mailto:mary.osullivan@mailn.hse.ie)

Mr. Michael Rainsford,  
Health Promotion/Suicide Resource Officer,  
JFK House,  
JFK Parade,  
Sligo,  
Co. Sligo  
Tel: 071-9135061  
Support Tel: 071-9135945  
E-mail: [michaelp.rainsford@mailb.hse.ie](mailto:michaelp.rainsford@mailb.hse.ie)

Ms. Anne Sheridan,  
Mental Health Promotion Officer and Suicide Prevention Resource Officer  
Old Church,  
Drumany,  
Letterkenny,  
Co Donegal  
Tel: 074-9168002  
E-mail: [anne.sheridan1@mailb.hse.ie](mailto:anne.sheridan1@mailb.hse.ie)

Ms. Bernie Carroll,  
Suicide Strategy Coordinator,  
HSE West  
St. Joseph's Hospital,  
Mulgrave St.,  
Limerick  
Tel: 061-461454  
E-mail: [bernie.carroll@mailh.hse.ie](mailto:bernie.carroll@mailh.hse.ie)

## Key Contacts

### **Association for Psychoanalysis & Psychotherapy in Ireland (APPI),**

C/O KSi Faulkner Orr  
KSi House,  
10 Whitefriars  
Aungier Street  
Dublin 2,  
Tel: 01-490-0055  
Email: [mcbarry@eircom.net](mailto:mcbarry@eircom.net)  
Website: [www.appi.ie](http://www.appi.ie)

### **AWARE**

72 Lower Leeson Street  
Dublin 1  
Tel: 01 661 7211  
Helpline: 1890 303 302  
Website: [www.aware.ie](http://www.aware.ie)  
Organises support groups nationwide and monthly lectures.

### **BelongTo**

#### **Supporting Gay, Lesbian, Bisexual and Transgendered Youth**

OUThouse Community Centre  
105 Capel St  
Dublin 1  
Ireland  
Tel: 01 8734184  
Email: [belongto@eircom.net](mailto:belongto@eircom.net)  
Website: [www.belongto.org](http://www.belongto.org)

### **Childline (ISPCC)**

Helpline: 1800 666 666

### **GROW**

#### **Ormonde Home**

#### **Barrack Street**

#### **Co. Kilkenny**

Support Phone: 1890 474 474  
Email: [info@grow.ie](mailto:info@grow.ie)  
Website: [www.grow.ie](http://www.grow.ie)  
Opening Hours: 9am-1pm

GROW is a Mental Health Organisation which helps people who have suffered, or are suffering, from mental health problems.

### **Immigrant Council of Ireland**

2 St Andrew Street, Dublin 2, Ireland

Information service: (01) 674 0200

Administration: (01) 674 0202

Fax: (01) 645 8031

E Mail: [info@immigrantcouncil.ie](mailto:info@immigrantcouncil.ie)

Website: [www.immigrantcouncil.ie](http://www.immigrantcouncil.ie)

Link to Directory of Migrant Led Community Organisations in Ireland.

[www.immigrantcouncil.ie/mlco.htm](http://www.immigrantcouncil.ie/mlco.htm)

### **Irish Association for Counselling & Psychotherapy (IACP),**

8 Cumberland Street,

Dun Laoghaire,

Co. Dublin.

Tel: 01-230-0061

Email: [iacp@irish-counselling.ie](mailto:iacp@irish-counselling.ie)

Website: [www.irish-counselling.ie](http://www.irish-counselling.ie)

### **Irish Association of Suicidology**

16 New Antrim Street,

Castlebar,

Co. Mayo.

Tel: 094- 925-0858

Email: [office@ias.ie](mailto:office@ias.ie)

Website: [www.ias.ie](http://www.ias.ie)

### **Irish College of General Practitioners**

4/5 Lincoln Place, Dublin 2, Ireland

Tel: 01 6763705

Fax: 01 6765850

Email: [info@icgp.ie](mailto:info@icgp.ie)

Website: [www.icgp.ie](http://www.icgp.ie)

### **Irish Council for Psychotherapy**

73 Quinn's Road,

Shankill,

Dublin 2.

Tel: 01-272-2105

Email: [amps@indigo.ie](mailto:amps@indigo.ie)

Website: [www.psychotherapy-ireland.com](http://www.psychotherapy-ireland.com)

### **Pavee Point**

46 North Great Charles Street  
Dublin 1, Ireland  
Telephone: [+353 1] 8780255  
Fax: [+353 1] 8742626  
Email: [pavee@iol.ie](mailto:pavee@iol.ie)  
Website: [www.paveepoint.ie](http://www.paveepoint.ie)

### **Psychological Society of Ireland (PSI),**

CX House, 2A Corn Exchange Place,  
Poolbeg Street,  
Dublin 2.  
Tel: 01-474-9160  
Email: [info@psihq.ie](mailto:info@psihq.ie)  
Website: [www.psihq.ie](http://www.psihq.ie)

### **Samaritans**

112 Marlborough Street  
Dublin 1  
Tel: 1850 60 90 90  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
SMS Texting: 087 260 90 90  
Website: [www.samaritans.ie](http://www.samaritans.ie)

### **Schizophrenia Ireland (SI)**

38 Blessington Street  
Dublin 7  
Tel: 01 8601620  
Support Phone: 1 890 621 631  
Email: [info@sirl.ie](mailto:info@sirl.ie)  
Website: [www.sirl.ie](http://www.sirl.ie)

### **Mental Health Ireland**

Mensana House  
6 Adelaide Street  
Dun Laoghaire  
Co Dublin  
Ireland  
Tel: 01 284 1166  
e-mail: [information@mentalhealthireland.ie](mailto:information@mentalhealthireland.ie)  
Website: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

## Irish and International Websites

<a href="http://www.nosp.ie">www.nosp.ie</a>	National Office for Suicide Prevention
<a href="http://www.hospice-foundation.ie">www.hospice-foundation.ie</a>	Irish Hospice Foundation
<a href="http://www.barnardos.ie">www.barnardos.ie</a>	Barnardos
<a href="http://www.samaritans.ie">www.samaritans.ie</a>	Samaritans
<a href="http://www.nsbnsn.org">www.nsbnsn.org</a>	National Suicide Bereavement Support Network
<a href="http://www.aware.ie">www.aware.ie</a>	Aware - Depression Support
<a href="http://www.glen.ie">www.glen.ie</a>	Gay and Lesbian Equality Network
<a href="http://www.iauucc.ie">www.iauucc.ie</a>	Links to Student Counselling
<a href="http://www.dohc.ie">www.dohc.ie</a>	Department of Health and Children
<a href="http://www.nsrif.ie">www.nsrif.ie</a>	National Suicide Research Foundation
<a href="http://www.ias.ie">www.ias.ie</a>	Irish Association of Suicidology
<a href="http://www.survivingsuicide.com">www.survivingsuicide.com</a>	Irish web site aimed at the bereaved
<a href="http://www.theblackdog.net">www.theblackdog.net</a>	Irish web site aimed at young men
<a href="http://www.icgp.ie">www.icgp.ie</a>	Irish College of General Practitioners
<a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a>	Mental Health Ireland
<a href="http://www.cso.ie">www.cso.ie</a>	Central Statistics Office, Ireland
<a href="http://www.citizensinformation.ie">www.citizensinformation.ie</a>	Agency supporting the provision of information on social services
<a href="http://www.tcd.ie/student_counselling/">www.tcd.ie/student_counselling/</a>	Trinity College mental health initiative
<a href="http://www.sphe.ie">www.sphe.ie</a>	Social, Personal and Health Education
<a href="http://www.3Ts.ie">www.3Ts.ie</a>	Turning the Tide of Suicide
<a href="http://www.spunout.ie">www.spunout.ie</a>	Youth website by Community Creations
<a href="http://www.recover.ie">www.recover.ie</a>	Schizophrenia Ireland run site with information for persons affected
<a href="http://www.immigrantcouncil.ie">www.immigrantcouncil.ie</a>	Immigrant Council of Ireland
<a href="http://lasso.uio.no/ssff/iasp">http://lasso.uio.no/ssff/iasp</a>	European Directory of Survivor Services
<a href="http://www.save.org">www.save.org</a>	Suicide Awareness Voices of Education
<a href="http://www.afsp.org">www.afsp.org</a>	American Foundation for Suicide Prevention
<a href="http://www.griefnet.org">www.griefnet.org</a>	Grief Support
<a href="http://www.kidsaid.com">www.kidsaid.com</a>	Online Support for Children by Children
<a href="http://www.grieflink.asn.au">www.grieflink.asn.au</a>	Information Resource on Grief
<a href="http://www.crusebereavementcare.org.uk">www.crusebereavementcare.org.uk</a>	Cruse Bereavement

## Suggested Reading

**A SPECIAL SCAR: THE EXPERIENCES OF PEOPLE BEREAVED BY SUICIDE.**

Alison Wertheimer. Routledge, London.

**AFTER A SUICIDE: PRACTICAL INFORMATION FOR PEOPLE BEREAVED BY SUICIDE.**

Ministry of Youth Development, New Zealand, 2005

**AFTER SUICIDE: INFORMATION FOR FAMILIES AND FRIENDS.**

Centre for Mental Health, NSW Health Department, 1999

**AT THIS TIME: WHEN SOMEONE YOU KNOW HAS DIED BY SUICIDE.**

Centre for Mental Health, NSW Health Department, 1999

**BEREAVEMENT INFORMATION PACK, NATIONAL CHILDREN'S RESOURCE CENTRE, BARNARDOS, 2003.**

**COPING WITH GRIEF AFTER SUICIDE.**

Centre for Mental Health, NSW Health Department 1999

**DEATH: HELPING CHILDREN UNDERSTAND.**

Barnados, Christchurch Square, Dublin.

**EVERYTHING TO LIVE FOR.**

Susan White-Bowden. New York: Simon and Shuster.

**GUIDANCE FOR COMMUNITY ORGANISATION INVOLVED IN SUICIDE POSTVENTION.**

Ministry of Youth Development, 2005

**HEALING GRIEF: A GUIDE TO LOSS AND RECOVERY.**

Barbara Ward. London: Hutchinson

**HELP IS AT HAND: A RESOURCE FOR PEOPLE BEREAVED BY SUICIDE AND OTHER SUDDEN TRAUMATIC DEATH. NHS, UK.**

**HOPE IN THE FACE OF SUICIDE.**

M Barrett. Veritas.

**HOW IT FEELS WHEN A PARENT DIES.**

Jill Kremetz. Victor Gollancz, London.

**INFORMATION AND SUPPORT PACK FOR THOSE BEREAVED BY SUICIDE.**

Commonwealth of Australia, 2003

**ON DEATH AND DYING.**

Kubler-Ross. Tavistock Publication, London.



**MY SON, MY SON. A GUIDE TO HEALING AFTER DEATH, LOSS OR SUICIDE.**

Iris Bolton (1987) Atlanta. Available from The Bolton Press. 1325 Belmore Way, NE, Atlanta, 30330, USA.

**REPORTING SUICIDE AND MENTAL ILLNESS: A MINDFRAME RESOURCE FOR MEDIA PROFESSIONALS.**

Commonwealth of Australia, 2006

**SILENT GRIEF: LIVING IN THE WAKE OF SUICIDE.**

Christopher Lukas & Henry Seiden. Papermac, London.

**SOS: A HANDBOOK FOR SURVIVORS OF SUICIDE.**

American Association of Suicidology, 2003

**SUICIDE AND ITS AFTERMATH: UNDERSTANDING AND COUNSELING THE SURVIVORS**

by Edward J. Dunne (Author), John L. McIntosh (Author), Karen Dunne-Maxim (Editor)  
W. W. Norton & Company;

**SUICIDE AND THE IRISH.**

Dr Ml Kelleher. Mercier Press.

**SUPPORTING CHILDREN AFTER SUICIDE.**

Children Bereaved by Suicide Project, NSW, 2002.

**SUPPORTING BEREAVED YOUNG PEOPLE**

Edwards, L., Powney, J., & Dockrell, A. (2000). Funded by The Diana, Princess of Wales Memorial Fund: UK

**THE FIERCE GOODBYE.**

Carr, Lloyd & Gwendolyn Carr. Markhan, Ontario Canada. Inter Varsity Press.

**TRAUMATIC DEATH.**

COI: Department of Health, UK, 2006.

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

Web address - [www.hospice-foundation.ie](http://www.hospice-foundation.ie)

## Application / Revision Form

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

**Name (of Organisation)**

**Address**

**Catchment Area:**

**Services Provided:**

**Office Phone:**

**Support Phone**

**Email:**

**Website:**

**Opening Hours:**

**Is there a Charge?**

**Is Literature Provided?**

**Contact Name (Not for inclusion in the directory):**

When complete this form should be sent to:

**National Office For Suicide Prevention**

**Room 2.35**

**Population Health**

**Dr Steevens' Hospital**

**Kilmainham**

**Dublin 8.**

**Fax: 01 6352103**

**E Mail: [info@nosp.ie](mailto:info@nosp.ie)**

## Disclaimer

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

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

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

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

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

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

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

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

**Notes**

## Emergency and Useful Numbers

**Emergency Services** 999 or 112

### Other Useful Numbers

**AWARE** 1890 303 302  
Depression Support

**Console** 1800 201 890  
Bereaved by Suicide Foundation

**GROW** 1890 474 474  
Promoting better Mental Health

**Living Links** See Main Directory  
Support to persons bereaved by suicide.

**Samaritans** 1850 60 90 90

**Schizophrenia Ireland** 1890 621 631

**(See Also Telephone Directory Page 2 for further Organisations)**

### Other Useful Local Numbers

Local GP \_\_\_\_\_

Local Police \_\_\_\_\_

Hospital \_\_\_\_\_