



**Mental Health Supports,
Tallaght and Clondalkin**

Resilience Project,
South Dublin
County Partnership



South Dublin
County Partnership
Páirtíocht Chontae
Átha Cliath Theas

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Resilience Project,
South Dublin County Partnership

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communities who contributed to this directory



Dear Reader,

The map of Mental Health services in Clondalkin and Tallaght was developed to provide this *Directory of organisations involved in providing mental health/ suicide prevention / and critical incidents supports relating to suicide, in West Tallaght and North Clondalkin.*

The directory was collated to support Objective 3 of the Resilience Project and Strategic Goals 1.2 and 2.2 of the Connecting for Life strategy.

- ***Objective 3 Using existing resources where possible, undertake a mapping exercise which will identify all of the active organisations and players involved in mental health/ suicide prevention / and critical incidents relating to suicide, in the designated areas.***
- ***Goal 1.2 Increase awareness of suicide prevention and mental health services***
- ***Goal 2.2 Ensure accurate information and guidance on effective suicide prevention is provided for community based organisations***

Each of the organisations listed provide services which fall within one or more of the categories: mental health, suicide prevention and critical incidents relating to suicide.

We have endeavoured to provide an up to date listing of these organizations as of September 2020. Organisations are encouraged to notify us of changes or additions to the listing. We will update the website listing on a monthly basis until January 2021.

How to use the directory:

- i. Two maps West Tallaght and North Clondalkin outline where the local services are located.***
- ii. A list of services operating 24/7 is shown for immediate access.***
- iii. An index of the local services is listed in geographical areas and category of service.***
- iv. Each entry has an explanation of the service and how to contact them.***

We hope you find this directory useful.

Stay safe.

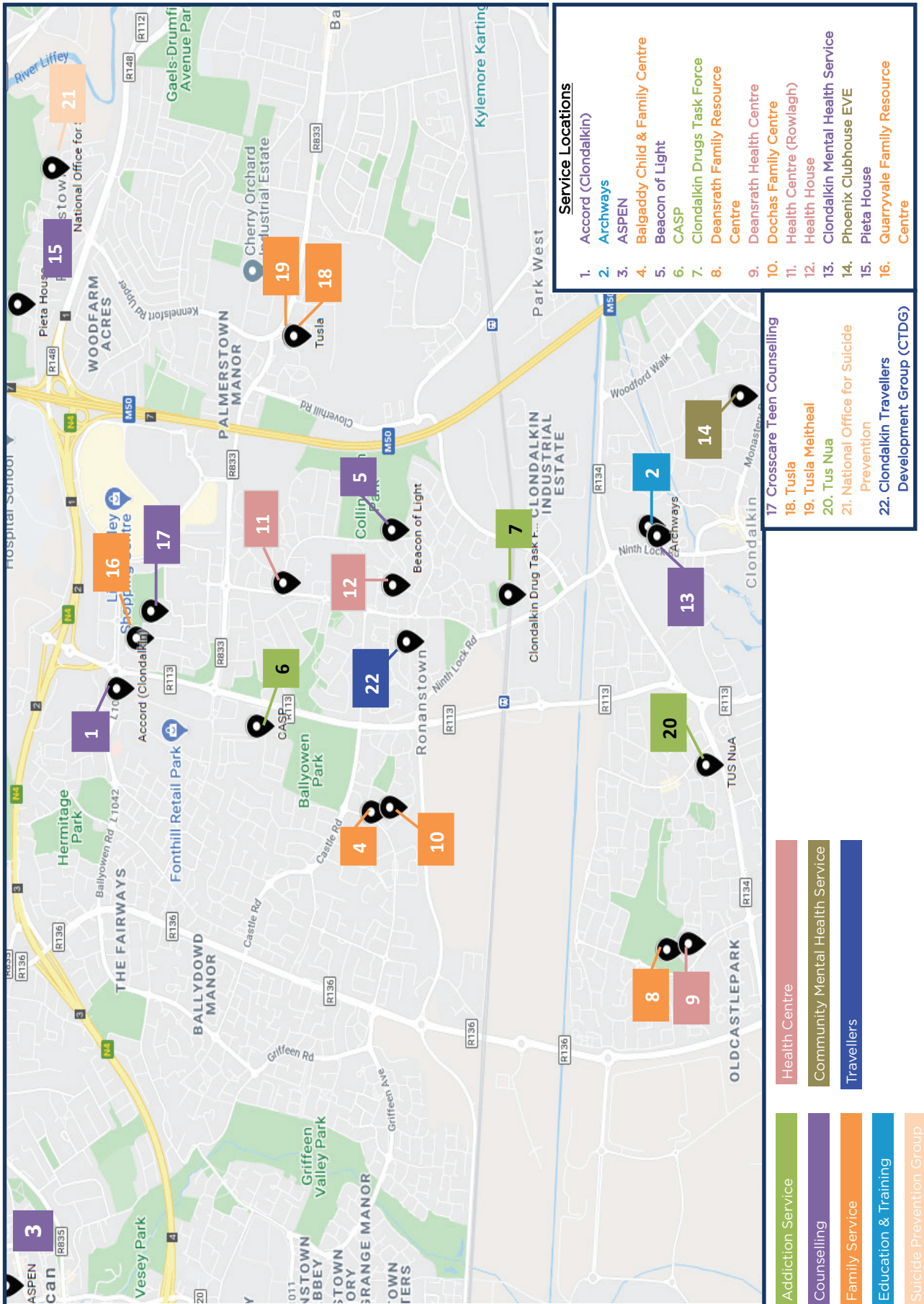
Best wishes

***Sylvia Mooney
Manager
Resilience Project***

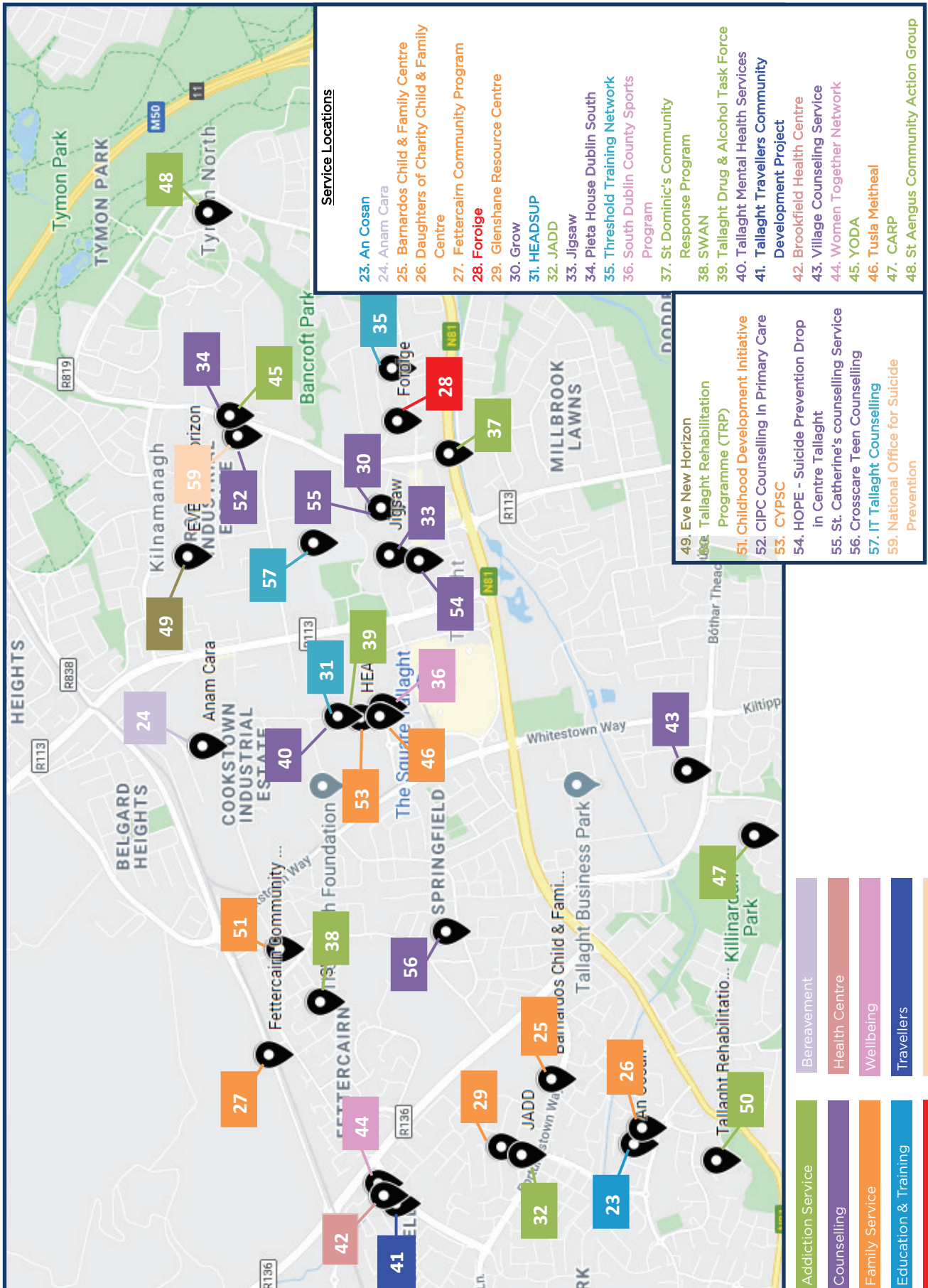
Map of Mental Health Services in West Tallaght and North Clondalkin



1. Central & North Clondalkin



1. West Tallaght



Services in Central/North Clondalkin & West Tallaght

Contents:

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24 HOUR Services Available

Samaritans 24/7

www.samaritans.org

116 123

When you call Samaritans a volunteer will try to answer you straight away and listen to you without judgement.

Or email: jo@samaritans.org to get a response within 24 hrs

Pieta House 24/7

www.pieta.ie

1800 247 247 or Text 'HELP' to 51544

When you call or text a therapist will try to answer straight away and listen to you.

Need Help Now

text50808.ie

Text 50808

Free 24/7 text service
Text 'HELLO' to 50808 and a volunteer will reply to you within a few minutes.

Tallaght University Hospital

**01 414 3601
or
01 414 3536**

St. James's Hospital

01 410 3000

Out of Hours Additional Services

Aware

1800 80 48 48

www.aware.ie

The support line is available Monday to Sunday from 10am - 10pm. Adult Mental Health.

Or email: supportmail@aware.ie to get a response within 24 hrs

HSE

1850 24 1850
or
01 240 8720

www.hse.ie

All of Ireland's public health services in hospitals and communities across the country.

Monday to Friday:
8am - 8pm
Saturday and Sunday:
10am - 5pm

Childline

24/7

1800 666 666 or Text 50101
or Chat Online:
www.childline.ie/login

All children and young people up to the age of 19

Gardai Stations:

Tallaght 01 666 6000
Clondalkin 01 666 7600
Ronanstown 01 666 7700
Lucan 01 666 7300

As a mental health emergency and to help protect the individual

Teenline

24/7

www.ispcc.ie

1800 833 634

Young people between the ages of 13-19

Out of Hours Additional Services

**Rape Crisis
Centre,
24 Hours Helpline**

1800 778888

www.rapecrisishelp.ie

When you call you will get information about the professional support and the choices available to survivors of sexual trauma.

**Accord
Relationship
Support Line**

**01 5313331, 01 9059555
9am - 8pm**

www.accorddublin.ie

When clients ring they will pay a standard rate phone charge or the counsellor can call them back. This is a crisis service only so it is not suitable for long-term counselling.

**Niteline (Student
Support Line)**

1800 793 793

www.niteline.ie

Students in Third Level Education
9pm – 2:30am everyday of term
(open for on-line listening only)

**Housing
Homelessness**

**Freephone
1800 7070707**

**Call the number
10am-10pm 7 days.**

**Emergency
only**

Name of Services/Organizations & Colour Legend

Where there is more than one star beside an organization, the organization has additional services. See maps for location

Green Star = Addiction Service

Orange Star = Family Service

Red Star = Youth Service

Mauve Star = Health Centre

Pink Star = Wellbeing

Light Purple = Bereavement

Purple Star = Counselling

Blue Star = Education & Training

Brown Star = Community Mental Health Service

Dark Blue Star = Travellers

Peach Star = Suicide Prevention Group

Gray Star = Covid- 19 Related Services

Addiction Service



- Adolescent Addiction Service (**National pg.26**)
- Aspen Counselling Service (**Clondalkin pg.10**)
- CARP (**Tallaght pg.19**)
- CASP (**Clondalkin pg.11**)
- Clondalkin Drugs Task Force (**Clondalkin pg.11**)
- Fettercairn Community Programme (**Tallaght pg.20**)
- HSE Drug Treatment Service (formerly Aisling Clinic) (**Clondalkin pg.12**)
- JADD (**Tallaght pg.18**)
- St Aengus Community Action Group (**Tallaght pg.19**)
- SWAN (**Tallaght pg.18**)
- TUS Nua (**Clondalkin pg.12**)
- Tallaght Drugs & Alcohol Task Force (**Tallaght pg.18**)
- Tallaght Rehabilitation Programme (TRP) (**Tallaght pg.19**)
- St Dominic's Community Response Project (**Tallaght pg.18**)
- YODA (**Tallaght pg.19 & National pg.26**)

Counselling



- Accord (**Clondalkin pg.10**)
- Adolescent Addiction Service (**National pg.26**)
- An Cosan (**Tallaght pg.21**)
- Aspen Counselling Service (**Clondalkin pg.10**)
- AWARE (**National pg.25**)
- Barnardos Child & Family Centre (**Tallaght pg.20**)
- Beacon of Light (**Clondalkin pg.10**)
- CASP (**Clondalkin pg.11**)
- CIPC Counselling In Primary Care (**National pg.25**)
- Clondalkin Mental Health Service (**Clondalkin pg.11**)

- Crosscare Teen Counselling (**Clondalkin pg.11 & Tallaght pg.17**)
- Dochas Family Centre (**Clondalkin pg.13**)
- Friends of Suicide Loss (**National pg.25**)
- Grow (**Tallaght pg.16**)
- HOPE - Suicide Prevention Drop In Centre Tallaght (**Tallaght pg.17**)
- JADD (**Tallaght pg.18**)
- Jigsaw Dublin South West (**Tallaght pg.16**)
- Pieta House (**Clondalkin pg.10 & National pg.25**)
- Pieta House Dublin South (**Tallaght pg.16**)
- Quarryvale Family Resource Centre (**Clondalkin pg.13**)
- Shine (**National pg.26**)
- St Dominic's Community Response Project (**Clondalkin pg.18**)
- St. Catherine's Counselling Service (**Tallaght pg.17**)
- SWAN (**Tallaght pg.18**)
- Tallaght Mental Health Services (**Tallaght pg.16**)
- TUD Tallaght Counselling (**Tallaght pg.22**)
- Village Counselling Service (**Tallaght pg.17**)

Family Service

- Aspen Counselling Service (**Clondalkin pg.10**)
- Balgaddy Child and Family Centre (**Clondalkin pg.12**)
- Beacon of Light (**Clondalkin pg.10**)
- Barnardos Child & Family Centre (**Tallaght pg.20**)
- CASP (**Clondalkin pg.11**)
- Childhood Development Initiative (**National pg.26**)
- CYPSC (**National pg.27**)
- Daughters of Charity Child and Family Service (**Tallaght pg.20**)
- Deansrath Family Resource Centre (**Clondalkin pg.12**)
- Deansrath Health Centre (**Clondalkin pg.14**)
- Dochas Family Centre (**Clondalkin pg.13**)
- Fettercairn Community Programme (**Tallaght pg.20**)
- Foroige (**Tallaght pg.23**)
- Friends of Suicide Loss (**National pg.25**)
- Glenshane Resource Centre (**Tallaght pg.21**)
- Health Centre (Rowlagh) (**Clondalkin pg.14**)
- JADD (**Tallaght pg.18**)
- Jigsaw Dublin South West (**Tallaght pg.16**)
- Quarryvale Family Resource Centre (**Clondalkin pg.13**)
- Rainbows Ireland (**National pg.27**)
- St Dominic's Community Response Project (**Tallaght pg.18**)
- Tusla (**Clondalkin pg.13 & National pg.27**)
- Tusla Meitheal (**Clondalkin pg.13**)
- Tusla Meitheal (**Tallaght pg.20**)
- TUS Nua (**Clondalkin pg.12**)
- SWAN (**Tallaght pg.18**)
- YODA (**Tallaght pg.19 & National pg.26**)



Education & Training



- An Cosan **(Tallaght pg.21)**
- Archways **(Clondalkin pg.14)**
- Beacon of Light **(Clondalkin pg.10)**
- CASP **(Clondalkin pg.11)**
- Childhood Development Initiative **(National pg.26)**
- Clondalkin Drugs Task Force **(Clondalkin pg.11)**
- Daughters of Charity Child and Family Service **(Tallaght pg.20)**
- Deansrath Family Resource Centre **(Clondalkin pg.12)**
- Fettercairn Community Programme **(Tallaght pg.20)**
- Grow **(Tallaght pg.16)**
- Glenshane Resource Centre **(Tallaght pg.21)**
- HEADSUP **(Tallaght pg.21)**
- JADD **(Tallaght pg.18)**
- Jigsaw Dublin South West **(Tallaght pg.16)**
- Pieta House Dublin South **(Tallaght pg.16)**
- Quarryvale Family Resource Centre **(Clondalkin pg.13)**
- Shine **(National pg.26)**
- St Dominic's Community Response Project **(Tallaght pg.18)**
- Threshold Training Network **(Tallaght pg.21)**
- Tusla Meitheal **(Clondalkin pg.13)**
- Tusla Meitheal **(Tallaght pg.20)**
- TUS Nua **(Clondalkin pg.12)**
- Women Together Network Tallaght **(Tallaght pg.23)**
- TUD Tallaght Counselling **(Tallaght pg.22)**

Youth Service:



- Barnardos Child & Family Centre **(Tallaght pg.20)**
- CYPSC **(National pg.27)**
- Deansrath Family Resource Centre **(Clondalkin pg.12)**
- Dochas Family Centre **(Clondalkin pg.13)**
- Foroige **(Tallaght pg.23)**
- Glenshane Resource Centre **(Tallaght pg.21)**
- Quarryvale Family Resource Centre **(Clondalkin pg.13)**

Health Centre



- Deansrath Health Centre **(Clondalkin pg.14)**
- Health Centre (Rowlagh) **(Clondalkin pg.14)**
- Health House **(Clondalkin pg.14)**
- Brookfield Health Centre **(Tallaght pg.22)**

Community Mental Health Service

- Phoenix Clubhouse EVE (**Clondalkin pg.15**)
- Eve New Horizon (**Tallaght pg.22**)



Wellbeing

- Balgaddy Child and Family Centre (**Clondalkin pg.12**)
- Beacon of Light (**Clondalkin pg.10**)
- CASP (**Clondalkin pg.11**)
- Childhood Development Initiative (**National pg.26**)
- Clondalkin Mental Health Service (**Clondalkin pg.11**)
- Foroige (**Tallaght pg.23**)
- HEADSUP (**Tallaght pg.21**)
- Health House (**Clondalkin pg.14**)
- Eve New Horizon (**Tallaght pg.22**)
- Jigsaw Dublin South West (**Tallaght pg.16**)
- Phoenix Clubhouse EVE (**Clondalkin pg.15**)
- Pieta House (**Clondalkin pg.10 & National pg.25**)
- Pieta House Dublin South (**Tallaght pg.16**)
- Quarryvale Family Resource Centre (**Clondalkin pg.13**)
- SDCC sports programme (**Tallaght pg.23**)
- SWAN (**Tallaght pg.18**)
- Tallaght Mental Health Services (**Tallaght pg.16**)
- Threshold Training Network (**Tallaght pg.21**)
- Tusla Meitheal (**Tallaght pg.20**)
- Tusla (**Clondalkin pg.13 & National pg.27**)
- Women Together Network Tallaght (**Tallaght pg.23**)
- Tallaght Travellers Network (**Tallaght pg.22**)
- Clondalkin Travellers Development Group (CTDG) (**Clondalkin pg.15**)



Travellers

- Tallaght Travellers Network (**Tallaght pg.22**)
- Clondalkin Travellers Development Group (CTDG) (**Clondalkin pg.15**)



Suicide Prevention Group

- HEADSUP (**Tallaght pg.21**)
- National Office of Suicide Prevention (**National pg.27**)
- National Office For Suicide Prevention (**Tallaght pg.24**)



Bereavement

- Aspen Counselling Service (**Clondalkin pg.10**)
- Anam Cara (Parental and Sibling Bereavement Support) (**Tallaght pg.23**)





- Beacon of Light (**Clondalkin pg.10**)
- CASP (**Clondalkin pg.11**)
- Tusla Meitheal (**Clondalkin pg.13**)
- SWAN (**Tallaght pg.18**)
- Village Counselling Service (**Tallaght pg.17**)
- CIPC Counselling In Primary Care (**National pg.25**)
- Friends of Suicide Loss (**National pg.25**)
- Pieta House (**Clondalkin pg.10 & National pg.25**)
- Pieta House Dublin South (**Tallaght pg.16**)
- Tusla Meitheal (**Tallaght pg.20**)
- Glenshane Resource Centre (**Tallaght pg.21**)
- Rainbows Ireland (**National pg.27**)

Covid- 19 Related Services



- One Family (**pg.29**)
- Text 50808 (**pg.29**)
- Samaritans (**pg.29**)
- Pieta House (**pg.30**)
- My Mind (**pg.30**)
- Irish Hospice Foundation Bereavement Support Line (**pg.30**)
- Aware (**pg.31**)
- Help Link (**pg.31**)
- Mind Hacks (**pg.31**)
- Turn2Me (**pg.31**)
- Grow (**pg.32**)
- Modern Mind Matters (**pg.32**)
- Accord Relationship Support Line (**pg.32**)
- Jigsaw Dublin South West (**pg.32**)

Clondalkin Counselling Services

[See Clondalkin Map](#)

Accord (Clondalkin)

1

Type of Service	Marriage & Relationship Counselling; Crisis Phone Service
Address	St Kevin's, Monastery Road, Clondalkin, Dublin 22
Phone	01 459 3467
Email	clondalkin@dublin.accord.ie
Website	www.accord.ie
Service Hours	Mon-Fri: 9am-5pm & Crisis Phone Service: Mon-Fri 9am-8pm
Age Range	Adult
Referral Process	Self-Referral
Waiting Time	Varied
Fee	Phone service is standard rate. For counselling there is a small donation fee

[See Clondalkin Map](#)

Aspen Counselling Service

3

Type of Service	Counselling; Family Service; Addiction; Bereavement
Address	16 Main St, Lucan, Dublin 20
Phone	01 621 7063
Email	aspenabc@gmail.com
Website	www.aspencounsellingservices.com
Service Hours	Mon-Thurs: 8:45am-9:30pm, Fri: 9am-5pm
Age Range	All
Referral Process	GP Referral; Self-Referral
Waiting Time	Days
Fee	Low Cost



[See Clondalkin Map](#)

Beacon of Light

5

Type of Service	Counselling; Wellbeing; Education & Training; Family Service; Bereavement
Address	4 Collinstown Grove, Neilstown, Clondalkin, Dublin 22
Phone	01 457 8700
Email	office@beaconoflight.ie
Website	www.beaconoflight.ie
Service Hours	Mon 9-5, Tue - Thursday 9am -9pm, Fri 9am-2pm
Age Range	7 years +
Referral Process	GP Referral; Self-Referral
Waiting Time	Varied
Fee	Low Cost



[See Clondalkin Map](#)

Pieta House

15

Type of Service	Counselling; Wellbeing; Bereavement
Address	Old Lucan Road, Lucan, Dublin 20
Phone	01 6010000 and 1800 247 247
Website	www.pieta.ie/contact/pieta-lucan
Service Hours	Mon-Fri 9am-9pm and Sat 9am-2pm
Age Range	All
Referral Process	GP Referral; Self-Referral
Waiting Time	Varied
Fee	Depends on activity



17

See Clondalkin Map **Crosscare Teen Counselling**

Type of Service Counselling
Address Quarryvale Community & Leisure Centre, Greenfort Gardens, Quarryvale, Clondalkin, Dublin 22
Phone 01 557 4705
Email teencounselling@crosscare.ie
Website www.teencounselling.ie
Service Hours Mon - Thurs 9-5pm & Fri 9-1pm
Age Range 12yrs -18yrs
Referral Process Parents, Family, GP Referral, Social Work Referral, CAMHS Referral, School Referral
Waiting Time Varied
Fee Donation

13

See Clondalkin Map **Clondalkin Mental Health Service**

Type of Service Counselling; Wellbeing
Address Steeple house, Thornfield Square, Clondalkin, Dublin 22
Phone 01 795 7801
Email hselive@hse.ie
Website www.hse.ie
Service Hours Mon-Fri: 9am-4pm
Age Range All
Referral Process GP/Other Referral
Waiting Time Assessment
Fee Depends on activity



Clondalkin Addiction Services

6

See Clondalkin Map **CASP**

Type of Service Addiction; Wellbeing; Counselling; Family Service; Education & Training; Bereavement
Address Muriel Boothman Centre, Fonthill Road, Clondalkin, Dublin 22
Phone 01 616 6750
Email info@casp.ie
Website www.casp.ie
Service Hours Mon-Sat: 9am-5pm, Some Evenings
Age Range Adult
Referral Process Family & Friends; GP Referral; Self-Referral
Waiting Time Varied
Fee Depends on activity



7

See Clondalkin Map **Clondalkin Drugs and Alcohol Task Force**

Type of Service Addiction; Education & Training
Address A1 Weatherwell Business Park, Clondalkin, Dublin 22
Phone 01 457 9445
Email coordinator@cdatf.ie
Website www.clondalkindrugstaskforce.ie
Service Hours Mon-Fri: 9am-5pm
Age Range Adult
Referral Process GP Referral; Self-Referral
Waiting Time Varied
Fee See Website



HSE Drug Treatment Service (formerly Aisling Clinic)

Type of Service	Addiction
Address	Primary Care & Mental Health Centre, Ballyfermot Road, Ballyfermot, Dublin 10
Phone	076 695 5500
Website	www.bcpartnership.ie/links/name/hse-drug-treatment-service-formerly-aisling-clinic/
Service Hours	Mon-Sun: 9am-5pm
Age Range	Adult
Referral Process	Family & Friends; GP Referral; Self-Referral
Waiting Time	Assessment dependent

See Clondalkin Map TUS Nua

12

Type of Service	Addiction; Education & Training; Family Service
Address	Clondalkin Tus Nua, New Nangor Road, Clondalkin, Dublin 22
Phone	01 457 2938
Email	info@clondalkintusnua.ie
Website	www.clondalkintusnua.ie
Service Hours	Mon-Fri: 9am-5pm
Age Range	Adult
Referral Process	Family & Friends; GP Referral; Self-Referral
Waiting Time	Varied
Fee	Depends on activity



Clondalkin Family Services

See Clondalkin Map Balgaddy Child and Family Centre

4

Type of Service	Family Service; Wellbeing
Address	18 Méile An Rí Rd, Balgaddy, Lucan, Dublin 20
Phone	01 457 7104
Email	balgaddy2@sdcpartnership.ie
Website	www.facebook.com/balgaddychildandfamilycentre/
Service Hours	Mon-Fri: 9am-5pm
Age Range	Families and Children from birth to 12 years
Referral Process	Self-Referral
Waiting Time	Drop-In
Fee	None



See Clondalkin Map Deansrath Family Resource Centre

8

Type of Service	Family Service; Youth Service; Education & Training
Address	Deansrath Health Centre, St. Cuthberts Road, Clondalkin, Dublin 22
Phone	01 457 4069
Email	info@deansrathfamily.ie
Website	www.deansrathfamily.ie
Service Hours	Mon-Fri: 9am-5pm
Age Range	All
Referral Process	Self-Referral
Waiting Time	Drop-In
Fee	Depends on activity



10

See Clondalkin Map **Dochas Family Centre**

Type of Service Family therapy to couples, individuals and intergenerational family groups; Youth service

Address Dochas Family Centre Liscarne Gardens, Clondalkin, Dublin 22

Phone 01 623 4531

Email dochasfamilycentre@gmail.com


Website http://dochasfamilycentre.ie

Service Hours Mon-Fri: 9am-5pm; Tuesdays til 7pm

Age Range All

Referral Process Self-Referral

Waiting Time Drop in consultations

Fee No fee 

16

See Clondalkin Map **Quarryvale Family Resource Centre**

Type of Service Family Service; Wellbeing; Education & Training; Youth Service; Counselling; Suicide Prevention Training

Address Shancastle Avenue, Clondalkin, Dublin 22

Phone 01 623 0264

Email reception@quarryvalefrc.ie


Website www.familyresource.ie

Service Hours Mon-Fri: 9am-5pm

Age Range All

Referral Process Self-Referral

Waiting Time Varied

Fee Depends on activity 

18

See Clondalkin Map **Tusla**

Type of Service Family Service; Wellbeing

Address Bridge House, Cherry Orchard Hospital, Ballyfermot, Dublin 10

Phone 01 620 6387

Email info@tusla.ie

Website www.tusla.ie

Service Hours Mon-Fri: 9am-5pm

Age Range All

Referral Process Other Professionals; Self-Referral

Waiting Time Assessment dependent

Fee Depends on activity 

19

See Clondalkin Map **Tusla Meitheal**

Type of Service Family Service; Education & Training; Bereavement

Address Tusla Child and Family Agency, Bridge House, Cherry Orchard Hospital, Ballyfermot, Dublin 10

Phone 01 620 6387

Email info@tusla.ie

Website www.tusla.ie

Service Hours Mon-Fri: 9am-5pm

Age Range All

Referral Process Other Professionals; Self-Referral

Waiting Time Assessment dependent

Fee Depends on activity 

Clondalkin Education & Training Services

See Clondalkin Map

Archways

2

Type of Service	Education and Training - Functional Family Therapy, Parenting programmes and Families First
Address	7/8 Oakfield Industrial Estate, Clondalkin, Dublin 22
Phone	01 457 4306/7/8/9
Email	info@archways.ie
Website	www.archways.ie
Service Hours	Mon-Fri: 9am-5pm (temporarily closed due to covid)
Age Range	Adult, Child & Teen
Referral Process	Other Professionals; Self-Referral
Waiting Time	Varied
Fee	Depends on activity

Clondalkin Health Centres

See Clondalkin Map

Deansrath Health Centre

9

Type of Service	Health Centre; Family Service
Address	Deansrath Health Centre, St. Cuthbert's Road, Clondalkin, Dublin 22
Phone	01 457 3957
Email	hselive@hse.ie
Website	www.hse.ie
Service Hours	Mon-Thur: 9am-5pm
Age Range	All
Referral Process	GP Referral; Self-Referral
Waiting Time	Varied
Fee	Depends on activity



See Clondalkin Map

Health Centre (Rowlagh)

11

Type of Service	Health Centre; Family Service
Address	Rowlagh, Clondalkin, Dublin 22
Phone	01 675 4900
Email	Hselive@hse.ie
Website	www.hse.ie
Service Hours	Mon-Thur: 9am-5pm
Age Range	All
Referral Process	GP Referral; Self-Referral
Waiting Time	Varied
Fee	Depends on activity



See Clondalkin Map

Health House

12

Type of Service	Health Centre; Wellbeing
Address	Clondalkin Community Healthy Living Centre, 4 Neilstown Crescent, Clondalkin, Dublin 22
Phone	01 457 0665
Email	hcladmin@sdcpartnership.ie
Website	www.sdcpartnership.ie
Service Hours	Closed due to COVID19
Age Range	All
Referral Process	Self-Referral
Waiting Time	Varied
Fee	Depends on activity



Clondalkin Community Mental Health Services

14

See Clondalkin Map	Phoenix Clubhouse EVE
Type of Service	Community Mental Health Service; Wellbeing
Address	96 Monastery Road, Clondalkin, Dublin 22
Phone	01 467 0632 or 086 306 2488
Email	Phoenixclubhouse@eve.ie
Website	www.eve.ie
Service Hours	Mon-Thurs 8:40am-4pm and Friday 8:30am-3pm
Age Range	Adult
Referral Process	Self-Referral/GP/Other Professionals
Waiting Time	Varied
Fee	Depends on activity



Clondalkin Travellers Services

22

See Clondalkin Map	Clondalkin Travellers Development Group (CTDG)
Type of Service	Travellers; Support & Advocacy; Wellbeing
Address	Clondalkin Enterprise Centre, Neilstown Rd, Neilstown, Dublin 22
Phone	01 457 5124
Email	ctdg@eircom.net
Service Hours	Mon-Fri: 9:30am - 5pm
Age Range	All
Referral Process	Self-Referral
Waiting Time	Varied
Fee	Depends on activity



Tallaght Counselling Services

[See Tallaght Map](#)

Grow

30

Type of Service	Counselling, Education & Training (Moved to Online due to covid)
Address	St. Mary's Priory, Tallaght Village, Dublin 24
Phone	1890 474 474
Email	info@grow.ie
Website	www.grow.ie
Service Hours	Mon-Fri: 9am-5pm
Age Range	18+
Referral Process	Self-Referral
Waiting Time	Drop-In
Fee	See website



[See Tallaght Map](#)

Jigsaw Dublin South West

33

Type of Service	Counselling; Education & Training; Family Service; Wellbeing
Address	St. John's House, High Street, Tallaght, Dublin 24
Phone	01 538 0087
Email	dublinsouthwest@jigsaw.ie
Website	www.jigsaw.ie/jigsaw_dublin_south_west/
Service Hours	Mon- Fri, 9am - 5.30pm
Age Range	12-25 years
Referral Process	Self-Referral
Fee	No



[See Tallaght Map](#)

Pieta House Dublin South

34

Type of Service	Counselling; Education & Training; Bereavement; Wellbeing
Address	First Floor, Greenhills Retail Park Greenhills Road, Tallaght Dublin 24
Phone	01 462 4792, 24hr Helpline: 1800 247 247 or Text: 51444
Website	www.pieta.ie
Service Hours	Mon to Thur: 9am - 9pm, Fri: 9am - 7pm, Sat: 9am to 2pm
Age Range	All
Referral Process	Self Referral, GP Referral
Fee	No



[See Tallaght Map](#)

Tallaght Mental Health Services

40

Type of Service	Counselling; Wellbeing
Address	Sheaf House, Exchange Hall, Belgard Square North, Tallaght, Dublin 24
Phone	01 463 5200
Email	hselive@hse.ie
Website	www.hse.ie
Service Hours	Mon-Sun: 9am-5pm (appointments over the phone due to covid)
Age Range	All
Referral Process	GP Referral; Other Professionals
Waiting Time	Assessment
Fee	Depends on activity



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See Tallaght Map**Village Counselling Service**

Type of Service	Counselling; Bereavement
Address	Killinarden Enterprise Park, Kiltipper Rd, Whitestown, Tallaght, Dublin 24
Phone	087 904 9497
Email	info@villagecounselling.ie
Website	www.villagecounselling.ie
Service Hours	Mon-Fri: 9am-10pm, Sat: 9am-3pm
Age Range	6 years + to Adult
Referral Process	Family & Friends; GP Referral; Self-Referral
Waiting Time	Varied
Fee	Small Fee



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See Tallaght Map**HOPE - Suicide Prevention Drop In Centre Tallaght**

Type of Service	Counselling
Address	Unit 5, West Park Gate, Courthouse Square, Tallaght, Dublin 24
Phone	089 610 5476
Email	hopetallaght@gmail.com
Website	www.facebook.com/HopeTallaght/
Service Hours	Mon-Fri 10am-1pm and 6pm-8pm.
Age Range	All
Referral Process	Self-Referral
Waiting Time	By appointment (within 24 hours)
Fee	No

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See Tallaght Map**St. Catherine's Counselling Service**

Type of Service	Counselling
Address	St. Mary's Priory, Tallaght Village, Dublin 24
Phone	01 451 3076
Website	www.stmarys-tallaght.ie/parish/parish-groups
Service Hours	Mon-Fri: 9.00am-10.00pm
Age Range	All
Referral Process	Self-Referral
Waiting Time	Varied
Fee	Small Fee

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See Tallaght Map**Crosscare Teen Counselling**

Type of Service	Counselling
Address	Shalom, Raheen Park, Springfield, Tallaght, Dublin 24
Phone	01 557 4705
Email	teencounselling@crosscare.ie
Website	http://www.teencounselling.ie
Service Hours	Mon-Wed 9am-5pm
Age Range	12yrs -18yrs
Referral Process	Parents,Family, GP referral, Social Work referral, CAMHS referral,School Referral
Waiting Time	Varied
Fee	Donation

Tallaght Addiction Services

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[See Tallaght Map](#)

JADD

Type of Service Addiction;Counselling;Education & Training; Family Service
Address 24 Jobstown Rd, Jobstown, Tallaght, Dublin 24
Phone 01 459 7756
Email info@jadd.ie
Website www.jadd.ie
Service Hours Mon- Fri:9am-5pm, Saturday: 9.45am-11.30am, Sunday: 9.45am-11.00am, Monday Aftercare: 6:30pm-10:00pm, Tuesday Family Support: 7pm-10pm
Age Range All
Referral Process GP Referral; Self-Referral
Waiting Time Varied
Fee Depends on activity



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[See Tallaght Map](#)

St Dominic's Community Response Project

Type of Service Addiction; Family Service; Education & Training; Counselling
Address St Dominic's Contact Centre, St Dominic's Road, Tallaght, Dublin 24
Phone 01 414 8632
Email info@dominics.ie
Website www.dominics.ie
Service Hours Mon, Tues, Thurs 9am-5pm, Wednesday 9am-8pm, Friday 9am-4pm.
Age Range All
Referral Process Family & Friends; GP Referral; Other Professionals; Self-Referral
Waiting Time Varied
Fee Depends on activity



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[See Tallaght Map](#)

SWAN

Type of Service Addiction; Counselling; Family Service; Wellbeing; Bereavement
Address SWAN Family Support Organisation, St Anne's School, Fettercairn, Tallaght, Dublin 24
Phone 01 462 7999
Email reception.swanfso@gmail.com
Website Website currently being developed
Service Hours Contact SWAN
Age Range All
Referral Process GP Referral; Self-Referral
Waiting Time Varied
Fee Depends on activity



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[See Tallaght Map](#)

Tallaght Drug & Alcohol Task Force

Type of Service Addiction, The Tallaght Addition Support Project (working from Fettercairn)
Address Tallaght Drug & Alcohol Task Force South Dublin County Partnership, Block 3, County Hall Belgard Square North Tallaght, Dublin 24
Phone 01 464 9303 also for *The Tallaght Addition Support Project (TASP)*
Email grace.hill@sdcpartnership.ie
Website www.tallaghtdatf.ie
Service Hours Mon-Fri: 9am-5pm
Age Range All
Referral Process GP Referral; Self-Referral
Waiting Time Varied

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See Tallaght Map

YODA

Type of Service	Addiction; Family Service
Address	Kilnamanagh Tymon Primary Care, Addiction Treatment Service, Airton Square, Airton Road, Tallaght, Dublin 24
Phone	01 921 4978
Website	www.hse.ie/eng/services/list/5/addiction/yoda/
Service Hours	Mon-Fri: 9am-5pm
Age Range	Child & Teen
Referral Process	GP Referral; Self-Referral
Waiting Time	Varied
Fee	Depends on service



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See Tallaght Map

CARP

Type of Service	Addiction
Address	Killinarden Community Centre, Tallaght, Dublin 24
Phone	01 462 6033
Email	prac@eircom.ie
Website	www.carp.ie
Service Hours	Mon-Fri: 9am-5pm
Age Range	All
Referral Process	18 Years & over
Waiting Time	Drop-In; Varied
Fee	No

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See Tallaght Map

St Aengus Community Action Group

Type of Service	Addiction
Address	St Aengus Centre Castletymon Green, Tymon North, Tallaght, Dublin 24
Phone	087 286 5570
Email	mickduff@staengus.ie
Website	www.staengus.ie
Service Hours	Mon-Fri: 9am-5pm
Age Range	18 Years & over
Referral Process	Self-Referral
Waiting Time	Varied
Fee	No

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See Tallaght Map

Tallaght Rehabilitation Programme (TRP)

Type of Service	Addiction
Address	Kiltalawn House, Jobstown, Tallaght, Dublin 24
Phone	01 459 7705
Email	info@tallaghtrehabproject.ie
Website	http://www.tallaghtrehabproject.ie
Age Range	18+
Referral Process	Referral Forms on website
Fee	None

Tallaght Family Services

[See Tallaght Map](#)

Barnardos Child & Family Centre

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Type of Service	Family Service; Counselling; Youth Service
Address	31 Bawnlea Green, Jobstown, Tallaght, Dublin 24
Phone	01 459 8035
Email	info@bawnlea.barnardos.ie
Website	www.barnardos.ie
Service Hours	Mon-Fri: 9am-5pm
Age Range	Child & Teen
Referral Process	GP Referral; Self-Referral
Waiting Time	Assessment
Fee	Depends on activity



[See Tallaght Map](#)

Daughters of Charity Child and Family Service

26

Type of Service	Family Service; Education & Training
Address	Daughters of Charity Child and Family Service Mary Mercer Health Centre, Fortunestown Road, Jobstown, Tallaght 24
Phone	01 842 5100
Email	jobstownfc@docharity.ie
Website	www.docchildandfamily.ie
Service Hours	Mon-Fri, 9am-5pm
Age Range	All
Referral Process	Self-Referral; Other Professionals
Waiting Time	Varied
Fee	Depends on activity



[See Tallaght Map](#)

Fettercairn Community Programme

27

Type of Service	Family Service; Education & Training; Addiction Program
Address	Fettercairn Community Centre, Kilmartin Crescent, Tallaght, Dublin 24
Phone	01 459 0708, 086 790 7778
Email	fettercairnchp@gmail.com
Website	www.fettercairncommunityandyouthcentre.yourclub.ie
Service Hours	Appointment only
Age Range	All
Referral Process	Self-Referral
Waiting Time	Varied
Fee	Depends on activity



[See Tallaght Map](#)

Tusla Meitheal

46

Type of Service	Family Service; Education & Training; Bereavement
Address	Tusla, Meitheal, Chamber House, Chamber Square, Tallaght, Dublin 24
Phone	01 468 6200
Email	info@tusla.ie
Website	www.tusla.ie
Service Hours	Mon-Fri: 9am-5pm
Age Range	All
Referral Process	Other Professionals; Self-Referral
Waiting Time	Assessment dependent
Fee	Depends on activity



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[See Tallaght Map](#)**Glenshane Resource Centre**

Type of Service	Family Service; Youth Service; Bereavement; Education & Training
Address	16 Glenshane Lawns, Jobstown, Tallaght, Dublin 24
Phone	01 452 2533
Website	https://sdcpartnership.ie/develop-your-community/community-resource-centre/
Service Hours	Mon-Fri: 9am-5pm (temporarily closed due to covid)
Age Range	All
Referral Process	Self-Referral
Waiting Time	Drop-In
Fee	Depends on activity

**Tallaght Education & Training Services**

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[See Tallaght Map](#)**An Cosan**

Type of Service	Education & Training, Counselling
Address	Kiltalown Village Centre, Jobstown, Tallaght, Dublin 24
Phone	01 462 8488
Email	info@ancosan.com
Website	www.ancosan.ie
Service Hours	Mon-Fri: 9am-5pm, Some Evenings
Age Range	All
Referral Process	Self-Referral
Waiting Time	Varied
Fee	Depends on activity



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[See Tallaght Map](#)**HEADSUP**

Type of Service	Education & Training; Suicide Prevention Group; Wellbeing
Address	South Dublin County Partnership, Block 3, County Hall Belgard Square North, Tallaght, Dublin 24
Phone	01 450 8748
Email	info@sdcpartnership.ie
Website	https://sdcpartnership.ie
Service Hours	Mon-Fri: 9am-5pm
Age Range	Adult
Referral Process	Self-Referral
Waiting Time	Varied
Fee	No



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[See Tallaght Map](#)**Threshold Training Network**

Type of Service	Education & Training; Wellbeing
Address	Tallaght Enterprise Centre, Unit 17-19, Main Rd, Tallaght, Dublin 24
Phone	01 494 0502
Email	info@thresholdtraining.ie
Website	www.thresholdtraining.ie /Also on Facebook & Instagram
Service Hours	Mon-Fri: 9am-5pm
Age Range	Adult
Referral Process	Self-Referral
Waiting Time	Varied
Fee	Free of charge



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[See Tallaght Map](#)

TUD Tallaght Counselling

Type of Service	Education & Training; Counselling
Address	Blessington Rd, Tallaght, Dublin 24
Phone	01 404 2635
Email	counselling.tallaght@dublin.ie
Website	www.it-tallaght.iestudent_counselling
Service Hours	During Term
Age Range	Students of TUD Tallaght
Referral Process	Self-Referral
Waiting Time	Varied
Fee	Free of charge for students



Tallaght Health Centres

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[See Tallaght Map](#)

Brookfield Health Centre

Type of Service	Health Centre
Address	Rosfield Avenue, Tallaght, Dublin 24
Phone	01 468 5800
Website	www.hse.ie/eng/services/list/1/lho/dublinsw/health-centres/
Service Hours	9am-1pm and 2.15pm-5pm
Age Range	All
Referral Process	Self-Referral; GP Referral
Fee	Depends on activity

Tallaght Community Mental Health Services

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[See Tallaght Map](#)

EVE New Horizon

Type of Service	Community Mental Health Service; Wellbeing
Address	44 Broomhill Close, Airton Road, Tallaght, Dublin 24
Phone	01 459 7330, 086 359 9164
Email	newhorizon@eve.ie
Service Hours	Mon-Thurs 8:30am-4pm and Friday 8:30am-3pm
Age Range	Adult
Referral Process	Self-Referral; GP; Other Professionals
Waiting Time	Varied
Fee	Depends on activity



Tallaght Travellers Services

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[See Tallaght Map](#)

Tallaght Traveller Community Development Project

Type of Service	Travellers; Support & Advocacy; Wellbeing
Address	12 Brookfield Court, Brookfield Rd, Jobstown, Tallaght, Dublin 24,
Phone	01 461 0562
Email	accounts@tallaghttravellerscdp.com or patricknevin@tallaghttravellerscdp.com
Website	www.tallaghttravellerscdp.com
Service Hours	Mon-Fri: 9am-5pm
Age Range	All
Waiting Time	Varied
Fee	Depends on activity



Tallaght Bereavement Services

See Tallaght Map

Anam Cara (Parental and Sibling Bereavement Support)

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Type of Service	Bereavement; Support & Advocacy; Online Parenting Meetings
Address	HCL House, Second Avenue, Cookstown Industrial Estate, Tallaght, Dublin 24
Phone	01 404 5378
Email	info@anamcara.ie
Website	https://anamcara.ie
Service Hours	Mon-Fri, 9am-5pm (no face to face due to covid)
Age Range	All
Referral Process	Self-Referral
Waiting Time	Varied
Fee	See website

Tallaght Youth Services

See Tallaght Map

Foroige

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Type of Service	Youth Service; Family Service; Wellbeing
Address	Tallaght Youth Service, Main Road, Tallaght, Dublin 24
Phone	01 451 6322
Email	info@foroige.ie
Website	www.foroige.ie
Service Hours	Mon-Fri: 9am-5pm
Age Range	Child & Teen
Referral Process	Self-Referral
Waiting Time	Varied
Fee	Depends on activity



Tallaght Wellbeing Services

See Tallaght Map

SDCC Sports Program

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Type of Service	Wellbeing
Address	County Hall, Belgard Square North, Tallaght, Dublin 24
Phone	01 414 9000
Email	info@sdccsp.ie
Website	www.sdccsp.ie
Service Hours	Mon-Fri: 9am-5pm
Age Range	All
Referral Process	Self-Referral
Waiting Time	Varied
Fee	Depends on activity

See Tallaght Map

Women Together Network

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Type of Service	Wellbeing; Education & Training
Address	Brookfield Enterprise Centre, Unit 16, Tallaght, Dublin 24
Phone	01 462 7741, 085 814 8601
Email	Tallaghtwomen@gmail.com
Website	www.nccwn.org
Service Hours	Mon-Fri: 9am-5pm
Age Range	Adult
Referral Process	Family & Friends; Self-Referral
Waiting Time	Days



National Office Suicide Prevention Group

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[See Tallaght Map](#)

National Office For Suicide Prevention

Type of Service	Suicide Prevention Group
Address	Kilnamanagh-Tymon Primary Care Centre, Airton Road, Tallaght, Dublin 24
Phone	01 921 4801
Email	info@nosp.ie
Website	www.connectingforlifedublinsouth.ie
Service Hours	Mon-Sun: 9am-5pm
Age Range	All
Referral Process	GP Referral;Other Professionals;Self-Referral
Waiting Time	Varied
Fee	Depends on activity

For information and/or to register to participate on any of the Suicide Prevention Training programmes in Dublin West/Dublin South City/Dublin South West (safeTALK, ASIST, Understanding Self-Harm or STORM) please use the link: <https://bookwhen.com/dublinsouth-kildare-west-wicklow>

National Counselling Services

AWARE

Type of Service	Counselling
Address	9 Leeson Street Upper, Ranelagh, Dublin 6
Phone	1800 80 48 48
Email	supportmail@aware.ie
Website	www.aware.ie
Service Hours	Helpline: Mon- Sun: 10am-10pm
Age Range	18 years +
Referral Process	Self-Referral
Fee	Depends on activity

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See Tallaght Map

CIPC Counselling In Primary Care

Type of Service	Counselling, Bereavement
Address	Kilnamanagh-Tymon Primary Care Centre, Airton Road, Tallaght, Dublin 24
Phone	01 921 4792
Website	www.hse.ie/eng/services/list/4/mental-health-services/ counsellingpc/
Age Range	Adult
Referral Process	GP Referral; Self-Referral
Waiting Time	Assessment
Fee	Free for those with a medical card



Friends of Suicide Loss

Type of Service	Bereavement; Counselling; Family Service; Workshops; Postvention; One to One; Outreach; Support Groups
Address	9c Abbey Street, Dublin 1
Phone	01 492 7576
Email	foslpost@gmail.com
Website	www.fosl.ie
Service Hours	Mon-Fri: 9am-5pm, Some Evenings
Age Range	Adult
Referral Process	Self-Referral
Waiting Time	Varied
Fee	Depends on activity



See Clondalkin Map

Pieta House

Type of Service	Counselling; Education & Training, Bereavement; Wellbeing.
Address	First Floor, Greenhills Retail Park, Greenhills Road, Tallaght, Dublin 24
Phone	01 46 24792, 24 hours Helpline: 1800 247 247 or Text: 5144
Website	www.pieta.ie
Service Hours	Mon-Thur: 9am-9pm, Fri:9am-7pm, Sat: 9am-2pm
Age Range	All
Referral Process	Self Referral, GP Referral
Fee	No (Pieta House offer a Resilience program for 2 nd Year students)



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Shine

Type of Service	Counselling; Support; Information; Education.
Address	Regional: 13 Belvedere Court, Dublin 1
Phone	Regional: 086 0142112 or Head Office: 01 541 3715
Email	east@shine.ie
Website	www.shine.ie
Service Hours	Mon-Fri: 9am-5pm
Age Range	All
Referral Process	Self Referral
Waiting Time	Varied
Fee	Small Fee. See Website



National Addiction Services

Adolescent Addiction Service

Type of Service	Addiction; Counselling
Address	Bridge House, Cherry Orchard Hospital, Dublin 10
Phone	076 695 5693
Email	hselive@hse.ie
Website	www.hse.ie
Service Hours	Mon-Fri: 9am-5pm
Age Range	Teen
Referral Process	Family & Friends; GP Referral; Self-Referral
Waiting Time	Weeks
Fee	Depends on activity



See Tallaght Map YODA

Type of Service	Addiction; Family Service
Address	Kilnamanagh Tymon Primary Care, Addiction Treatment Service, Airton Square, Airton Road, Tallaght, Dublin 24
Phone	01 921 4978
Website	www.hse.ie/eng/services/list/5/addiction/yoda/
Service Hours	Mon-Fri: 9am-5pm
Age Range	Child & Teen
Referral Process	GP Referral; Self-Referral
Waiting Time	Varied
Fee	See Website



National Family Services

See Tallaght Map Childhood Development Initiative

Type of Service	Family Service; Education & Training; Wellbeing
Address	St Mark's Youth and Family Centre, Cookstown Lane, Fettercairn, Tallaght, Dublin 24
Phone	01 494 0030
Email	info@cdi.ie
Website	www.cdi.ie
Service Hours	Mon-Fri: 9am-5pm
Age Range	All
Referral Process	Family & Friends; Self-Referral
Waiting Time	Varied
Fee	See Website



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See Tallaght Map

CYPSC

Type of Service	Youth Service; Family Service
Address	Tusla- Child and Family Agency, Chamber House, Chamber Square, Tallaght, Dublin 24
Phone	01 468 6267
Website	https://www.cypsc.ie
Age Range	Child & Teen
Referral Process	Other Professionals; Self-Referral
Waiting Time	Varied
Fee	See Website

CYPSC offer a directory of all services in Dublin on their directory website: www.dublincypscdirectory.ie



Rainbows Ireland

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Type of Service	Family Service; Bereavement; Separation
Address	Loreto Centre Crumlin Road, Dublin 12
Phone	01 473 4175
Email	ask@rainbowsireland.ie
Website	www.rainbowsireland.ie
Age Range	7-15 years
Referral Process	Contact local school or resource centre
Waiting Time	Varied
Fee	Free



See Clondalkin Map

Tusla

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Type of Service	Family Service; Wellbeing
Address	Bridge House, Cherry Orchard Hospital, Clondalkin, Dublin 10
Phone	01 620 6387
Email	info@tusla.ie
Website	www.tusla.ie
Service Hours	Mon-Fri: 9am-5pm
Age Range	All
Referral Process	Other Professionals; Self-Referral
Waiting Time	Assessment
Fee	See Website



National Suicide Prevention Group

See Clondalkin Map

National Office For Suicide Prevention

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Type of Service	Suicide Prevention Group
Address	Stewarts Hospital, Mill Ln, Redcowfarm, Palmerstown, Dublin 20
Phone	01 620 1670
Email	info@nosp.ie
Website	www.nosp.ie
Service Hours	Mon-Sun: 9am-5pm
Age Range	All
Referral Process	GP Referral; Other Professionals; Self-Referral
Waiting Time	Varied
Fee	Depends on activity

For information and/or to register to participate on any of the Suicide Prevention Training programmes in Dublin West/Dublin South City/Dublin South West (safeTALK, ASIST, Understanding Self-Harm or STORM) please use the link: <https://bookwhen.com/dublinsouth-kildare-west-wicklow>

National Services Working In This Area

Adult Mental Health Services Lucan	01 458 5744
Alcoholics Anonymous	01 842 0700
Alone (elderly support)	01 679 1032
Men's Aid Ireland (domestic abuse)	01 554 3811
Bodywhys (Eating Disorders)	1890 200 444
Child and Adolescent Mental Health Services Lucan	01 795 6380
Clondalkin Citizens Information Centre	076 107 5100
Connolly Hospital	01 646 5000
Crime Victims Helpline	116006
Drugs & Alcohol/ HIV Helpline	1800 459 459
Free Legal Advice Centre (FLAC)- Clondalkin	076 107 5100
Gamblers Anonymous	01 872 1133
Healthy Ireland	01 635 4000
Housing Homelessness (Out of Hours Helpline)	1800 707 707
HSE Alcoholics Services	01 451 6589
HSE National Information Helpline	1850 241 850
Irish Advocacy Network (Mental Health)	01 872 8684
LGBTI Helpline	1890 929 539
Mediation Ireland (Family Mediation)	01 634 4320
South Dublin County Council ' Mindmindr ' (Mental Health Directory)	Phone App
Narcotics Anonymous	01 672 8000
National Pregnancy Helpline	1850 495 051
One Family (Parenting Alone)	01 662 9212
Parentline	1890 927 277
Pieta House Suicide Bereavement	1800 247 247
Primary Care Psychology and Parenting Clinic	01 795 5292
Tallaght Citizens Information Centre	076 107 8340
Women's Aid (Domestic Abuse)	1800 341 900

Covid-19 Related Services

One Family

Type of Service	Helpline, Parenting Supports, Educational Courses, Early Years Service and Counselling Services
Phone	1890 662 212 or 01 662 9212
Website	https://onefamily.ie/covid-19-resources/
Service Hours	Mon-Fri 10am-1pm, 2pm-3:30pm
Referral Process	Self-Referral or through a professional
Waiting Time	Waiting list for counselling
	Anyone coming in for unplanned pregnancy and post abortion counselling is seen as soon as possible
Process	Counselling is offered through phone support. There is a small fee. To arrange call 016629212.
	Unplanned Pregnancy and Post abortion counselling service is funded by the HSE and free.
	There is a small fee for the E-Learning parenting courses.

Text 50808

Type of Service	Free 24/7 Text Service for Mental Health Support
Phone	50808 (Text only)
Website	www.text50808.ie
Age Range	16 years +
Service Hours	24/7
Process	Text HELLO to 50808. A volunteer responds within 5 minutes. The volunteers use techniques in empathetic listening and help to come up with a plan to stay safe.

Samaritans

Type of Service	Free 24/7 Helpline
Phone	116 123
Email	jo@samaritans.org
Website	www.samaritans.org/ireland/how-we-can-help/contact-samaritan/talk-us-phone/
Age Range	All
Service Hours	24/7
Process	A volunteer aims to answer your call straight away but it depends on the amount of volunteers at the time. The emailing service aims to get back within 24hrs.

Pieta House

Type of Service	Free Helpline, Bereavement
Phone	1800 247 247 or Text 51444

Email	Mary@pieta.ie
Website	www.pieta.ie/about/coronavirus/
Service Hours	Helpline: 24/7, Mon-Fri, 8am-8pm
Process	First step is to call, can get a family member or friend to do this for you. Appointments are currently taking place over the phone. Pieta provides suicide bereavement therapy from eight weeks after a death by suicide.
Fee	No

My Mind

Type of Service	Free Online Counselling
Phone	076 680 1060
Email	hq@mymind.org
Website	www.mymind.org
Age Range	18 years +
Referral Process	Self-Referral
Process	Eligible if presenting with COVID 19 related mental health issues and at least one of the following issues; A front-line worker in a medical setting, Employed with low income, Unemployed due to COVID 19, Bereaved resulting from COVID 19, Over the age of 65, Cocooning due to ill-health (regardless of age). Submit one or more items of documentation from the following list in order to verify eligibility; Proof of employment as a front-line worker in a medical setting e.g. ID badge, payslip, etc.; or Proof of receipt of Pandemic Unemployment Benefit; or Proof that average take-home weekly wage is €350 or less; or A referral letter from your GP. To book appointment visit https://mymind.org/register

Irish Hospice Foundation Bereavement Support Line

Type of Service	Bereavement Support Line
Phone	1800 807 077
Website	www.hospicefoundation.ie/bereavement-2-2
Service Hours	Mon-Fri: 10am- 1pm
Referral Process	Self-Referral
Fee	No

AWARE

Type of Service	Support Line; Online Services
Phone	1800 804 848

Email	supportmail@aware.ie
Website	www.aware.ie
Age Range	18 years+
Service Hours	Mon - Sun: 10am-10pm
Referral Process	Self-Referral
Fee	Depends on activity. See website

Help Link

Type of Service	Online Counselling, Education & Information
Phone	091 759 887
Email	helplinksupport@helplink.ie
Website	www.helplink.ie/counselling/helplinks-free-counselling-services-during-covid-19-crisis/
Service Hours	7 days a week
Referral Process	Self-Referral
Process	<u>NATIONALLY</u>
	Free counselling online for people laid off work by the COVID 19 crisis (6 sessions).
	Free counselling online for people with addictions to gambling, alcohol and/or drugs.
	<u>INTERNATIONALLY</u>
	Free counselling online for Irish citizens returning home from living abroad - in particular healthcare workers coming home to aid in the fight against COVID-19.
Fee	Our free online counselling service for Irish citizens living abroad. No

Mind Hacks

Type of Service	Education & Information, Courses
Phone	091 759 887
Email	helplinksupport@helplink.ie
Website	www.mindhacks.ie
Service Hours	24/7
Referral Process	Self-Referral
Fee	No

Turn2Me

Type of Service	Online Counselling & Support Groups
Website	www.turn2me.ie
Age Range	12 years +
Referral Process	Self-Referral
Process	You can log in at any time. Turn2me peer and group support. There is no fee.

Grow

Type of Service	Online Support Group, Education & Training
Phone	1890 474 474

Email	info@grow.ie
Website	https://grow.ie
Age Range	18 years+
Service Hours	24/7
Referral Process	Self-Referral
Process	GROW offers a 12 step programme. You can register online.
Fee	See Website

Modern Mind Matters

Type of Service	Self-esteem, Confidence & Body Image Coaching
Email	edel@modernmindmatters.ie
Website	https://modernmindmatters.ie
Service Hours	Monday to Friday 9:00am - 9:00pm Weekends by appointment only
Referral Process	Self-Referral
Process	Sessions vary from once-off sessions to four-week programs, online courses, Skype sessions and workplace talks. Submit enquiry through email to book your free discovery call.
Fee	Prices vary depending on individual needs, a payment plan is available

Accord Relationship Support Line

Type of Service	Support Line (crisis service only)
Phone	01 459 3467
Email	info@accord.ie
Website	www.accord.ie
Age Range	Adult
Service Hours	Mon-Fri 9am-8pm
Referral Process	Self-Referral
Fee	No

Jigsaw Dublin South West

Type of Service	Youth Mental Health supports, resources and education (An 'Ask Jigsaw' message function / Freephone number / Online videos and tutorials about mental health)
Email	info@jigsaw.ie
Website	www.jigsaw.ie
Service Hours	Online / Various
Referral Process	Make contact online for 1:1 chat with Jigsaw clinician / Group chats with other young people and clinicians
Fee	None



South Dublin
County Partnership
Páirtíocht Chontae
Átha Cliath Theas



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Comhairle Contae
Átha Cliath Theas
South Dublin County Council

TÚSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

