



Tallaght
University
Hospital

Ospidéal
Ollscoile
Thamhlachta

An Academic Partner of Trinity College Dublin



PATIENT
INFORMATION
BOOKLET

Counselling Support Pack

Departments of social Work
& Emergency Medicine

General Counselling

Village Counselling

Service - Killinarden

**Phone: 087 904 9497 /
01 466 4218**

Beacon of Light

Counselling Centre & Family Support Service.

Community based project provides high quality, accessible and affordable, professional counselling and training workshops. The service provides mental health support and positive interventions to assist children, adolescents and adults work towards healthy relationships with self, others, the community and the environment.

Phone: (01) 457 8700





St. Catherine's counselling service St. Mary's Priory, Main St. Tallaght.

St. Catherine's counselling is a free service for the community but we rely on donations to make this possible. They recommend a donation of €20 per session for those who can afford it.

Phone: **01 451 3076**

Swan Family Support

Organisation - Swan at St Anne's School. Kilcarrig Avenue. Fettercairn
Swan family support centre provides much needed support to children and family members affected by drug and alcohol misuse. They offer a number of supports, counselling, holistic therapies and services to the local community of Tallaght West.

Phone: **01 462 7999**

Jobstown Family Centre -

(Therapeutic work with children and families). Mary Mercer Health centre, Fortunestown Road, Tallaght, D24.

Phone: **01 458 5703**

Somers Psychotherapy

Clondalkin Village.

A mental health collective that provides accessible and affordable mental healthcare including *psychotherapy*, *teen therapy*, *counselling* and *play therapy*.

Phone: 085 173 1182

Accord

Professional couples counselling, both in-person and online. They work confidentially with couples and individuals, helping them work to resolve the challenges that arise in their relationships.

Phone: 01 478 0866 / 01 505 3112

ASPEN Counselling - Low Cost Counselling service in the heart of Lucan Village.

**Phone: 01 621 7063 or
086 853 4391**

True Colours Counselling

Counselling for teenagers & adults experiencing relationship difficulties, anxiety, depression, panic attacks, self-harm, suicidal ideation, PTSD and trauma.

Bawnogue Enterprise Centre,
Clondalkin

Phone: 01 405 6889



Minds in Mind

An attachment and relationship focused service for children and their families providing consultation and assessment and intervention (therapeutic – loss, bereavement, anxiety, behavioral difficulties)

Phone 083 375 7227 (Aoife Baired)

My Mind - Private but affordable online or face to face **counselling** and psychotherapy counselling – Rathmines

Phone: 0818 500 800

Daughters of Charity Child &

Family - Provides a range of therapeutic supportive services to children and families based in the greater Dublin region. Jobstown Mary Mercer

Phone: 01 458 5703

Archways Families First

Family therapeutic supports. This service addresses the multitude of issues affecting families including relational, mental health and addiction issues. The service also incorporates trauma-informed therapies for both the young person and their parents and now facilitates working with younger children. Clondalkin

Phone: 01 457 4752 (4306)

Mental Health Support:

Pieta House - Suicide, depression
Different centres w/ different
numbers, main line - **1800 247 247**
Tallaght Greenhills – **01 462 4792**

Samaritans

Offering emotional support 24
hours a day, 365 days a year, to
anyone who is in distress, lonely,
struggling to cope or feeling
suicidal. **Freephone: 116 123**

CAMHS

Child and Adolescent Mental
Health Services (CAMHS) is a
specialist service for people under
18 with moderate to severe mental
health difficulties. Lucena Clinic
Phone: 01 452 6333

Tallaght Mental Health Team

Sheaf House **01 463 5200**

Jigsaw - Both online and in our
services around the country,
advice and support is made
available to young people aged
12–25 years-old.

Main line: 01 472 7010

Tallaght: 01 538 0087

Bodywhys - For those struggling
with eating disorders.

Helpline: (01) 210 7906

Text HELLO to 50808 –

anonymous 24/7 free text service
for those struggling with their MH,
run by HSE staffed with crisis
volunteers

Aware - 18+, depression, bipolar,
mood disorders. Freephone -
1800 80 48 48

Bereavement Support



Rainbows - Group Support for
children & young people following
– Bereavement, Family change
following Parental Separation,
Divorce, Relationship breakdown.
Bereavement, separation or
divorce for children. Main Centre in
Crumlin. Rainbows are based in
schools & public centers.
01 473 4175

Anam Cara - Supporting parents
after bereavement **01 404 5378 /**
085 288 8888

FirstLight - FirstLight offers free
professional support and provides
information to families in Ireland
that have experienced the death of
their child if aged from 0 to 18
years. **(01) 873 2711**

Irish Hospice Foundation -
Bereavement Support Line
1800 80 7077 available from **10am**
to 1pm, Monday to Friday



Sexual Assault Support

Dublin Rape Crisis Centre -
Freephone 24-Hour National
Helpline at **1800 77 8888**

**Ruhama (Sexual Exploitation /
Prostitution / Human
Trafficking) - Text REACH to**
50100 for free, confidential
support.
Freephone: 1800 020 202

CARI (Children at Risk Ireland) -
CARI (Children at Risk in Ireland)
provides child-centred therapy for
children & adolescents who have
been affected by sexual abuse.
CARI also provides therapy to
children, up to 12 years of age, who
present with sexually harmful
behaviour.

CARI Helpline for any person or
professional – **1890 924 567** Mon-
Fri 9:30-5:30pm
Dublin office - 110 Lower
Drumcondra Road, Dublin 9
Phone: 01 830 8529



Carers Support

Carer's Support Group - Fettercairn 01 427 5000

1st Thurs of the month 10:30am-12.30pm

Family Carers Ireland – Support and promote the health, wellbeing and quality of life of family carers and those for whom they care.

We strive to promote carer resilience by enabling all family carers to:

Freephone the Careline on 1800 24 07 24



Financial Support

Citizens Information Tallaght 0761 078 340

MABS Tallaght 076 107 2370 / 1890 929 539

St Vincent De Paul Tallaght 01 403 1383

Community Welfare Officer Tallaght Intreo Office (0818) 405 060