**Additional Links & Support Services**

Click on the links below for more information on support groups and relevant organisations.

* [Alcohol Abuse](http://www.itb.ie/campusstudentlife/counselling.html#AlcoholAbuse)
* [Anxiety](http://www.itb.ie/campusstudentlife/counselling.html#Anxiety)
* [Bereavement](http://www.itb.ie/campusstudentlife/counselling.html#Bereavement)
* [Bullying](http://www.itb.ie/campusstudentlife/counselling.html#Bullying)
* [Citizens Information](http://www.itb.ie/campusstudentlife/counselling.html#CitizensInformation)
* [Depression](http://www.itb.ie/campusstudentlife/counselling.html#Depression)
* [Domestic Abuse](http://www.itb.ie/campusstudentlife/counselling.html#DomesticAbuse)
* [Drug Abuse](http://www.itb.ie/campusstudentlife/counselling.html#DrugAbuse)
* [Eating Disorders](http://www.itb.ie/campusstudentlife/counselling.html#EatingDisorders)
* [Financial](http://www.itb.ie/campusstudentlife/counselling.html#Financial)
* [Gambling](http://www.itb.ie/campusstudentlife/counselling.html#Gambling)
* [Housing](http://www.itb.ie/campusstudentlife/counselling.html#Housing)
* [Mental Health](http://www.itb.ie/campusstudentlife/counselling.html#MentalHealth)
* [Parenting](http://www.itb.ie/campusstudentlife/counselling.html#Parenting)
* [Samaritans](http://www.itb.ie/campusstudentlife/counselling.html#Samaritans)
* [Self-Harm & Suicide](http://www.itb.ie/campusstudentlife/counselling.html#SelfHarmSuicide)
* [Sexual Abuse & Assault](http://www.itb.ie/campusstudentlife/counselling.html#SexualAbuse)
* [Sexual Health](http://www.itb.ie/campusstudentlife/counselling.html#SexualHealth)
* [Sexuality](http://www.itb.ie/campusstudentlife/counselling.html#Sexuality)
* [Victim Support](http://www.itb.ie/campusstudentlife/counselling.html#VictimSupport)

[Alcohol Abuse](http://www.itb.ie/campusstudentlife/counselling.html" \l "AlcoholAbuse)

**Alcoholic Anonymous -** [www.alcoholicanonymous.ie](http://www.alcoholicsanonymous.ie/)

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

Hours: Mon - Fri 9.30am - 5.00pm (open through lunch)

Telephone: (01) 453 8998

**Al – Anon -** [www.al-anon.alateen.org](http://www.al-anon.alateen.org/)

The purpose of Al-Anon is to help families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend in an anonymous environment. The only requirement for membership is that there be a problem of alcoholism in a relative or friend. Support groups run locally.

[Anxiety](http://www.itb.ie/campusstudentlife/counselling.html" \l "Anxiety)

**Social Anxiety Ireland** - [www.socialanxietyireland.com](http://www.socialanxietyireland.com/)

Provide information on social anxiety. Run regular groups as well as a forum for people experiencing social anxiety.

[Bereavement](http://www.itb.ie/campusstudentlife/counselling.html" \l "Bereavement)

**Bethany Bereavement Support Groups** - [www.bethany.ie](http://www.bethany.ie/)

Telephone: (01) 494 3142

**Console -** [www.console.ie](http://www.console.ie/)

Console in an organisation offering support to people affected by suicide, in the form of therapeutic support groups, bereavement counselling and offering information.

Telephone: 1800 201 890

[Bullying](http://www.itb.ie/campusstudentlife/counselling.html" \l "Bullying)

**Anti-bullying Centre -** [www.abc.tcd.ie](http://www.abc.tcd.ie/)

The Centre has information packs available, containing materials about bullying/harassment. For more information on these packs see either the School or Works section of this website or contact them directly at:

Telephone: (01) 608 2573 or 608 3488

[Citizens Information](http://www.itb.ie/campusstudentlife/counselling.html#CitizensInformation)

**Citizens Information** - [www.citizensinformation.ie/categories](http://www.citizensinformation.ie/en/)

Provision of information to the public through the nationwide network of Citizens Information Centres, the Citizens Information Phone Service and through the Citizens Information website.

Telephone: 1890 777 121

[Depression](http://www.itb.ie/campusstudentlife/counselling.html" \l "Depression)

**Aware -** [www.aware.ie](http://www.aware.ie/)

Aware is a national voluntary organisation providing support through depression. Services include support groups nationwide, a Lo Call Helpline open 365 days a year (both services available to individuals with depression and also family members and friends), depression awareness and information talks and seminars and a free information service.

Telephone: (01) 661 7211

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

**Students Against Depression -** [www.studentdepression.org](http://www.studentdepression.org/)

Provides information for students on recognising depression and what to do about it.

[Domestic Abuse](http://www.itb.ie/campusstudentlife/counselling.html" \l "DomesticAbuse)

**Women's Aid -** [www.womensaid.ie](http://www.womensaid.ie/)

The Women's Aid National Free phone Helpline offers confidential information, advice, support and understanding to women who are being physically, sexually or mentally abused in their own homes. The Helpline also acts as a referral to refuge, counselling services, solicitors, legal aid and other agencies, both statutory and voluntary, which are helpful to women experiencing abuse within a relationship. This service is free to all women in the Republic of Ireland.

Open 7 days a week from 10am to 10pm.

Telephone: 1800 341 300

[Drug Abuse](http://www.itb.ie/campusstudentlife/counselling.html" \l "DrugAbuse)

**Narcotics Anonymous -** [www.na-ireland.org](http://www.na-ireland.org/)

A group of recovering addicts who have found a way to live without the use of drugs. It costs nothing to be a member, the only requirement is a desire to stop using.

Telephone: (01) 672 8000

[Eating Disorders](http://www.itb.ie/campusstudentlife/counselling.html" \l "EatingDisorders)

**Bodywhys -** [www.bodywhys.ie](http://www.bodywhys.ie/)

Bodywhys is the Irish National Charity, which offers support, information and understanding for people with eating disorders, their families and friends.

Admin Line: (01) 283 4963

Helpline No: 1890 200 444

**Overeaters Anonymous -** [www.oa.org](http://www.oa.org/)

Self-help for those suffering from eating disorders

Telephone: (01) 278 8106

[Financial](http://www.itb.ie/campusstudentlife/counselling.html" \l "Financial)

**MABS (Budgeting) -** [www.mabs.ie](http://www.mabs.ie)

MABS is a national debt free, confidential and independent service for people in debt or in danger of getting into debt.

Telephone: (01) 670 6555 / (01) 670 4331

[Gambling](http://www.itb.ie/campusstudentlife/counselling.html" \l "Gambling)

**Gamblers Anonymous -** [www.gamblersanonymous.ie](http://www.gamblersanonymous.ie/)

Gamblers Anonymous is a fellowship of men and women who have joined together to do something about their own gambling problem and to help other compulsive gamblers do the same. The only requirement for membership is a desire to stop gambling.

Telephone: Dublin (01) 872 1133 (10.00am to 12.00 am Mon - Fri)

Outside of these hours listen to the recording - You will get the phone details of a GA member who you can speak to between 7.00pm and 10.00pm each day.

[Housing](http://www.itb.ie/campusstudentlife/counselling.html" \l "Housing)

**Threshhold -** [www.threshhold.ie](http://www.threshold.ie/)

Threshhold was founded in 1978 and is not-for-profit organisation whose aim is to secure a right to housing, particularly for households experiencing the problems of poverty and exclusion. Information includes useful guidelines on renting accommodation.

Telephone: (01) 678 6096

[Mental Health](http://www.itb.ie/campusstudentlife/counselling.html" \l "MentalHealth)

**My Mind Matters -** [www.mymindmatters.ie](http://mymindmatters.ie/)

MMM is an online mental health and wellbeing portal for students. It is a collaboration pilot project between the National University of Ireland Galway (NUIG), Trinity College Dublin (TCD), Dundalk Institute of Technology (DKIT) and University College Cork (UCC). However the site is intended for use by all 3rd level students in Ireland.

**ProYouth** - [www.proyouth.eu](https://www.proyouth.eu/home.html)

The European initiative for the promotion of mental health and the prevention of eating disorders.

**Mental Health Ireland -** [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie/)

Mental Health Ireland aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their need and advocating their rights.

Telephone: (01) 284 1166

**Shine -** [www.shineonline.ie](http://www.shineonline.ie/)

Shine is the national organization dedicated to uploading the rights and addressing the needs of all those affected by enduring mental illness including, but not exclusively, schizophrenia, schizo-affective disorder and bi-polar disorder. Shine offers support groups for individuals and their families, counselling and have a range of information resources online.

Telephone: 1890 621 631

**Reach Out -** <http://ie.reachout.com/>

ReachOut.com is an online service dedicated to taking the mystery out of mental health. They have lots of information about getting through tough times.

[Parenting](http://www.itb.ie/campusstudentlife/counselling.html#Parenting)

**Parent line -**[www.parentline.ie](http://www.parentline.ie/)  
Parentline provides a completely confidential helpline for parents and guardians. Parents phone Parentline with all sorts of problems. There is no typical call. Calls come from parents of new born babies, toddlers, pre-teens and teenagers - children of all ages. All ages offer different challenges.  
Telephone: 1890 927 277

**Gingerbread -** [www.gingerbread.ie](http://www.gingerbread.ie/)  
Gingerbread provides accurate, confidential and informed advice and information on all issues affecting one parent families. They do this through Support Groups, which may or may not be attached to Branches, and who are made of other lone parents. They provide adult peer support and also, through regular outings, holidays and parties, help families go forward from their present position. They also offer an information and referral helpline.  
Telephone: 01 814 6618 Monday to Thursday, 10.00am - 2.00pm

Email: [counselling@gingerbread.ie](mailto:counselling@gingerbread.ie)

**[Samaritans](http://www.itb.ie/campusstudentlife/counselling.html" \l "Samaritans)**

**Samaritans** - [www.dublinsamaritans.ie](http://www.dublinsamaritans.ie/)

Samaritans are 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: 1850 60 90 90

[Self-harm & Suicide](http://www.itb.ie/campusstudentlife/counselling.html" \l "SelfHarmSuicide)

**Pieta House - Centre for the Prevention of Self-Harm or Suicide**

[www.pieta.ie](http://www.pieta.ie/)

Centre for the Prevention of Self-Harm or Suicide, provides information to communities on suicide prevention, offers counselling to individuals who are self-harming or suicidal and offers support to family members affected by suicide.   
Telephone: 01-6010000

[Sexual Abuse and Assault](http://www.itb.ie/campusstudentlife/counselling.html" \l "SexualAbuse)

**National Counselling Service (NCS)** - [www.hse-ncs.ie/en](http://www.hse-ncs.ie/en/)

The National Counselling Service offers free counselling to anyone over 18 who experienced abuse or trauma in childhood

**Rape Crisis Centre -** [www.drcc.ie](http://www.drcc.ie/)  
Dublin Rape Crisis Centre offer a confidential, 24-hour telephone helpline, 7 days a week staffed by trained counsellors who are available to listen to you and any concerns you may have in regard to issues of rape, sexual assault, sexual harassment or childhood sexual abuse.   
Although the Centre is based in Dublin, our counsellors take calls from all over the country and every call is dealt with in confidence and with respect and understanding.   
Freephone 1800 778888

[Sexual Health](http://www.itb.ie/campusstudentlife/counselling.html" \l "SexualHealth)

**AIDS Helpline** - [www.aidswest.ie/](http://www.aidswest.ie/)  
AIDS Helpline is a voluntary organisation. They offer an information help line, education / prevention services and support to people affected by HIV and to those concerned about their sexual health. Their services are completely confidential  
Aids Helpline Dublin: 1800 459 459

**Irish Family Planning Association -** [www.ifpa.ie](http://www.ifpa.ie)  
The IFPA offers a comprehensive range of services specifically designed to promote sexual health and to support reproductive choice. Their services and facilities are oriented to the needs of women and young people in particular and include counselling, information, education and medical services.  
IFPA National Pregnancy Helpline 1850 49 50 51

[Sexuality](http://www.itb.ie/campusstudentlife/counselling.html" \l "Sexuality)

**Gay Switchboard** - [www.gayswitchboard.ie](http://www.gayswitchboard.ie)  
GSD's core service is provided via telephone. They provide non-directive, non-judgmental, befriending, support and a general information service to the gay, lesbian and bisexual community, to anyone who has issues relating to their sexuality, to their parents, families and friends.  
Telephone (01) 872 1055

**Belong To -** [www.belongto.org](http://www.belongto.org/)

BeLonG To is an organization for Lesbian, Gay, Bisexual and Transgendered young people between the ages of 14 and 23. BeLonG To run social and supportive groups in Dublin and have a range of online resources for LGBT young people and their parents.

Telephone (01) 670 6223

**[Victim Support](http://www.itb.ie/campusstudentlife/counselling.html" \l "VictimSupport)**

**Crime Victim -** [www.crimevictimshelpline.ie](http://www.crimevictimshelpline.ie)  
The Garda Síochána operate closely with the Crime Victims Helpline, 1850 211 407, which can help provide support to victims of crime.