

personal message



There's no need to feel isolated or alone; whatever your situation you'll find someone in this guide you can relate to, who can understand and provide support.

We recommend you keep this guide close at all times, you never know when you or a friend might need it!



helplines

CHILDLINE: Childline seeks to empower and support children.

1800 66 66 66 www.childline.ie

SAMARITANS: Available 24 hours a day to provide confidential, support for people who are experiencing feelings of distress or despair.

1850 60 90 90 www.dublinsamaritans.ie

SUICIDE HELPLINE (HSE): (6-10pm)

1800 742 745

TEENLINE: (9pm. - 6am, Fri - Sat evenings) Helpline run by teens for teens.

1800 833 634 www.teenline.ie

TEENHELP: Helpline service for young people coping with the stresses of life.

(01) 454 3374.

BODYWHYS: Support for people with eating disorders, their families and friends.

1890 200 444 www.bodywhys.ie

MENTAL HEALTH IRELAND: Help for people with mental health problems.

(01) 284 1166 www.mentalhealthireland.ie

AWARE: Assists and supports people suffering with depression.

1890 303 302 www.aware.ie

DRUG/HIV HELPLINE: Information and support on drug use or HIV infection.

1800 459 459



counselling & support

LIVING LIFE COUNSELLING CENTRE:

(01) 236 0359 www.livinglifecounselling.com

TEEN COUNSELLING: Part of Mater Dei service provides counselling for 12-18 years

(01) 284 4852

THE TIVOLI INSTITUTE: Operates reduced-cost counselling for over 18's only.

(01) 280 9178

THE INSTITUTE OF CREATIVE COUNSELLING & PSYCHOTHERAPY:

(01) 280 2523

GROW: Preventative and rehabilitative support for depression, anxiety & shyness.

(01) 873 4029

SOLAS Bereavement Services for Children: (01) 473 2110 www.barnardos.ie

BETHANY BEREAVEMENT SUPPORT: (01) 494 3142

RAINBOWS: Children share their grief through a free 12 week programme.

(01) 473 4175

CONSOLE: Living with suicide.

1800 201 890 www.console.ie

DOCHAS: Bereavement support after suicide. (01) 8200915 www.dochas.info

ONE IN FOUR: A voice & support to victims of sexual abuse, and their families.

(01) 662 4070 www.oneinfour.ie



personal safety

WOMEN'S AID:

1800 341 900 www.womensaid.ie

AMEN Male Victims of Domestic Abuse:

046 9023718 www.amen.ie

RAPE CRISIS CENTRE:

1800 778 888 www.drcc.ie

SEXUAL ASSAULT TREATMENT UNIT: Rotunda Hospital, Dublin 1.

(01) 873 0700

NATIONAL ASSOCIATION FOR VICTIMS OF BULLYING: 056 31590

CRIME VICTIM HELPLINE:

1850 211 407 www.crimevictimshelpline.ie

CARI FOUNDATION (Children at Risk in Ireland):

1890 924 567 www.cari.ie

BRAY WOMEN'S REFUGE: For victims of domestic abuse.

(01) 286 6163

CATHOLIC YOUTH CARE CHILD PROTECTION SERVICE: Irene McIntosh,
Child Protection Officer (087) 7573245 www.cyc.ie

DUBLIN DIOCESEAN CHILD PROTECTION SERVICE:

(01) 8360314 www.cps.dublindiocese.ie



addiction

THE DRUGS HELPLINE:

1850 459 459 (Mon - Fri 10am - 5pm) (Sat 10am - 2pm)

AL-ANON: Al Anon Information Centre. Support for family & friends of alcoholics.

(01) 873 2699

THE HANLY CENTRE: (01) 280 9795 / (01) 280 726

THE ALANO CLUB: Open 10am - 12pm. A social club for recovering alcoholics.

(01) 280 5402.

DUN LAOGHAIRE ADDICTION SERVICE & TREATMENT CENTRE:

(01) 280 8472.

DROP: (Dun Laoghaire Rathdown Outreach Project) An integrated and networked

response to drug related issues. (01) 280 3187

GAMBLERS ANONYMOUS:

(01) 872 1133 www.gamblersanonymous.ie

NAR-ANON: Self help group for relatives and friends of drug users.

(01) 874 8431

NARCOTICS ANONYMOUS: For recovering addicts.

086-862 9308

DLR COMMUNITY ADDICTION TEAM: Work with and support people

with addiction related issues. (01) 205 1414



relationships & parenting

CURA: (Crisis Pregnancy)
1850 622 626 www.cura.ie

TEENBETWEEN: A support service for the adolescent children of separated parents.
1890 380 380

BARNARDOS: Barnardos supports children whose wellbeing is under threat, by working with them, their families and community.
1850 222 300 www.barnardos.ie

PARENTLINE: Parentline is a confidential helpline for parents and guardians.
1890 927 277 www.parentline.ie

ONE FAMILY: One Family support one parent families.
1890 66 22 12 www.onefamily.ie

MONEY MATTERS

MABS (Money, Advice & Budgeting Service):
(01) 230 2002 www.mabs.ie

ST VINCENT DE PAUL: Supports people experiencing difficulties.
(01) 838 6990 www.svp.ie



support services

YOUTH INFORMATION CENTRE: 137 Lower Georges Street, Dun Laoghaire.
(01) 280 9363 www.youthquest.ie

OPTIONS FOR EARLY SCHOOL LEAVERS: Youth Choices - Sinead Fortune,
086 389 0298 **Youth Advocate** - Catherine Bell (01) 284 1376

NATIONAL EDUCATION WELFARE BOARD:
(01) 873 8700 16 - 22 1890 363 666

LITERACY (Dun Laoghaire Adult Learning Centre):
(01) 285 5633 www.dlalc.ie

FLAC (Free Legal Advice Centre): CIC, Wed. 7 - 9pm.
(01) 284 4544

THRESHOLD: Advice on accommodation and tenants rights.
(01) 678 6096 www.threshold.ie

CITIZENS INFORMATION PHONE SERVICE: Hours: Mon. - Fri. 9am - 9pm.
1890 777 121 www.citizensinfo.ie

COMMUNITY EDUCATION SUPPORT SERVICE CENTRE: 'Discover Guidance',
'Dun Laoghaire Out of School Education Service', 'Dun Laoghaire Disability Service', and
the 'YPFSF Officer' (01) 236 5190

REHABILITATIVE TRAINING & OCCUPATIONAL GUIDANCE SERVICE:
(01) 2355400



emergency services

Accident & Emergency:
Loughlinstown Hospital.....Tel: 282 5800
St.Vincent's Hospital.....Tel: 269 4533
Tallaght Hospital.....Tel: 414 2000
Poison Information Centre.....Tel: 837 9964

After Hours:
DL Doc.....Tel: 663 9869
Late Chemist (9pm Mon-Fri) Upr Georges St..Tel: 280 7351

Local Gardai:
Dun Laoghaire.....Tel: 666 5000
Dundrum.....Tel: 666 5600

Services for young people at risk:
Duty Social Worker for the Dun Laoghaire Area
Tel: (01) 280 4245 / (01) 280 8403 or contact Local Garda

HOMELESSNESS - 1800 724 724
BENTLEY VILLAS DL, CROSSCARE: Tel: (01) 284 5148

Dial

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OR

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While every attempt was made to ensure that the information was accurate before going to print, the Dun Laoghaire Youth Information Centre accepts no responsibility for errors or omissions. If your group or organisation has not been listed and you wish to be included in our subsequent editions, please contact us.

dun laoghaire youth information centre

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www.youthquest.ie



Produced by the Dun Laoghaire Youth Information Centre
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