

*“Don't Despair  
Know  
We Care”*



**LOCALISED INDEX  
OF SERVICES**

**AVAILABLE FOR  
12 - 18 YR OLDS  
AND UPWARDS**

# *Depression/Suicide*

## **AWARE**

Suffering from depression?

**CONTACT - JOHN WILLS.**

**Mob: 086 8697109**

**Helpline: 1890 303 302 / Local: 6617211**

## **THE SAMARITANS**

**CONTACT: 1850 609090**

## **CONSOLE**

Lost somebody through suicide?

**www.console.ie or 1800 201 890**

**All Hallows College, Gracepark Road,  
Drumcondra. Also phone: 1890 474 474.**

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## *Services of Programmes for Prevention*

## **PIETA HOUSE**

Prevention of self harm

**CONTACT - 6302222 / 6010000**

## **ASIST**

Applied Suicide Intervention Training

**CONTACT - PAMELA CULLEN**

**52 Brromhill Road, Tallaght. Ph: 4632800**

## **THE NOVARA CENTRE**

Counselling, classes & workshops on healthcare

**CONTACT - 2761745**

## **CROSS CARE**

Drug & alcohol programme, drug education,  
information & support. **CONTACT - 836 0911**

# IRISH ASSOCIATION OF SUICIDOLOGY

Applied skill in suicide intervention.

**CONTACT: 8823403**

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## *Services for Addiction*

### **YODA**

Youth Drug & Alcohol Service

**CONTACT: 4665040**

Glenabbey Building, Belgard Road,  
Tallaght, Dublin 24.

**Consultant  
Child &  
Adolescent  
psychiatrist**  
Dr. Bobby Smith

**Clinical Nurse**  
Philip James

**Psychiatric  
Registrar**  
Dr. Osomonde  
Edekpola

**Family  
Therapist**  
Ann Campbell

**Counsellor**  
Catriona Kearns

**Receptionist**  
Roz Byrne

### **MEAS**

Mature Enjoyment of Alcohol in Society

**CONTACT: 6114811**

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

### **RUTLAND CENTRE**

**CONTACT - Austin Power - 4946358.**

## **SWAN**

Family Support Organisation,  
provides support for families of individuals  
and groups affected by addiction issues.

**CONTACT: Fran Devlin**

**LOCAL: 462 8006**

**Mon - Fri 9.30 - 4.30.**

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## *Services for Young*

### **TALLAGHT INFORMATION**

#### **CENTRE**

One stop shop of information and services  
for young people.

**CONTACT - Youth Information Officers:**

**Orla O'Sullivan & Ann Doyle - 463 2070**

**open 10-6pm / 6-8.30pm. (free internet access)**

### **TALLAGHT YOUTH SERVICE**

**CONTACT - 451 6322.**

### **AREA 24**

Youth Health Cafe Tallaght

**CONTACT - 4632070**

### **CAFE IN FIRHOUSE**

Open Thurs 7 - 9pm. MAX 20 people

**CONTACT: Jean Lowry - 463 2070**

**1 Adult to 10 kids.**

### **FORÓIGE**

**CONTACT: Claire Hutchinson - 085 1666945**

**Local contact: Liz Sharkey & Linda White -**

**085 2784174**

### **GROW**

**CONTACT - 167 Capel Street. Ph: 8734020**



# *Services for Separated / Bereaved*

## **RAINBOWS**

Bereavement, Separation

**CONTACT - Local Group Knocklyon**

**Tel: 494 1204**

## **TEEN BETWEEN**

Specialised Counselling service to help teenagers cope with their parents separation.

**Tel Locall: 1890 380 380**

**[www.teenbetween.ie](http://www.teenbetween.ie)**

## **TEENLINE IRELAND**

Alone, worried, distressed?

**CONTACT - Maureen Bolger - 4622122**

## **CHILDLINE**

**1800 66 66 66**

## **PARENTLINE**

**CONTACT: 1890 927 277**

Range of Services,  
Support Helpline for Parents.

- Post Natal Depression
- Parenting Courses for schools, and community groups.
- One to one facilitator.
- Public Talks & Seminars.

## **RETROUVAILE IRELAND**

Does your marriage bring you joy or does it break your heart?

**CONTACT: Anne & Tony - 4953536**

**Mike & Anne - 4500922**

**49 Grange Wood, Rathfarnham, D.14.**

## **JUVENILE LIAISON OFFICER**

**CONTACT - Liam Nicholson - 6666044**

## **LOCAL COMMUNITY GARDA RATHFARNHAM**

**CONTACT - Danielle Cummins- 01 6666565**

## **LOCAL HSE**

Loreto Abbey Rathfarnham

**CONTACT - 4933431.**

## **DRUGS & HIV HELPLINE**

**1800 459 459**

## **NATIONAL HSE HELPLINE**

**1800 520 520**

## **PIONEER TOTAL ABSTINENCE ASSOC.**

**Mr. Francis Connolly / Teresa Hogan**

## **KNOCKLYON PRESBYTERY**

**CONTACT: 494 1204**