

SUPPORTIVE AND COUNSELLING SERVICES: UL AND LIMERICK

| |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| UL Counselling Service (UL Éist): 061-202327 UL Chaplaincy (Teach Fáilte): 061-232180/3635 UL Medical Centre: 062-232534 UL First Year Support Officer: 061-232613 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Emergency services (Gardaí, Ambulance, Fire Service)

999 or 112

HSE Support Services

Accident, Emergency and Out of Hours Services

| | |
|------------------------------------------|--------------|
| University Hospital Limerick, Dooradoyle | 061-301111 |
| St. John's Hospital, Limerick | 061-462222 |
| Ennis Hospital | 065-682446 |
| Nenagh Hospital | 067-31491 |
| Shannon Doc | 1850 212 999 |
| Crisis Intervention Service | |
| - Limerick | 061-301111 |
| - Clare | 065-6863208 |
| - North Tipperary | 086-8306663 |

HSE Limerick City & County

| | |
|-----------------------------------------------------------------|------------------|
| St. Anne's Day Hospital, Roxboro Road, Limerick | 061-315177 |
| Tevere Day Hospital, Shelbourne Road, Limerick | 061-452971 |
| Willowdale Day Hospital, Raheen, Limerick | 061-302248 |
| Churchtown Day Hospital, Newcastlewest, Co. Limerick | 069-61799/ 67988 |
| Kilmallock Day Hospital, Railway Road, Kilmallock, Co. Limerick | 063-98668/ 98675 |

HSE Clare County

| | |
|----------------------------------------------------------------|-------------|
| Ennis Day Hospital, Gort Road, Ennis, Co. Clare | 065-6863708 |
| Kilrush Day Hospital, St. Joseph's Terrace, Kilrush, Co. Clare | 065-9054100 |
| Shannon Day Hospital, Shannon, Co. Clare | 061-718403 |
| Stella Maris Day Hospital, Lisdoonvarna, Co. Clare | 065-7075100 |

HSE North Tipperary

| | |
|-------------------------------------------------------------------------|------------|
| Nenagh Day Hospital, Dromin House, 2 Dromin Road, Nenagh, Co. Tipperary | 067 46800 |
| Thurles Day Hospital, St. Mary's Health Centre, Thurles, Co. Tipperary | 0504 23211 |

Other Support Services

- ACCORD Catholic Marriage Care Service, 66 O'Connell Street, Limerick City. Tel: 061-343000.
www.accord.ie/centres/limerick
- ADAPT Domestic Abuse Services, Rosbrien, Limerick. Tel: 061-412354.
Email: info@adaptservices.ie Website: www.adaptservices.ie/
- Al-Anon, strength and hope for families and friends of problem drinkers. Tel: 01-8732699.
Email: info@alanon.ie Website: www.alanon.ie

- Alcoholics Anonymous Ireland. Tel: 01-8420700 Email: gso@alcoholicsanonymous.ie
Website: www.alcoholicsanonymous.ie/
- AWARE, a national support helpline for issues relating to depression and bipolar disorder. Helpline 1800 80 48 48 open seven days a week from 10am to 10pm. Website: www.aware.ie
- Bodywhys, The Eating Disorders Association of Ireland. Helpline: 1890 200 444.
Email: alex@bodywhys.ie Website: www.bodywhys.ie/
- Clare Suicide Bereavement Support, Innovation House, Roslevan Centre, Tulla Rd, Ennis.
Tel: 087-3698315/086-0565373 Website: www.claresuicidebereavementsupport.com/
- Clarecare supports services for people in Co. Clare. Tel: 065-682 8178. Email: info@clarecare.ie
Website: www.clarecare.ie/
- Community Substance Misuse Team, 3rd Floor, 15 Lower Mallow Street, Limerick City.
Tel: 061-317688 Email: jraftery@csmt.ie Website: www.csmt.ie/
- Family Mediation Service, 3rd Floor, Riverpoint, Lower Mallow Street, Limerick: 061-214310.
www.citizensinformation.ie/
- GOSHH (Gender, Orientation, Sexual Health, HIV), Redwood Place, 18 Davis Street, Limerick.
Tel: 061-314354. Email: info@goshh.ie Website: goshh.ie/
- GROW, Community Mental Health, Mid-Western Region, 33 Henry Street, Limerick.
Tel: 061-318813. Email: midwesternregion@grow.ie Website: www.grow.ie/
- Jigsaw, mental health support service for young people age 12-25. 3rd Floor, Arthur's Quay House, Arthur's Quay, Limerick. Tel: 061-974510. Email: limerick@jigsaw.ie Website: www.jigsaw.ie/
- Le Chéile, peer support for those with difficulty coping. 3 Sexton Street, Limerick City.
Tel: 061-446786. Email: info@limerickmentalhealth.ie Drop in: Thursdays 10am - 1pm.
- Milford Hospice Counselling Service - Social Work Department. Tel: 061-485800 (limited service available for bereavement not linked to hospice attendance)
- National Counselling Service, Re Nua, O'Connell Avenue, Limerick. Tel: 1800 234115. For adults abused as children.
- Pieta House, Pieta Mid-West, Ardaulin, Mungret, Co. Limerick. Tel: 061-484444
Helpline: 1800 247 247 Email: mary@pieta.ie Website: www.pieta.ie. Specialist Service for people who have a history of self-harm or have suicidal ideation.
- Rape Crisis Midwest, Phoenix House, Punch's Close, Rosbrien Road, Limerick. Tel: 1800 311511.
Email: info@rapecrisis.ie Website: www.rapecrisis.ie/home.html. Counselling provided to female and male adult survivors of Rape, Child Sexual Abuse, Incest and Sexual Harassment.
- S.O.S (Suicide or Survive) Tel: 1890 577 577 Website: www.suicideorsurvive.ie/
- Samaritans, 20 Barrington Street, Limerick. Free-phone number: 116 123 Drop in: 9:00am - 10:00pm. E-mail: jo@samaritans.org For 24 hour confidential text support text to 087-2609090.
www.samaritans.org/branches/samaritans-limerick-tipperary
- Shine, Supporting people affected by ill mental health. Email: info@shine.ie Website: www.shine.ie/
- Social Service Centre, Henry Street, Limerick. Tel: 061-314111. Email: ger.odonovan@lssc.ie or counselling@lssc.ie Website: www.lssc.ie/. Free confidential counselling service offered to individuals and families.