

Mental Health Directory

Carlow

- Carlow Regional Youth Service:
 - Services: Youth counselling services provide both bereavement and suicide bereavement counselling.
 - Tel. 059 9130476. Website: www.carlowys.ie. Email: carlowys@iol.ie.
- M.A.B.S. – Money Advice and Budgeting Service:
 - Tel. 059 9140977. www.mabs.ie
- Mental Health Ireland Regional Office:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
 - Tel. 053 9239574/ 087 8353925. Email: southeast@mentalhealthireland.ie
- Samaritans Kilkenny & Carlow:
 - Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide
 - Helpline: 1850 609090. Text: 087-2609090. Tel: 056 7765554/7765750. Website: www.samaritans.org. Email: jo@samaritans.org
- Suicide Bereavement Group:
 - Tel. 059 9131323

Cavan

- M.A.B.S. – Money Advice and Budgeting Service:
 - Tel. 049 4362900. www.mabs.ie
- Mental Health Ireland Regional Office:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
 - Tel. 086 6028157. Email: mhinortheast@gmail.com
- Suicide Bereavement Support:
 - Services: Provide Cavan/Monaghan suicide support group and Cruse Bereavement services
 - Tel. 049 4372999. Email: cavfamil@oceanfree.net.

Clare

- Amethyst Resource for Human Development: Counselling.
 - Tel. 061 376331.
- Clarecare, Ennis:
 - Services: Counselling and advisory services for adults, family support
 - Tel: 065 6828178
- M.A.B.S. – Money Advice and Budgeting Service: Ennis:

- Tel. (065) 6841991. www.mabs.ie
- Mental Health Ireland Regional Office:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
 - Tel: 086 8079406. Email: annei.buckley@hse.ie

Cork:

- GROW Southern Office:
 - Services: Supports people who have or are suffering from mental health problems.
 - Tel: 01 840 8236. Website: www.grow.ie. Email: info@grow.ie
 - M.A.B.S. – Money Advice and Budgeting Service: City:
 - Tel. (021) 4552080. www.mabs.ie
 - Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
 - Tel: 022 201 62
- Unite: A confidential Gay, Bisexual and Transgender youth online group. Tel: 021 4278470. Email: info@gayyouthcork.com
- YMCA Youth Counselling Services:
 - Counselling service for 15+ years old who are under stress and/or at risk of alcohol/drug misuse
 - Tel: 021 4270187

Donegal

- GROW North Western Office:
 - Services: Supports people who have or are suffering from mental health problems.
 - Tel: 074 9161628. Website: www.grow.ie. Email: grow@hse.ie
- M.A.B.S. – Money Advice and Budgeting Service: North Donegal.
 - Tel. 074 9129909. www.mabs.ie
- M.A.B.S. – Money Advice and Budgeting Service: South Donegal.
 - Tel. 074 9724462. www.mabs.ie
- Mental Health Ireland Regional Office:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
 - 086 7723287. Email: donegal@mentalhealthireland.ie

Dublin

- Awakenings:
 - Services: Counselling and Psychotherapy services for individuals and couples.
 - Tel. 01 4920122.
- Aware:
 - Services: Aims to provide support group meetings throughout the country and online for people with depression and manic depression and their families.
 - Tel: 01 6617211. Helpline: 1890 3033302. The aware helpline is a listening service for people affected by depression, either as sufferers or as family and friends. Website: www.aware.ie. Email: info@aware.ie
- GROW Eastern Office:
 - Services: Supports people who have or are suffering from mental health problems.
 - Tel: 01 8734029. Website: www.grow.ie. Email: easternregion@grow.ie
- M.A.B.S. – Money Advice and Budgeting Service: Dundrum/Rathfarnham and District:
 - Tel. 01 2990360. www.mabs.ie
- Mental Health Ireland North Dublin:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - Tel: 01 2841166/ 086 8385584. Email: michaeln@mentalhealthireland.ie.
- Oasis Project:
 - Services: Outreach, counselling for adults.
 - Tel: 01 2845722. Email: mscdp@gofree.indigo.ie

Galway

- Jigsaw:
 - Services: Free and confidential support service for young people, aged 15-25, in Galway City and County.
 - Tel: 091 549252. Email: galway@jigsaw.ie. Website: www.jigsaw.ie
- Mental Health Ireland Regional Office:
 - Services: Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - Tel: (086) 383 7607

Kildare

- M.A.B.S. – Money Advice and Budgeting Service: Newbridge:
 - Tel. (045) 435558. www.mabs.ie
- Mental Health Ireland Regional Office:
 - Services: Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - Tel: 086 2873526. Email: michaelc@mentalhealthireland.ie

Kilkenny

- GROW South Eastern Office:
 - Services: Supports people who have or are suffering from mental health problems.
 - Tel: 056 7761624. Website: www.grow.ie. Email: southeastregion@grow.ie
- Mental Health Ireland Regional Office:
 - Services: Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - Tel. 053 9239574/ 087 8353925. Email: southeast@mentalhealthireland.ie

Kerry

- Mental Health Ireland Regional Office:
 - Services: Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - Tel. 064 31022/ 087 6998901

Laois

- Aware:
 - Services: Aims to provide support group meetings throughout the country and online for people with depression and manic depression and their families.
 - Tel: 0502-22925. Helpline: 1890 3033302. The aware helpline is a listening service for people affected by depression, either as sufferers or as family and friends. Website: www.aware.ie. Email: info@aware.ie
- Family Mediation Services Portlaoise:
 - Tel: 0578695736
- Mental Health Ireland Regional Office:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - Tel: 086 8353387. Email: finolacolgan@eircom.net
- Midland Regional Youth Services:
 - Tel: 0906477075

Leitrim

- Living Links Leitrim:
 - Services: Provides practical help, information and support to persons bereaved by suicide.
 - Tel: 086 3999029. Website: www.livinglinks.ie. Email: info@livinglinks.ie
- Mental Health Ireland Regional Office:
 - Services: Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - 086 8539010. Email: rachel.mentalhealthireland.com
- S.T.O.P:
 - Services: Bereavement Group

- Tel. 071 9164286.
- Youth Drug and Alcohol Service:
 - Tel: 071 9146526. Email: annamarie.kelly@foroige.ie

Limerick

- Bluebox Creative Learning Centre:
 - Services: Works with schools and families in Limerick to help guide children through difficult times.
 - Tel. 061 315070. Website: www.bbclc.ie. Email: info@bbclc.ie.
- Console:
 - Services: Suicide bereavement support.
 - Tel. 061 306792. Website: ww.console.ie. Email: info@console.ie.
- GROW Mid Western Office:
 - Services: Supports people who have or are suffering from mental health problems.
 - Tel: 061 318813. Website: www.grow.ie. Email: midwesternregion@grow.ie
- Seasons For Growth:
 - Services: Group Programmes for children and adults.
 - Tel. 061 307150. Email: 1margaretosullivan@eircom.net.
- Social Services Centre:
 - Tel. 061 314111

Longford

- M.A.B.S. – Money Advice and Budgeting Service:
 - Tel. 043 47705. www.mabs.ie . Email: longford@mabs.ie
- Mental Health Ireland Regional Office:
 - Services: Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - 086 8353387. Email: finolacolgan@eircom.net.
- Recovery Incorporated: Longford.
 - Services: Weekly group meetings for people suffering depression, anxiety, fears or panic attacks).
 - Tel: 04943 39157.

Louth

- Drogheda Community Services:
 - Services: One-to-one bereavement counselling.
 - Tel. 041 9836084. Email: info@droghedacsc.net.
- Dundalk Citizen's Information Centre:
 - Services: A free impartial confidential information and internal advocacy service to the public on rights and entitlements.
 - Tel. 042 932 9149
- Dundalk Counselling Centre:

- Services: Counselling, advisory services, treats alcohol, drugs, gambling and prescription drug addictions in adults.
- Tel: 042 9338333
- Mental Health Ireland Regional Office:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - Tel. 086 6028157. Email: mhinortheast@gmail.com

Mayo

- Castlebar Counselling and Therapy Centre “Four Winds”: Tel. 094 9028746. Website: www.dctc.ie. Email: castlebarpsychotherapy@eircom.net. Provide individual counselling, couples and family counselling, training in working with suicide bereaved and public lectures.
- Mental Health Ireland Regional Office: 087 9671063. Email: roscommon@mentalhealthireland.ie

Meath

- Living Links Meath:
 - Services: Provides practical help, information and support to persons bereaved by suicide.
 - Tel: 087 2731001. Website: www.livinglinks.ie. Email: info@livinglinks.ie
- M.A.B.S. – Money Advice and Budgeting Service:
 - Tel. 046 9072836. www.mabs.ie
- Mental Health Ireland Regional Office:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - Tel. 086 6028157. Email: mhinortheast@gmail.com

Monaghan

- Addiction Resource Centre (ARC):
 - Services: Treats alcohol, drugs, gambling and prescription drug addictions in adults.
 - Tel: 047 77400
- Mental Health Ireland Regional Office:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - Tel. 086 6028157. Email: mhinortheast@gmail.com

Offaly

- Adult Counselling Services:Tullamore.
 - Services: This service caters for people who have experienced childhood sexual or physical abuse in an institution, education or family setting.
 - Tel: 05793 27147. Helpline: 1800 234113.
- GROW Midlands Office:
 - Services: Supports people who have or are suffering from mental health problems.
 - Tel: 05793-51124. Website: www.grow.ie. Email: midlandregion@grow.ie
- Low Cost Counselling Service Midlands:
 - Tel: 087 6847088.
- M.A.B.S. – Money Advice and Budgeting Service:
 - Tel. 05793 23211. www.mabs.ie. Email: offaly@mabs.ie
- Mental Health Ireland Regional Office:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - 086 8353387. Email: finolacolgan@eircom.net

Sligo

- Mental Health Ireland Regional Office:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - 086 8539010. Email: rachel.mentalhealthireland.com
- Youth Action Project:
 - Tel: 071 9144152. Email: yaps@eircom.net
- Youth Drug & Alcohol Service:
 - Tel: 0719146526. Email: annamarie.kelly@foroige.ie

Tipperary

- Living Links Tipperary:
 - Services: Provides practical help, information and support to persons bereaved by suicide.
 - Tel: 087 9693021. Website: www.livinglinks.ie. Email: info@livinglinks.ie
- M.A.B.S. – Money Advice and Budgeting Service: Tipperary South:
 - Tel. (062) 33410. www.mabs.ie
- Mental Health Ireland Regional Office:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
 - Tel: 086 8079406. Email: annei.buckley@hse.ie (North Tipperary)

Waterford

- Mental Health Ireland Regional Office:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - Tel. 053 9239574/ 087 8353925. Email: southeast@mentalhealthireland.ie
- TREO:
 - Services: A community based project which works with young adults in the Waterford area.
 - Tel: 051 379740. Email: treoportlairge@eircom.net

Westmeath

- Adult Counselling Service:
 - 1800 234113
- GROW:
 - Services: Supports people who have or are suffering from mental health problems.
 - Tel: 0902-83190. Website: www.grow.ie. Email: info@grow.ie
- Open Door Project, Mullingar:
 - Services: Training and one-to-one counselling. Drop in service.
 - Mullingar: Tel: 0449335594. Email: mforde@wesrcd.ie. Website: www.westcd.ie
 - Athlone: Tel: 09064098909. Email: wmullin@westcd.ie. Website: www.westcd.ie
- Mental Health Ireland Regional Office:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
 - 086 8353387. Email: finolacolgan@eircom.net. Website: www.mentalhealthireland.ie

Wexford

- Mental Health Ireland Regional Office:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
 - Tel. 053 9239574/ 087 8353925. Email: southeast@mentalhealthireland.ie
- Wexford Community Based Drug Initiative:
 - Services: Information & Support, parent & family support, drug addiction, peer education.
 - Tel: 053 9121691. Email: wexfordcbdi@gmail.com

Wicklow

- Living Links Wicklow:
 - Provides practical help, information and support to persons bereaved by suicide.
 - Tel: 01 2868413. Website: www.livinglinks.ie. Email: info@livinglinks.ie
- Mental Health Ireland West Wicklow:

- Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
- Tel: 086 2873526. Email: michaelc@mentalhealthireland.ie
- Mental Health Ireland East Wicklow:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health
 - Tel: 01 2841166/ 086 8385584. Email: michaeln@mentalhealthireland.ie.

National Supports

- Adult Counselling Service for survivors of past abuse (Midlands Region) Tel: 1800234113. A confidential counselling service available to adults who have experienced childhood sexual, physical or emotional abuse.
- Aisling Group International:
 - Services: Nationwide service for parents and carers affected by drugs and alcohol use by young people.
 - Tel: 046 9074300
- Alcoholics Anonymous (Nationwide Service):
 - Services: Self-help support group for people with alcohol related problems.
 - Tel: 01 842 0700. Email: gso@alcoholicsanonymous.ie. Website: www.alcoholicsanonymous.ie
- Al-Anon Family & Friends Support Group:
 - Services: Understanding and support for families and friends of problem drinkers.
 - Tel: 01 8732699. Website: www.al-anon-ireland.org
 -

AMEN: 04690 23718. Website: www.amen.ie. Violence against men.

- Ana Liffey Drug Project.
 - Services: Action. Prevention. Support.
 - Freephone 1800786828

Aware:

- Aims to provide support group meetings throughout the country and online for people with depression and manic depression and their families.
- Tel: 01 6617211. Helpline: 1890 3033302. The aware helpline is a listening service for people affected by depression, either as sufferers or as family and friends. Website: www.aware.ie. Email: info@aware.ie
- Barnardos:
 - Services: Deliver programmes to help as many children and their families as possible.

- Helpline: 1850 222300. Tel. 01 4530355/ 01 4732110. Website: www.barnardos.ie. Email: info@barnardos.ie.

BeLong To:

- Support and information organisation for Lesbian, Gay, Bisexual and Transgendered young people aged between 14 and 23.
 - Tel: 01-6706223. www.belongto.org. Email: info@belongto.org
- Bodywhys – the Eating Disorders Association of Ireland.
 - Services: Provides help, support and understanding for people with eating disorders, their families and friends.
 - Tel: 01 2834963. Website: www.bodywhys.ie. Email: info@bodywhys.ie. Helpline: 1890 200444
- Bully 4u: An information resource for everyone who is affected by bullying either through technology, at school, at work or in the home.
 - Website: www.bully4u.ie. Email: info@bully4u.ie

Cancer Helpline: 1800 200700

Carers Association Helpline: 1800 240724

- Childline is a free phone service available 24 hours a day, 365 days a year for people up to the age of 18 years old.
 - Services: It's there to help any young person who is going through a tough time or needs to talk to someone. 1890 666666. Childline also run a text service where you can text in for free about whatever is worrying you.
 - Text 'List' to 50101. Website: www.childline.ie

Citizens Information Board: Information, advice, advocacy. Tel: 01 6059000. Email: info@ciboard.ie. Website: www.citizensinformationboard.ie

- Citizens Information Service:
 - Tel: 1890 777121. www.citizensinformation.ie
- Connect: National Adult Counselling Service.
 - Freephone: 1800 477477 (Wed-Sun. 6pm – 10pm).
- Contact Youth Phone 0808 808 8000.
 - Services: Contact Youth provides counselling to young people in Northern Ireland, believing that all young people have the right to free and confidential counselling.

Console: Tel: 1800 201 890 Free Helpline. Website: www.console.ie. Provides counselling, support and helpline services to those bereaved through suicide.
Crisis Pregnancy Counselling: 1800200857

Cura Helpline: 1850622626

Domestic Violence: 1800 444944

Drugs.ie: Drug and Alcohol Information Support: HSE Drugs helpline: 1800 459 459. Website: info@drugs.ie

Family Mediation Services: 01 6344320

- Family Support Network:
 - Services: Provides support to families. Various locations throughout Ireland.
 - Tel: 01 8365168. Email: info@fsn.ie. Website: www.fsn.ie

Farm & Rural Stress Farmline: 1800742645

Free Legal Advice Centres: Information & Referral Line: 1890 350 250. Tel. 01 8745690.

- GROW:
 - Services: Supports people who have or are suffering from mental health problems.
 - Helpline: 1890 474474. Tel: 01 840 8236. Website: www.grow.ie. Email: info@grow.ie
- Gamblers Anonymous:
 - Tel: 018721133. Email@ info@gamblersanonymous.ie
- Gay Switchboard:
 - Tel: 01 8721055
- GLEN: Gay and Lesbian Equality Network:
 - Focuses on delivering change across a number of areas
 - Tel: 016728650. Email: info@glen.ie. Website: www.glen.ie
- GPs: Find your local GP. Website: www.icgp.ie
- Headline National Media Monitoring Programme.
 - Services: Aims to promote responsible and accurate coverage of mental health and suicide related issues within the Irish media.
- Tel. 01 8279020. Website: www.headline.ie. Email: info@headline.ie
HeadsUp: a mental health project aimed at 15 to 24 year olds, has a free 24-hour text service available by texting HEADSUP to 50424.
 - Services: Aims to contribute to suicide prevention efforts by providing timely, appropriate information and support to young people.
 - Tel. 01 2057200. Website: www.headsup.ie. Email: info@headsup.ie
- HSE Drugs Helpline:
 - Services: Drug & Alcohol Information Support
 - Tel: 1800459459.

- HSE Suicide Prevention Helpline:
 - Tel: 1800 742745 (6pm – 10pm)
- Irish Association of Counsellors and Psychotherapists:
 - Tel: 01 2723427. Email: iacp@iacp.ie
- Irish Association for Counselling & Psychotherapy.
 - Tel: (01) 2300061. www.irish-counselling.ie
- letsomeoneknow.ie:
- LGBT (Lesbian, Gay, Bisexual and Transgender): 1890 929 539 www.lgbt.ie
- Life Pregnancy Care Service: 1850 281281
- Living Links:
 - Services: Providing Practical Help, Information and Support to persons bereaved by suicide.
 - Tel: 087 4122052. Website: www.livinglinks.ie. Email: info@livinglinks.ie
- M.A.B.S. – Money Advice and Budgeting Service:
 - Helpline: 1890 283 438. www.mabs.ie
- Mental Health Ireland:
 - Services: Aims to help those who are mentally ill and to promote positive attitudes to mental health.
 - Tel. 01 2841166. Email: www.mentalhealthireland.ie. Email: info@mentalhealthireland.ie.
- Missing Persons Helpline:
 - 1890 442552

- MOVE (Men overcoming violence):
 - Tel: 01 8724357
- MyMind: Mental Health Matters.
 - Services: My mind's vision is that everyone in Ireland has easy and quick access to community based mental health services.
 - Tel. 01 4433961. Website: www.mymind.org. Email: info@mymind.org
- Narcotics Anonymous (Nationwide Service):
 - Services: Self-help support group for people with drug related problems
 - Tel: 01 672 8000. Email: info@na-ireland.org. Website: www.na-ireland.org

- National Office for Suicide Prevention. www.nosp.ie. Information Resource Website. Email: info@nosp.ie. Tel.: 01-6352139 or 01-6352179
- Narcotics Anonymous:
 - Tel: 018300944 (24 Hour Helpline).
- OCD Ireland:
 - Services: Support groups for OCD sufferers and people who have concerns that they may be suffering from OCD.
 - Tel: 01 249 3333. Website: www.ocdireland.org. Email: info@ocdireland.org
- 1Life Suicide Helpline:
 - Services: 1life is a dedicated 24 hour freephone national suicide prevention helpline.
 - Tel: 1800247100 or text HELP to 51444 for one to one text support. Tel: 01 7044014. Website: www.1life.ie. Email: info@1life.ie

- Out and About: The Association for Phobias in Ireland.
 - Services: The National organisation for sufferers of agoraphobia.
 - Tel. 01 8338252.
- Parentline:
 - Services: Support, guidance and information on all aspects of being a parent.
 - Helpline: 1890 927277. Tel.01 8733500. Website: www.parentline.ie. Email: info@parentline.ie
- Pieta House: the centre for the prevention of self-harm or suicide.
 - Tel. 01 6010000. Website: www.pieta.ie. Email: mary@pieta.ie.
- Reach Out (reachout.com):
 - Services: A website aimed at helping young people through tough times and providing information on mental health.
 - Tel.014744840. Email: info@inspireireland.ie
- Recovery Incorporated:
 - Services: A community mental health organisation that offer a self-help method of will training.
 - Tel: 01 6260775. Email: info@recovery-inc-ireland.ie
- Samaritans:
 - Services: Emotional support 24 Hours a day, 7 days a week to anyone going through a crisis or at risk of suicide
 - Helpline: 1850 609090. Text: 087-2609090 Email: jo@samaritans.org. Website: www.samaritans.org
- See Change – the national stigma reduction partnership:
 - Services: An alliance of organisations working together through the National Stigma Reduction Partnership to bring about positive change in public attitudes and behaviour towards people with mental health problems.
 - www.seechange.ie. Email: info@seechange.ie
- Shine – supporting people affected by mental ill health.
 - Services: National organisation dedicated to upholding 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, through the promotion and provision of high-quality services and working to ensure the continual enhancement of the quality of life of the people it serves.
 - Tel. 01 8601620 Website: www.shineonline.ie. Email: info@shineonline.ie
 - Helpline: 1890621631
- Student Finance :
 - Services: Information on financial support for further and higher education.
 - Website: www.studentfinance.ie
- Suicide or Survive Ltd (SOS):
 - Services: Provides services and supports aimed at suicide prevention in Ireland.
 - Tel: 1890577577. Email: infor@suicideorsurvive.ie. www.suicideorsurvive.ie
- Teenline Ireland:
 - Services: Provides emotional support, through their confidential, non-judgmental listening service, for people who may be feeling alone, worried or distressed.
 - Freephone Helpline: 1800 833634. Hours 8pm-12 midnight. Website: www.teenline.ie. Email: info@teenline.ie

- The Gardaí:
 - Services: If you're in an emergency situation or if someone is in danger, the Gardaí are there to help you. They have specific training to help in situations like domestic violence or if you are feeling unsafe.
 - If you are concerned that you might hurt yourself or someone else, call the Gardaí on 999 from Ireland. If you're anywhere else in Europe call 112 to contact Emergency Services.
 - Garda Confidential Line: 1800 666111

College/University Supports

- My Mind Matters (MMM) provides information, help, support and advice to college students around a range of topics that can affect your mental health & well-being; such as stress, anxiety, bullying, exams, suicide, moving away from home, depression and many more.
 - For students at National University of Ireland Galway: www.mymindmatters.ie/nuig
 - For students at Trinity College Dublin: www.mymindmatters.ie/tcd/
 - For students at Dundalk Institute of Technology: www.mymindmatters.ie/dkit/
 - For students at University College Cork: www.mymindmatters.ie/ucc/

Other Student Counselling Services:

- Athlone Institute of Technology: Tel. 09064 24693. Email: counsellor@ait.ie
- Cork Institute of Technology: Tel. 021 4335772
- Dublin Institute of Technology: Tel. 01 402 3352. Text to 086 0820543. Email gabby.lynch@dit.ie
- Dublin City University: Tel. 01 7005165. Email: counselling@dcu.ie
- Dun Laoghaire Institute of Art, Design and Technology: Tel. 01 2394650
- Galway-Mayo Institute of Technology: Tel. 091 742118. Email:
- Institute of Technology Blanchardstown: Tel. 01 8851321/087 2406908. Email: ger.quiney@itb.ie
- Institute of Technology Carlow: Tel. 059 9175604. Email: renagh.linnane@itcarlow.ie
- Institute of Technology Sligo: Tel. 071 9137242. Email: quinn.marian@itsligo.ie
- Institute of Technology Tallaght: Tel. 01 4042635. Email: counselling@ittdublin.ie
- Institute of Technology Tralee: Tel. 066 7191690. Email: StudentCounsellor@ittralee.ie
- Letterkenny Institute of Technology: Tel. 074 9186817. Email: counselling@lyit.ie
- Limerick Institute of Technology: Tel. 061 490106. Email: counselling@lit.ie
- National University of Ireland Maynooth: Tel. 01 7083554
- Tipperary Institute: Tel. 0504 28444
- University College Dublin: Tel. 01 7163133
- University of Limerick: Tel. 061 202700
- Waterford Institute of Technology: Tel. 051 302878. Email: studentcounselling@wit.ie.