

Support Service Information



South Tipperary

Supports for Self-Harm and Suicide

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| C-Saw: Community Suicide Awareness Workers. | Clonmel | 052 61 72 477 c-saw@live.com |
| Liaison Psychiatric Nurse: A Mental Health nursing service available in Tipperary General Hospital. | Working with patients who have self-harmed or attempted suicide | South Tipperary General Hospital 052 61 770 00 |
| Pieta House: Centre for Prevention of Self-Harm and Suicide. | www.pieta.ie info@pieta.ie | Waterford 051 858 510 Roscrea 0505 22568 Text HELP to 51444 |
| Regional Suicide Resource Office: Lead for Implementation of Connecting for Life South Tipperary, Provides suicide and self harm training and co-ordinates the HSE Bereavement Counselling Services for Traumatic deaths. | www.connectingfor lifesouthtipperary.ie | 051 874 013 tracy.nugent@hse.ie |
| River Suir Suicide Patrol Group that patrol the bridges, river banks, park and streets of Clonmel. | | 083 863 5386 Riversuir patrol@gmail.com |
| Samaritans: 24 hour emotional support service for people feeling distress or in despair. | www.samaritans.org 1850 60 90 90 | 116 123 Text 087 260 90 90 jo@samaritans.ie |
| Suicide or Survive (SOS): NGO focused on breaking down the stigma associated with mental health through training and development. | www.suicideor survive.ie | 1890 577 577 info@suicideorsurvive.ie |
| Self Harm Intervention Programme (SHIP) : Counselling for people aged 16 and over who are experiencing suicidal Ideation, and self-harm. | Waterford, Wexford, Carlow, Kilkenny & South Tipperary | 087 258 6028 |
| Taxi Watch Drivers saving lives in the community. | www.taxiwatch.ie | 083 817 1515 |

Supports for Bereavement

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| Bereavement Counselling Service: for Traumatic Deaths (HSE) Counselling for those aged 16 and over who have been bereaved by suicide, homicide, RTA, industrial/agricultural/domestic accidents or drowning. | HSE Regional Suicide Resource Office, the Front Block Street, Patricks Hospital. Johns Hill Waterford | 051 874 013 |
| C-Saw: Community Suicide Awareness Workers. | Clonmel | 052 61 72 477 c-saw@live.com |
| Living Links: Free support for those bereaved by suicide. | www.livinglinks.ie | 087 969 3021 tipperaryliving links@gmail.com |
| Pieta House: Supporting and helping people bereaved through suicide. | www.pieta.ie info@pieta.ie | Waterford 051 858 510 Roscrea 0505 22568 Text HELP to 51444 |
| Suicide Bereavement Liaison Officer(SBLO) Free Service: Provides support and Information to anyone who has lost someone through suicide. | www.pieta.ie | 085 807 3040 mary@pieta.ie |

Supports for Children & Teenagers

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| <p><u>Barnardos</u>: Family welfare Conferencing, bereavement counselling for children and young people.</p> | <p>www.barnardos.ie 01 453 0355</p> | <p>052 61 70 665 info@southtipp.barnardos.ie Bereavement@barnardos.ie</p> |
| <p><u>ChildLine</u>: Free listening service for people under 18.</p> | <p>www.childline.ie Text 'talk' to 50101 01 6767 960</p> | <p>ISPCC Regional Office 051 595 895 Helpline 1800 666 666</p> |
| <p><u>EPIC– Empowering People in Care</u>: Independent advocacy and information for people with experience of being in care.</p> | <p>www.epiconline.ie</p> | <p>01 872 7661 info@epiconline.ie</p> |
| <p><u>Jigsaw</u>: National centre for Youth mental health.</p> | <p>www.jigsaw.ie</p> | <p>01 472 7010 info@jigsaw.ie</p> |
| <p><u>Rainbows</u>: Peer support programme to assist children and people grieving a death, separation / transition. Also available in schools</p> | <p>01 4734175 www.rainbowsireland.com <u>Cashel</u> Spafield Resource Centre <u>Clonmel</u> Community Resource Centre <u>Tipperary Town</u> Knockanrawley Resource Centre</p> | <p>ask@rainbowsireland.com 087 980 1204 052 612 9143 062 52688</p> |
| <p><u>ReachOut.com</u>: Online youth mental health service.</p> | <p>www.reachout .com</p> | <p>01 764 5666 general@reachout.com</p> |
| <p><u>SpunOut</u>: Interactive website with health information for young people.</p> | <p>www.spunout.ie</p> | <p>01 675 3554 hello@spunout.ie</p> |
| <p><u>Teenline Ireland</u>: Free phone and text service for teenagers.</p> | <p>www.teenlineireland.ie</p> | <p>1800 833 634 Text "TEEN" to 50015 Daily 8pm to 11pm. info@teenline.ie</p> |
| <p><u>TUSLA</u>: The National Child and Family Agency.</p> | <p>01 771 8500 www.tusla.com</p> | <p>056 778 4713 info@tusla.ie</p> |
| <p><u>Youth Work Ireland (TRYs)</u>: Develop the potential of young people and strengthen communities in Ireland through the provision of quality youth services.</p> | <p>www.youthworktipperary.ie</p> | <p>Info@youthworktipperary.ie 0504 23426</p> |

Supports for Women

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| <u>ANew</u> : Information and support for women in crisis. Counselling, post abortion counselling, parenting and practical support. | www.anew.ie Thurles | Free Helpline 1800 281 281 |
| <u>Cuan Saor</u> : Refuge for women affected by domestic violence. | Support, information and Counselling www.cuansaor.org | 24 hr helpline 1800 576 757 052 61 27 557 |
| <u>Nurture</u> : Counselling and supporting women's mental health for depression in pregnancy, fertility Issues, post-natal depression and grief. | www.nurturecharity.org | 01 843 0930 Info@nurture charity.org |
| <u>Women's Aid</u> : Stop domestic violence against women and children. | www.womensaid.ie | Freephone 24 hr 1 800 341 900 info@womensaid.ie |
| <u>Tipperary Rape Crisis and Counselling Centre</u> counselling and support for men and women affected by rape and sexual abuse. | www.tipperaryrapecrisisand counsellingcentre.com | 1800 340 340 052 61 27 676 trcc@eircom.net |

Other Support Services

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| <u>AWARE</u> : A service for people who experience depression support groups. | www.aware.ie 01 661 7211 | info@aware.ie 1890 303 302 |
| <u>Bodywhys</u> : Provides support to people affected by eating disorders. | www.bodywhys.ie 1890 20 04 44 | alex@bodywhys.ie |
| <u>Citizen's Information Centre</u> : Information on rights and entitlements for citizens. | www.citizensinformation.ie | Clonmel & Tipperary 0761 079 000 |
| <u>Cluain Training & Enterprise Centre</u> : Training, support and Employment for people with mental health challenges and/ or acquired brain injury. | www.cluaintraining.ie | 052 61 253 28 Infocluid@cluain@gmail.com |
| <u>Counselling in Primary Care (CIPC): General counselling</u> For medical card holders aged 18 years and over. | Referral made by GP or Pri- mary Care Team member | Info only 051 359 088 |
| <u>Family Carers Ireland</u> : training, home care services, information, rights, entitlements; legal advice, counselling and personal advocacy services personal alarms. | www.familycarers.ie | 052 61 70 45 rmolloy@familycarers.ie |
| <u>Family Resource Centre's (FRC)</u> : Provides services, supports and counselling in local communities. | <u>Tipperary Town</u> Three Drives, Knockanrawley <u>Cashel</u> Spafield FRC | 062 52 688 062 80 831 062 63 622 |

Other Services Continued

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| Family Resource Centre's (FRC): Provides services, supports and counselling in local communities. | <u>Clonmel</u> Kickham Street | 052 612 9413 |
| | <u>Glengoole</u> Millennium Centre | 052 91 57 992 |
| | <u>Carrick -on-Suir</u> Nano Nagle | 051 642 418 |
| GROW: Nurtures mental health, personal growth, prevention and recovery. | www.grow.ie 1890 47 44 74 | Southeastregion@grow.ie 056 776 1624 info@grow.ie |
| Health Service Executive (HSE): Ireland's national health and social care provider. | www.hse.ie | 052 61 77 000 1850 241 850 |
| Hearing Voices Network: Information and support for those that are voice hearers or experience any other unusual disturbances. | Morton Street Clonmel | 052 61 83470 086 045 7215 |
| Involvement Centre: Peer led centre for mental health service users and families and friends. | Place4U, Gladstone Street, Clonmel | Involvementst @gmail.com |
| Irish Advocacy Network (IAN): Information, support and choice's for those who have difficulties with mental health and wellbeing. | www.irishadvocacy network.com 01 872 8684 | Admin@irishadvocacy network.com |
| Irish Farmers Association IFA: Mind our farm families, support for those working in the agricultural sector. | www.ifa.ie 1890 130 022 | info@ifa.ie |
| Mental Health Ireland: Promotes positive mental health and supports person, families with a mental illness. | www.mentalhealth ireland.ie 01 284 1166 | 087 835 3925 Info@mental healthireland.ie |
| Mental Health Support & Information Service: Information service for relatives and friend. | www.stpatricks.ie | info@stpatmail.com 01 249 3333 (Mon- Fri) |
| Money Advice and Budgeting Service (MABS): Advice service, guiding people with debt problem. | www.mabs.ie 0761 07 2000 | helpline@mabs.ie |
| National Learning Network: Training and support services for people who are unemployed or suffering from a disability or illness. | www.nln.ie | 052 6181555 clonmel@nln.ie |
| Parentline: Confidential helpline for parents. | 01 30 873 www.parentline.ie | 1890 927 277 info@parentline.ie |
| ReachOut Parents Information: Supporting for parents of young people around mental health and well being. | www.ReachOut Parents.com | |

Other Services Continued

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| Recovery College South East: Educational workshops on recovery, developed by people with lived experience of mental health challenges. | www.recoverycollegesoutheast.com | 086 174 6330 056 7703666 Recoverycollegesoutheast@gmail.com |
| Ring-a-Link: Affordable and convenient transport primarily for rural dwellers. | www.ringalink.ie | 1890 42 41 41 ringalink@eircom.net |
| Senior Helpline: A confidential listening service for older people. | www.thirdageireland.ie | 1850 440 444 |

Supports for Addiction

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| Aiseiri: Residential treatment centre for those experiencing difficulties with alcohol use, drugs use or gambling. | www.aiseiri.ie Cahir | 052 744 1166 Mon to Fri 9am – 4.30pm infocahir@aiseiri.ie |
| Alcoholics Anonymous: Meetings for anyone seeking help for their alcohol use. | www.alcoholicsanonymous.ie 01-8420700 | 087-289 4567 gso@alcoholicsanonymous.ie |
| Alanon: Supports for families affected by substance misuse. | www.al-anon-ireland.org | 01 873 2699 info@alanon.ie |
| Community Based Drugs Initiative: Information, support, awareness, prevention, education and training programmes. | www.wstcys.ie Clonmel The wilderness Carrick-on-Suir 56 New Street | 086 855 7212 052 61 708 76 Clonmelcbdi@wstcys.ie 0879827669 suirvalleycbdi@wstcys.ie |
| Drugs, Alcohol, HIV, Sexual Health and Hepatitis Helpline: HSE Information and support. | www.drugs.ie | 1 800 459 459 helpline@hse.ie |
| Family Support Network: Support groups for families affected by substance misuse. | www.fsn.ie 01 898 0148 | info@fsn.ie 086 855 7212 052 61 708 76 Clonmelcbdi@wstcys.ie |
| Mid Tipperary Drugs Initiative (TRYS): Information, prevention and family support. | 1800 459 459 Mon - Fri 10am -5pm | 087 618 8075 carmel.oneill@trys.ie |
| Narcotics Anonymous: Weekly meetings. | www.na-ireland.org 01 672 8000 | info@na-ireland.org |
| South Tipperary Drug and Alcohol Outreach Project: Information, support, education and training. | www.wstcys.ie Irishtown, Clonmel. | 086 856 1683 tipperaryoutreach@wstcys.ie |
| Substance Misuse: HSE Information, support, education and training. | www.hse.ie | Old St. Michaels Clonmel 052 61 779 00 |

Supports for Men

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| AMEN: Support for male victims of domestic abuse. | www.amen.ie | 046 902 3718 info@amen.ie |
| The Men's Development Network: support for men. | www.mens-network.net | 051 844 260 men@mens-network.net |
| MEND Men Ending Domestic Abuse. | www.mend.ie 051 878 866 | john@mens-network.ie 087 915 6632 |
| Men's Shed's: community-based organisation, where the primary objective is to advance the health and well-being of the participating men working on meaningful projects at their own pace, in their own time and in the company of other men. www.mensheds.ie | Cashel. - Cahir Clonmel Glengoole Mullinahone Tipperary Town | 062 63 622 087 773 0721 087 107 6872 085 800 3784 087 642 9801 087 642 9801 062 52 688 |
| Remar Recovery Home: Christian rehabilitation centre; for addiction, homeless and other complex issues. | Coalbrook, Ballingarry www.remarrecoveryhome.com | 087 776 4298 remar.Ireland@gmail.com |
| Tipperary Rape Crisis and Counselling Centre for Men and Women. | www.tipperaryrapecrisisandcounsellingcentre.com | 1800 340 340 052 61 27 676 trcc@eircom.net |

Supports for Lesbian/Gay/Bi-sexual/Transgender/Intersex

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| BeLonG To: Lesbian, Gay, Bi-sexual & Transgender (LGBT) organisation for young people (14-23years). | www.belongto.org 01 670 6223 | info@belongto.org |
| ChillOut South Tipp: LGBT and allies.Safe zone, drop in service for For 15-24 years olds. | Wilderness, Clonmel www.wstcys.ie | 086 806 9006 |
| LGBT Ireland Support to LGBT people and their families. | www.lgbt.ie | 1890 929 539 info@lgbt.ie |
| LGB Adult Support Group: Peer support group. | www.clonmelcrc.ie | 052 61 29 143 gerard@clonmelcrc.ie |
| LOOK: Formerly parents support, provides support to families and friends of Gay, Lesbian, Bisexual or Transgender people. | www.lovingouroutkids.org | 087 253 7699 info @lovingouroutkids.org |
| OUTstanding: LGBT and allies youth group. | www.youthwork tipperary.ie 0504 23 426 | zoe.gogarty@youthworktipperary.ie 087 910 0727 |
| TENI: National Transgender Organization. supporting parents of Transgender children | www.teni.ie 01 873 3575 | 085 147 7166 info@teni.ie |
| Transgender Adult Information & Support Group: Peer led group | Clonmel www.clonmelcrc.ie | 052 61 29 143 gerard@clonmelcrc.ie |

www.askaboutalcohol.ie

www.connectingforlifesouthtipperary.ie

www.drug.ie

www.gaelicplayers.com

www.hse.ie

www.ifightdepression.com

www.mentalhealthreform.ie

www.mentalhelp.ie

www.mymind.ie

www.onefamily.ie

www.paveepoint.ie

www.seechange.ie

www.sosadireland.ie

www.yourmentalhealth.ie

www.youth.ie

www.3ts.ie

Check out  [@SupportsInSouthTipperary](https://www.facebook.com/SupportsInSouthTipperary)

for regular updates on services, events and information.

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