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| **South Tipperary** | | |
| **Organisation** | **Contact** | **Other contact details** |
| **AWARE**  Provide emotional and practical support to those affected by depression, bipolar | **Tel:** 1800 80 48 48 / 01 6617211  **Email:** [info@aware.ie](mailto:info@aware.ie)  **Web:** [www.aware.ie](http://www.aware.ie) | **For support and information email:**  [supportmail@aware.ie](mailto:supportmail@aware.ie) |
| **Barnardos**  Bereavement counselling for children and young people, also has specialist bereavement project workers who will work with children from across the country | **Barnardos Family Support Project and Family Welfare Conference Service** 140 Elm Park, Clonmel  **Tel:** 052-6170665  **Email:** [info@clonmel.barnardos.ie](mailto:info@clonmel.barnardos.ie)  [Info@southtipp.barnardos.ie](mailto:Info@southtipp.barnardos.ie)  **Barnardos Centre** Mall House, Slievenamon Road, Thurles  **Tel:** 0504 20018  **Email:** [info@thurles.barnardos.ie](mailto:info@thurles.barnardos.ie) | **Bereavement Helpline**  **Tel:** 01 4732110  **Email:** [bereavement@barnardos.ie](mailto:bereavement@barnardos.ie)  **Web:** [www.barnardos.ie](http://www.barnardos.ie) |
| **BeLonG To Youth Services**  Lesbian, Gay, Bisexual and Transgendered (LGBT) organisation for young people aged 14 to 23 years | **Tel:** 01 681 4821 **Email:** [info@belongto.org](mailto:info@belongto.org)  **Web:** [www.belongto.org](http://www.belongto.org) | **LGBT Helpline**  1890 929 539 |
| **Bereavement Counselling Service**  **for Traumatic Deaths** for persons bereaved through Suicide, Homicide, RTA, Industrial/Agricultural/Domestic Accidents or Drowning | **Tel:** 051 874013 | Coordinated by the Regional Suicide Resource Office. Written referral from health professionals *(ages 16+)* |
| **Bodywhys**  Provides support to people affected by eating disorders | **Helpline:** 1890 20 04 44  **Email:** [info@bodywhys.ie](mailto:info@bodywhys.ie)  **Support:** [alex@bodywhys.ie](mailto:alex@bodywhys.ie)  **Web:** [www.bodywhys.ie](http://www.bodywhys.ie) | **Bodywhys**  Provides support to people affected by eating disorders |
| **Caredoc**  Out of Hours GP service 6pm -8am | **Tel:** 1850 334 999 | **Weekdays:** 6pm – 9am  **Weekends/Public Holidays:** 24hr |
| **Childline**  Free listening service for people up to the age of 18. | **Helpline:** 1800 66 66 66  **Text:** Talk to 50101  **Web:** [www.childline.ie](http://www.childline.ie) |  |
| **Citizen’s Information Centre**  Public service information on entitlements | **Clonmel**  **Tel:** 0761 07 6460  **Email:** [clonmel@citinfo.ie](mailto:clonmel@citinfo.ie)  **Tipperary**  **Tel:** 0761 07 6540  **Email:** [tipperary@citinfo.ie](mailto:Tipperary@citinfo.ie) | **Tel: 0761 07 4000**  **Web:** [www.citizensinformation.ie](http://www.citizensinformation.ie) |
| **Comhar**  **HSE National Counselling Service**  Counselling Service for adults who have experienced trauma and abuse in childhood | **Tel:** 051 359017  **Freephone:** 1800 234 118  **Email:** [comhar@hse.ie](mailto:comhar@hse.ie) | **Connect**  Free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in Childhood.  **Helpline:** 1800 477 477  **Web:** [www.connectcounselling.ie](http://www.connectcounselling.ie) |
| **Community Resource Centres (CRC)** Provides services, supports and counselling to local communities | Clonmel CRC  **Tel:** 052 612 9143  **Email:** [Admin@clonmelcrc.ie](mailto:Admin@clonmelcrc.ie)  Knockanrawley CRC  **Tel:** 062 52688  **Email:**[knockanrawleyrc@gmail.com](mailto:knockanrawleyrc@gmail.com)  Nano Nagle, Carrick on Suir  **Tel:** 051 642418  **Email:**[carrickresource@eircom.net](mailto:carrickresource@eircom.net) |  |
| **Counselling in Primary Care (CIPC)**  Short term counselling service suitable for persons experiencing depression, anxiety, relationship problems, loss issues | **Tel:** 051 359088 | Referral made by GP or Primary Care Team for medical card holders aged 18+ |
| **Cuan Saor**  Women’s Refuge Offers support to women experiencing domestic violence | **Tel:** 052 6127557  **Freephone:**1800 57 67 57  **Web:** [www.cuansaor.org](http://www.cuansaor.org) |  |
| **Drugs, Alcohol, HIV, Sexual Health and Hepatitis Helpline – HSE** | **Tel:** 1800 459 459  **Email:** [helpline@hse.ie](mailto:helpline@hse.ie)  **Web:** [www.hse.ie/go/drugshivhelpline](http://www.hse.ie/go/drugshivhelpline) |  |
| **Family Resource Centres (FRC)** provides services, supports and counselling to local communities | **Millennium FRC,** Glengoole  **Tel:** 052 9157992  Email: [clarecashman@mfrc.ie](mailto:clarecashman@mfrc.ie)  **Web:** [www.mfrc.ie](http://www.mfrc.ie)  **Spafield FRC,** Cashel  **Tel:** 062 63622  **Email:** [Reception@spafieldfrc.ie](mailto:Reception@spafieldfrc.ie)  **3 Drives FRC,** Tipp Town  **Tel:** 062 80831  **Email:**[Threedrivesfrc@eircom.net](mailto:Threedrivesfrc@eircom.net) |  |
| **Farm and Rural Stress Helpline** | **Tel:** 1800 742 645  **Email:** [farmandruralstress@hse.ie](mailto:farmandruralstress@hse.ie) |  |
| **Foróige**  **Youth Organisation** | Waterford/South Tipperary  **Tel:** 086 2316302  **Email:** [Gail.Osullivan@foroige.ie](mailto:Gail.Osullivan@foroige.ie) | **Web:** [www.foroige.ie](http://www.foroige.ie) |
| **GROW**  Nurtures mental health, personal growth, prevention and recovery from mental illness | **Tel:1890 474474 *or* 056 7761624 Email:** [southeastregion@grow.ie](mailto:southeastregion@grow.ie)  **Web:** [www.grow.ie](http://www.grow.ie) |  |
| **Health Service Executive (HSE)** provides health and social services to people living in Ireland | **South Tipperary General Hospital**  **Tel:** 052 6177000  **St Luke’s Hospital, Clonmel**  **Tel:** 052 6177000  **Community Services**  Tel: 052 6177000  **Child and Family Psychology**  **Tel:** 052 6177911  **Tusla Child and Family Agency**  **Tel:** 052 6177302  **Child and Adolescent Psychiatry Services (Team 1, Cashel, Fethard, Killenaule)**  **Tel:** 052 6177436  **Child and Adolescent Psychiatry Services (Team 2, Cahir, Carrick-on-Suir, Clonmel)**  **Tel:** 052 6189204  **Mental Health Centre, Clonmel**  **Tel:** 052 6183495 / 052 6183470  **Coolgreany House Addiction Service**  **Tel:** 052 6126533  **Substance Misuse Team**  **Tel:** 052 6177902 | **HSE INFOLINE**  1850 24 1850  For information on health services from 8am to 8pm, Monday to Saturday  **Email:** [infoline1@hse.ie](mailto:infoline1@hse.ie)  **Web:** [www.hse.ie](http://www.hse.ie) |
| **Irish Association of Counselling and Psychotherapy (IACP)**  Publishes National Register of Accredited Members | **Tel:** 01 2300061  **Web:** [www.iacp.ie](http://www.iacp.ie) | **Telephone Referral:**  01 230 3536  *(For those with no access to internet)* |
| **Jigsaw**  National Centre for Youth Mental Health | **Tel:** 01 4727010  **Email:** [info@jigsaw.ie](mailto:info@jigsaw.ie)  **Web:** [www.jigsaw.ie](http://www.jigsaw.ie) |  |
| **Liaison Psychiatric Service** Assessing patients presenting to the ED with mental health issues | **South Tipperary General**  **Hospital**  **Tel:** 052 6177000 |  |
| **Mental Health Ireland**  Promotes positive mental health and supports persons/families with a mental illness | **Tel:** 01 284 1166 **Email:**[info@mentalhealthireland.ie](mailto:info@mentalhealthireland.ie)  **Web:** [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie) | **Regional Officer:** Linda Thorpe  **Tel:** 087 8353925  **Email:** [linda@mentalhealthireland.ie](mailto:linda@mentalhealthireland.ie) |
| **Mental Health Support and Information Service**  Information service for the general public regarding their own mental health or that of a relative/friend. Staffed Mon-Fri by experienced mental health nurses | **Tel:** 01 249 3333  **Email:** [info@stpatsmail.com](mailto:info@stpatsmail.com)  **Web:** [www.stpatricks.ie](http://www.stpatricks.ie) |  |
| **Money Advice and Budgeting Service** (**MABS**) | **5 Printers Lane**  Market Street, Clonmel  **Tel:** 0761 07 2750  **Email:** [clonmel@mabs.ie](mailto:clonmel@mabs.ie)  **19 Davis Street,**  Tipperary Town  **Tel:** 0761 07 2130  **Email:** [tipperary@mabs.ie](mailto:tipperary@mabs.ie)  **Nano Nagle Community Resource Centre,**  Clancy House, Greenside,  Carrick-on-Suir  **Tel:** 0761 07 2810  **Email:** [carrick\_on\_suir@mabs.ie](mailto:carrick_on_suir@mabs.ie)  **Cahir Outreach Office,** Enterprise Centre, Market Yard, Cahir  **Tel:** 052 7443066  **Email:** [Tipperary@mabs.ie](mailto:Tipperary@mabs.ie) | **National Helpline**  0761 07 2000  **Web:** [www.mabs.ie](http://www.mabs.ie) |
| **Parents**  Reliable information for parents about supporting young people’s mental health and well being | [www.ReachOutParents.com](http://www.ReachOutParents.com) |  |
| **Parentline**  A confidential helpline for parents looking for advice for a number of issues | **Helpline:** 1890 927 777  **Tel:** 01 873 3500  **Email:** [info@parentline.ie](mailto:info@parentline.ie)  **Web:** [www.parentline.ie](http://www.parentline.ie) |  |
| **Pieta House**  Centre for the prevention of self-harm and suicide. Provide free counselling, therapy and support to individuals, couples, families and children who have been bereaved by suicide. | The Glebe  Ballyhall, Roscrea, Tipperary  **Tel:** 0505 22568  20 Waterside, Waterford  Tel: 051 858510  **24 hour helpline**: 1800 247 247  **Email:** [info@pieta.ie](mailto:info@pieta.ie)  **Web:** [www.pieta.ie](http://www.pieta.ie) |  |
| **Rainbows**  Supporting children with bereavement and parental separation | **Spafield Family Resource Centre**, Cashel  **Tel:** 062 636 22  **Clonmel Community Resource Centre,** Clonmel  **Tel:** 052 612 9143  **Millennium Family Resource Centre,** Thurles  **Tel:** 052 915 7992  **Knockanrawley Resource Centre,** Tipperary Town  **Tel:** 062 526 88 | **Tel:** 01 4734175  **Email:** [ask@rainbowsireland.ie](mailto:ask@rainbowsireland.ie)  **Web:** [www.rainbowsireland.ie](http://www.rainbowsireland.ie) |
| **Reach Out**  web-based service to help young people through tough times | **Tel:** 01 764 5666  **Email:** [general@reachout.com](mailto:general@reachout.com)  **Web:** [www.reachout.com](http://www.reachout.com) |  |
| **Rehabcare**  Mental health promotion project for young people incorporating the National Learning Network which provides a range of flexible training programmes and support services for people who need specialist support | National Learning Network Roseville, Western Road, Clonmel  **Tel:** 052 6181555  **Email:** [clonmel@nln.ie](mailto:clonmel@nln.ie) | **Tel:** 01 2057200  **Web:** [www.rehabcare.ie](http://www.rehabcare.ie)  **Email:** [info@rehabcare.ie](mailto:info@rehabcare.ie) |
| **Samaritans**  A confidential 24 hour emotional support service for people who are feeling distress or despair | **(Tipperary and Limerick)**  20 Barrington St., Limerick  **Office Tel:** 061 412111  **Freephone**:116 123  **Email:** [jo@samaritans.ie](mailto:jo@samaritans.ie)  **Web:** [www.samaritans.ie](http://www.samaritans.ie)  **Text:** 087 2609090 |  |
| **Senior Helpline**  A confidential listening service for older people | **Freephone**: 1800 80 45 91  **Web:** [www.thirdageireland.ie/senior-helpline](http://www.thirdageireland.ie/senior-helpline) |  |
| **Shine Discovery**  National organisation addressing the needs of all those affected by enduring mental illness | **Tel:** 051 852528  **Email:** [southeast@shine.ie](mailto:southeast@shine.ie)  **Web:** [www.shine.ie](http://www.shine.ie) | **Support and Information Officer:**  Jessica Statham |
| **Self-Harm Intervention Programme** **(SHIP)**  Professional counselling for people aged 16+ who are experiencing suicidal ideation/self-harm | **Tel:** 051 - 359088 | Access to the service is by written referral from a relevant health professional only |
| **SpunOut**  Interactive website with health information for young people | **Web:** [www.spunout.ie](http://www.spunout.ie)  **Email:** [info@spunout.ie](mailto:info@spunout.ie) |  |
| **Suicide or Survive**  Runs Wellness Workshops and WRAP (Wellness Recovery Action Plan) Programmes in the South East region | **Tel:** 1890 577577 ***or*** 01 272 2158  **Email:** [info@suicideorsurvive.ie](mailto:info@suicideorsurvive.ie)  **Web:** [www.suicideorsurvive.ie](http://www.suicideorsurvive.ie) |  |
| **Tipperary Rape Crisis and Counselling Centre** provide a long and short term counselling service for adult survivors of rape, child sexual abuse, sexual violence and sexual harassment, also to their families or anyone affected | 20 Mary St, Clonmel  **Tel:** 052 612 7676  **Freephone:** 1800 340 340  **Email:** [trcc@eircom.net](mailto:trcc@eircom.net) |  |
| **Transgender Equality Network Ireland (TENI)**  National transgender organisation | **Tel:** 01 873 3575  **Email:** [office@teni.ie](mailto:office@teni.ie)  **Web:** [www.teni.ie](http://www.teni.ie) |  |
| **The Men’s Development Network** Counselling Service, support for men | **Tel:** 051 844260  **Email:** [men@mens-network.net](mailto:men@mens-network.net)  **Web:** [www.mensdevelopmentnetwork.ie](http://www.mensdevelopmentnetwork.ie) | **Head Office:**  49 O’Connell St  Waterford |
| **Waterford and South Tipperary Community Youth Service (WSTCYS)** Offers a wide range of youth services | Edmund Rice Youth and Community Multiplex, Manor St,  Waterford  **Tel:** 051 872710  **Email:** [christina@wstcys.ie](mailto:christina@wstcys.ie) |  |
| **Woman’s Aid**  Domestic Violence Service | **Helpline:** 1800 341 900  **Email:** [info@womensaid.ie](mailto:info@womensaid.ie)  **Web:** [www.womensaid.ie](http://www.womensaid.ie) |  |
| **Youth Work Ireland Tipperary**  works with young people aged from 8 to 25 years and a network of locally based youth clubs throughout Tipperary and East Limerick | Head Information Office, Croke Street, Thurles  **Tel:** [0504 23426](tel:050423426)  **Email:** [info@youthworktipperary.ie](mailto:info@youthworktipperary.ie)  **Web:** [www.youthworktipperary.ie](http://www.youthworktipperary.ie) |  |