



**Centric
Health**

SERVICES AVAILABLE NATIONWIDE

Information regarding **Mental Health Services** in Ireland can be located online on:

www.hse.ie/yourmental-health.ie

and

www.spunout.ie

Here is a list of some of the Public Mental Health Services available Nationwide

Association	Area of Mental Health this organisation specialises in :	Phone	Website
Pieta House	Helps patients in the area of suicide.	1800 247 247	www.pieta.ie
St Vincent del Paul	People experiencing poverty and disadvantage.	01 8848200	www.svp.ie
Aware	Depression support for those with anxiety, bipolar & mood disorders.	1800 80 48 48 & 6617211	www.aware.ie
Bodywhys	Eating disorders	1890 200 444 & 01 2834963	www.bodyshys.ie
Crosscare	Outreach services for the homeless, migrants, travellers, drugs and alcohol addiction, teen counselling, carer support and disability awareness programme.	01 8360011	www.crosscare.ie
Gamblers anonymous	Gambling addiction.	01 8721133	www.gamblersanonymous.ie
Grow	All areas of Mental health.	01 8408236	www.grow.ie
Jigsaw	Mental health for those aged 12-25.	01 4727010	www.jigsaw.ie
Helplink Mental Health	Counselling in relation to addiction, couples, bereavement, youth as well as other more general areas.	091 759887	www.helplink.ie
Hope house addiction treatment centre	Rehab - treatment of alcohol, drugs, gambling and other depression.	094 9256888	www.hopehouse.ie
My mind	Mental wellbeing - Dublin, Cork & Limerick. Fees based on employment.	076 680 1060	www.mymind.org
Samaritans	Emotional support for anyone in emotional distress.	116 or 123	www.samaritans.org
Teenline Ireland	National helpline for teenagers.	1800 833 634	
Text 50015	www.teenline.ie		
DACCA	Free counselling service, domestic abuse, counselling children and adolescents.	085 2363187	ian@pips.ie (Ian McCabe)
Barnardos	Childrens charity - Care for vulnerable children.	01 4530355	www.barnardos.ie
Simon community	Work to prevent and address homelessness.	01 6711606 / 098	www.simon.ie
Community response	Primary a alcohol and liver health service.	01 4549772	www.communityresponse.ie
Pieta House	Preventing suicide and self harm.	1800 247 247	www.pieta.ie

Here is a list of some of the Private Mental Services available Nationwide

Association	Area of Mental Health this organisation specialises in :	Phone	Website
St John of Gods Hospital	Areas of Addiction, Adolescent mental health, eating disorders & psychiatry of later life.	01 2771450	www.stjohnofgodhospital.ie
Cuan Mhuire	Drug, alcohol & gambling rehab.	059 863 1493	www.cuanmhuire.ie
St Patricks Hospital	All areas of Mental Health.	01 2493200	www.stpatricks.ie
Spectrum Mental Health	Psychology services with specialists available in all areas of mental health.	01 6111719	www.spectrummentalhealth.ie

LOOK AFTER YOUR MENTAL

