MENTAL HEALTH SUPPORT DIRECTORY

A RESOURCE GUIDE OF STATUTORY & VOLUNTARY ORGANISATIONS in the Dublin South City Area - Ballyboden, Churchtown, Crumlin, Drimnagh, Harold’s Cross, Inchicore, Islandbridge, Kilmainham, Knocklyon, Liberties, Rathfarnham, Rathmines, Rialto, Templeogue, Terenure, Whitechurch.
We would like to acknowledge and thank the following.

- All Voluntary Organisations for their help in the compilation of this directory.
- The Health Service Executive Dublin Mid-Leinster.
- Mary Prior, Jonathan Swift Clinic.
- Mental Health Ireland for permission to use information from their booklet “Assessing Mental Health Services” and leaflet “Managing Your Mental Health”.
- The Irish Medical Directory & Irish College of General Practitioners for permission to reproduce their list of General Practitioners.

This directory was compiled by staff within the Mental Health Services Dublin South City, and the Development Officer, Mental Health Ireland.

Funded through the Health Service Executive, Dublin Mid-Leinster.

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INTRODUCTION

This Directory was compiled in partnership with St. James’s Mental Health Service, Crumlin and District Mental Health Association and Health Service Executive Dublin Mid-Leinster.

The Directory is comprised of details on a wide range of organisations, services and groups offering support, advice and education to those living in the South City Area.

It is hoped that this directory will improve awareness of supports and services that contribute to positive mental health.

The directory is being made available to general practitioners, mental health professionals, voluntary sector groups and the general public as a resource booklet.

CONTACT FOR COPIES:

Jonathan Swift Clinic, St. James’s Hospital, James’s Street, Dublin 8.
  Phone: (01) 416 2621.

St. Martha’s Day Service, 730 South Circular Road, Kilmainham, Dublin 8.
  Phone: (01) 415 2100.

Crumlin and District Mental Health Association, St. Columba’s, Armagh Road, Crumlin, Dublin 12. Phone: (01) 4559547

DISCLAIMER

While every effort to ensure that the information in this directory is accurate, we cannot accept responsibility for either the information or services provided as included in the directory.

Please feel free to contact us with corrections or new details relating to your organisation for inclusion in the next Directory.
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ACCESSING MENTAL HEALTH SERVICES

MENTAL HEALTH SERVICES
It is the intention of the Dublin South City Mental Health Service to provide a comprehensive range of community based mental health services. The mental health team is made up of many disciplines including Psychiatrists, Psychologists, Mental Health Nurses, Occupational Therapists and Social Workers.

ACCESS TO THE MENTAL HEALTH SERVICES
The General Practitioner is the first point of contact for accessing mental health services. Problems such as depression or anxiety may well be treated by him/her and may not need to be referred to the mental health team. In other cases the G.P. may decide to refer a person to the mental health team for specialist care. In an emergency situation, when a G.P. is not available, access to the Mental Health Services is through the Emergency Department of the local hospital.

THE PROCESS OF ACCESSING MENTAL HEALTH SERVICES
An out-patient appointment will be offered as soon as possible. However in an emergency, an urgent appointment can be arranged and this is generally done by direct contact between the G.P., Consultant and/or Emergency Department.

THE TREATMENT OPTIONS

OUTPATIENT CARE
- Out-Patient Clinic (patients referred by G.P.’s/Emergency Department Registrar)
- Day Hospital
- Home Visits from the Mental Health Team
- Referral to Clinical Psychological Services - through the sector team
- Access to Social Work or Occupational Therapy Services - through the sector team
- Referral back to your G.P.
<table>
<thead>
<tr>
<th>Hospital / Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. James’s Hospital</td>
<td>(01) 4103000</td>
</tr>
<tr>
<td>St. James’s Hospital - Adult Mental Health Services:</td>
<td></td>
</tr>
<tr>
<td>Owendoher Day Hospital</td>
<td>(01) 4103148/9</td>
</tr>
<tr>
<td>St. Martha’s Day Service</td>
<td>(01) 4152100</td>
</tr>
<tr>
<td>Martha Whiteway Day Hospital for Older Persons</td>
<td>(01) 2493259</td>
</tr>
<tr>
<td>Jonathan Swift Clinic Admission Unit</td>
<td>(01) 4162621</td>
</tr>
<tr>
<td>St. Patrick’s Hospital</td>
<td>(01) 2493200</td>
</tr>
<tr>
<td>St. Brendan’s Hospital</td>
<td>(01) 8385844</td>
</tr>
<tr>
<td>St. Vincent’s Hospital (Fairview)</td>
<td>(01) 8375101</td>
</tr>
<tr>
<td>St. Vincent’s Hospital (Elm Park)</td>
<td>(01) 2694533</td>
</tr>
<tr>
<td>Tallaght Hospital (AMiNCH)</td>
<td>(01) 4142000</td>
</tr>
<tr>
<td>The Coombe Hospital</td>
<td>(01) 4085200</td>
</tr>
<tr>
<td>Connolly Memorial Hospital</td>
<td>(01) 8213844</td>
</tr>
<tr>
<td>Drug Treatment Centre (Trinity Court)</td>
<td>(01) 6488638</td>
</tr>
<tr>
<td>Psychiatric Services for Homeless People</td>
<td>(01) 7036100</td>
</tr>
<tr>
<td>Health Service Executive - Dublin South City, Local Health Office</td>
<td>(01) 6486500</td>
</tr>
</tbody>
</table>
HELPLINES

AWARE (For people directly affected by depression)
› 24 Hour Helpline 1890 303 302.

AL – ATEEN & AL ANON INFORMATION CENTRE
› Helpline: 01 873 2699.

ALZHEIMER SOCIETY OF IRELAND
› National Helpline 1800 341 341. (Mon – Fri 10am – 4pm)

ANEW (Self-help group for women who are experiencing or have experienced problems with alcohol)
› Helpline: 086 102 4743

ALBA COUNSELLING, (For adults who experienced childhood sexual abuse)
› Helpline 1800 234 112.

BODYWHYS - EATING DISORDER ASSOCIATION
› Helpline 01 283 4963. › Lo call helpline - 1890 200 444

CHILDLINE
› 24 Hour Helpline 1800 666 666.

CONSOLE (Bereaved by Suicide Foundation) › Helpline 1800 201 890

DRUG / HIV HELPLINE › 1800 459 459.

HEADWAY IRELAND (For people affected by an acquired brain injury)
› 1890 200 278.

HEALTH SERVICE EXECUTIVE CUSTOMER SERVICES HELPLINE
› 1800 520 520. (Freephone) Email: customer.services@mailf.hse.ie

HOMELESS SERVICES
› Helpline 1800 724 724.

NO PANIC IRELAND
› Helpline 01 272 1897

PARENTLINE
› Helpline 01 873 3500.

SAMARITANS
› 24 Hour Helpline: 1850 609 090.

SCHIZOPHRENIA IRELAND – LUCIA FOUNDATION (SI)
› 1890 621 631. (Lo call charge) Hours: Mon, Wed, Fri 10am to 4pm.
  Tues: 3.30 to 7.30pm. Thur: 10am to 2pm.

SÓLÁS (Barnardos Child Bereavement Service)
› Helpline 01 473 2110.

THE NATIONAL SMOKERS QUITLINE
› Helpline 1850 201 203.
GENERAL PRACTITIONERS

DUBLIN 2

DR ANVER AMON
- 44 Westland Row.  Phone: (01) 661 8610

DR MICHAEL BOLAND
- Postgraduate Resource Centre, Irish College of General Practitioners, Corrigan House, Fenian Street.

DR DONAL BUCKLEY
- Fitzwilliam Medical Centre, 78 Merrion Square.  Phone: (01) 678 5100

DR MARTINA CLEARY
- Suffolk Street Surgery, 107 Grafton Street.  Phone: (01) 679 8181

DR LEONARD CONDREN
- Temple Bar Medical Centre, 26 Wellington Quay.  Phone: (01) 670 7255

DR MARY CONDREN
- Temple Bar Medical Centre, 26 Wellington Quay.  Phone: (01) 670 7255

DR JOHN CREALEY
- 15a Wicklow Street.  Phone: (01) 677 2628

DR JAYNE ANNE CROWE
- 78 Merrion Square South.  Phone: (01) 676 2045

DR SEAN GILROY
- 92 Townsend Street.  Phone: (01) 670 3420

DR JUDITH KAVANAGH
- Mercer’s Medical Centre, Stephen Street Lower.  Phone: (01) 402 2300

DR EMER KEELING
- Albany Clinic, Lower Fitzwilliam Street.  Phone: (01) 661 2222
DR EDWARD KENNEDY
  The Pembroke Clinic, 34 Lower Pembroke Street.  Phone: (01) 661 6610

DR EMER MCCARTHY
  Suffolk Street Surgery, 107 Grafton Street.  Phone: (01) 679 8181

DR KILLIAN MCGROGAN
  Mercer’s Medical Centre, Stephen Street Lower.  Phone: (01) 402 2300

DR HELEN MCNAMEE
  Grafton Medical Centre, 34 Grafton Street.  Phone: (01) 671 2122

DR CATHERINE MCNULTY
  Albany Clinic, Lower Fitzwilliam Street.  Phone: (01) 661 2222

DR SYLVESTER MOONEY
  Albany Clinic, Lower Fitzwilliam Street.  Phone: (01) 661 2222

DR JACINTA MORE O’FERRALL
  69 Lower Baggot Street.  Phone: (01) 676 1493

DR NIAMH MURPHY
  Trinity College Student Health Service, Trinity College.  Phone: (01) 6081556

DR DERMOT NOLAN
  Mercer’s Medical Centre, Stephen Street, Lower.  Phone: (01) 402 2300

DR NIALL Ó CLÉIRIGH
  79 Sráid an Phiarsaigh, Baile Átha Cliath 2.  Phone: (01) 677 7781

DR ALAN O’DONOHUE
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PROFESSOR THOMAS C. O’DOWD
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DR. ÚNA O’NEILL
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GENERAL PRACTITIONERS (Contd.)

DUBLIN 2 (Contd.)

DR EMER O’REILLY
- 34 Grafton Street.  Phone: (01) 671 2122

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DR SINÉAD ROWELL
- Grafton Medical Practice, 34 Grafton Street.  Phone: (01) 671 2122

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DR DAVID EDWARD THOMAS
- Student Health Service, Trinity College.  Phone: (01) 608 1556

DR DAVID WHITFORD
- Mercer’s Medical Centre, Stephen Street, Lower.  Phone: (01) 4022300

DUBLIN 6

DR KIBON MICHEL ABOUD
- Somerville, Rostrevor Road, Rathgar.  Phone: (01) 492 3455

DR GEORGE BLANKSON BEECHAM
- Medical Unit, Swan Centre, Rathmines.  Phone: (01) 496 0087

DR DOUGLAS BOWIE
- Mageough Lodge, Cowper Road.  Phone: (01) 497 0376

DR RITA BRENNAN
- 9 Lower Beechwood Ave. Ranelagh.  Phone: (01) 496 1150

DR JOHN C. CLEMENTS
- 70 Ranelagh Village.  Phone: (01) 660 4810

DR BRENDAN CLUNE
- Belgrave Clinic, 3 Charleston Road, Ranelagh.  Phone: (01) 497 5666
DUBLIN 6 (Contd.)

DR GEORGE ROBERT DONALD
- 7 Kenilworth Road, Rathgar. Phone: (01) 497 0680

DR BRYAN STANLEY DOUGLAS
- 93 Bushy Park Road. Phone: (01) 490 1958

DR JANET DURKIN
- Belgrave Clinic, 3 Charleston Road, Ranelagh. Phone: (01) 497 5666

DR GEORGE JOYCE
- 104 Lower Rathmines Road. Phone: (01) 497 9938

DR NIA LL JOYCE
- 8 Upper Mountpleasant Avenue, Ranelagh. Phone: (01) 496 4795

DR PAULINE KING
- Cambridge Clinic, 5 Cambridge Villas, Belgrave Road, Rathmines. Phone: (01) 497 3917

DR PHILIP F. MAC MAHON
- 13 Sandford Road, Ranelagh. Phone: (01) 497 4334

DR ROSEMARY MAC MAHON
- 13 Sandford Road, Ranelagh. Phone: (01) 497 4334

DR JOSEPH MARTIN
- 5 Cambridge Villas, Belgrave Road, Rathmines. Phone: (01) 497 3917

DR KNUT HARALD MOE
- 13 Winton Road. Phone: (01) 668 7569

DR RA NEUMAN
- 70 Upper Rathmines Road. Phone: (01) 497 2302

DR CIARA O’SHEA
- 2 Upper Rathmines Road. Phone: (01) 496 6025

DR PETER O’SULLIVAN
- 150 Rathgar Road, Phone: (01) 497 7106
### GENERAL PRACTITIONERS (Contd.)

#### DUBLIN 6 (Contd.)

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
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<tbody>
<tr>
<td>DR MÍCHEÁL O’TIGHEARNAIGH</td>
<td>5 Cambridge Villas, Belgrave Road</td>
<td>(01) 497 3917</td>
</tr>
<tr>
<td>DR TONY PEACOCK</td>
<td>The Surgery, 86 Terenure Road East, Terenure</td>
<td>(01) 490 7077</td>
</tr>
<tr>
<td>DR YVONNE RAFTER</td>
<td>183 Lower Rathmines Road</td>
<td>(01) 497 4747</td>
</tr>
<tr>
<td>DR CAOIMHE RYAN</td>
<td>Belgrave Clinic, 3 Charleston Road, Ranelagh</td>
<td>(01) 497 5666</td>
</tr>
<tr>
<td>DR EILIS M. RYAN</td>
<td>13 Dartry Road</td>
<td>(01) 497 5653</td>
</tr>
<tr>
<td>DR DAVID SHEAHAN</td>
<td>57 Terenure Road East</td>
<td>(01) 490 8204</td>
</tr>
</tbody>
</table>

#### DUBLIN 6W

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>DR PETRINA ARMSTRONG</td>
<td>8 Cypress Park, Tempelogue</td>
<td>(01) 490 3095</td>
</tr>
<tr>
<td>DR JOHN GIBSON</td>
<td>36 Lavarna Grove, Terenure</td>
<td>(01) 490 5639</td>
</tr>
<tr>
<td>DR SEAN HANNIGAN</td>
<td>14 Wellington Road, Terenure</td>
<td>(01) 455 8494</td>
</tr>
<tr>
<td>DR BRENDAN HEANEY</td>
<td>9 Rathmore Villas, Terenure</td>
<td>(01) 490 9722</td>
</tr>
<tr>
<td>DR ROBERT HICKEY</td>
<td>324 Harold’s Cross Road</td>
<td>(01) 492 2665</td>
</tr>
<tr>
<td>DR CARA LONERGAN</td>
<td>324 Harold’s Cross Road</td>
<td>(01) 4922665</td>
</tr>
<tr>
<td>DR KATHERINE MCALEER</td>
<td>335 Lower Kimmage Road</td>
<td>(01) 490 2327</td>
</tr>
</tbody>
</table>
DUBLIN 6W (Contd.)

DR FRANK MCDONALD
▶ 100 Lower Kimmage Road. ▶ Phone: (01) 492 3378

DR KEVIN MCPARTLIN
▶ 8 Cypress Park, Tempelogue. ▶ Phone: (01) 490 3095

DR CYRIL NEWMAN
▶ 69a Orwell Park Rise, Tempelogue. ▶ Phone: (01) 450 9057

DR CHARLES O’MALLEY
▶ 335 Lower Kimmage Road. ▶ Phone: (01) 490 2327

DR DENIS O’SULLIVAN
▶ 1a Orwell Park, Tempelogue. ▶ Phone: (01) 450 4289

DR MADELEINE THAKORE
▶ The Surgery, Tempelogue Village. ▶ Phone: (01) 490 3360

DUBLIN 8

DR ANNA BEUG
▶ Coombe Healthcare Centre. ▶ Phone: (01) 473 0893

DR. NICOLA BRADBURY
▶ Coombe Healthcare Centre. ▶ Phone: (01) 473 0893

DR COLM BRADY
▶ 48 Harrington Street. ▶ Phone: (01) 475 6300

DR FERGUS BRADY
▶ 48 Harrington Street. ▶ Phone: (01) 475 6300

DR RAY BRENNAN
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DR MICHAEL BURNELL
▶ Eldon House, 119 South Circular Road. ▶ Phone (01) 453 3745

PROFESSOR GERARD BURY
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DR KARL CANNON
- Eldon House, 119 South Circular Road.  Phone: (01) 453 3745

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- 478 South Circular Road.  Phone: (01) 453 2147

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DR WALTER CULLEN
- Coombe Healthcare Centre, Dolphin’s Barn Street.  Phone: (01) 473 0893

DR DESMOND DORR
- Inchicore Medical Centre, 15 Grattan Crescent, Inchicore  Phone: (01) 416 6011

DR MICHAEL DOYLE
- 632 South Circular Road, Kilmainham.  Phone: (01) 453 2432

DR CONOR GEANEY
- Inchicore Medical Centre, 15 Grattan Crescent.  Phone: (01) 416 6010

DR FIONA GRAHAM
- Coombe Healthcare Centre.  Phone: (01) 473 0893

DR KIERAN HARKIN
- 15 Grattan Crescent, Inchicore.  Phone: (01) 454 6933

DR KENNETH HARRIS
- 43 Harrington Street.  Phone: (01) 475 1431

DR KAY HEALY
- Coombe Healthcare Centre.  Phone: (01) 473 0893

DR JOHN LATHAM
- Liberties Primary Care Centre, Meath Hospital, Heytesbury Street.  Phone: (01) 708 5701

DR EMER LOUGHERY
- Inchicore Medical Centre, 15 Grattan Crescent, Inchicore.  Phone: (01) 416 6010
DR CHRISTOPHER MACNAMARA
- 43 Harrington Street, Dublin 8.  
  Phone: (01) 475 1431

DR ANJUM MADANI
- Leonards House, Leonards Corner.  
  Phone: (01) 453 2816

DR EIMEAR MALLON
- Inchicore Medical Centre, 15 Grattan Crescent, Inchicore.  
  Phone: (01) 416 6011

DR ALICE MOLONEY
- 632 South Circular Road.  
  Phone: (01) 453 2432

DR PATRICK MOLONY
- Guinness Medical Centre, St. James’s Gate.  
  Phone: (01) 453 6700

DR JANE MURPHY
- Guinness Medical Centre, St. James’s Gate.  
  Phone: (01) 453 6700

DR PHILIP O’CONNELL
- 178 James’s Street.  
  Phone: (01) 677 0757

DR. KEVIN O’DOHERTY
- Rialto Medical Centre, 478 South Circular Road.  
  Phone: (01) 453 2147

DR KEVIN O’FLYNN
- 239 South Circular Road.  
  Phone: (01) 454 1357

DR MUIRIS O’KEEFFE
- Coombe Healthcare Centre.  
  Phone: (01) 473 0893

DR FERGUS O’KELLY
- Rialto Medical Centre, 478 South Circular Road.  
  Phone: (01) 453 2147

DR JOHN O’LEARY
- Altona, 2 South Circular Road.  
  Phone: (01) 475 5453

DR MICHAEL O’MAILLE
- 1 Tyrconnell Road, Inchicore.  
  Phone: (01) 453 1943

DR JAMES O’NEILL
- 52 The Coombe.  
  Phone: (01) 454 3556
GENERAL PRACTITIONERS (Contd.)

DUBLIN 8 (Contd.)

DR MARY O’SHEA
▶ Guinness Medical Centre, St. James’s Gate. ▶ Phone: (01) 453 6700

DR K. ORMOND
▶ Coombe Healthcare Centre. ▶ Phone: (01) 473 0893

DR PEARSE PHELAN
▶ Dublin Medical Centre, 344 South Circular Road. ▶ Phone: (01) 453 3030

DR JEFF PLATT
▶ 478 South Circular Road. ▶ Phone: (01) 453 2147

DR CATHERINE QUINN
▶ 15 Grattan Crescent, Inchicore. ▶ Phone: (01) 454 6933

DR SAFIA SAYED
▶ Liberties Primary Care Centre, Meath Hospital, Heytesbury Street.
▶ Phone: (01) 708 5701

DR WALTER TYRRELL
▶ 632 South Circular Road, Kilmainham. ▶ Phone: (01) 453 2090

DR CLIONA WILSON
▶ 15 Grattan Crescent, Inchicore. ▶ Phone: (01) 454 6933

BALLYFERMOT, DUBLIN 10

DR MICHELLE CORVIN
▶ Sarsfield Medical Centre, 60b Sarsfield Road. ▶ Phone: (01) 626 6334

DR ANTHONY JOSEPH FORDE
▶ 9 Claddagh Green. ▶ Phone: (01) 626 4951

DR MARY MURNAGHAN
▶ Sarsfield Medical Centre, 60b Sarsfield Road. ▶ Phone: (01) 626 6334

DR CATRIONA O’CATHAIN
▶ 9 Claddagh Green. ▶ Phone: (01) 626 4951
BALLYFERMOT, DUBLIN 10 (Contd.)

DR EUGENE O’CONNELL
› 283 Ballyfermot Road.  › Phone: (01) 626 4381

DR COLM O’SÉ
› Ballyfermot Health Centre.  › Phone: (01) 626 4000
› 9 Claddagh Green.  › Phone: (01) 626 4951

DR DONAL O’SULLIVAN
› 353 Ballyfermot Road.  › Phone: (01) 626 6238

DR FERGUS PURCELL
› Grange Cross.  › Phone: (01) 626 4762

CRUMLIN, DUBLIN 12

DR WILLIAM BEHAN
› 115 Cromwellsfort Road.  › Phone: (01) 460 2263

DR MIRIAM CAREY
› 4 Moracrete Cottages, Crumlin Road.  › Phone: (01) 454 4154

DR FRANK CLARKE
› Walkinstown Medical Centre, 133 Walkinstown Rd.  › Phone: (01) 450 1558

DR MICHAEL COSTELLO
› Sundrive Medical Centre, 36 Sundrive Rd.  › Phone: (01) 492 5947

DR KEVIN J DISKIN
› 118 Mourne Rd., Drimnagh.  › Phone: 087 232 8984

DR KEVIN GALLAGHER
› 3 Shelton Grove, Kimmage.  › Phone: (01) 455 5358

DR MAURICE GUÉRET
› 170a Whitehall Road. West, Perrystown.
› Office: 197 Lower Kimmage Rd, D6W.  › Phone: (01) 499 0672

DR MICHAEL HOOPER
› 112 Errigal Road, Drimnagh.  › Phone: (01) 455 6299

DR CATHERINE KING
› 172 Sundrive Rd.  › Phone: (01) 453 4671
GENERAL PRACTITIONERS (Contd.)

CRUMLIN, DUBLIN 12 (Contd.)

DR IAN LINDSAY
- 133 Walkinstown Rd.  Phone: (01) 450 1558

DR LIAM MCENIFF
- 133 St Peters Rd, Walkinstown.  Phone: (01) 450 4168

DR LIAM MCENIFF (JNR)
- 133 St Peters Rd, Walkinstown.  Phone: (01) 450 4168

DR GERARD MORAN
- Long Mile Medical Centre, Long Mile Rd.  Phone: (01) 456 2871
- 202 Kimmage Rd. West. (by appt. only)  Phone: (01) 465 2255

DR DIARMUID P O’CONNELL
- 351 Crumlin Rd.  Phone: (01) 455 6858

DR JOHN O’CONNELL
- 52 Walkinstown Rd.  Phone: (01) 456 7878

DR OLIVER QUINN
- 1 Errigal Rd., Drimnagh.  Phone: (01) 455 7260

DR MICHAEL ROWAN
- 60 St Agnes Rd.  Phone: (01) 455 5306
- Curlew Road Health Centre, Drimnagh.  Phone: (01) 455 6422

DR STEPHEN V RYAN
- 202 Kimmage Rd West.  Phone: (01) 455 9228

DR FRED SHACKLETON
- 115 Cromwellsfort Rd.  Phone: (01) 460 2263

DR IMELDA M SLINEY
- 36a Sundrive Rd.  Phone: (01) 492 5947

DR BARBARA SMYTH
- 197 Crumlin Road.  Phone: (01) 454 2033
- 88 Ranelagh Village.  Phone: (01) 497 8327

DR ANNE SYNNOTT
- 144 Old County Road.  Phone: (01) 455 4684
CRUMLIN, DUBLIN 12 (Contd.)

DR JOHN L SYNNOTT
☞ 144 Old County Road.  Phone: (01) 455 4684

DR JOHN L TWOMEY
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DR BERNADETTE WHITE
☞ 60 St Agnes Road, Crumlin.  Phone: (01) 455 5306

DR PHILIP C WIEHE
☞ Sundrive Medical Centre, 36 Sundrive Rd., Kimmage.  Phone: (01) 492 5947

DUBLIN 14

DR CIARÁN BENT
☞ 17 Main Street, Dundrum.  Phone: (01) 298 0226

DR EDWARD BOURKE
☞ 5 St. Enda’s Drive, Rathfarnham.  Phone: (01) 493 3433

DR MAUREEN BOYD
☞ 36 Gledsswood Drive, Clonskeagh.  Phone: (01) 260 0575

DR DECLAN CANTWELL
☞ The Surgery, 5 St. Enda’s Drive, Rathfarnham.  Phone: (01) 494 1238

DR JOHN BERNARD CONALTY
☞ 16 Barton Road East.  Phone: (01) 298 4024

DR DELIA CONLON
☞ 119b Braemor Road, Churchtown.  Phone: (01) 298 5002

DR PAMELA CONROY
☞ 51 Main Street, Rathfarnham.  Phone: (01) 490 9369

DR SHANE ANTHONY FARRELLY
☞ Churchtown Medical Centre, 67 Upper Churchtown Road.  Phone: (01) 298 1801

DR KEVIN FITZGERALD
☞ 119b Braemor Road, Churchtown.  Phone: (01) 298 5002
DR COLM GALLIGAN
- Churchtown Medical Centre, 67 Upper Churchtown Road.  Phone: (01) 298 1801

DR TIM GLEESON
- The Surgery, 5 St. Enda’s Drive, Rathfarnham.  Phone: (01) 494 1238

DR MARGARET GRAINGER
- 147 Rathfarnham Road.  Phone: (01) 490 2965

DR CONOR HASSETT
- Woodlawn Medical Centre, 1 Woodlawn, Upper Churchtown Road.
  Phone: (01) 298 3950

DR ANTHONY LESTER HUSSAIN
- 2 St. Mary’s Tce. Rathfarnham.  Phone: (01) 493 1890

DR ALEX KHOURIE
- 5 St. Enda’s Drive, Rathfarnham.  Phone: (01) 493 1038

DR MICHAEL FRANCIS LENNON
- Woodley Park House, Upper Kilmacud Road.  Phone: (01) 298 7108

DR MICHAEL MCAULEY
- 177 Ballyroan Road, Rathfarnham.  Phone: (01) 494 3139

DR SARAH THERESA MCAULEY
- 121 Ballyboden Road, Rathfarnham.  Phone: (01) 493 4122

DR PAUL MCCORMICK
- 218 Barton Road East, Dundrum.  Phone: (01) 298 4214

DR PAUL MCDERMOTT
- 4 Glendoher Road, Rathfarnham.  Phone: (01) 493 4122

DR FIONA MCGOLDRICK
- Woodlawn Medical Centre, 1 Woodlawn, Upper Churchtown Road.
  Phone: (01) 298 3950
DR CLAIRE MCNICHOLAS
- 50 Marian Road, Rathfarnham. ▶ Phone: (01) 493 0244

DR MICHAEL MEHIGAN
- Riverside Clinic, 3 Landscape Road, Churchtown. ▶ Phone: (01) 298 8945

DR PAULA MEHIGAN
- Riverside Clinic, 3 Landscape Road, Churchtown. ▶ Phone: (01) 298 8945

DR STEPHEN MULVEY
- Main Street, Dundrum. ▶ Phone: (01) 298 0458

DR TIERNAN MURRAY
- Goatstown Medical Centre, 6 Drummartin Tce. Goatstown. ▶ Phone: (01) 298 6338

DR PADRAIG O’DOMHNAILL
- 69 Butterfield Ave. Rathfarnham. ▶ Phone: (01) 493 4526

DR TIMOTHY O’FLANAGAN
- 1 Aranleigh Mount, Rathfarnham. ▶ Phone: (01) 494 4279

DR ANNE O’FLYNN
- The Surgery, 5 St. Enda’s Drive, Rathfarnham. ▶ Phone: (01) 494 1238

DR GERRY ORMOND
- 111 Beaumont Ave. Churchtown. ▶ Phone: (01) 298 8919

DR UNA PATCHETT
- 1 Aranleigh Mount, Rathfarnham. ▶ Phone: (01) 494 4279

DR DERMOT RAFTER
- 22 Braemor Road, Churchtown. ▶ Phone: (01) 296 2480

DR RODNEY REGAN
- Goatstown Medical Centre, Drummartin Tce. Goatstown. ▶ Phone: (01) 298 4613

DR GERTRUDE RONAN
- 123 Lower Churchtown Road. ▶ Phone: (01) 295 1238
GENERAL PRACTITIONERS (Contd.)

DUBLIN 14 (Contd.)

DR THOMAS F. SHAW
- 218 Barton Road East.  Phone: (01) 298 4214

DR MARY SLEVIN
- Sólás Medical Centre, Rathfarnham Shopping Centre.  Phone: (01) 494 3119

DR MYRIAM WALSH
- Churctown Medical Centre, 69 Upper Churchtown Road.  Phone: (01) 298 1801

DUBLIN 16

DR BAY ASHCROFT-JONES
- 1 Grange Manor Drive, Rathfarnham.  Phone: (01) 493 5881

DR LUKE BRADY
- 65 Knockcullen Drive, Knocklyon.  Phone: (01) 494 6551

DR ALAN BYRNE
- Scholarstown Family Practice, 10a Templeroan Lodge, Scholarstown Road,
  Phone: (01) 493 6711

DR PAUL CHARLES CASEY
- Unit 10, Balally Shopping Centre, Sandyford.  Phone: (01) 295 7309

DR KEVIN DISKIN
- 79 Knocklyon Road, Templeogue.  Phone: (01) 494 7975

DR DENIS DONOHOE
- Unit 1, Ballyboden Shopping Centre, Taylor’s Lane.  Phone: (01) 496 5262

DR BRIAN FAGAN
- 21 Woodpark, Ballinteer Ave. Dundrum.  Phone: (01) 298 4644

DR RICHARD HARRIS
- 4 Ballyroan Road, Templeogue.  Phone: (01) 494 6498
DR PETER HOOI  
104 Broadford Hill.  Phone: (01) 493 4337

DR PAMELA MANGAL  
Kaieteur-Ville, Knocklyon Ave. Templeogue.  Phone: (01) 494 5795

DR ANTHONY MCDOWELL  
Clonard Lodge, Sandyford Road.  Phone: (01) 295 5010

DR KEVIN MCGUINNESS  
21 Woodpark, Ballinteer Ave.  Phone: (01) 296 4649

DR PATRICK MCGRATH  
10a Templeroan Lodge, Scholarstown, Road.  Phone: (01) 493 6711

DR JAMES MOLONEY  
12 Kingston Ave. Ballinteer Road.  Phone: (01) 298 1922

DR DERMOT MURPHY  
484 Ballinteer Road, Woodpark Estate.  Phone: (01) 298 6702

DR WILLIAM O’BRIEN  
Unit 20, Superquinn Centre, Knocklyon.  Phone: (01) 493 4321

DR PATRICIA O’CONNELL  
1 The Gables, Ballinteer Road, Dundrum.  Phone: (01) 298 8488

DR PETER ROTH  
5 Knocklyon Ave. Knocklyon Woods.  Phone: (01) 494 3425

IRISH MEDICAL DIRECTORY

This Directory provides names addresses and information on all of the health services (wishing to be included) including general practitioners.

Contact: Phone: (01) 492 6040  Fax: (01) 492 6040.
Website: www.imd.ie
Email: info@imd.ie
HEALTH SERVICE EXECUTIVE
DUBLIN SOUTH CITY MENTAL HEALTH SERVICE

The Department is based at the Jonathan Swift Clinic (JSC), St. James’s Hospital and provides services to a population of approximately 136,000 in Dublin South City and suburbs. The catchment area includes all of Dublin 8 and parts of Dublin 6, 12, 14 and 16.

The catchment area is divided into 3 sectors. The Camac Sector and Drimnagh Sector are based in St. Martha’s Day Service and serve the needs of the South Inner City and parts of Crumlin, Drimnagh and Terenure. The Owendoher Sector is based in the Jonathan Swift Clinic and serves the needs of suburban areas such as Terenure, Rathgar, Rathfarnham and Ballyboden. The catchment area addresses are available on the St. James’s Hospital website http://www.stjames.ie/GPInformation/MentalHealthCatchmentArea/ They are also available from Jonathan Swift Clinic and St. Martha’s Day Service.

The Department was first established as an acute treatment centre within St. James’s in 1971. In 1987, the service was transferred to a new modern treatment centre with 51 inpatient beds, and a day hospital/rehabilitation centre. We provide services in general adult psychiatry and a specialist service in psychiatry for older persons. The service for older persons is based in The Martha Whiteway Day Hospital, St Patrick’s Hospital with acute beds available in the Jonathan Swift Clinic.

Our service is based on a multidisciplinary team treatment model. Each team comprises a consultant psychiatrist, registrar, psychiatric nurse, community psychiatric nurse, social worker and occupational therapist.

Referral System: The Adult Mental Health Services accept referrals from General Practitioners, Accident and Emergency Departments and Medical Consultants.
ADMISSION TO JONATHAN SWIFT CLINIC

Most people at some stage in their lives experience emotional and mental health difficulties, which may require professional intervention. In most situations, their needs are met by the various community services including the general practitioner, outpatients department, day hospital services or community mental health staff. However, when a person is suffering acute distress they may require a period of assessment and treatment in a supported environment such as the acute admission unit.

The Jonathan Swift Clinic is the acute admission unit in St James’s Hospital. It acts as a modern acute admission unit for the Dublin South City Catchment area, which includes much of Dublin districts 6, 8, 12, 14 and 16. Referral to the admission unit is usually through the general practitioner, outpatient department, community mental health nurse, day hospital and the emergency department of the general hospital.

On admission to the unit, each patient is introduced to a team nurse who will guide them through the process and introduce them to the multi-disciplinary team. Following an initial assessment, a care plan is drawn up based on individual needs with the aim of resolving the presenting problem.

The treating team will meet with the patient regularly to review and discuss options of treatment. The family or significant others are encouraged to be involved in this process. Part of the reviews will centre around the options of follow up care to provide appropriate support on discharge.

Admission to an acute unit is designed to be short term to help in times of acute emotional and mental distress in a supported and therapeutic environment, to restore good mental health and prepare patients to manage their problems into the future.
OWENDOHER DAY HOSPITAL SERVICE

Jonathan Swift Clinic, St. James’s Hospital, Dublin 8.

- Tel: (01) 4103148, & (01) 4103149
- Fax: (01) 4103474

Dublin 6, 14, & 16 Adult Mental Health Service
The service takes its name from the Owendoher River, which flows through Rathfarnham and joins the river Dodder.

We provide an adult mental health service to people living in Dublin 6, 14 & 16. A separate service for the elderly is provided through the Martha Whiteway Day Hospital, based in St. Patrick’ Hospital.

Our goal is to help individuals understand their mental health needs and provide assessment, treatment and rehabilitation accordingly. This service aims to provide a caring, therapeutic and empowering environment in order to promote good mental health. We encourage individuals to take an active role in their own recovery.

SEEKING HELP
Referral is through G.P. or other health care professionals

TEAM COMPOSITION
Treatment is tailored to meet the needs of each individual client, therefore a multi-disciplinary team approach is used.

THE MULTIDISCIPLINARY TEAM INCLUDES:
- Consultant Psychiatrist
- Non Consultant Hospital Doctors
- Occupational Therapist
- Mental Health Social Worker
- Psychologist
- Community Mental Health Nurses
- Clients and their family/supports
- Day Hospital Nursing Staff
- Administrative Staff
SUPPORT OF FAMILY AND FRIENDS
The understanding and support of family and friends is important for good mental health. Information is provided to family and friends (with the individuals permission) regarding the best way to support and help during recovery.

HOSPITAL CARE
The inpatient department is in Jonathan Swift Clinic in St. James’s Hospital.

THE DAY SERVICE
Assessment and treatment may be provided in either the community or the day hospital located in the Jonathan Swift Clinic (Route 2 from the Main Concourse). The team will assess needs and advise on which treatment is most suited to the individual.

For example,
- Relaxation and anxiety groups
- Understanding your mental health
- Social Groups
- Self esteem
- Health promotion
- Family Therapy

OUTPATIENTS CLINICS
These clinics take place in Suite 5 (out-patient department) at St. James's Hospital. (Route 1 from the Main Concourse).

CONTACT NUMBERS
- Jonathan Swift Clinic (01) 4162621
- Owendoher Day Hospital (01) 4103148, & (01) 4103149
- Outpatient Department (01) 4162810
- Old Age Psychiatry (01) 2493259

BUS ROUTES
- 123, from Drimnagh Road to Dame Street via St. James.
- 78A, from Aston Quay to Liffey Valley, via James’s Street.
- 51B, from Aston Quay to Clondalkin, via James’s Street.
- 206, from Ballyfermot to Aston Quay via James's Street;
- 17, from Rialto to Blackrock, via Terenure/Rathfarnham.
- 19, from Rialto to Phibsboro, via O’Connell Street.

LUAS
- The Luas Red line from Tallaght to Connolly Station stops in the hospital grounds.
ST MARTHA’S DAY SERVICE

730 South Circular Road, Kilmainham, Dublin 8.
- Tel: (01) 4152100  - Fax: (01) 4549081

_Dublin 8 and parts of Crumlin and Drimnagh Adult Mental Health Service_

AIM OF THE SERVICE
To work with people to help them manage and deal with their mental health problems.

THE MULTIDISCIPLINARY TEAM INCLUDES:
- Community mental health nurses
- Day Hospital nurses
- Mental Health Social Workers
- Occupational Therapists
- Psychologists
- Consultant Psychiatrists
- Secretarial Staff
- Non Consultant Hospital Doctors
- Administrative staff

REFERRAL SYSTEM
People can be referred to St. Martha’s through different channels. The most common way is through a letter from your G.P. If you are already involved in the service, any member of the multidisciplinary team may also refer you.

A person who is coming to the service for the first time will be assessed by a psychiatrist and one other team member.

After this, a programme will be set up to cater for the needs of the client. This may include referral to other appropriate services.

After a person is assessed, a care plan is created. Everyone who attends St. Martha’s Day Service has their own personal ‘care plan’ that they help design. The care plan shows how the person themselves and the staff of St. Martha’s will help the person improve their quality of life.
SERVICE PROVIDED
Access to all members of the team and their specialized areas.

Most of our service is carried out on a one-to one basis but we also provide a number of group programmes.
- Relaxation Groups
- Personal Development Groups
- Anxiety Management Groups
- Understanding your Mental Health
- Improving your mood
- Carer’s Groups
- SUST Groups (Service Users Speaking Together)
- Social Groups
- Staying Well Groups
- Relatives support Group

Our community mental health nurses carry out their work within the community providing a service to people within their own homes. Both occupational therapists and social workers also carry out home visits.

Our day service also provides a day hospital function for those attending the service. This allows people to access medical/clinical treatment within St. Martha’s while living at home.

Our psychiatrists, who are medical doctors, with special training in mental health problems, can prescribe medications and can suggest other treatment approaches.

Ongoing assessment of individual’s mental health needs takes place with the person’s involvement and the appropriate discipline(s). We want to know what you think you need at all times and we try to work with you to achieve your goals.

This collaborative or ‘working together’ approach is encouraged in our service.

The following buses will bring you close to St. Martha’s.
- 78A, 51B, 122, 123, 19

Luas Red Line, Connolly to Tallaght - Suir Road Stop
The Department of Old Age Psychiatry provides comprehensive services to all people aged 65 years and over presenting with mental health problems residing in the Dublin South City area including parts of Rathfarnham, Dublin Central, Templeogue, Terenure, Drimnagh, Crumlin, Kimmage and Walkinstown. Exact area boundaries may be checked with members of the multidisciplinary team. A range of mental health treatments and services are provided by a multidisciplinary which comprises of:

- Consultant Psychiatrist
- Senior Registrar
- Registrars
- Occupational Therapists
- Mental Health Social Worker
- Community Mental Health Nurses
- Martha Whiteway Day Hospital Staff
- Connolly Norman Unit Nursing Staff
- Clinical Nurse Specialist
- Administrative Staff

The Department of Old Age Psychiatry aims to:

- Provide comprehensive assessment and treatment to those presenting with mental health problems that have emerged over the age of 65
- Prevent hospitalisation through day care and out-patient management whenever possible
- Promote good mental health in older people
- Provide support, education and advice to caregivers, and to educate professionals involved in the care of older people about mental health problems in the elderly
- Conduct research into the cause and treatment of mental health problems in older people
The Community Mental Health Team provides assessment and treatment to patients residing in their own home or in a community-based residential setting. The Community Mental Health team comprises of one full-time and two part-time community mental health nurses. They are based in the Martha Whiteway Day Hospital.

Key responsibilities of the Community Mental Health Team include:

- Assessment, planning, implementation and evaluation of individual patients in their own home, nursing home etc.
- Performance of initial assessment all new referrals to the service.
- Provision of education, information and support for families caring for people suffering from psychiatric illness or dementia.
- Development of individual anxiety management programmes including methods of stress management and Relaxation Techniques.
- Liaison and communication with other members of the multi-disciplinary team, patients’ family and carers, general practitioners, day centre staff, public health nurses, community pharmacists, nursing homes and home help services as appropriate regarding individual patient needs.
- Organisation of family meetings and where necessary the community mental health team facilitate these meetings.
- In conjunction with the consultant psychiatrist and the psychiatric registrars, the community mental health nurse hold an outpatient clinic every Tuesday morning from 09.30 to 12.30 hours in Suite 5 in St. James’s Hospital. At the clinic, new patients and patients requiring ongoing treatment are assessed by one of the team’s doctors. At the out-patient clinic, a Lithium Clinic is also held for patients being treated with Lithium therapy which enables monitoring of Lithium blood levels.
- Finally, the community mental health nurse also administers depot preparations to patients who are on such treatment.
REFERRALS
Referrals are made to the Old Age Psychiatry Team by General Practitioners or by other health care professionals. Referrals can be made by letter or by fax. If an urgent assessment is required the letter should be accompanied by a phone call from the GP directly to the community mental health nurses office. Upon receipt of each referral an initial assessment is carried out by one of the community mental health nurses, is usually the patient’s first contact with the Old Age Psychiatry Service. During the initial assessment the nurse takes a detailed history of the presenting complaint. In addition, a number of screening assessments are completed including a Mini-Mental State Examination and a Hamilton Depression Rating Scale. With the patients permission a detailed collateral history is also obtained from a close relative. Following the initial assessment each case is discussed at the weekly team multidisciplinary team meeting and where the patient’s pathway of care is determined, which may include:

- Referral back to the GP for ongoing care.
- Out-patient clinic assessment by the consultant psychiatrist.
- Referral to the Martha Whiteway Day Hospital for further assessment and treatment by nursing staff, occupational therapists or psychiatric social worker.
- Alternatively the patient may remain in the care of the community mental health nurse who will continue to provide care to the patient in his or her own home or place of residence.

THE MARTHA WHITEWAY DAY HOSPITAL
The Martha Whiteway Day Hospital is a facility located on the grounds of St. Patrick’s Hospital. The Day Hospital provides comprehensive assessment and treatment to patients where in-patient treatment is not required but where out-patient attendance is not adequate. A clinical nurse manager II, two part-time staff nurses, an occupational therapist, a senior registrar and a registrar staff the Martha Whiteway Day Hospital.
The Martha Whiteway Day Hospital aims to:

- provide comprehensive treatment to patients presenting with mental health problems,
- prevent hospitalisation through the provision of day-care
- provide crisis intervention
- provide support, advise and education to patients and their caregivers
- promote good mental health in older people
- provide education about mental illness to professionals responsible for the care of older persons
- conduct research into the cause and treatment of mental illness in older people

The day hospital provides assessment and treatment for up to fifteen patients a day, suffering from both functional illnesses such as mood disorders, anxiety, phobias, and organic illnesses such as dementia type illness. Therefore, patients attend the day hospital on different days according to their diagnosis. From the time a patient first attends the day hospital a multidisciplinary care plan (which encompasses a discharge plan) is developed tailored to the individual needs of the patient. This care plan is evaluated on an ongoing basis by the team. While attending the Day Hospital, the patient is seen by members of the team, on an individual and group basis. As a strong emphasis is placed on psychoeducation and goal setting approaches, a range of activities, games and strategies are also used to facilitate patient assessment and treatment, both in group and individual settings.

Prior to attending the Martha Whiteway Day Hospital, patients must first be assessed by a member of the Old Age Psychiatry team. Therefore, referral to the Martha Whiteway Day Hospital may be made by the teams’ doctors, the community mental health nurses, nursing staff from the Connolly Norman Unit, the clinical nurse specialist, the social worker, or the occupational therapist.

WHO SHOULD BE REFERRED TO THE SERVICE?
Any patient aged 65 years and over with:

- Psychological Difficulties
- Mental Health Problems
The Conolly Norman Unit is an acute admission unit dedicated to the care of the older person with psychological difficulties. It is a nine-bedded unit consisting of a six-bedded dormitory and three single rooms located on the ground floor of the Jonathan Swift Clinic. A clinical nurse manager II, two staff nurses and a care attendant staff the unit during the day while a staff nurse and care attendant staff the unit at night.

The Conolly Norman Unit provides comprehensive assessment and treatment to patients aged 65 years and over suffering from both functional and organic illnesses. On admission to the unit, a comprehensive medical and nursing assessment is performed on each patient and an individualised plan of care is devised tailored to the needs of the patient, which is reviewed on an ongoing basis. Based on their identified needs, patients receive input from other members of the multidisciplinary team including the occupational therapist and the social worker. Nursing staff also engage patients in therapeutic interventions such as aromatherapy, relaxation exercises, reality orientation and reminiscence groups. Although the patient’s progress is continually monitored throughout their stay in hospital, their progress is discussed formally at the weekly multidisciplinary team meeting and the plan of care (including their discharge plan) is adjusted accordingly. Furthermore, family meetings (where appropriate) are held, which provide a medium for discussion of pertinent issues such as the patients diagnosis, treatment and prognosis.

All admissions to the Conolly Norman Unit must be arranged through a member of the multidisciplinary team and approved by the consultant psychiatrist. Therefore, referrals for admission are received from the community mental health team, consultation-liaison service, social worker etc.
The ACCES team, or Assertive Community Outreach Evaluation Services, is a service in the Health Service Executive Dublin Mid-Leinster area, established to provide a community mental health service to those who are mentally ill and homeless. The team’s mission is to provide direct and accessible mental health care to those experiencing homelessness, and to assist those having difficulties linking in with local mental health services.

TEAM COMPOSITION:
- Consultant Psychiatrist
- Psychiatry Registrar
- Community Mental Health Nurses
- Senior Social Worker
- Apart from outreach into the community, the service also offers an outpatient clinic.

The objectives of the service are to provide a multi-disciplinary team assessment to homeless individuals, to provide high quality support to individuals in the community, thereby reducing the need for hospitalisation, and ultimately to promote stabilisation and relapse prevention. The service also works in partnership with other agencies to provide comprehensive and seamless care.

Service provided: is open to those aged between 18 and 65 years, who are residing in the Dublin Mid-Leinster area or who have family ties in the area, who are homeless with severe and enduring mental illness and who may have dual diagnosis, alcohol or substance misuse.

Referrals are accepted from acute hospital services, community mental health clinics, primary care teams, hostels and outreach teams, the multi-disciplinary health link team and from the forensics services in certain instances.

- Contact: ACCES team, HSE Dublin Mid-Leinster, Parkgate Hall, 6-9 Conyngham Road, Dublin 8.
- Phone: (01) 703 6158
- Email: acces@mailm.hse.ie
All of the Health Service Executive work in customer services is geared towards the Health Strategy’s emphasis on increasing the customer orientation of services. This department works in close partnership with both statutory and voluntary organisations to provide information for clients to assist them in availing of their entitlements. The Customer Services public office and telephone centre are based in Dr Steeven’s Hospital, Dublin 8. This office deals with requests for information and advice on health services in the region. Application forms and guidelines to all health services are also available.

The office is open from 9am - 5pm including lunchtime, Monday to Friday.
ADDICTION SERVICES

The HSE Dublin Mid-Leinster in conjunction with community and voluntary organisations provide treatment and rehabilitation (re-integration into the community) services. The HSE Dublin Mid-Leinster in providing treatment to clients also provides support services for their families and relatives. A major emphasis is placed on education and prevention.

DRUG ADDICTION SERVICES

BRIDGE HOUSE, Cherry Orchard Hospital, Ballyfermot, Dublin 10
- Phone: (01) 620 6400

OR

DRUGS/HIV HELPLINE:
- Freephone: 1800 459 459

DRUG TREATMENT CENTRES - DISPENSING:

AISLING CLINIC, Cherry Orchard Hospital, Dublin 10
- Phone: (01) 620 6010
- Fax: (01) 6206011
- Mon - Fri 9am - 12am 2pm/4pm - 5pm/7pm
- Sat - Sun 10am - 1pm

CASTLE STREET CLINIC, 37 Castle Street, Dublin 2
- Phone: (01) 476 7010
- Fax: (01) 677 8139
- Mon - Fri 9am - 12.30pm 2pm - 4pm
- Sat - Sun 10.30am - 12.30pm

CORK STREET CLINIC, Cork Street, Dublin 8
- Phone: (01) 454 4940
- Fax: (01) 454 4946
- Mon - Fri 10am - 12noon
- Sat - Sun 10am - 11am
CURLEW ROAD TREATMENT CENTRE, Drimnagh, Dublin 12
- Phone: (01) 455 6422
- Fax: (01) 405 9360
- Mon - Fri 9.30am - 11.30am
- Sat - Sun 11am - 12noon

DR STEEVEN'S AIDS/DRUGS UNIT, Dublin 8
- Phone: (01) 635 2078
- Fax: (01) 635 2076
- Mon - Fri 9am - 12noon 2pm - 4pm
- Sat - Sun 10am - 11.30am

INCHICORE HEALTH CENTRE, 124e Emmet Road, Inchicore, Dublin 8
- Phone: (01) 453 1978
- 11am - 2pm
- Sat - Sun 10am - 11am

OLD COUNTY ROAD HEALTH CENTRE, Crumlin, Dublin 12
- Phone: (01) 415 4806
- Fax: (01) 415 4818
- Mon - Fri 10am - 12noon 2pm - 4pm
- Sat - Sun 10am - 11am

DRUG TREATMENT CENTRES - NON DISPENSING:

ADDICTION RESPONSE CRUMLIN, (ARC), 101 Cashel Road, Crumlin, Dublin 12
- Phone: (01) 456 3131/456 3111
- Mon 8am - 7pm - Tues 8am - 8pm
- Wed 8am - 5pm - Thurs 8am - 8pm
- Family Support Thurs 7pm - 10pm
BRIDE STREET HEALTH CENTRE, 36a Bride Street, Dublin 8
- Phone: (01) 454 3344
- Mon 6pm - 8pm
- Wed 6pm - 8pm

MERCHANTS QUAY, Drug/HIV Service, 4 Merchant’s Quay, Dublin 8
- Phone: (01) 679 0044

RATHMINES HEALTH CENTRE, 36 Upper Rathmines Road, Dublin 6
- Phone: (01) 497 3547
- Tues 8am - 9am
- Thurs 8am - 9am

DOLPHIN HOUSE, Fatima Mansions (Rialto Community Team), Dublin 8
- Phone: (01) 454 4855

OTHER ADDICTION SERVICES & PROVIDERS

EDUCATION OFFICERS, Cherry Orchard Hospital, Ballyfermot, Dublin 10
- Phone: (01) 620 6400

OUTREACH SERVICES, Cherry Orchard, Hospital, Ballyfermot, Dublin 10
- Phone: (01) 620 6400

DETOX CENTRE, Cuan Dara, Cherry Orchard Hospital, Ballyfermot, Dublin 10
- Phone: (01) 620 6050

NEEDLE EXCHANGE, Ballyfermot Health Centre, Ballyfermot Road, Dublin 10
- Phone: (01) 626 4000
COMMUNITY ALCOHOL SERVICES

BAGGOT STREET ALCOHOL SERVICES, Baggot Street Hospital, Dublin 4
  ▶ Phone (01) 6681577

WALKINSTOWN, Limekiln Lane, Dublin 12
  ▶ Phone: (01) 450 6179

CASHEL ROAD, Dublin 12
  ▶ Phone: (01) 455 5227

CURLEW ROAD, Dublin 12
  ▶ Phone: (01) 455 6422 / 285 9233

OLD COUNTY ROAD, Crumlin, Dublin 12
  ▶ Phone: (01) 415 4700
The HSE Dublin Mid-Leinster’s goal is to promote and enhance the health and social well being of the children and families in our area. We endeavour to achieve this through the provision of services to those who need them on the basis of accessibility, equity of access and equality of opportunity. We aspire to ensure that children and families in need of support will obtain the services they require in the most integrated and appropriate setting with the primary objective of maximising their welfare. The HSE Dublin Mid-Leinster supports the existing professional view that children should live with their families if at all possible and that families should be supported to achieve this.

PRINCIPAL SOCIAL WORKER
(01) 415 4739

FAMILY RESOURCE CENTRE,
16 Main Street, Tallaght, Dublin 24. (01) 451 5708

COMMUNITY MOTHERS PROGRAMME,
Park House, North Circular Road, Dublin 7. (01) 838 7122 ext. 246

AREA 3 Carnegie Centre, 21 - 25 Lord Edward Street, Dublin 8
- Phone: 6486500
- Childcare Manager: Phone: (01) 454 4733
- Senior Social Worker Phone: (01) 648 6650

AREA 4 Old County Road, Crumlin, Dublin 12
- Phone: (01) 415 4700
- Childcare Manager: Phone: (01) 415 4755/7
- Senior Social Worker: Phone: (01) 415 4739
COUNSELLING SERVICE FOR ADULTS WHO EXPERIENCED CHILDHOOD ABUSE

Alba Counselling Service was established as part of the National Counselling Service for Adult Survivors of Childhood Abuse. The Service provides individual counselling, group work, and information on other services.

ALBA COUNSELLING SERVICE,
Area Office, 2 McElwain Terrace, Newbridge, Co. Kildare
› Freephone: 1800 234 112 › (045) 448 176 / 448 177

Counselling is also offered at:
› 66 Old Bawn Road, Tallaght, Dublin 24 › Phone: (01) 4524519
› 5 Lord Edward Court, Bride Street, Dublin 8 › Phone: (01) 4189458

COMMUNITY CARE

Community Care Services in the HSE DUBLIN MID-LEINSTER area are delivered from local health offices and health centres.

COMMUNITY CARE HEADQUARTERS

DUBLIN SOUTH CITY
Carnegie Centre
21-25 Lord Edward St.
Dublin 2
› (01) 648 6500

DUBLIN SOUTH WEST
Health Centre
Old County Road
Crumlin
Dublin 12
› (01) 415 4700
Contact your local Health Centre for information on the following services:

- Adult Optical (medical card holder)
- Change of doctor
- Childcare/Family Support
- Child Health
- Child Optical
- Chiropody
- Community Welfare Services
- Dental Services
- Disability Services
- Disabled Persons Grant
- District Care Unit for Elderly
- Drug Refund Scheme
- Eastern Community Works
- European Health Insurance Card
- Hepatitis C
- Home Help
- Medical Cards: New applications/Renewals
- Medical & Surgical Appliances
- Occupational Therapy
- Psychology Services
- Physiotherapy
- Public Health Nursing
- Social Work Services
- Speech & Language Therapy
<table>
<thead>
<tr>
<th>HEALTH CENTRES - AREA 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BRIDE STREET</strong></td>
</tr>
<tr>
<td>36A Bride Street, Dublin 8</td>
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<tr>
<td><strong>RATHFARNHAM</strong></td>
</tr>
<tr>
<td>1 Dispensary Lane, Off Grange Road, Dublin 14</td>
</tr>
<tr>
<td><strong>RATHMINES</strong></td>
</tr>
<tr>
<td>36 Upper Rathmines Road, Dublin 6</td>
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<tr>
<td><strong>SOUTH EARL STREET</strong></td>
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<tr>
<td>Off Meath Street, Dublin 8</td>
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<tr>
<td><strong>TERENURE</strong></td>
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<tr>
<td>68 Terenure Road North, Dublin 6</td>
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</tbody>
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<tr>
<th>HEALTH CENTRES - AREA 4</th>
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<tr>
<td><strong>CASHEL ROAD</strong></td>
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<tr>
<td>Crumlin, Dublin 12</td>
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<tr>
<td><strong>CURLEW ROAD</strong></td>
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<tr>
<td>Crumlin, Dublin 12</td>
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<tr>
<td><strong>PARNELL ROAD</strong></td>
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<tr>
<td>Dublin 12</td>
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<tr>
<td><strong>LIMEKILN LANE</strong></td>
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<tr>
<td>Walkinstown, Dublin 12</td>
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</tbody>
</table>
DISABILITY SERVICES

The HSE Dublin Mid-Leinster endeavours to uphold the rights of people with a disability to quality services which respect their dignity, and which are provided within the least restrictive environment. The desired outcome is that people with disabilities will receive the required services in the most integrated and appropriate setting. Services for people with a disability are provided both directly and in partnership with the voluntary sector through a variety of community and residential settings.

DIRECTOR OF DISABILITY

- (045) 882 504

DUBLIN SOUTH CITY
Manager for Disability Services
- (01) 648 6516

CARNEGIE CENTRE
21-25 Lord Edward Street.
Dublin 2

DUBLIN SOUTH WEST
Manager for Disability Services
- (01) 415 4824

HEALTH CENTRE
Old County Road
Crumlin
Dublin 12

DUBLIN WEST
Manager for Disability Services
- (01) 620 6071

CHERRY ORCHARD HOSPITAL
Ballyfermot
Dublin 10

REHABILITATIVE TRAINING / GUIDANCE SERVICE

THE TRAINING OCCUPATIONAL SUPPORT SERVICE,
2nd floor
Sheaf House
Exchange Hall
Tallaght
Dublin 24
- (01) 463 5270 / 463 5272
SERVICES FOR OLDER PERSONS

The aim of the HSE Dublin Mid-Leinster is to provide a comprehensive range of services of care required by older people within our area. We support and work in partnership with voluntary and statutory bodies to improve access by older persons to services available. We are committed to supporting the older person to reside at home for as long as is viable, and then when this is no longer possible, we endeavour to provide appropriate residential alternatives that best suit each individual’s needs.

HOSPITALS AND HOMES FOR THE OLDER PERSON

<table>
<thead>
<tr>
<th>HOSPITAL/UNIT</th>
<th>ADDRESS</th>
<th>CONTACT NUMBERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>BRU CHAOIMHIN</td>
<td>Cork Street, Ballyfermot, Dublin 8</td>
<td>(01) 415 6500</td>
</tr>
<tr>
<td>CHERRY ORCHARD HOSPITAL</td>
<td>Ballyfermot, Dublin 10</td>
<td>(01) 626 4702</td>
</tr>
<tr>
<td>ST BRIDG’S HOME</td>
<td>Crooksling, Brittas, Co. Dublin</td>
<td>(01) 453 6000</td>
</tr>
<tr>
<td>COMMUNITY UNIT FOR OLDER PERSONS</td>
<td>Meath Hospital, Dublin 8</td>
<td>(01) 458 2123</td>
</tr>
<tr>
<td>COMMUNITY UNIT FOR OLDER PERSONS</td>
<td>St Mary’s Community Centre, Richmond Hill, Rathmines, Dublin 6</td>
<td>(01) 496 3085</td>
</tr>
<tr>
<td>COMMUNITY UNIT FOR OLDER PERSONS</td>
<td>Belvilla, South Circular Road, Dublin 8</td>
<td>(01) 454 8033</td>
</tr>
<tr>
<td>COMMUNITY SERVICES</td>
<td>Carneige Centre, 21-25 Lord Edward Street, Dublin 2</td>
<td>(01) 648 6558</td>
</tr>
<tr>
<td>DUBLIN SOUTH WEST MANAGER OF SERVICES FOR OLDER PERSONS</td>
<td>Health Centre, Old County Rd., Crumlin, Dublin 12</td>
<td>(01) 415 4827</td>
</tr>
</tbody>
</table>

COMMUNITY SERVICES
NURSING HOME SUBVENTION

Nursing Home subvention is an allowance for private nursing homes and can be applied for by contacting the office below:

OAK HOUSE
Millennium Park
Naas, Co. Kildare
› (045) 880 400

IN-PATIENT CARE FOR OLDER PERSONS
St Kierans Ward & St Patrick’s Ward
Peamont Hospital
Newcastle, Co. Dublin
› (01) 601 0300

PSYCHIATRY OF OLD AGE
DUBLIN SOUTH CITY
Martha Whiteway Day Hospital
St Patrick’s Hospital
Dublin 8
› (01) 249 3259

DAY HOSPITAL/ASSESSMENT/REHABILITATION/RESPITE LONG STAY
ST JAMES’S HOSPITAL
James’s St.
Dublin 8
› (01) 410 3000
ADELAIDE & MEATH HOSPITAL
Dublin incorporating the National Children’s Hospital
Tallaght, Dublin 24
› (01) 414 2000

SUPPORT SERVICES FOR OLDER PERSONS
HOME IMPROVEMENT SCHEME
Eastern Community Works
Thomas Street
Dublin 8
› (01) 677 2812
Poplar House
Poplar Square
Naas, Co. Kilare
› (045) 876 001
PRIMARLY CARE

The HSE Dublin Mid-Leinster endeavours to promote an integrated approach to the development of primary care within our region. This involves close links between the general practitioners, public health nurses and the community health professionals.

Our aim is the delivery of general practitioner and primary care services to the highest possible standard with easy accessibility through the resources available to us. Our Primary Care Unit has compiled a comprehensive, computerised database relating to General practices. This provides information on practice profile, premises, equipment, staffing levels, surgery hours and services provided.

HEALTH PROMOTION

The role of the Health Promotion service within the HSE Dublin Mid-Leinster is to enhance the well being of individuals and communities in our area by supporting the development of personal skills, facilitating supportive environments and formulating health public policy. Information leaflets, brochures and literature on health promotion topics can be obtained from the department.

- 3rd Floor, 52 Broomhill Road, Tallaght, Dublin 24  (01) 463 2800
- Resource Officer – Suicide & Mental Health
- Senior Health Promotion Officer - Schools/Young People
- Senior Health Promotion Officer – Older Persons
- Tobacco Control Advisor
- Senior Health Promotion Officer – Workplace Advisor
- Physical Activity Advisor
- Health Promotion Officers
- Smoking Cessation Officers
- Dietician Manager
- Dieticians
- Senior Dieticians for older persons
SOCIAL INCLUSION SERVICES

The goal of the HSE Dublin Mid-Leinster’s social inclusion function is to develop and support policies, structures and working practices, which promote the delivery of services in an integrated and co-ordinated manner to communities with the greatest level of disadvantage. We deliver our services in partnership with other statutory bodies and voluntary organisations.

HOMELESS

The HSE Dublin Mid-Leinster aims to tackle the homeless issue on two levels, prevention and health promotion in partnership with voluntary and statutory organisations. We endeavour to integrate the health services with the homeless services (provide contact or referral to health services from the homeless drop-in centres).

FIRST TIME HOMELESS – DROP IN CENTRES (ADVICE, INFORMATION & PLACEMENT IN EMERGENCY ACCOMMODATION)

MEN
149 James Street
Dublin 8

WOMEN & FAMILIES
16-19 Wellington Quay
Dublin 2

(10.00am – 12.00noon – drop in)

- Emergency Freephone: 1800 724 724
  (advice, information & placement in emergency accommodation)

- Multi-disciplinary Out Reach Team: (01) 855 9211 (nurses, social workers etc, client referred by other organisations e.g. Simon)
ASYLUM SEEKERS & REFUGEES

Health screening is initially offered to the Asylum Seekers and Refugees at reception centres throughout Dublin before they are placed throughout the country. We endeavour to ensure that the services that are provided are culturally appropriate and are easily accessible.

ASYLUM SEEKERS UNIT
79-83 Lwr Mount Street
Dublin 2
› (01) 602 8000

PSYCHOLOGICAL SERVICE FOR
Asylum Seekers & Refugees
Dept. of Psychology
St Brendan’s Hospital, Dublin 7
› (01) 838 5844

SOCIAL INCLUSION MANAGERS

DUBLIN SOUTH CITY
› (01) 707 7984

DUBLIN SOUTH WEST
› (01) 415 4700

DUBLIN WEST
› (01) 620 6354
MENTAL HEALTH COMMISSION

The Mental Health Commission is an independent body established under the Mental Health Act 2001, and effective from 5th April 2002. The Commission's main purpose is to promote, encourage and foster the establishment and maintenance of high standards and good practices in the delivery of mental health services in Ireland and to take reasonable steps to protect the interests of people who are detained in approved psychiatric centres.

The Commission has thirteen members:
- A Lawyer
- Three registered practitioners of whom two are Consultant Psychiatrists
- A Social Worker
- A Psychologist
- A Health Board Representative
- A representative of the General Public
- Three representatives of Voluntary Bodies (at least two of whom must have or have had a mental illness)
- Two representatives of Registered Nurses

Services:
- The Inspector of Mental Health Services
- Mental Health Tribunals, to carry out independent reviews of all persons admitted to hospital involuntarily

The Commission will be the registration authority for all hospitals and in-patient facilities providing psychiatric care and treatment and will visit and inspect every approved centre each year.

Under the Mental Health Act 2001, each decision by a Consultant Psychiatrist to detain a patient for psychiatric care and treatment on an involuntary basis, and each decision to extend the duration of such detention will be referred to the Mental Health Tribunals.

Contact: St. Martin's House, Waterloo Road, Dublin 4
- Phone: (01) 6362400
- Fax: (01) 6362440
- Email: info@mhcirl.ie
- Website: www.mhcirl.ie/info.htm
VOLUNTARY ORGANISATIONS AND GROUPS IN MENTAL HEALTH

The Alliance for Mental Health is a grouping of voluntary agencies working in the area of mental health and has the following aims:

To increase public awareness of mental health/mental illness thus helping to reduce ignorance and stigma. To inform people who have mental illness and the general public of the various self help groups and other sources of help available.

The Alliance members are, Aware, Bodywhys, Grow, Mental Health Ireland, Irish Advocacy Network, Out and About Association, The Alzheimer Society of Ireland, Samaritans, Schizophrenia Ireland, Recovery Inc.

CONTACT: THE ALLIANCE FOR MENTAL HEALTH
c/o Mental Health Ireland, Mensana House, 6 Adelaide Street,
Dun Laoghaire, Co. Dublin.
▶ Tel: (01) 284 1166 ▶ Email: info@mentalhealthireland.ie
▶ Website: www.mentalhealthireland.ie

AWARE

Aware is the national depression support organisation. The organisation aims to help those affected by the illness, and their families by providing services including:

- 24hr helpline 1890 303 302.
- e-mail: aware@iol.ie
- Web: www.aware.ie

Services include:

- 60 support groups nationwide
- An educational programme in secondary schools called Beat the Blues
- Literature, books on mail order, quarterly magazine and
- Public lectures

SUPPORT GROUPS:

DUBLIN CENTRAL

- Venue: St. Patrick’s Hospital, James’s Street, Dublin 8
- Dates: Every Wednesday @ 7.15pm other than the week of the monthly lecture (which takes place on 2nd Wednesday of each month in the Swift Centre, St. Patrick’s Hospital).
AWARE (CONTD.)

YOUTH GROUP

- Venue: Biochemistry Department, Trinity College, Dublin 2.
- Access by Lincoln Place, Gate Entrance.
- Dates: Every Thursday other than the week of the monthly lecture at 7.30pm. Sufferers support group only.

- CONTACT: AWARE, 72 Lower Leeson Street, Dublin 2.
- Phone: (01) 661 7211
- Website: www.aware.ie

- 24 Hour Helpline: 1890 303 302

BODYWHYS - EATING DISORDER ASSOCIATION:

Is the national support organisation for people affected by eating disorders in Ireland.

Services include:
- A network of support groups in Dublin, Limerick and Galway
- Online support - free meetings weekly called Bodywhys Connect, for people over 16 years with an eating disorder
- Lo call helpline - 1890 200 444
- One to one email support - onlinesupport@bodywhys.ie
- School talks and workshops on eating disorders
- A selection of information leaflets on various aspects of eating disorders and a dedicated website which includes a creative corner.

All services are provided free of charge and are delivered by trained volunteers.

- CONTACT: Bodywhys - Eating Disorder Association, Central Office, P.O. Box 105, Blackrock, Co. Dublin

- Phone: (01) 2834963
- Website: www.bodywhys.ie
- Email: info@bodywhys.ie
GROW COMMUNITY MENTAL HEALTH MOVEMENT

Grow Community Mental Health Movement is a network of mutual self help groups where people learn to understand the factors which promote mental health.

GROW GROUPS IN DUBLIN AREA

MONDAY

CAPEL STREET  ▶ 167a Capel Street @ 8.00pm.
KIMMAGE ▶ Mount Argus Community Centre.
                  ▶ 179 Lower Kimmage Road @ 8.00pm.
CRUMLIN ▶ Health Centre, Armagh Rd, Crumlin @ 7.30pm.

WEDNESDAY

CAPEL STREET  ▶ 167a Capel Street @ 10.30pm.
CAPEL STREET  ▶ 167a Capel Street @ 6.30pm.

THURSDAY

CAPEL STREET ▶ 167a Capel Street @ 6.15pm.
RATHGAR ▶ 75 Marienella, Orwell Road, (beside Car Test Centre) @ 7.30pm.
CLONDALKIN ▶ Phone freephone for directions.

▶ Contact Address: 167A Capel Street, Dublin 1.
▶ Phone: (01) 873 4029 ▶ Freephone info line: 1890 474 474.
▶ Web site: www.grow.ie

IRISH ADVOCACY NETWORK

Is a user run user led organisation which exists to promote and facilitate Peer Advocacy on an island wide basis. This is achieved through the provision of information and support for mental health service users and survivors. The aim is to support people in speaking up for themselves and in achieving empowerment by taking control of their own lives.

Services provided include:
▶ Peer Support Training
▶ Staff Awareness Training
▶ Setting Up Peer Support Groups
▶ Information and Support
Weekly clinic in Jonathan Swift Clinic, St. James’s Hospital.
Thursdays 10.30 am - 12 noon

National Office: Old Rooskey House, Rooskey, Monaghan,
Co Monaghan, Phone: (047) 38918 Fax (047) 38682
Email: admin@irishadvocacynetwork.com
Web: www.irishadvocacynetwork.com

HSE DUBLIN MID LEINSTER’s regional office is based at St. Martha’s
Kilmainham, Dublin 8.

MENTAL HEALTH IRELAND

Is a voluntary organisation which aims to promote positive mental health and to
actively support persons with a mental illness, their families and carers by
identifying their needs and advocating their rights.

Mental Health Ireland (MHI) is made up of a network of local Mental Health
Associations (MHA’s) throughout the country who are affiliated to the share the
same aims and objectives as the national body.

The activities of Mental Health Ireland include:

- Supporting local MHA’s in their work through a network of Development
  Officers working around the country.
- Actively campaigning and advocating to improve national mental health policy
  and service provision.
- Providing an Information Service on issues relating to mental health and
  mental illness through information fact-sheets, the MHI and directly by
  telephone, post and email.
- Organising Research, Conferences, Courses, Workshops and Seminars on
  issues relating to mental health. MHI co-ordinates activities to acknowledge
  World Mental Health Day on the 10th October each year.
- The National Public Speaking Project for senior students in post-primary
  schools and colleges.
- Mental Health Matters, a mental health resource pack for use with 14-18 year olds.
- Contact: Development Officer, Mental Health Ireland, Mensana House,
  6 Adelaide Street, Dun Laoghaire, Co Dublin.
  Phone (01) 284 1166. Email: info@mentalhealthireland.ie
  Web: www.mentalhealthireland.ie
LOCAL MENTAL HEALTH ASSOCIATIONS SOUTH WEST DUBLIN:
All members of local MHA’s work on a voluntary basis in supporting people with a mental illness and to promote positive mental health.

- Befriending – social integration of people experiencing mental illness through social clubs and holidays breaks.
- Social Housing Projects.
- Mental Health Promotion – Information days / school based projects.
- Advocacy – to address issues of concern with appropriate authorities in their region.

CRUMLIN & DISTRICT MENTAL HEALTH ASSOCIATION,
St Columbas, Armagh Road, Crumlin Road, Dublin 12.
- Contact: Secretary: (01) 455 9547.

TALLAGHT MENTAL HEALTH ASSOCIATION,
Sheaf House, Exchange House, Belgard Square North, Tallaght, D 24.
- Contact: Secretary: (01) 463 5200.

OANDA – OUT AND ABOUT ASSOCIATION
A self help support group for people with phobias and anxiety. Advice and information packs available.

- Contact: Oanda – Out and About Association,
  Cois Cua, 140 St Lawrence's Road, Clontarf, Dublin 3
- Tel: (01) 833 8252
SAMARITANS

Samaritans provides confidential emotional support 24 hours a day, 365 days a year to people in crisis.

- Call into our wheelchair-accessible centre between 10.00am and 9.00pm every day. No appointment necessary. Samaritans are also available in the Temple Bar area on Friday and Saturday nights between 10.00pm and midnight.

- Contact: Samaritans, 112 Marlborough Street, Dublin 1.
- Lo Call local rate 1-850-60-90-90 any time, day or night.
- Website: www.samaritans.org
- E-mail: jo@samaritans.org
- E-mail administration: admin.Dublin@samaritans.ie

SCHIZOPHRENIA IRELAND – LUCIA FOUNDATION (SI)

A national organisation dedicated to upholding the rights and addressing needs of all those affected by schizophrenia and related illnesses, 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.

- Support Services: SI provides a range of mental health information, support and professional services for both its membership and the general public including – information services, counselling services, Phrenz groups, Relatives Groups, Telephone Helpline, Family Support Initiatives, Social Vocational Services, Suicide Prevention Initiatives, Seminars and Information Events, Biennial Conference, Lucia National Awareness Week.

- Contact: Regional Development Officer, Schizophrenia Ireland,
  38 Blessington Street, Dublin 7.
- Phone: (01) 860 1620
- www: www.sirl.ie
- email: info@sirl.ie

SI GROUP IN YOUR AREA:

St. Martha’s, 730 South Circular Road, Dublin 8.
Last Monday each month
- Phone: (01) 4152100 / (01) 4162629
THE ALZHEIMER SOCIETY OF IRELAND

The Alzheimer Society of Ireland provides information and support services to those whose lives are affected by Alzheimer’s disease.

Support services in the HSE Dublin Mid-Leinster area are based at Curlew Road Day Care Centre.  
Phone: (01) 465 0437.

The Alzheimer Society of Ireland also operates carer support groups in Crumlin, Ballyfermot and Terenure.

For contact details on these and other services.
- Contact: The Alzheimer National Helpline on 1800 341 341, Mon – Fri 10am-4pm.
- Email: info@alzheimer.ie  
- Web: www.alzheimer.ie

RECOVERY INC

Is a non-profit community based mental health organisation. Weekly group meetings offer a system of self-help techniques which members learn and then practice in their daily life. These techniques are referred to as the Recovery Method.

Recovery helps people who struggle with:
- Panic, anxiety, depression, phobias.
- Obsessions, compulsions, disturbing thoughts and / or sensations.
- Fear of being alone or in crowds. Fear of closed or open spaces.

The meetings offer a safe place to voluntarily express feelings and fears without being judged. The group also offers an opportunity to meet others who have had similar difficulties but managed to regain control of their lives by using the Recovery Method.

Recovery meetings available in the area are as follows:

Social Services Centre, 1-2 Main Street, Tallaght. Meeting every Monday at 8pm
- Contact Recovery,  
  Phone: (01) 626 0775 or e-mail recovirl@indigo.ie
- Website: Recovery Ireland  
  http://indigo.ie/~recovirl/
- Recovery International  
  www.recovery-inc.org
OTHER ORGANISATIONS AND GROUPS

A.B.C ANTI BULLYING RESEARCH & RESOURCE UNIT
Advice, guidance and counselling for all those who need help and support in relation to bullying.

- Contact: Room 3133, Arts Building, Trinity College, Dublin 2.
- Phone: (01) 608 2573.
- Email: lmcguire@tcd.ie

AGE ACTION IRELAND
Aims to improve the quality of life of older people especially those who are most vulnerable and frail.

- Contact: 30/31 Lower Camden St, Dublin 2
- Phone: (01) 475 6989 or 478 5060
- Email: info@ageaction.ie
- Web: www.ageaction.ie

ALCOHOLICS ANONYMOUS
A fellowship of men and women alcoholics.

- Contact: General Service Office, 109 South Circular Road, Leonards Corner, Dublin 8.
- Phone: (01) 453 8998
- Email: amen@iol.ie
- Web: www.alcoholicsanonymous.ie

AL-ATEEN
A fellowship of young people whose lives have been affected by parents compulsive drinking.

- Contact: 5/6 Capel St, Dublin 1.
- Helpline: (01) 873 2699.
AL ANON INFORMATION CENTRE

Fellowship of men and women whose lives have been or are being affected by another person’s compulsive drinking.

Al Anon Family Groups
Al Anon Information Centre

- Contact: 5/6 Capel St, Dublin 1.
- Phone: (01) 893 2699.

ANEW

A support group open to women with alcohol difficulties. Meetings are held weekly nationally.

- Helpline: 086 102 4743.

ALONE

Aims to promote awareness of old peoples problems, rescue those in need, visit and provide older people with the necessities of life.

- Contact: Willie Bermingham Place, Kilmainham, Dublin 8.
- Phone: (01) 679 1032.

AMEN (VIOLENCE AGAINST MEN)

Confidential helpline support and advice service for male victims of domestic abuse. Regular mutual meetings held at venues around Ireland.

- Contact: St Anne’s Resource Center, Railway Street, Navan, Co Meath.
- Phone: (046) 902 3718
- Email: amen@irl.ie
- Web: www.amen.ie
BRAINWAVE THE IRISH EPILEPSY ASSOCIATION
To improve the health and quality of life of people with epilepsy. Services include support, information, counselling and advice to people with epilepsy, their families and to health professionals.
- Contact: 249 Crumlin Road, Dublin 12.
- Phone: (01) 455 7500.
- Email: info@epilepsy.ie
- Website: www.epilepsy.ie

BETHANY BEREAVEMENT SUPPORT GROUP
Is a voluntary parish-based ministry which aims to help adults who are bereaved and grieving. It supports those who have suffered a loss.
Monthly group meeting, times vary in different parishes. One to one service is provided and twice weekly house calls.
- Phone: (01) 494 3142
- Postal Address: c/o The Secretary, Rathfarnham Parish Centre, Willbrook Road, Dublin 14.
- Website: http://homepage.eircom.net/~bethanysupport/

BEREAVEMENT COUNSELLING SERVICE
- St Annes Church, Dawson Street, Dublin 2
- Monday and Wednesday 6.00pm to 9.00pm.
- Phone: (01) 676 7727.

CARERS ASSOCIATION
National voluntary organisation of family carers in the home. Promotes awareness of issues affecting the lives of carers. Provides a range of home based respite and care services.
- Contact: Prior’s Orchard, Johns Quay, Kilkenny.
- National Careline Freephone: 1800 240 724.
- Phone: (056) 772 1424 or 772 2854.
- Email: info@carersireland.ie
- Web: www.carersireland.com
OTHER ORGANISATIONS AND GROUPS (Contd.)

CHILDLINE
A 24 hour (365 days a year) national freephone helpline for children.
- Contact: Freephone: 1800 666 666.

CONSOLE (BEREAVED BY SUICIDE FOUNDATION)
Console is a voluntary organisation assisting people who are bereaved by suicide. They provide counselling, support and helpline services.
- Contact: All Hallows College, Grace Park Road, Drumcondra, Dublin 9
- Tel (01) 857 4300 Fax (01) 857 4310
- Web: www.suicidebereaved.com
- Web: www.console.ie  Email info@console.ie  Helpline 1800 201 890

DUBLIN RAPE CRISIS CENTRE
Provides a service to women and men who have been raped, sexually assaulted and/or sexually abused. Individual counselling and group therapy is offered.
- 70 Lower Leeson Street, Dublin 2.
- Freephone: 1800 778 888  Phone: (01) 661 4911
- Email: rcc@indigo.ie  Web: www.drcc.ie

FEDERATION OF ACTIVE RETIREMENT ASSOCIATIONS
Self help organisation which helps to make retirement meaningful and enjoyable through participation in social, cultural and recreational activities.
- Contact: 1-2 Eustace Street. Dublin 2.
- Phone: (01) 679 2142  Email: fara@eircom.net

FAMILY MEDIATION SERVICE - FAMILY SUPPORT AGENCY
Helps couples that have decided to separate or divorce or who have already separated, to negotiate their own terms of agreement, while addressing the needs and interests of all involved. The service is free. To apply for appointment, both parties must contact the service and confirm willingness to attend.
- 1st Floor, St. Stephen’s Green House, Earlsfort Terrace, Dublin 2
- Phone: (01) 6344320  Email: fmsearlfort@welfare.ie  Web: www.oasis.gov.ie
FRIENDS OF THE ELDERLY
Aims to combat loneliness of elderly people by providing friendship, social contact and opportunities for involvement in community activities and helping them become more integrated in their own communities.

- Contact: 25 Bolton Street, Dublin 1.
- Helpline: (01) 873 1855.
- Email: info@friendsoftheelderly.ie  Web: www.friendsoftheelderly.ie

GAMBLERS ANONYMOUS
Operates a 24 hour telephone service, holds regular meetings around the country and is a self-help organisation.

- Contact: Carmichael House, North Brunswick Street, Dublin 7.
- Phone: (01) 872 1133

GINGERBREAD IRELAND
The National Organisation for lone parents and their children.

- Contact: Carmichael House, North Brunswick Street, Dublin 7.
- Phone: (01) 814 6618.
- Email: info@gingerbread.ie  Web: www.gingerbread.ie

GAY AND LESBIAN EQUALITY NETWORK
Seeks the introduction and implementation of comprehensive legislation to ensure the equal rights of lesbian and gay citizens.

- Contact: c/o Outhouse, 105 Capel Street, Dublin 1.
- Phone: (01) 873 4932.
- Email: info@outhouse.ie  Web: www.outhouse.ie

GAY SWITCHBOARD DUBLIN
A non-directive, non-judgemental, befriending, support and general information service to the gay, lesbian and bi-sexual community and to anyone with issues concerning their sexuality, their families and friends.

- Contact: Carmichael House, North Brunswick Street, Dublin 7.
- Phone: (01) 872 1055.
- Email: info@gayswitchboard.ie  Website: www.gayswitchboard.ie
### HEADWAY IRELAND

Headway Ireland is the National Association for Acquired Brain Injury. Services are provided to carers, families, professionals, and people with an acquired brain injury.

- **Contact:** Unit 1-3 Manor Street, Business Park, Manor Street, Dublin 7.
- **Phone:** (01) 810 2066.
- **Helpline:** Lo Call 1890 200 278  
  E-mail: info@headwayireland.ie
- **website:** www.headwayireland.ie

### MOVE IRELAND (MEN OVERCOMING VIOLENCE)

Move Ireland works in the area of domestic violence. It aims to safeguard partners and children by working with men who are or have been violent or abusive towards their partners.

- **Contact:** Carmichael House, North Brunswick Street, Dublin 7.
- **Phone:** (01) 872 4357
- **Email:** moveireland@eircom.net
- **Web:** www.moveireland.ie

### NATIONAL OFFICE FOR VICTIMS OF ABUSE (N.O.V.A)

Aims to assist and support in an impartial manner, persons who were abused while residing in institutional care.

- **Contact:** 19 Upper Ormond Quay, Dublin 7.
- **Freephone:** 1800 252 524.
- **Phone:** (01) 872 8482.

### NARCOTICS ANONYMOUS

A group for recovering addicts who have found a way to live without the use of drugs.

- **Contact:** 4-5 Eustace Street, Dublin 2.
- **Phone:** (01) 672 8000
- **Email:** na@ireland.org
- **Web:** www.na.ireland.org
NATIONAL SUICIDE BEREAVEMENT SUPPORT NETWORK
This is a national voluntary bereavement support network who provide support for those who have experienced loss through suicide.

- By post: N.S.B.S.N. P.O. Box 1, Youghal, Co. Cork.
- Email: info@nsbsn.org
- Web: www.nsbsn.org

NO PANIC IRELAND
A voluntary charity which helps people who suffer from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders.

- Tel: (01) 272 1897
- Email: carolinemcguigan@eircom.net
- Website: www.nopanic.org.uk

PAVEE POINT
The aim of Pavee Point is to contribute to improvement in the quality of life and living circumstances of Irish travellers.

- Contact: 46 North Great Charles Street, Dublin 1.
- Phone: (01) 878 0255.
- Email: pavee@iol.ie
- Web: www.paveepoint.ie

PARENTLINE
Parentline offers support on all aspects of parenting.

- Contact: Carmichael House, North Brunswick Street, Dublin 7
- Helpline: 1890 927 277
- Phone: (01) 878 7230.
- Email: info@parentline.ie / talk@parentline.ie
- Web: www.parentline.ie
RAINBOWS IRELAND

An organisation to help children and adults work through the grieving process which follows death or separation.

Services provided:
- A peer-support programme (over 12 sessions) under the following age categories:
  - Rainbows (primary school series 4 – 13 years)
  - Spectrum (young people 13 – 18 years)
  - Kaleidoscope (young adults 18 + years)
  - Prism (parents who have been bereaved through death of a spouse, separation or divorce)

Rainbow operates at a national level and is run through schools and parish/community centres, established to run Rainbows.

- Contact: Loreto Centre, Crumlin, Dublin 12.
- Phone: (01) 473 4175.

SÓLÁS (BARNARDOS CHILD BEREAVEMENT SERVICE)

This service provides information, counselling and therapy to bereaved children and their families. They provide information and training on issues relating to children’s bereavement, to parents, carers and professionals who are in contact with bereaved children. A library and information service is provided.

This national service is for bereaved children and families.

Parents are encouraged to contact Sólás directly, but referrals are accepted from everybody.

- Contact: Christchurch Square, Dublin 8.
- Phone: (01) 453 0355.
- Helpline Number: (01) 473 2110.
- Email: solas@barnados.ie
- Web: www.barnardos.ie
ST CATHERINE’S COUNSELLING SERVICE

Services provided include: Individual counselling, group and family counselling, psychotherapy, family mediation.

- Contact: Dominican Retreat and Pastoral Centre, Tallaght Village, Dublin 24.
- Phone: (01) 451 3076.

SOCIETY OF ST. VINCENT DE PAUL

Aims to provide support and friendship to people experiencing difficulties, to promote self-sufficiency and to promote social justice. The society will arrange to visit people in need who request assistance.

- Contact: 8 New Cabra Road, Dublin 7.
- Phone: (01) 838 4164 Monday to Friday 9.30 am - 5.30 pm.
- Email: info@svp.ie
- Web: www.svp.ie

GARDA STATIONS

- Crumlin Village ...................... (01) 666 6200
- Kevin Street .......................... (01) 666 9400
- Kilmainham .......................... (01) 666 9700
- Rathfarnham ......................... (01) 666 6500
- Rathmines ............................ (01) 666 6700
- Sundrive Road ....................... (01) 666 6600
- Tallaght ............................... (01) 666 6000
- Terenure ................................ (01) 666 4500
PRIVATE COUNSELLING SERVICES

Following Organisations publish a National Register of Accredited Members:

IRISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY

Aims to educate professionals and others of the nature and benefits of counselling/therapy and to set and maintain standards for the profession of counselling/therapy; to operate a telephone referral helpline; to publish a National Register of Accredited members, copies are available at a small cost.

- 8 Cumberland Street, Dun Laoghaire, Co Dublin.
- Phone: (01) 230 0061 Fax: (01) 230 0064.
- Email: iact@irish-counselling.ie
- Website: www.irish-counselling.ie

IRISH COUNCIL FOR PSYCHOTHERAPY

Publishes a National Register of Accredited Members, (which is also available in libraries and major bookstores); to outline ethical guidelines for the profession, to describe the various approaches to psychotherapy currently available in Ireland.

- 17 Dame Court, Dublin 2. Phone: (01) 679 4055 Fax: (01) 679 7712.

INFORMATION SERVICES

AWARE

Literature, books on mail order, quarterly magazine and public lectures.
72 Lower Leeson Street, Dublin 2.
- Phone: (01) 661 7211.
- Website: www.aware.ie

CITIZENS INFORMATION CENTRES

Citizens Information:
For free confidential information on all your rights and entitlements:

- Phone: local 1890 777 121 Mon-Fri 9am-9pm.
- Email: information@comhairle.ie
- Website: www.citizeninfo.ie
INFORMATION SERVICES (Contd.)

CITIZENS INFORMATION CENTRES LOCAL OFFICES:

CRUMLIN CIC, 146 Sundrive Road, Crumlin, Dublin 12.
- Phone: (01) 454 6070 / 454 6080.
- Email: crumlin.cic@comhairle.ie
- Hours: Monday - Friday, 9.00am - 5.00pm.
- FLAC & FISC Services, Contact centre for details.
- Outreach: Dolphins Barn & Walkinstown Libraries.

RATHMINES, 11 Wynn Field Road, Rathmines, Dublin 6.
- Phone: (01) 496 5558.
- Email: info@rathminesinformationcentre.com
- Hours: Monday, Tuesday, Wednesday, 9.30am - 5.00pm.

RIALTO CIC, Rialto Parish Centre, Old National School, South Circular Road, Dublin 8.
- Phone: (01) 453 9020
- Email: rialto.cic@comhairle.ie
- Hours: Monday-Friday, 10.30 am - 12.00 noon.
FLAC/Refugee Information service, phone centre for details.

SICCDA/LIBERITIES CIC, 90 Meath Street, Dublin 8.
- Phone: (01) 453 6098

TALLAGHT CIC, 512 Main Street, Tallaght, Dublin 24.
- Phone: (01) 451 5887.
- Email: tcic@eircom.net.ie
- Hours: Monday - Thursday 9.30am - 1.30pm & 2.15pm - 5.00pm.
- Friday, 9.30am - 1.30pm & 2.15pm - 4.30pm.
- FLAC: First and Third Tuesday, 7.30pm - 9.00pm.
- Refugee Information Service every Wednesday 2.00p - 5.00pm.
(Outreach of Tallaght CIC / phone Tallaght CIC for details)

THE SQUARE, Tallaght, Dublin 24. Community Information Desk, Level 1
- Hours: Monday - Thursday, 9.30am - 1.30pm & 2.15pm - 5.00pm
- Friday, 9.30am - 1.30pm & 2.15pm - 4.30pm

REFUGEE INFORMATION SERVICE
Available at various city locations city wide.
- Phone: (01) 838 2740 for details.
- Email: info@ris.ie
- Web. www.ris.ie

*FISC = Financial Information Service Centre. *FLAC = Free Legal Advice Centre.
INFORMATION SERVICES (Contd.)

COMHAIRLE

Comhairle is the national support agency responsible for the provision of information, advice and advocacy to members of the public on social services. As a statutory agency, Comhairle comes under the remit of the Department of Social, Community and Family Affairs.

- 7th Floor, Hume House, Ballsbridge, Dublin 4
- Phone: (01) 605 9000 Fax: (01) 605 9099
- Email: comhairle@comhairle.ie  Website: www.comhairle.ie

COMMUNITY GROUPS

FOUNTAIN RESOURCE GROUP
The Presbytery, James’s Street, Dublin 8
Phone: 01-4532936
Email: frg@iol.ie

KEVIN STREET GARDA STATION, COMMUNITY POLICE UNIT
Kevin Street, Dublin 8
Phone: 01 6669466
Website: www.garda.ie

SICCDA South Inner City Community Development Association.
90 Meath Street, Dublin 8.
Phone: (01) 4536098
Email: mbennett@siccda.ie
Web: www.siccda.ie

BALLYBODEN FAMILY RESOURCE CENTRE.
29 Whitechurch Way. Ballyboden, Dublin 16
Phone: (01) 4935603
Email: bgrc@dna.ie
Web: www.ballyboden-frc.com
INFORMATION SERVICES (Contd.)

CONSOLE (BEREAVED BY SUICIDE FOUNDATION)

Provide information and helpline services.

- Contact: All Hallows College, Grace Park Road, Drumcondra, Dublin 9
- Tel (01) 857 4300 Fax (01) 857 4310
- Web: www.suicidebereaved.com
- Web: www.console.ie
- Email: info@console.ie
- Helpline: 1800 201 890

EUREKA MENTAL HEALTH INFORMATION CENTRE

A community based service for people seeking information in the area of mental health. A one-stop source of information relevant to people with mental health difficulties, their families & friends.

- 1 Main Street, Tallaght, Dublin 24.
- Phone: (01) 414 8388.
- Opening Hours: Monday - Friday: 10.30am - 12.30pm.

HOMELESS AGENCY

Homeless agency established as part of government strategy on homelessness. Responsible for managing and co-ordinating services to people who are homeless in the Dublin area.

- Parkgate Hall, 6-9 Conyngham Road, Dublin 8.
- Phone: (01) 703 6100.
- Fax: (01) 703 6170.
- Email: info@homelessagency.ie
- Website: www.homelessagency.ie
INFORMATION SERVICES (Contd.)

MABS: MONEY ADVICE & BUDGET SERVICE

Service provides advice to people with financial or budgeting problems.

LIFFEY SOUTH WEST MABS, 32 Francis Street, Dublin 8. Phone: (01) 473 1878 / 56
CRUMLIN VILLAGE, Dublin 12. Phone: (01) 456 0731.
EXCHANGE HOUSE, 4/5 Eustace Street, Dublin 2. Phone: (01) 679 8358.
MEATH STREET. Phone: (01) 473 1878.
TALLAGHT, Main Street, Dublin 24. Phone: (01) 451 9630.

MENTAL HEALTH IRELAND

Providing an Information Service on issues relating to mental health and mental illness, through information fact-sheets and the website and directly by telephone, post and email.

- Mensana House, 6 Adelaide Street, Dun Laoghaire, Co. Dublin.
  Phone: (01) 284 1166
  Website: www.mentalhealthireland.ie
  Email: info@mentalhealthireland.ie

NATIONAL POISONS INFORMATION CENTRE

Aims to assist medical practitioners in the treatment of poisoning on a 24 hour basis.

- Beaumont Hospital, Dublin 9.
  Phone: (01) 809 2566 / 837 9964. Fax: (01) 836 8476.
  Email: npic.dublin@beaumont.ie

SCHIZOPHRENIA IRELAND – LUCIA FOUNDATION (SI)

SI provides a mental health information service.
38 Blessington Street, Dublin 7.

- Phone: (01) 860 1620.
- Website: www.sirl.ie
- Email: info@sirl.ie
REHABILITATIVE TRAINING & EMPLOYMENT SERVICES
PROVIDED BY THE HEALTH SERVICE EXECUTIVE

REHABILITATIVE TRAINING AND GUIDANCE SERVICE

The Training Occupational Support Service was set up in response to the abolition of the NRB. It provides funds for Rehabilitive Training throughout the HSE Dublin Mid-Leinster.

On referral a Guidance Officer will profile clients and inform them of the services available. These can be Fás Funded, VEC courses, Sheltered Occupational Services or Rehabilitive Training Programmes.

The Training Occupational Support Services funds the following:

New Horizons on Broomhill Close, Tallaght, operated by E.V.E Ltd (Eastern Vocational Enterprises Limited), which caters for people experiencing mental health difficulties;

NTDI Broomhill Road which offers two programmes one for people with Aspergers Syndrome and the other for people who have experienced a life changing situation;

The Training Occupational Support Services fund 25 rehabilitive training programmes in 20 centres through out the HSE Dublin Mid-Leinster area. Eight of these programmes cater for people with mental health difficulties.

- Phone: (01) 463 5270 / 463 5272.

E.V.E LTD (EASTERN VOCATIONAL ENTERPRISES LIMITED)

E.V.E. Limited is a subsidiary company of the HSE Dublin Mid-Leinster and provides a network of training and employment services for people who experience mental health difficulties.

OCCUPATIONAL SERVICES
THOMAS COURT, 26 Hanbury Lane, Dublin 8.

- Phone: (01) 453 1722 Fax: (01) 453 6129.
- Email: thomascourtcentre@eircom.net
BODEN PRODUCTS, Ballyboden, Dublin 16.
  ▶ Phone / Fax: (01) 493 2955.

HEALTH SERVICES PRINT & DESIGN, Ballyfermot, Dublin 10.
  ▶ Phone: (01) 626 3447  Fax: (01) 626 3159.
  ▶ Email: print.design@mail.hse.ie

THE BUREAU, Dr Steeven`s Hospital, Dublin 8.
  ▶ Phone: (01) 635 2088  Fax: (01) 635 2083.
  ▶ Email: bureau@ehss.ie

WESTPOINT ENTERPRISES, Cherry Orchard, Ballyfermot, Dublin 10.
  ▶ Phone: (01) 626 6596 Fax: (01) 623 3910.
  ▶ Email: westpoint@eircom.net

CHAPELIZOD INDUSTRIES, Chapoelizod Industrial Estate, Dublin 20.
  ▶ Phone: (01) 626 6044 Fax: (01) 626 6096.
  ▶ Email: chapelizodind@eircom.net

CHERRYFIELD RESOURCE CENTRE, Walkinstown, Dublin 12.
  ▶ Phone: (01) 450 4034    Fax: (01) 409 7880.
  ▶ Email: ecfrc@eircom.net

EMPLOYMENT SERVICES
138 – 140 Thomas Street, Dublin 8.
  ▶ Phone: (01) 474 2213 Fax: (01) 474 2215 Email: jobs@eve.ie

TRAINING:
THOMAS COURT CENTRE, 26 Hanbury Lane, Dublin 8.
  ▶ Phone: (01) 453 1722 Fax: (01) 453 6129. ▶ Email: thomascourtcentre@eircom.net

NEW HORIZON TRAINING CENTRE,
44 Broomhill Close, Airton Road, Tallaght, Dublin 24.
  ▶ Phone: (01) 459 7330  Fax: (01) 459 7694. ▶ Email: horizontraining@eircom.net

GHIS Programming, Emmet House, 138 -140 Thomas Street, Dublin 8.
  ▶ Phone: (01) 671 9664 Fax: (01) 679 1754 ▶ Email: abarnes@eve.ie

GOIRTIN, 224 North Circular Road, Dublin 7.
  ▶ Phone: (01) 8380952  Fax: (01) 8683893 ▶ Email: angoirtin@eircom.net
CLUBHOUSE, Phoenix Clubhouse, 1st Floor, Ulster Bank Building, Main St, Monastery Road, Clondalkin, Dublin 22.
  ▶ Phone: (01) 4670632 Fax: (01) 4670632. ▶ Email: phoenixclubhouse@eircom.net

E.V.E LTD, Emmet House, 138 – 140 Thomas Street, Dublin 8.
  ▶ Phone: (01) 671 9664, Fax: (01) 679 1754 ▶ Email: admin@eve.ie
  ▶ Web: www.eve.ie

OTHER REHABILITATIVE TRAINING & EMPLOYMENT SERVICES

FÁS (FORAS ÁISEANNA SAOTHAIR)

FÁS is Ireland’s national training and employment authority. Aim to: Improve employability, job skills and mobility. Meet labour market needs. Promote competitiveness and social inclusion.

  ▶ Contact: P.O. Box 456, 27 – 33 Upper Baggot Street, Dublin 4
  ▶ Phone: (01) 607 0500 ▶ Fax: (01) 607 0600 ▶ e-mail: info@fas.ie

FÁS TRAINING WORKSHOPS:

BALLYFERMOT TRAINING CENTRE,
Ballyfermot Hill, Ballyfermot, Dublin 10. ▶ Phone: (01) 605 5900.

TALLAGHT TRAINING CENTRE,
3rd Avenue, Cookstown Industrial Estate, Tallaght, Dublin 24.
  ▶ Phone: (01) 404 5200.

FÁS EMPLOYMENT SERVICES:

  ▶ 235 Crumlin Road, Dublin 12 ▶ Phone: (01) 4563000
  ▶ D’Olier House, D’Olier Street, Dublin 2 ▶ Phone: (01) 6124800
  ▶ Nutgrove Enterprise Park, Nutgrove Way, Rathfarnham, Dublin 14
    ▶ Phone: (01) 4951414

Social Services Centre, Square Complex, Tallaght, Dublin 24 ▶ Phone: (01) 4525111
Facilitators work as part of the Employment Support Service in the Department of Social and Family Affairs. They can help you take up the wide range of education, training and work options available from the Department, Fáis, VEC and private providers. If you need help and advice, you can contact the Facilitator at your Local Social Welfare Office.

**NATIONAL LEARNING NETWORK**

National Learning Network is Ireland’s largest non-Government training organisation with more than 50 purpose built training and employment units nationwide catering for over 4,500 students each year. Its objective is to assist people at a disadvantage in the labour market to learn the skills they need to build lasting careers in jobs that reflect their interests and abilities. This is achieved through a brand of training, education, employment access and enterprise development that is respected and often replicated across Europe. The majority of National Learning Network’s student body is made up of people with disabilities, although other groups and individuals facing obstacles in the search for work are increasingly using its services. The organisation offers over 40 different vocational programmes which carry nationally and internationally recognised certification and are designed to lead either directly to jobs or progression to further education.

**CENTRES:**

**BALLYFERMOT,**
Kylemore Road,
Ballyfermot, Dublin 10.
- Phone: (01) 626 9979.
- Email: Ballyfermot@ntdi.ie

**TALLAGHT,**
77 Broomhill Road,
Tallaght, Dublin 24.
- Phone: (01) 452 5777

**ROSLYN PARK COLLEGE**
Roslyn Park, Beach Road,
Sandymount, Dublin 4.
- Phone: (01) 205 7251

The National Learning Network/CDVEC Disability Support Service (DSS) offers a wide range of supports to students with disabilities in eight VEC Colleges of Further Education in Dublin.
Further information is available from: Dawn Duffin, Institute of Technology, Blanchardstown, Dublin 15  Phone: (01) 8851382  Email: dawn.duffin@nln.ie

NATIONAL ADULT LITERACY AGENCY

Priorities include the development of literacy work on a regional basis.

- Contact: 76 Lower Gardiner Street, Dublin 1.
- Phone: (01) 855 4332  Email: literacy@nala.ie  Web: www.nala.ie

CITY OF DUBLIN VEC

Adult Part Time Basic Education

- Liberties College, Bull Alley St., Dublin 8. Phone: (01) 4540759
- Rathmines Information Centre, Wynnefield Road, Dublin 6. Phone: 086 2239398

PINEL PROJECT

The PINEL Project provides pre-vocational training specifically for people who have mental health issues. The programme is managed through the Kimmage Walkinstown Crumlin Drimnagh Partnership (KWCD). The training programme facilitates individual progression within a supportive and friendly environment. The PINEL Training Programme is on a part-time basis, three hourly sessions, four mornings each week, over twenty weeks. The Programme includes: personal and career development, personal wellness, stress management, preparation for work, communications, customer care, cultural understanding, exchange visit and information technology. Participants can avail of certification through the training.

Training centre: Sunshine Community Training and IT Centre, Crumlin Road, Dublin 12.

- Contact: The PINEL Project Co-ordinator at the Kimmage Walkinstown Crumlin Drimnagh Partnership. Phone: (01) 405 9300

THRESHOLD TRAINING NETWORK

A community based training programme for individuals who have experienced mental health difficulties.

Part-time programme over a 28 week period – 3.5 days per week.

Full-time programme over a 25 week period – 5 days per week.

Areas covered include: career guidance and development, the world of work, CV and interview preparation, work experience, personal development, stress management, personal well being, communication skills and computer training.

- Contact: Unit 2c, Tallaght Enterprise Centre, Main St, Tallaght, Dublin 24.
- Phone: (01) 459 9159
ACCOMMODATION - NON-EMERGENCY

HAIL

HAIL (Housing Association for Integrated Living) is a voluntary housing association which provides a range of good quality housing in the greater Dublin area for people with a variety of housing needs and where appropriate a settlement/support service to assist with integration and independent living. They take referrals from the Community Mental Health Service and offer low intensity support in order to help tenants sustain their tenancy in the long term and integrate into their local communities.

Shamrock Chambers, 59/61 Dame Street, Dublin 2
- Phone: (01)-6718444, 01-6703265
- Email: info@hail.ie
- Web: www.hail.ie

SOPHIA

SOPHIA Housing is a collaboration of religious and lay persons who have come together to support marginalised, vulnerable and disadvantaged men, women and children. The association is a voluntary, non-profit making organisation which will have as one of its aims the provision of good quality, affordable housing for low-income people.

- Phone: (01) 4748300
- Email: info@sophia.ie
- Web: www.sophia.ie

LOCAL AUTHORITY HOUSING DEPARTMENTS

Dublin City Council, Civic Offices, Wood Quay, Dublin 8.
- Phone: (01) 6722201

South Dublin County Council, Town Centre, Tallaght, Dublin 24.
- Phone: (01) 4149090

Dun-Laoghaire Rathdown County Council, Town Hall, Marine Road, Dun Laoghaire.
- Phone: (01) 2054828
ACCOMMODATION - EMERGENCY HOSTELS

BACK LANE HOSTEL
Christchurch, Dublin 8.
- Tel: 01 454 2181
- Fax: 01 454 0857

ELIGIBILITY:
- Single men over 26
- No active illicit drug use

CARETAKERS HOSTEL
Back Lane & Nicholas Street, Dublin 8.
- Tel: 01 453 7904
- Fax: 01 453 7902

ELIGIBILITY
- Young people aged 16 to 21

CLANCY NIGHT SHELTER
69 Blessington Street, Dublin 7.
- Tel: 01 860 1703
- Fax: 01 860 1703

ELIGIBILITY
- Single people between 18 and 35
- Couples
- Active drug users

CROSSCARE
Longford Lane, Dublin 2.
- Tel: 1800 724724

ELIGIBILITY:
- Men over 35
- Active drinker/drug users
DUBLIN SIMON EMERGENCY SHELTER

27 Harcourt St., Dublin 2.
- Tel: 01 475 9357  Fax: 01 475 9292

ELIGIBILITY:
- Single people over 25
- Active drinkers/ drug users accepted

HAVEN HOUSE

Morning Star Avenue, Dublin 7.
- Tel: 01 873 2279  Fax: 01 873 1345

ELIGIBILITY:
- Single women/ women with children over 18
- Women with alcohol or drug problems

HOMELESS PERSONS UNIT

149 James St. Dublin 8.
- Helpline: 1800 724 724

IVEAGH HOSTEL

Bride Road, Dublin 8.
- Tel: 01 454 0182  Fax: 01 453 6316

ELIGIBILITY:
- Single men over 18
- No drug users

LEFROY HOUSE NIGHTLIGHT

12-14 Eden Quay, Dublin1.
- Tel: 01 874 3762
- Fax: 01 874 5587

ELIGIBILITY:
- Single people 12-18
- Alcohol and drug users accepted
**MORNING STAR**

Morning Star Avenue, Dublin 7.
- Tel: 01 8723401

ELIGIBILITY:
- Homeless men with low support needs
- No drug users

**REGINA COELI HOSTEL**

Morning Star Avenue, Dublin 7.
- Tel: 01 872 3142

ELIGIBILITY:
- Homeless women over 18 with or without children
- Active alcohol and drug users accepted

**SANCTA MARIA**

7 Charlemont Street, Dublin 2.
- Tel: 01 475 0674
- Fax: 01 881 5215

ELIGIBILITY:
- Single homeless men over 18
- Alcohol and drug users accepted

**YORK HOUSE**

Longford Street Little, Dublin 2.
- Tel: 01 476 3337
- Fax: 01 475 1165

ELIGIBILITY:
- Single Men over 25
MANAGING YOUR MENTAL HEALTH

WHAT IS MENTAL HEALTH?

When we hear the term mental health, many of us think of mental illness. Mental health is far more than the absence of mental illness and has to do with many aspects of our lives including:

- How we feel about ourselves
- How we feel about others
- How we are able to meet the demands of life.

HOW DO I MANAGE MY MENTAL HEALTH?

The most important thing is to develop a healthy lifestyle. The following suggestions may prove helpful.

To enjoy good mental health, it is essential to maintain a realistic but positive view of oneself. The way we view ourselves has a direct bearing on what we believe which can affect relationships and our expectations of the world.

SELF ESTEEM

When we hold ourselves in high self esteem, we can live comfortably with both our strengths and weaknesses because we accept and respect ourselves.

We have the ability to:
- Feel secure
- Trust ourselves and others
- Enjoy life
- Accept credit for what we do
- Feel confident
- Be decisive
- Be assertive
- Communicate effectively
- Respect self and others

TIPS FOR POSITIVE SELF ESTEEM:

- Take time out for yourself, exercise and eat healthily on a daily basis
- Set regular achievable goals by deciding what you want
- Replace negative self talk and self doubt with encouraging and positive messages like – I can, I will, I am able, I will succeed
- Develop positive attitudes
**DIET**

Our brain needs a constant flow of energy in the form of glucose to nourish the millions of cells. However, glucose alone cannot sustain us and we need a supply of other ingredients such as vitamins, minerals, essential fats and protein. Some foods can be high in fuel or energy but low in these essential ingredients.

What we eat has a major affect on our general health both physically and mentally. Achieving balance in our diet is important. Where possible eat a variety of freshly prepared nutritious foods. Some people find that their mood effects their appetite, comfort eating when feeling low or bored, or having no appetite when feeling anxious or depressed.

**TIPS FOR A HEALTHY DIET:**

- Eat a variety of foods – meat, fish, vegetables, fruit
- Eat plenty of carbohydrates for energy – bread, potatoes, rice, pasta
- Restrict fatty and sugary foods – chips, biscuits, chocolate, fizzy drinks
- A regular intake of vitamin B & C can help combat stress. Vitamin B can be found in green leafy vegetables, wholemeal bread and butter. Vitamin C can be found in fresh fruit, orange juice, blackberries.
- A high fibre diet helps to cleanse the system – whole wheat, bran, vegetables.
- Drink plenty of fresh water. Too much tea and coffee over-stimulates the system.
- Try to avoid rushed meals. Sit down, relax and enjoy your meal.
- Remember eating should be a pleasant experience.

**SLEEP**

We spend approximately one third of our lives asleep. Along with food, water and shelter, sleep is essential for normal functioning. The amount of nightly sleep that we require varies from person to person. Although there is no ‘normal’ length of good night’s sleep for a given age group, sleeping requirements generally decrease with age. Adults sleep on average between 7 to 8 hours each night. The quality of sleep is also important for a person to wake feeling refreshed and rested. The function of sleep is to let the body repair itself both physically and mentally.

**TIPS TO HELP YOU SLEEP:**

- Don’t catnap during the day! This can really mess up your nights sleep.
- Avoid tea, coffee or cola after 7pm. Caffeine can disturb your nights sleep by both keeping you awake and encouraging night trips to the loo! Alternatives such as hot milk or camomile tea are much more useful in promoting sleep.
SLEEP (Contd.)

- Plan your sleep! In planning for sleep, think about relaxing a half an hour before bedtime. Sometimes a bath can help, particularly if you add some lavender bubble bath!
- Try to keep cigarette smoking to a minimum prior to going to bed. Despite what people think, nicotine does not help relax a person. In fact, nicotine is a stimulant, which can actually keep you awake!
- Avoid alcohol! Alcohol leads to disturbed sleep patterns and can make you wake early in the morning with mild withdrawal symptoms.
- Avoid mental stimulation at bedtime such as reading, T.V., Work and Light. If you find that your having difficulties, try to use some of the relaxation techniques you were taught while in hospital.
- Try to keep your room well ventilated and at a comfortable temperature.
- Lavender essential oil or incense really works! Just put a few drops on to your pillow at night or burn some in an oil burner for a really peaceful nights sleep.
- Try to get your old sleeping routine back and re establish your old pattern.
- Remember, the more you try to force yourself to fall asleep, the harder sleep will be to achieve! The less worried you are the more likely you are to do so.
- Take sleeping medication/hypnotics as advised by your doctor. Try to take sleeping tablets a half an hour before you intend to go to sleep, as the effect of the sleeping pill may wear off, if left any longer.

COMMUNICATION

Keeping lines of communication open is important - sharing ideas, expressing opinions or just an encouraging smile. Some people feel a little bit shy in certain situations which is quite common. Being able to express your feelings, disappointments and joys is essential to good mental health.

TIPS FOR GOOD COMMUNICATION:

- Adopt a relaxed posture
- Make eye contact and speak slowly
- Try not to become too self conscious
- Listen carefully to what is being said or asked
- If you are not clear, ask the person to repeat the question
- Don’t feel the need to fill silences in conversation
- When making inquiries try some ‘open questions’ (open questions cannot be answered with a simple yes or no)
If something ‘comes out the wrong way’, say so and correct it.
Humour is a great communications tool.
Some people may find it easier to use the phone.
Remember, silence is o.k. - don’t be afraid of it.
Become involved with a sport or project in your area - having a shared interest is the best way to open conversation.

If you are concerned about your health, relationships or have financial worries, talk to someone you can trust and feel comfortable with - a close friend, a family member or your doctor.

RELATIONSHIPS
How we feel about ourselves has a direct bearing on how we relate to others. Having healthy, satisfying relationships is important. Some basic ingredients are trust, honesty and respect. These features are mutual and two-way. Friends and family members can be a great source of comfort and support in times of distress. Remember the best way to make friends is to be one.

ALCOHOL AND TOBACCO/NICOTINE

ALCOHOL
Alcohol is widely used in many cultures as a means to relax and enjoy a social occasion, and has become an integral part of modern living but alcohol is not necessary in order to develop social relationships.

The early warning signs of alcohol dependence are important to note. When a person loses control over their drinking, they can often become defensive or secretive about the extent of their problem. The sensitive but honest support of friends and family is essential if alcohol abuse is to be successfully addressed. Alcohol should never be taken with medication. Never drink and drive. Consult your doctor for advice on the safe use of alcohol.

SMOKING
Smoking is harmful to your health. The dangers associated with cigarette smoking are well known, Smoking is known to lead to an increased risk of cancer, heart and lung disease. Other unpleasant effects include discolouring of fingers and teeth; an increase in your pulse and blood pressure; a stale odour on your breath, hair and clothes.
Cigarette smoking can effect the health of other family members especially children (passive smoking).

Addiction to nicotine can make giving up difficult – but it is never too late to try. There is help available from the Department of Health & Children (Smoking Cessation Programme) if you would like to quit.

EXERCISE / RELAXATION

EXERCISE
Exercise helps to reduce stress and work off muscle tension. Physical activity is known to stimulate the release of endorphins (a brain chemical) which gives a natural feeling of health and well being. Start gently and build up to a pattern of 20 minutes per day of exercise. A brisk walk can be a good starting point. Taking part in sport also improves your social circle and can be a great way to meet new friends with a common interest.

RELAXATION
As life becomes busy and hectic, finding time to relax is difficult. Take at least 20 minutes a day for relaxation. Always plan your time to relax, otherwise it may not happen. Relaxation can be a few moments of quietness or simply enjoying a hobby or interest.
## SUICIDE – FACT & FICTION

<table>
<thead>
<tr>
<th>FICTION</th>
<th>FACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>People who talk about it don’t die by suicide</td>
<td>Most people who kill themselves have given definite warnings of their intention</td>
</tr>
<tr>
<td>Suicidal people are absolutely intent upon dying.</td>
<td>Most suicidal people are ambivalent about living or dying; they gamble with death but may retain the desire to live.</td>
</tr>
<tr>
<td>Suicide happens without warning.</td>
<td>Suicidal people often give indicators of thoughts (sometimes before the thoughts become intentions) by words or actions.</td>
</tr>
<tr>
<td>Once a person becomes suicidal he/she is suicidal forever.</td>
<td>Suicidal thoughts may return, but they are not permanent and, in some people they may never return.</td>
</tr>
<tr>
<td>After a crisis, improvement means that the suicide risk is over.</td>
<td>Many suicides occur in a “period of improvement” when the person has energy and the will to turn despairing thoughts into self-destructive action.</td>
</tr>
<tr>
<td>Suicide occurs mainly among the rich/the poor.</td>
<td>Suicide occurs in all groups in society.</td>
</tr>
<tr>
<td>Suicidal behaviour is a sign of mental illness.</td>
<td>Suicidal behaviour indicates deep unhappiness but not necessarily mental illness.</td>
</tr>
<tr>
<td>You are either the suicidal type or you’re not.</td>
<td>It could happen to anybody.</td>
</tr>
</tbody>
</table>
SIGNS OF SUICIDAL INTENT

SUICIDE RISK IS GREATER WHERE THERE IS:

- Recent loss or the break-up of a close relationship
- Current or anticipated unhappy change in health or circumstances, e.g. retirement or financial problems.
- Painful and/or disabling physical illness
- Heavy use of, or dependency on, alcohol/other drugs
- History of earlier suicidal behaviour
- History of suicide in the family
- Depression

PEOPLE OFTEN SHOW THEIR SUICIDAL FEELINGS BY:

- Being withdrawn and unable to relate
- Having definite ideas of how to commit suicide and maybe speaking of tidying up affairs, or giving other indications of planning suicide
- Talking about feeling isolated and lonely
- Expressing feelings of failure, uselessness, hopelessness or loss of self-esteem
- Constantly dwelling on problems for which there seem to be no solutions
- Expressing the lack of supporting philosophy of life, such as a religious belief
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