

personal message

No matter the problem, there's always someone there who will understand or alone - let someone know.

We recommend you keep this guide close at all times, you never know when you or a friend might need it!

I need help now

24 HOUR HELPLINES:
 Childline.....1800 66 66 66
 Samaritans.....116 123
 1life.....1800 24 71 00

ACCIDENT & EMERGENCY:
 Loughlinstown Hospital.....(01) 282 5800
 St.Vincent's Hospital.....(01) 221 4000
 Tallaght Hospital.....(01) 414 2000
 Beaumont Hospital.....(01) 809 3000
 Mater Hospital.....(01) 803 2000

EMERGENCY SERVICES DIAL 999 OR 112

Homeless Service: 1800 707 707

want to talk?

CHILDLINE: Empowers and supports children.
 1800 66 66 66 www.childline.ie

SAMARITANS: 24-hour help if you are feeling distressed or despair.
 116 123 www.dublinsamaritans.ie

1Life: Feeling suicidal, in crisis or worried about a friend
 1850 247 100 Txt 'help' to 51444

TEENLINE: (8 - 11pm, 7 days a week) need someone to talk to?
 1800 833 634 www.teenline.ie

AWARE: Assists and supports people suffering with depression.
 1800 80 48 48 www.aware.ie

ONLINE SUPPORTS
www.reachout.com www.yourmentalhealth.ie
www.spunout.ie www.pleasetalk.ie

mind your head

TEEN COUNSELLING: Provides counselling for teenagers.
 (01) 557 4705 www.crosscare.ie

PIETA HOUSE: Treatment for those who self-harm or suffer from suicidal ideation.
 (01) 601 0000 www.pieta.ie

GROW: Helps people who are or have suffered from mental health problems.
 1890 474 474 www.grow.ie

DETECT: Treating psychosis in young people.
 (01) 279 1700 www.detect.ie

SOLAS Bereavement Service for Children:
 (01) 473 2110 www.barnardos.ie

BETHANY Bereavement Support:
 087 990 5299 www.rainbowsireland.ie

RAINBOWS: Supporting children and young people affected by loss.
 (01) 473 4175 www.rainbowsireland.ie

BODYWHYS: Supporting people affected by eating disorders.
 1890 200 444 www.bodywhys.ie

addiction

SMOKERS QUITLINE: www.quit.ie 1850 201 203

ALCOHOLIC ANONYMOUS: Self-help support group.
www.alcoholicsanonymous.ie (01) 842 0700

ALALTEEN: Support for teenagers affected by someone's drinking.
 (01) 873 2699

HSE NATIONAL DRUGS & ALCOHOL HELPLINE:
 1850 459 459 www.drugs.ie

HSE ADDICTION COUNSELLING SERVICE: (01) 280 3335

NARCOTICS ANONYMOUS: self-help support group for recovering addicts
 (01) 672 8000 www.na-ireland.org

GAMBLERS ANONYMOUS:
 (01) 872 1133 www.gamblersanonymous.ie

relationships

BEFORE YOU DECIDE: The facts without the lecture www.b4udecide.ie

CRISIS PREGNANCY:
txt 'list' to 50444 www.positiveoptions.ie

GUIDE CLINIC: St. James Hospital; Free walk-in sexual health service
(01) 416 2315 www.guidelclinic.ie

BELONGto: support for gay, lesbian and bisexual young people
(01) 670 6223 www.belongto.org

FAMILY

PARENTLINE: Parentline is a confidential helpline for parents & guardians.
1890 927 277 www.parentline.ie

ONE FAMILY: Support one parent families. 1890 662 212 www.onefamily.ie

personal safety

NATIONAL SEXUAL VIOLENCE/ RAPE CRISIS HELPLINE:
1800 77 88 88 www.drcc.ie

SEXUAL ASSAULT TREATMENT UNIT: Rotunda Hospital, Dublin 1.
(01) 817 1736

AMEN Male Victims of Domestic Abuse:
046 902 3718 www.amen.ie

WOMEN'S AID: For victims of domestic violence.
1800 341 900 www.womensaid.ie

ONE IN FOUR: A support to victims of sexual abuse, and their families.
(01) 662 4070 www.oneinfour.ie

CARI FOUNDATION (Children at Risk in Ireland):
1890 924 567 www.cari.ie

NATIONAL ASSOCIATION FOR VICTIMS OF BULLYING: 057 933 1590

CRIME VICTIMS HELPLINE: 116 006 www.crimevictimshelpline.ie

Crosscare supports

PREVENTION & HOMELESS SERVICES
Residential, Aftercare, Info & Advocacy

COMMUNITY SERVICES
Community College, Info & Advocacy, Drugs & Alcohol, Area-Based Services

FOOD SERVICES
Meals on Wheels, Food Banks, Community Cafes

YOUTH SERVICES
Youth Work, Teen Counselling, Outdoor Learning, Youth Info
Ph: (01) 836 0011 www.crosscare.ie

OTHER SUPPORTS

NATIONAL EDUCATION WELFARE BOARD: (01) 873 8700 www.newb.ie

FLAC (Free Legal Advice Centre): 1890 350 250 www.flac.ie

MABS (Money Advice Bureau): 0761 07 2000 www.mabs.ie

ST VINCENT DE PAUL: (01) 838 6990 www.svp.ie

THRESHOLD: Accommodation Rights 1890 334 334 www.threshold.ie

While every attempt was made to ensure that the information was accurate before going to print, the Crosscare Youth Information Service accepts no responsibility for errors or omissions. If your group or organisation has not been listed and you wish to be included in our subsequent editions, please contact us.

Crosscare Youth Information Service

Clondalkin Youth Info
Monastery Rd,
Clondalkin,
Dublin 22
Ph: (01) 459 4666

Dun Laoghaire Youth Info
Boylan Centre, Sussex St
Dun Laoghaire,
Co. Dublin
Ph: (01) 284 4085

Co. Wicklow Youth Spin
St. Brincins, Herbert Rd,
Bray,
Co. Wicklow
Ph: (01) 205 0502

youthinfo@crosscare.ie

LOVE, RESPECT & EXCELLENCE

cross  care

Social Support Agency of the
Catholic Archdiocese of Dublin

THE little BOOK OF SUPPORT