

Dublin City Centre **Support Services** **Available**



Support Services Available: Dublin City Centre



Health Services Available:

- One in Four

 Tel: 01 662 4070  info@oneinfour.ie


One in Four is the national charity for the support of survivors of sexual abuse.

- Aware

 Tel: 1890 303 302  supportmail@aware.ie


Providing support to those affected by depression. (Over 18's) Helpline running from 10am-10pm, Monday to Friday.

- Rape Crisis Help

 Tel: 1800 778 888 (24/7)

To help and support anyone who has experienced sexual violence of any kind. This may have been recently, some years ago or in childhood. Webchat support, one-to-one counselling and other services.

- Pieta House


 Tel: 1800 247 247 or Text HELP to 51444

Pieta House is the centre for the prevention of self-harm or suicide.

- LGBT Helpline

 Tel: 1890 929 539  info@lgbt.ie

- HSE Infoline

 Tel: 1850 24 1850

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Social Support Services Available:

- Crime Victims Helpline



Tel: Freephone 116006 or Text on 085 133 7711
23 / 5406

The Crime Victims Helpline is a national support service for victims of crime in Ireland. We provide time and space for you to talk about your experience in confidence.

- Friends of The Elderly



Tel: 01 873 1855



info@friendsoftheelderly.ie

A friendly call Service offers older people an opportunity to receive a regular telephone call from trained volunteers. The aim of the call is to share conversation and offer support and understanding. The service is available to anyone who is experiencing loneliness or isolation.



Youth Services Available:

- Childline



Freephone 1800 66 66 66 or Text "Talk" to 50101 or by Webchat.

Childline is for all children and young people up to the age of 18. You can talk with Childline in confidence.

- Children at Risk Ireland (CARI)



Tel: +353 (0)1 830 8529





info@cari.ie

Support Services Available: Dublin City Centre



Financial Support Available:

- Threshold

 Tel: 1800 454 454 (9am – 9pm)  advice@threshold.ie


Threshold is a national housing charity that campaigns for the rights of tenants, works to end homelessness, provides free and confidential advice and tenancy protection services to people with housing problems.

- Aware

 Tel: 1890 303 302  supportmail@aware.ie

Providing support to those affected by depression. (Over 18's) Helpline running from 10am-10pm, Monday to Friday.

- Money Advice and Budgeting Service

 Helpline: 0818 07 2000 or
Watsapp 086 035 3141 Mon - Fri 9am - 8pm

MABS is the Irish money advice service supporting people with money advice, budgeting, and problem debt. We're here if you're struggling with debt and need help. You can get impartial advice from MABS to help you manage your money and take control of debt. We offer support online, over the phone and face to face.