

14. Support Groups

- 14-A Support Groups for People with Mental Illness**
- 14-B Support Groups for People with a Disability**
- 14-C Support Groups for Victims of Domestic, Sexual or Institutionalised Abuse**
- 14-D Support Groups for the Older People**
- 14-E Support Groups for Travellers**
- 14-F Support Groups for Gay, Lesbian, Bisexual and Transgendered People**
- 14-G Support Groups for People with HIV or AIDS**
- 14-H Support Groups for People with Drug and Alcohol Addictions**
- 14-i Support Groups for People Affected by Suicide**
- 14-J Other Useful Support Groups**

14. Support Groups

14A. Support Groups for People with Mental Illness

If you require further information on mental health issues and emotional supports, the following is a list of agencies that may be able to assist you.

IRISH ADVOCACY NETWORK

The Irish Advocacy Network provides information and support for Mental Health service users and survivors. They support people in speaking up for themselves and in achieving empowerment by taking control of their own lives. For further information contact: Irish Advocacy Network, National Office, Old Rooskey House, Co. Monaghan. Tel: + 353 47 38682 Web: www.irishadvocacynetwork.com

MENTAL HEALTH IRELAND

Mental Health Ireland 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. For further information contact:

Mental Health Ireland, Mensana House, 6 Adelaide Street, Dun Laoghaire, Co Dublin. Tel: + 353 1 284 1166 Web: www.mentalhealthireland.ie

GROW

GROW is a Mental Health Organisation which helps people who have suffered, or are suffering, from mental health problems. Members are helped to recover from all forms of mental breakdown, or indeed, to prevent such happening. For further information contact: GROW, 11 Liberty St, Cork. Tel: + 353 21 427 3508 Info line: 1890 474 474 Web: www.grow.ie

14. Support Groups

14B. Support Groups for People with a Disability

If you have a disability and require further information, the following is a list of agencies that might be helpful

AHEAD: Association for Higher Education Access and Disability

AHEAD is an independent non-profit organisation working to promote full access to and participation in third level education for students with disabilities in Ireland. For further information contact: Ahead, Newman House, 86 St. Stephen's Green, Dublin 2. Tel: + 353 1 475 2386. Web: www.ahead.ie

CEDAR

Cedar is a project of CROSSCARE and its vision is to raise awareness and change attitudes of people to those with disabilities within the parish communities throughout the Dublin Diocese. CEDAR's mission is to facilitate the inclusions and participation of people of all different abilities in the life of the church. For more information, you should contact: CEDAR Project, CROSSCARE, The Red House, Clonliffe College, Dublin 3. Tel: + 353 1 836 0011 Web: www.crosscare.ie

CENTRE FOR INDEPENDENT LIVING (CIL)

The Centre for Independent Living provides support for people with disabilities to live and work in the community. If you require further information, contact: CIL, Carmichael House, North Brunswick Street, Dublin 7. Tel: + 353 1 873 0986. Web: www.dublincil.org

Central Remedial Clinic (CRC)

The Central Remedial Clinic is a non-residential national centre for the care, treatment and development of children and adults with physical disabilities. For further information contact: Central Remedial Clinic, Vernon Avenue, Clontarf, Dublin 3. Tel: + 353 1 805 7400. Web: www.crc.ie

14. Support Groups

14B. Support for People with a Disability

Disabled Drivers Association of Ireland (DDAI)

This is an organisation of disabled people working for disabled people, promoting independence and equal opportunity through mobility. The association provides extensive information, advice and support services to members. Through its subsidiary, Ability Enterprises, it provides education, training and employment opportunities for its members. For further information, contact: Ability Enterprises, Ballindine, Claremorris, Co. Mayo. Tel + 353 94 64 054. Web: <http://www.iol.ie/~ability>

Irish Deaf Society (IDS)

The Irish Deaf Society (IDS) is the national representative organisation of deaf and hard of hearing people, serving the interest and welfare of the deaf community. The organisation strives to highlight the societal needs of the Deaf community, and advocates on their behalf. For further information, contact: Irish Deaf Society, 30 Blessington Street, Dublin 7. Tel: + 353 1 860 1878 Web: www.irishdeafsociety.ie

Irish Wheelchair Association (IWA)

The Irish Wheelchair Association is the national organisation for people with limited mobility. For more information, contact: IWA, Áras Chúchulainn, Blackheath Drive, Clontarf, Dublin 3. Tel: + 353 1 818 6400 Web: www.iwa.ie

NAMHI

NAMHI is the national association for people with an intellectual disability. It is the coordinating body for over 160 organisations in Ireland involved in supporting people with an intellectual disability. It aims to promote the rights of people with disabilities to ensure their full and equal participation in society. For more information contact: NAMHI, 5 Fitzwilliam Place, Dublin 2. Tel: + 353 1 676 6035 Web: www.namhi.ie

National Association for Deaf People (NAD)

NAD is Ireland's foremost provider of services to deaf and hard of hearing people. It has a national network of resource centres providing a range of accessible services to the deaf and hard of hearing community. For more information contact: National Association for Deaf People, 35 North Frederick Street, Dublin 1. Tel: + 353 1 817 5777. Web: www.nad.ie

14. Support Groups

14B. Support Groups for People with a Disability

National Council for the Blind in Ireland

The National Council for the Blind promotes full independence of people with impaired vision and aims to minimise the disabling effects of vision impairment. NCBI operates an employment support unit and job seeking skills programme, as well as the provision and distribution of aids for the home, classroom and work environments. For further information contact: NCBI, Whitworth Road, Dublin 9. Tel + 353 1 830 7033. Web: www.ncbi.ie

14. Support Groups

14C. Support Groups for Victims of Domestic, Sexual or Institutionalised Abuse

If you require further information on supports available for people who are or have been victims of domestic, sexual or institutionalised abuse, the following is a list of agencies that may be able to assist you.

ADAPT

ADAPT provides refuge and support for women survivors of domestic abuse and their children. Helpline and Refuge open 24 hours a day. For further information contact: Adapt House, Rosbrien, Limerick. Tel: + 353 61 412 354

AMEN

AMEN is a voluntary group that provides a confidential helpline, support and advice service for male victims of domestic abuse and their children. For further information contact: AMEN, 9 – 10 Academy St, Navan, Co. Meath. Tel: + 353 46 902 3718
Web: www.amen.ie

ONE IN FOUR

One in Four offers support to men and women who have experienced sexual abuse and sexual violence. One in Four provides a unique service to individuals through individual psychotherapy, group therapy, advocacy/support, open evenings, help line support. For further information contact: One in Four, 2 Holles St, Dublin 1. Tel: + 353 1 662 4070
Web: www.oneinfour.org

WOMEN'S AID

Women's Aid is a voluntary organisation that provides information and support to women and children who are being physically, emotionally and sexually abused in their homes. For further information contact: Women's Aid, 47 Old Cabra Road, Dublin 7
Tel: + 353 1 8684721 Web: www.womensaid.ie

14. Support Groups

14C. Support Groups for Victims of Domestic, Sexual, or Institutionalised Abuse

NOVA

NOVA is the National Office for adults who have experienced childhood abuse in Ireland. The aim of NOVA is to provide information and advice in an independent and impartial manner to persons on the overall Government Strategy to support persons whom as children were abused while residing under the care of the Irish State. For further information contact: NOVA, 19 Upper Ormond Quay, Dublin 7. Tel: + 353 872 8482 Fax: + 353 1 872 8488 Freephone: 1800 252 524 (from Ireland only) Web: www.nova.ie

FAOISEAMH

Faoiseamh is a help line service available to victims of child sexual abuse. Faoiseamh's opening hours are Monday and Wednesday 11am – 8pm and Fridays 11am – 4pm. Tel: 1800 331 234 (from Ireland only) 0800 973 272 (from Northern Ireland or Great Britain).

14. Support Groups

14D. Support Groups for Older People

The following is a list of agencies that support the needs of Older People. If you require more information, you should contact:

AGE ACTION IRELAND

Age Action Ireland is an organisation that aims to improve the quality of life of older people, especially those who are most vulnerable and frail, by enabling them to live full independent and satisfying lives. For further information contact: Age Action Ireland, 30 –31 Lower Camden St, Dublin 2. Tel: + 353 1 475 6989 Web: www.ageaction.ie

ALONE

Alone promotes awareness of older people's problems; rescues those in need, visits and provides necessities for life. For further information contact: Alone, 1 Bermingham Place, Kilmainham Lane, Dublin 8. Tel: + 353 1 6791032 Web: www.alone.ie

GO FOR LIFE

Go for Life is the national programme for sport and physical activity for older people. The aim of Go for Life is to involve more older adults in all aspects of sport and physical activity more often. The thrust of the programme is to empower and enable older people by reaching out to active retirement associations, senior citizens groups, day care and community centres around the country, to ensure that more older people are more active, more often. For more information contact: Go For Life, Marino Institute of Education, Griffith Av. Dublin 9. Tel: + 353 805 7733

Web: www.olderininireland.ie/physicalactivity

OLDER WOMEN'S NETWORK (OWN)

The Older Women's Network (OWN) seeks to bring older women together to share interests and to be a voice for older women, aiming to influence policy-making. For more information you should contact: OWN, Senior House, All Hallows College, Grace Park Road, Dublin 9. Tel: + 353 1 884 4536 Web: www.olderinireland.ie/own

IRISH ASSOCIATION OF OLDER PEOPLE

The Irish Association of Older People advocates and supports active participation of older people in social, economic, cultural and spiritual life at local, national and European level. For more information you should contact: Irish Association of Older People, Room B15, University College, Earlsfort Terrace, Dublin 2.

Tel: + 353 1 475 0071 Web: www.olderpeople.ie

14. Support Groups

14D. Support Groups for Older People

FEDERATION OF ACTIVE RETIREMENT ASSOCIATIONS (FARA)

The Federation of Active Retirement Associations (FARA) is the umbrella body for Ireland's active retirement movement. There are approximately 100 local active retirement associations around Ireland, with approximately 11,000 members. FARA can put you in touch with your local active retirement association or give you advice on setting up a new group. If you would like further information, you should contact: FARA, 1 –2 Eustace St., Dublin 2. Tel: + 353 1 679 2142 Web: www.fara.ie

14. Support Groups

14E. Support Groups for Travellers

The following is a list of agencies that support the needs of Travellers. If you require more information, you should contact

IRISH TRAVELLER MOVEMENT (ITM)

The Irish Traveller Movement (ITM) is a national network of organisations and individuals working within the Traveller community. ITM was established in 1990 and now has over eighty Traveller organisations from all parts of Ireland in its membership. For further information contact: Irish Traveller Movement, 4/5 Eustace St, Dublin 2. Tel: + 353 1 679 6577 Fax: + 353 1 679 6578 Web: www.itmtrav.com

PAVEE POINT

Pavee Point is a partnership of Irish Travellers and settled people working together to improve the lives of Irish Travellers through working towards social justice, solidarity, socio-economic development and human rights. For further information contact: Pavee Point, 46 North Great Charles Street, Dublin 1. Tel: + 353 1 878 0255 Fax: + 353 1 874 2626 Web: www.paveepoint.ie

TRAVELLER PROGRAMME

Through its three main areas of work, accommodation, education and integration, the Traveller Programme aims to promote Traveller inclusion in Irish society. The Traveller Programme is a project of CROSSCARE. For more information, you should contact: The Traveller Programme, Crosscare, The Red House, Clonliffe College, Dublin 3. Tel: + 353 1 836 0011 Web: www.crosscare.ie

14. Support Groups

14F. Support Groups for Gay, Lesbian, Bisexual and Transgendered People

The following is a list of agencies that support the needs of Gay, Lesbian, Bisexual and Transgendered people in Ireland. If you require more information, you should contact:

OUTHOUSE

Outhouse is a community resource center for gay, lesbian, bisexual and transgendered people, friends, families and supporters, serving the Greater Dublin area and Eastern Region. Services provided include information, support and referral. For further information contact: Outhouse, 105 Capel Street, Dublin 1. Tel: + 353 1 873 4932 Fax: + 353 1 865 0090 Web: www.outhouse.ie

GAY SWITCHBOARD DUBLIN

A registered charity, Gay Switchboard Dublin is a voluntary body which operates a number of services to help those with issues relating to their sexuality. They provide non-directive, non-judgmental counselling, befriending, support and a general information service to the gay and lesbian community, to anyone who has issues relating to their sexuality and to their parents, families and friends. For further information you should contact: Gay Switchboard Dublin, Carmichael House, North Brunswick St., Dublin 7. Tel: + 353 1 872 1055 Fax: + 353 1 873 5753 Web: www.gayswitchboard.ie

GLEN (Gay & Lesbian Equality Network)

GLEN campaigns for changes in legislation and social policy in Ireland - in order to advance equality for lesbian, gay and bisexual (LGB) people. Since 1988 GLEN has played a pivotal role in wide ranging work done to dismantle legal discrimination against LGB people and to promote equality, and safeguard human rights. For further information contact: GLEN, Tower 1, Fumbally Court, Fumbally Lane, Dublin 8. Tel: + 353 1 415 8411 Web: www.glen.ie

14. Support Groups

14G. Support Groups People with HIV or AIDS

The following is a list of agencies that support the needs of people with HIV or AIDS in Ireland. If you require more information, you should contact:

CORK GAY MEN'S HEALTH PROJECT

Provides information, support and education on issues relating to sexual health, lifestyle and sexuality. Other services include one-to-one counselling, support, drop-in, prevention, outreach, helpline, addiction services and a variety of support and self-awareness groups. For more information contact: Cork Gay Men's Health Project, 8 South Street, Cork. Tel: + 353 21 427 8470. Helpline: + 353 21 247 1087

DUBLIN AIDS ALLIANCE

Established in 1987, Dublin Aids Alliance (DAA) is a voluntary organisation working to improve conditions for people living with, or affected by, HIV/AIDS.

For further information contact: Dublin Aids Alliance, The Eriu Centre, 53 Parnell St., Dublin 1. Tel: + 353 1 873 3799 Fax: + 353 1 873 3174

Web: www.dublinaidsalliance.com

OPEN HEART HOUSE

Open Heart House is a member-led organisation with a mission to empower and enhance the lives of people living with HIV and AIDS. The centre encourages a positive approach to living with HIV and AIDS through facilitating a supportive network of peers nationwide in an environment of confidentiality and safety. Open Heart House provides a range of support services to people living with and affected by the virus regardless of race, religion, age, sexual orientation, gender or disability status. Open Heart House, No2 Saint Mary's Place, Dublin 7. Tel: + 353 1 830 5000 Web: www.openhearthouse.ie

CAIRDE

Cairde is a non-governmental organisation working to reduce health inequalities among ethnic minorities. Cairde is committed to supporting the participation of communities to enhance their own health. For more information contact: Cairde, 19 Belvedere Place, Dublin 1. Tel: + 353 1 855 2111 Web: www.cairde.ie

14. Support Groups

14H. Support Groups People with Drug and Alcohol Addictions

The following is a list of agencies that offer emotional supports to people with alcohol or drug addictions in Ireland. If you require more information, you should contact

ALCOHOLICS ANONYMOUS (AA)

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership. The primary purpose is to stay sober and help other Alcoholics to achieve sobriety. For further information contact: AA, 109 South Circular Road, Leonard's Corner, Dublin 8. Tel: + 353 1 453 8998 Fax: + 353 1 453 7673 Web: www.alcoholicsanonymous.ie

NARCOTICS ANONYMOUS

Narcotics Anonymous is a group of recovering addicts who have found a way to live without the use of drugs. Membership is free; the only requirement is a desire to stop using drugs. For further information contact: Narcotics Anonymous, 4/5 Eustace Street, Dublin 2. Tel: + 353 1 672 8000. Web: www.na.ireland.org

THE DRUG AWARENESS PROGRAMME

The Drug Awareness Programme (DAP) aims to provide quality drug education, training and support services which develop knowledge and skills in order to enhance competencies and capacities in a variety of settings and sectors. A project of Crosscare, DAP offers a wide range of services: Drug education, training, information, support, counselling and consultancy. For further information contact: The Drugs Awareness Programme, Crosscare, The Red House, Clonliffe College, Dublin 3. Drugs/HIV Help line: 1800 459 459 (from Ireland only) Tel: + 353 1 836 0911 Fax: + 353 1 836 0745 Web: www.dap.ie

14. Support Groups

14i. Support Groups for People Affected by Suicide

The following is a list of agencies that support the needs of people who have been affected by suicide in Ireland. If you require more information, you should contact

AWARE

Aware is a voluntary organisation formed in 1985 by a group of interested patients, relatives and mental health professionals, whose aims are to assist that section of the population whose lives are directly affected by depression. For further information contact: Aware, 147 Phibsborough Road, Dublin 7. Tel: + 353 1 830 8449 Fax: + 353 1 830 6840 Web: www.iol.ie/aware/

CONSOLE

Free one-on-one counselling service for anyone affected by suicide. Also run therapeutic support groups and courses (free of charge). Provide referral service. For further information contact: All Hallows College, Drumcondra, Dublin 9. Tel: 1800 201 890 (24 hour helpline service from Ireland only). Tel: + 353 1 857 4300 Fax: + 353 1 857 4310 Web: www.console.ie

THE SAMARITANS

Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide. The Samaritans operate a 24 Hour helpline on 1850 60 90 90 (Helpline service from Ireland only). The Samaritans have drop-in centres in Athlone, Cork, Drogheda, Dublin, Ennis, Galway, Kilkenny, Limerick, Newbridge, Sligo, Tralee and Waterford.

For more information visit the Samaritans' website: www.samaritans.org

14. Support Groups

14J. Other Useful Support Groups

EAN (Emigrant Advice Network)

EAN, the emigration network provides support for emigration and return migration information providers in Ireland and abroad as well as individuals and academics interested in the topic by facilitating and exchange of information and good practice. It aims to raise awareness of emigration and issues arising from it. For more information, you should contact: EAN, 30 Carmichael House, North Brunswick Street, Dublin 7. Tel: + 353 1 877 9011 Web: www.ean.ie

CATHOLIC IRELAND.NET

The aim of this website is to service the whole Catholic community in Ireland through the provision of substantial and varied online resources. For more information contact: Catholic Ireland.net, 36 Lower Leeson St, Dublin 2.

Tel: + 353 1 663 3900 Fax: + 353 1 676 2984 Web: www.catholicireland.net

IECE (Irish Episcopal Commission for Emigrants)

The Irish Episcopal Commission for Emigrants (IECE) co-ordinates the Irish Church's response to the various needs of Irish emigrants abroad. The Church seconds over 50 Irish priests and religious as chaplains and contacts for emigrants in Britain, mainland Europe and the United States, providing a variety of services to thousands of Irish emigrants each year. For more information contact: IECE, Columba Centre, Maynooth, Co. Kildare. Tel: + 353 1 505 3155 Fax: + 353 1 601 6401

ICPO (Irish Commission for Prisoner's Overseas)

The Irish Commission for Prisoners Overseas (ICPO) is a voluntary agency that provides assistance to Irish prisoners overseas and to their families in Ireland. It provides relevant information to prisoners and groups caring for their welfare. The ICPO focuses public attention on issues affecting Irish prisoners overseas as well as seeking justice and human rights for Irish emigrants and prisoners on an international level. For more information contact: ICPO, Columba Centre, Maynooth, Co Kildare Tel: + 353 1 505 3156 Fax: + 353 1 601 6401

OR in the UK: ICPO Office, 50-52 Camden Square, London NW1 9XB, Tel: + 44 207 482 4148 Fax: + 44 207 482 4815

14. Support Groups

14J. Other Useful Support Groups

Citizen Information Centre (CIC)

Citizens Information Centre (CIC) are centres located around Ireland that provide free, impartial and confidential information. They provide integrated information across the full range of state services and entitlements as well as local services and supports. For more information on your nearest CIC look in your local telephone directory or contact The Citizens Information Board: Tel: + 353 1605 9000 Web: www.citizensinformation.ie

Youth Information Centre (YIC)

Youth Information Centres are centres located around Ireland that provide free, confidential information for young people and for people who work with young people. They hold information on subjects like education, employment, careers, rights and entitlements, sport, leisure, travel and European opportunities for young people. For more information on your nearest YIC look in your local telephone directory or go on line: Web: www.youthinformation.ie/ireland/list.html