

## SUPPORT SERVICES

The following is a list of available support group and services in Ireland. This is not a complete list of support services. Your local HSE Health Office will be able to provide more information about support services available in your area. Call 1850 700 700 or go to the HSE website for contact details: [www.hse.ie](http://www.hse.ie).

If you feel the need to speak with someone about any issues affecting you, you may call any of the following helplines:

### Helplines

#### 24-Hour Support:

HSE 24/7 Textline	50808
Samaritans	116 123
LGBT Helpline	1890 929 539
24/7 Anonymous Text Support	Text LGBTI+ to 086 1800 280

#### Other Helplines:

Childline	1800 66 66 66
Crime Victims Helpline	1850 211 407
Drugs/HIV Help Line	1800 459 459
Aware (Depression) Helpline	1890 80 48 48
HSE Info Line	1850 700 700
Seniorline	1800 80 45 91

#### LGBT+ Helplines:

LGBT Helpline	1890 929 539 <a href="http://www.lgbt.ie">www.lgbt.ie</a>
Transgender Family Support Line	01 907 3707 <a href="http://www.lgbt.ie/">www.lgbt.ie/</a>
Dublin Lesbian Line	01 872 9911 <a href="http://www.dublinlesbianline.ie/">www.dublinlesbianline.ie/</a>
OutWest LGBT Helpline	094 937 2479 <a href="http://www.outwest.ie/helpline/">www.outwest.ie/helpline/</a>
The Switchboard	01 872 1055/01 525 3113 <a href="http://www.theswitchboard.ie">www.theswitchboard.ie</a>

### Citizens Information Centres

The Citizens Information Centre is the statutory body which supports the provision of information, advice and advocacy on a broad range of public and social services, including Birth, Family, and Relationships; Death and Bereavement; Employment; Money and Tax;

Housing; and Health. Call 1890 777 121 or go to the website for more details and to find your local Centre: [www.citizensinformation.ie](http://www.citizensinformation.ie).

## Internet Support

[www.lgbt.ie](http://www.lgbt.ie)

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

[www.spunout.ie](http://www.spunout.ie)

[www.jigsaw.ie](http://www.jigsaw.ie)

[www.turn2me.ie](http://www.turn2me.ie)

## Support for LGBT+ Young People

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BeLonGTo Youth Services

[www.belongto.org/](http://www.belongto.org/)

01 670 6223

[info@belongto.org](mailto:info@belongto.org)

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For a full list of LGBT youth supports around the country, please see

[www.belongto.org/youngpeople/](http://www.belongto.org/youngpeople/)

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## LGBT+ Centres and Groups

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Amach Galway

[www.amachlgbt.com](http://www.amachlgbt.com)

[info@amachlgbt.com](mailto:info@amachlgbt.com)

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Bi+ Ireland

[www.biireland.com](http://www.biireland.com)

[biirelandnetwork@gmail.com](mailto:biirelandnetwork@gmail.com)

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Bronntanas LGBTQI Mental Health and Wellbeing

[www.bronntanas.org](http://www.bronntanas.org)

[info@bronntanas.org](mailto:info@bronntanas.org)

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Carlow LGBT+ Network

[www.facebook.com/LGBTWorkCarlow/](https://www.facebook.com/LGBTWorkCarlow/)

[carlowlgbtnetwork@gmail.com](mailto:carlowlgbtnetwork@gmail.com)

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Ciarraí Amach Kerry LGBT Project

<https://sites.google.com/site/kerrygayandlesbianproject/contact-us>

[ciarraiamach@gmail.com](mailto:ciarraiamach@gmail.com)

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Cork Gender Rebels

[www.genderrebelscork.com/](http://www.genderrebelscork.com/)

[info@genderrebelscork.com](mailto:info@genderrebelscork.com)

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Dundalk Outcomers (Louth)

[www.outcomers.org/](http://www.outcomers.org/)

[info@outcomers.org](mailto:info@outcomers.org)

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First Out Peer Support Group for LGBTI+ Women

[www.lgbt.ie/our-services/peer-support-groups/peersupport@lgbt.ie,](http://www.lgbt.ie/our-services/peer-support-groups/peersupport@lgbt.ie)

[peersupport@lgbt.ie,](mailto:peersupport@lgbt.ie)

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First Out Group for Gay and Bisexual Men

[www.lgbt.ie/our-services/peer-support-groups/peersupport@lgbt.ie](http://www.lgbt.ie/our-services/peer-support-groups/peersupport@lgbt.ie)

[peersupport@lgbt.ie](mailto:peersupport@lgbt.ie)

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Straight Spouses Group

[www.lgbt.ie/our-services/peer-support-groups/peersupport@lgbt.ie](http://www.lgbt.ie/our-services/peer-support-groups/peersupport@lgbt.ie)

[peersupport@lgbt.ie](mailto:peersupport@lgbt.ie)

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Is Rainbow Muid for LGBTI+ people seeking International Protection in Ireland	<a href="http://www.lgbt.ie/our-services/peer-support-groups/training@lgbt.ie">www.lgbt.ie/our-services/peer-support-groups/training@lgbt.ie</a>
LGBTI+ Recovery Group	<a href="http://www.lgbt.ie/our-services/peer-support-groups/vanessa.obrien@mqi.ie">www.lgbt.ie/our-services/peer-support-groups/vanessa.obrien@mqi.ie</a>
Full Spectrum Ireland	<a href="http://www.facebook.com/FullSpectrumIRL/">www.facebook.com/FullSpectrumIRL/</a> <a href="mailto:fullspectrumireland@gmail.com">fullspectrumireland@gmail.com</a>
Gay Health Network (sexual health information)	<a href="http://www.gayhealthnetwork.ie">www.gayhealthnetwork.ie</a> <a href="mailto:info@ghn.ie">info@ghn.ie</a>
Gay Men's Health Service	<a href="http://www.hse.ie/eng/services/list/5/sexhealth/gmhs/">www.hse.ie/eng/services/list/5/sexhealth/gmhs/</a> <a href="mailto:gmhsclinic@hse.ie">gmhsclinic@hse.ie</a>
Gay Project Cork	<a href="http://www.gayproject.ie/">www.gayproject.ie/</a> <a href="mailto:info@gayproject.ie">info@gayproject.ie</a>
Gay Wexford	<a href="http://www.gaywexford.ie">www.gaywexford.ie</a> <a href="mailto:gaywex@gmail.com">gaywex@gmail.com</a>
GOSHH (Limerick)	<a href="http://www.goshh.ie/">www.goshh.ie/</a> <a href="mailto:info@goshh.ie">info@goshh.ie</a>
Gorey Trans Support Group	<a href="http://www.facebook.com/GoreyTransSupportGroup/">www.facebook.com/GoreyTransSupportGroup/</a> <a href="mailto:goreytsg@gmail.com">goreytsg@gmail.com</a>
GOSSIP Galway Support Group	<a href="http://www.gossipgalway.com/">www.gossipgalway.com/</a> <a href="mailto:gossipgalway@gmail.com">gossipgalway@gmail.com</a>
Greenbow Deaf LGBT Ireland	<a href="http://www.facebook.com/GBWDeafLGBT">www.facebook.com/GBWDeafLGBT</a> <a href="mailto:deafgreenbowlgbt@yahoo.ie">deafgreenbowlgbt@yahoo.ie</a>
Intersex Ireland	<a href="https://www.facebook.com/Intersex.ie">https://www.facebook.com/Intersex.ie</a> <a href="mailto:Intersex.ie@gmail.com">Intersex.ie@gmail.com</a>
Irish Trans Student Alliance (ITSA)	<a href="http://www.facebook.com/ITSA.IrelandTransSupportAlliance/">www.facebook.com/ITSA.IrelandTransSupportAlliance/</a> <a href="mailto:committee.itsa@gmail.com">committee.itsa@gmail.com</a>
LINC (Lesbians in Cork)	<a href="http://www.linc.ie/">www.linc.ie/</a> <a href="mailto:info@linc.ie">info@linc.ie</a>
LGBT+ Network Youghal	<a href="http://www.facebook.com/LGBTNetworkYoughal">www.facebook.com/LGBTNetworkYoughal</a> <a href="mailto:hayleycumannadaoine@gmail.com">hayleycumannadaoine@gmail.com</a>
LGBT Pavee	<a href="http://www.facebook.com/lgbt.pavee/">www.facebook.com/lgbt.pavee/</a> <a href="mailto:info@lgbtpavee.com">info@lgbtpavee.com</a>
Longford LGBT	<a href="http://www.facebook.com/longford.lgbt/">www.facebook.com/longford.lgbt/</a> <a href="mailto:longford_lgbt@hotmail.com">longford_lgbt@hotmail.com</a>
Married Men's Group	<a href="mailto:mmg@gayswitchboard.ie">mmg@gayswitchboard.ie</a>
Married Women's Group	<a href="http://www.lgbt.ie/our-services/peer-support-groups/peersupport@lgbt.ie">www.lgbt.ie/our-services/peer-support-groups/peersupport@lgbt.ie</a>
Man2Man	<a href="http://www.man2man.ie">www.man2man.ie</a> <a href="mailto:info@ghn.ie">info@ghn.ie</a>
Midlands LGBT+ Project	<a href="http://www.midlandslgbtproject.com/">www.midlandslgbtproject.com/</a>

	<a href="mailto:help@midlandslgbtproject.com">help@midlandslgbtproject.com</a>
Outhouse (Community Centre Dublin)	<a href="http://www.outhouse.ie/">www.outhouse.ie/</a> <a href="mailto:info@outhouse.ie">info@outhouse.ie</a>
OutWest	<a href="http://www.outwest.ie/">www.outwest.ie/</a> <a href="mailto:info@outwest.ie">info@outwest.ie</a>
Sunrise LGBT Kildare	<a href="https://www.facebook.com/sunrise.lgbt.kildare/">www.facebook.com/sunrise.lgbt.kildare/</a> <a href="mailto:sunrise.lgbt@gmail.com">sunrise.lgbt@gmail.com</a>
Teach Solais LGBT+ Resource Centre (Galway)	<a href="http://www.amachlgbt.com">www.amachlgbt.com</a> <a href="mailto:resourcecentre@amachlgbt.com">resourcecentre@amachlgbt.com</a>
TENI (Transgender Equality Network Ireland)	<a href="http://www.teni.ie/">www.teni.ie/</a> <a href="mailto:office@teni.ie">office@teni.ie</a>
Trans Greystones	<a href="https://www.facebook.com/TransGreystones/">www.facebook.com/TransGreystones/</a> <a href="mailto:transgreystones@gmail.com">transgreystones@gmail.com</a>
Trans Kerry Support Group	<a href="https://www.facebook.com/transkerrygroup/">www.facebook.com/transkerrygroup/</a> <a href="mailto:transkerry@gmail.com">transkerry@gmail.com</a>
Trans Limerick Community	<a href="https://www.twitter.com/translimerick">www.twitter.com/translimerick</a> <a href="mailto:translimerick@gmail.com">translimerick@gmail.com</a>
Trans Peer Support Group Dublin (TPSG)	<a href="http://www.teni.ie">www.teni.ie</a> <a href="mailto:tpsgdublin@gmail.com">tpsgdublin@gmail.com</a>
TransParenCI Cork	<a href="mailto:transparencigroup@gmail.com">transparencigroup@gmail.com</a>
TransParenCI & Transformers Dublin	<a href="http://www.teni.ie">www.teni.ie</a> <a href="mailto:transparencigroup@gmail.com">transparencigroup@gmail.com</a>
8 Rays Leitrim	<a href="http://8raysleitrim.com">8raysleitrim.com</a> <a href="mailto:contact@8raysleitrim.com">contact@8raysleitrim.com</a>
Trans Waterford	<a href="https://www.facebook.com/transwaterford">www.facebook.com/transwaterford</a> <a href="mailto:transgroup.waterford@gmail.com">transgroup.waterford@gmail.com</a>

## Other Support Services

The Ana Liffey Drug Project	<a href="http://www.aldp.ie/">www.aldp.ie/</a>
Age & Opportunity	<a href="http://www.ageandopportunity.ie">www.ageandopportunity.ie</a>
Alcoholics Anonymous	<a href="http://www.alcoholicsanonymous.ie">www.alcoholicsanonymous.ie</a>
ALONE	<a href="http://www.alone.ie">www.alone.ie</a>
Aoibhneas	<a href="https://www.aoibhneas.ie/">https://www.aoibhneas.ie/</a>
Aware (Depression)	<a href="http://www.aware.ie">www.aware.ie</a>
BodyWhys	<a href="http://www.bodywhys.ie/">www.bodywhys.ie/</a>
Drugs.ie	<a href="http://www.drugs.ie/">www.drugs.ie/</a>
The Dublin Rape Crisis Centre	<a href="http://www.drcc.ie/">www.drcc.ie/</a>
The Guide Clinic	<a href="http://www.guideclinic.ie">www.guideclinic.ie</a>
Family Carers Ireland	<a href="http://www.familycarers.ie">www.familycarers.ie</a>
Grow (Mental Health Support Groups)	<a href="http://www.grow.ie">www.grow.ie</a>
Health Service Executive	<a href="http://www.hse.ie">www.hse.ie</a>
HIV Ireland	<a href="http://www.hivireland.ie/">www.hivireland.ie/</a>

Immigrant Council of Ireland	<a href="http://www.immigrantcouncil.ie/">www.immigrantcouncil.ie/</a>
Inclusion Ireland	<a href="http://www.inclusionireland.ie/">www.inclusionireland.ie/</a>
Irish Association for Counselling and Psychotherapy	<a href="http://www.iacp.ie">www.iacp.ie</a>
Irish Hospice Foundation	<a href="http://www.hospicefoundation.ie/">www.hospicefoundation.ie/</a>
Irish Refugee Council	<a href="http://www.irishrefugeecouncil.ie/">www.irishrefugeecouncil.ie/</a>
Jigsaw	<a href="http://www.jigsaw.ie/">www.jigsaw.ie/</a>
LifeRing	<a href="http://www.lifering.ie/">www.lifering.ie/</a>
Merchants Quay Ireland	<a href="http://www.mqi.ie">www.mqi.ie</a>
Mental Health Ireland	<a href="http://www.mentalhealthireland.ie">www.mentalhealthireland.ie</a>
Men's Aid Ireland	<a href="http://www.mensaid.ie/">www.mensaid.ie/</a>
The National Family Support Network	<a href="http://www.fsn.ie/">www.fsn.ie/</a>
Pieta	<a href="http://www.pieta.ie">www.pieta.ie</a>
Rape Crisis Centres	<a href="http://www.RapeCrisisHelp.ie">www.RapeCrisisHelp.ie</a>
Safe Ireland	<a href="http://www.safeireland.ie/">www.safeireland.ie/</a>
Samaritans	<a href="http://www.samaritans.org">www.samaritans.org</a>
Third Age	<a href="http://www.thirdage.ie">www.thirdage.ie</a>
Traveller Counselling Service	<a href="http://www.travellercounselling.ie">www.travellercounselling.ie</a>
Women's Aid	<a href="http://www.womensaid.ie">www.womensaid.ie</a>
Your Mental Health	<a href="http://www.yourmentalhealth.ie">www.yourmentalhealth.ie</a>
Youth Work Ireland	<a href="http://www.youthworkireland.ie">www.youthworkireland.ie</a>