

## Addiction Supports



Counselling, aftercare and supports for people struggling with addiction (no/low cost)  
18B Davis Street, Limerick City  
Tel 085 818 4590 [www.saoirse.ie](http://www.saoirse.ie)  
Email saoirsetc@gmail.com



Detox program developed to assist people wishing to access safer outpatient detoxification from benzodiazepines and/or methadone. (no/low cost)  
O'Connell Street in Limerick City, and serves Limerick City and County, North Tipperary and County Clare. Tel 061 370325 [www.novas.ie](http://www.novas.ie)



Peer Support for addiction based on dual diagnosis approach. Group and individual supports in non-judgemental environment. (no/low cost)  
81 Silver Street, Nenagh  
Tel 087 7722671 [www.carmha.ie](http://www.carmha.ie)



Provides strength and hope for those with a drink problem; to share experiences; to remain sober; to help other alcoholics to achieve sobriety through 12 steps (no/low cost)  
For local meetings click  
<https://www.alcoholicsanonymous.ie/aa-meetings/meetings-listing.299.html?d=&c=Limerick>  
Tel: 01 8420700



Narcotics Anonymous (NA) is a non-profit fellowship of men and women for whom drugs had become a major problem. We offer recovery from the effects of addiction through working a twelve step program, including regular attendance at group meetings. (no/low cost)  
Tel 01 6728000  
<https://www.na-ireland.org/na-meetings/south/limerick/>



Gamblers Anonymous (GA) 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 a gambling problem. (no/low cost)  
01 872 1133, 087 7485878 (10am-10pm)  
<https://www.limerick.ie/discover/living/community-services/addiction/gamblers-anonymous>



COMMUNITY SUBSTANCE  
MISUSE TEAM

Community Substance Misuse Team aims to assist youths, families and communities to develop effective and supportive coping strategies to deal with substance misuse in the Midwest.  
061-318904 (no/low cost)



Cúlra is a private counselling service who work with individuals struggling with Addiction, (Substance Use Disorders, Gambling), Trauma (PTSD), Bereavement, Abuse, Anxiety and Depression.  
061 639171

17 Mallow Street, Limerick



Community based project providing non-judgemental, confidential support to families who are affected by, and trying to cope with, a family members substance misuse. (no/low cost)  
28 John Street, Limerick  
Tel: 061 459260



Support for people that are affected by a loved-ones addiction. (no/low cost)  
Contact 0879552508 for any information.  
Located in LEDP Park, Roxboro



Support meetings for families and loved ones of those affected by alcoholism.

Tel 01 8732699 (10am-10pm)

[www.alanon.ie](http://www.alanon.ie) (no/low cost)



Novas Respite House: (no/low cost)

Support for families and children affected by a loved ones addiction. Includes support and therapies such as reiki, massage, group support and more

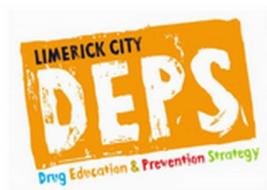
Tel 061 624878

<https://www.novas.ie/services/novas-respite-house/?fbclid=IwAR0Cg8A-TCiNh9oIMF7bdTQEownWuG65g8kA00xQk7P4bSUjJwRzp-1wUDE>



Provides support, information, guidance and referral to anyone with a question or concern related to drug and alcohol use and/or HIV and sexual health. Helpline (1800 459 459) and an email support service ([helpline@hse.ie](mailto:helpline@hse.ie)) Mon-Fri 9.30-5.30pm

HSE MW Limerick Drug & Alcohol Service Phone: 061 318633  
HSE MW Clare Drug and Alcohol Service. Phone: 065 6865852  
HSE Mw Nth Tipperary Drug & Alcohol Service. Phone: 067 46512



Support young people and their families in the local Communities to make informed choices towards a healthier lifestyle and promote a sense of community Drug education Programs

Tel: 609603 [www.limerickcitydeps.com](http://www.limerickcitydeps.com)



Provides Ireland's only online interactive information and support service. It also has a national database of treatment, rehabilitation, information, support, counselling, and education and training services. [www.drugs.ie](http://www.drugs.ie)

# Addiction Treatment Centre



Located in Clare  
In-treatment, after-care,  
family support  
Tel 065-6840944



## Community Cenacolo

Located in Knock (no/low cost)  
No fees/Charges  
<https://www.communitycenacolo.ie/>  
Tel: 094 9388286, 087 2687040,  
086 0644662, 087 2483343



Aiseiri (Aisling for young  
adults/teen)  
Private – may be funded  
Co Tipperary, Waterford,  
Kilkenny  
Tel: 052 7441166



Cuan Mhuire  
Total Abstinence  
Bruree, Athy, Galway and  
others (no/low cost)  
<https://cuanmhuire.ie/locations/>



Ana Liffey  
Harm Reduction eg  
Clean Needles, Peer  
Support (no/low cost)  
Tel: 1800 78 68 28



Tabor Lodge Treatment Centre,  
Based in Belgooly, Co Cork  
Addiction to alcohol, substances,  
gambling and food  
Tel: 021 4887110  
<http://www.taborgroup.ie/>



Anchor Treatment Centre,  
Based in Mallow, Co Cork  
Tel 022 42559

**Also check homeless supports list as some of the homeless services also provide addiction supports. Other supports under low-cost counselling services**