

Low Cost Counselling Services:



Provides counselling to adults and adolescents **over 14**. Depending on referral method and income it may be donation based.

Tel 061 314111 Email: counselling@lssc.ie
www.lssc.ie



Provides free counselling to anyone feeling suicidal or struggling with self harm. Caters for **all ages**

Tel: 061 484444 www.pieta.ie



Counselling Service through your GP for Medical Card Holders 18+ with mild to moderate issues.

Tel: 061 464046



RAPE CRISIS
MIDWEST

Counselling Service for people who have experienced sexual abuse or rape. Free or donation based

Tel 061 311511 www.rapecrisiscentre.ie



Provides counselling to adults, teens and children face to face in Limerick or online. Subsidised rates if you are receiving social welfare. **Accepts under 18s**

Tel: 076 6801060 www.mymind.org



Provides one to one counselling, group support, work shops and courses. Charges can be dependant on your budget

Tel 085 7408918 or 083 1679232

www.resolvecounsellingcentre.ie



Provides therapy, support and court accompaniment for children affected by sexual abuse
Provides training and support to parents and professionals regarding Child Sexual Abuse
Tel: 1890 924 567 Mon-Fri 9.30-5.30pm
Ennis Road, Limerick



Support the well-being & mental health of vulnerable children and young people (3-18 yrs.) and their families who are marginalised and traumatized by domestic and environmental factors.

www.bluebox.ie Tel: 061 315070 Email: info@bluebox.ie
LEDP Park, Roxboro Road, Limerick



Early intervention mental health services through one-to-one support for 12-25 year olds. Through education and training Jigsaw engages with the community to create a more supportive environment for young people and their mental health.

www.jigsaw.ie Tel: 061 974510 Email: limerick@jigsaw.ie

3rd Floor, Arthurs Quay House, Arthurs Quay, Limerick



An Irish charity offering timely and affordable professional counselling and support around depression in pregnancy and during the post-natal period, difficulties during childbirth, fertility issues, mental health and emotional wellbeing for women, their partners and families.

Phone: 085 861 95 85 www.nurturecharity.org



Online counselling, online support group, support and information on mental health and wellbeing

www.turn2me.org

Private counselling may be able to offer an immediate appointment at full cost. To see a list of accredited counsellors in your area check the following:

(PSI) <https://www.psychologicalsociety.ie>

(IABCP) www.iabcp.com

(IACP) www.iacp.ie (ICP) www.psychotherapyCouncil.ie

(AACI) www.aaci.ie

Listening Service/ Peer Support: (Not Professional Counselling):



Not a professional counselling service but does offer a listening service for anyone that needs someone to talk to.

Tel 116 123 or call in to 20 Barrington St, Limerick



Provides Peer Support after hours (only certain nights – currently Fri and Sat Night) for anyone distressed or at risk of suicide or their families

Tel 085 201 9250 www.havenhub.ie

Limerick Social Service Centre, Upper Henry Street



Offers peer support on particular days (not counselling) in a non-judgemental environment

Tel 061 446786 or 0872485742

www.limerickmentalhealth.ie

3 Sexton Street, Limerick



The Lighthouse Peer Support Centre is an initiative from the West Clare Mental Health Association. In the location of Kilrush, peer support is available to anyone that wants to talk.

Tel 065 9051009 email: westclaremha@mentalhealthireland.ie



The Blue Door Lions Club in Thurles offers Peer Support to anyone in distress or anyone that wants to talk. Open from 7pm-8.30pm Mondays and Fridays

Tel: 085 2246371 Email: bluedoorthurles@gmail.com



Irish Advocacy Network: has peer advocates in most HSE areas who regularly attend psychiatric units and day centres. Their main job is to give support and information to people with mental health difficulties by befriending them and offering a confidential listening ear or peer advocacy (support and or advice from people their own age).

Phone 01 8728684 <http://irishadvocacynetwork.com>

Note: See also addiction Supports, Homeless Supports as some of these also provide counselling. If relevant also check trauma/abuse supports