

## Support Group Services



### **Aware**

Provides support and information for people who experience depression or bipolar disorder and their concerned loved ones. Regular local meetings

Freephone 1800 804848 [www.aware.ie](http://www.aware.ie)



### **Grow**

Is a national community based organisation providing support and education around emotional and mental wellbeing through group support. Meetings most weekdays

Phone 1890 474474 [www.grow.ie](http://www.grow.ie)



### **Shine**

Is the national organisation dedicated to campaigning for the rights and empowerment of all people affected by mental illness. Shine run regular support groups locally to help in their recovery.

Phone 01 5413715 [www.shine.ie](http://www.shine.ie)



### **Recovery Self Help Method Ireland**

Is a HSE funded charity that provides a specialised form of cognitive-behavioural training to its members. It helps people live more peaceful and productive lives despite mental health problems.

Phone 016260775 [www.recoveryireland.ie](http://www.recoveryireland.ie)



**Turn2me.org** provides online counselling, online support group, support and information on mental health and wellbeing

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

### **Anchor**

**Anchor** Support group in Limerick for people that have lost loved ones through suicide.

Tel: 061 315322



### Survivors Support Anonymous

A peer lead non profit organisation offer group support in people's road to healing after the affects of abuse or trauma in people's lives through weekly meetings

Phone 0851492977 [www.survivorsupportanon.org](http://www.survivorsupportanon.org)



### Men's Shed

Provides a space for craftwork and social interaction to help in the well-being of men of all ages. Regular workshops and meetings locally

01 8916150 [www.mensshed.ie](http://www.mensshed.ie)



SOCIAL ANXIETY DISORDER AWARENESS

#iam1in8

Join Us

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



[help@stepoutireland.com](mailto:help@stepoutireland.com)

### Step Out Ireland

Supports adults with social anxiety disorder through support group and recovery programmes.

[help@stepoutireland.com](mailto:help@stepoutireland.com)



### Families:

Families and men in life experiencing separation is a support and information group. Families are based in Limerick. All services are free.

087 2603603 [www.families.ie](http://www.families.ie)

**NOTE: Also check for addiction supports if you struggle with addiction issues and you are looking for a relevant support group eg. Saoirse, AA, GA,NA etc**

**Also check social supports for other courses/activities in the Courses section and the Social Supports section**