

## List of External Counselling and Support Services

Agency Name	Service Provided	Contact Details	Fee/Sliding Scale	Referral
<b>Access Counselling</b>	Counselling, psychotherapy and wellness centre	e: <a href="mailto:info@accesscounselling.ie">info@accesscounselling.ie</a> Tel: +353 1 5240708 Address: 353 Crumlin Road, Dublin 12 Web: <a href="https://www.accesscounselling.ie">https://www.accesscounselling.ie</a>	Fee-paying & Low-Cost options	Can book through website
<b>Accord</b>	Relationship Counselling for individuals and couples	Tel: +353 1 478 0866 Mon - Fri: 9am - 4pm e: <a href="mailto:admin@accorddublin.ie">admin@accorddublin.ie</a> Web: <a href="https://www.accord.ie">https://www.accord.ie</a>	Low Cost Counselling	Self-referral
<b>Black Therapists Ireland</b>	Offers low cost counselling	e: <a href="mailto:support@blacktherapistsireland.ie">support@blacktherapistsireland.ie</a> Web: <a href="https://www.blacktherapistsireland.ie">https://www.blacktherapistsireland.ie</a>	Low Cost Counselling	Self-referral
<b>Carmelite Counselling Service</b>	Adults and one to one non-directive counselling. Bereavement, Marital/Relationship Difficulties, Anxiety, Stress, low self-esteem, Depression, Issues relation to emotional growth & personal development	e: <a href="mailto:info@carmelitecommunitycentre.com">info@carmelitecommunitycentre.com</a> Tel: +353 1 475 4673 Address: 56 Aungier Street, Dublin 2 Web: <a href="https://carmelitecommunitycentre.wordpress.com/the-centre/">https://carmelitecommunitycentre.wordpress.com/the-centre/</a>	Free, but donations can be made	Self-referral
<b>City Therapy</b>	Psychodynamic Psychotherapy, CBT, Counselling, Online, Clinical Psychologist, Humanistic & Integrative Psychotherapy, Psychoanalytic Psychotherapy	e: <a href="mailto:info@citytherapy.ie">info@citytherapy.ie</a> Tel: +353 1 9065778/ 086 378 8002 Address: 18 Dame Street, Dublin 2, D02 XF59 Web: <a href="https://www.citytherapy.ie/">https://www.citytherapy.ie/</a>	Fee-paying & Low-Cost options	

<b>Clanwilliam Institute</b>	Individual, couple and family therapy	<b>e:</b> <a href="mailto:office@clanwilliam.ie">office@clanwilliam.ie</a> <b>Tel:</b> +353 1 205 5010 <b>Address:</b> Old Church Road, Lower Kilmacud Road, Stillorgan A94 E4Y0 <b>Web:</b> <a href="https://www.clanwilliam.ie">https://www.clanwilliam.ie</a>	Low-cost options	Prefer client to phone
<b>Connect Counselling</b>	One to one counselling for people who have suffered abuse, trauma or neglect in their childhood. provides counselling services by telephone	<b>e:</b> <a href="mailto:admin@connectcounselling.ie">admin@connectcounselling.ie</a> <b>Tel:</b> ROI: 1800 477 477 (Freephone) <b>Web:</b> <a href="https://connectcounselling.ie/">https://connectcounselling.ie/</a>	Calls are free from landlines, but there may be an operator charge from a mobile phone	Self Referral
<b>Counselling and Psychotherapy for Adults who experienced childhood abuse or neglect (CaPA)</b>	Provides trauma-informed counselling/therapy from NCS Centres nationwide.	<b>Tel:</b> 1800 234 110 <b>Address:</b> Prospect House, Prospect Road, Glasnevin, Dublin 9 <b>Web:</b> <a href="https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/contact-us/">https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/contact-us/</a>		Self Referral
<b>(CaPA) Counselling for Former Residents of Mother and Baby Homes</b>	Offers counselling to former residents of Mother and Baby Homes	<a href="https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/contact-us/">https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/contact-us/</a>		
<b>(CaPA) Psychological First Aid service</b>	Offers confidential support to members of the public experiencing stress as a result of the COVID-19 pandemic	<b>e:</b> <a href="mailto:dncc.covid19selfhelp@hse.ie">dncc.covid19selfhelp@hse.ie</a> To arrange a telephone appointment with a psychologist or social worker. <b>Tel:</b> +353 86 4634 967		

<b>(CaPA)</b> Community Mental Health Teams	Provides specialist mental health services to people across Dublin North City and County experiencing Mental health difficulties.			GP Referral Only
<b>Counselling in Primary Care (CIPC)</b>	Time limited counselling to adult GMS cardholders with mild to moderate psychological difficulties	<b>Tel:</b> +353 1 795 7170 <b>Address:</b> 1st Floor, St. Fintan's, North Street, Swords, Co. Dublin. <b>Web:</b> <a href="https://www.hse.ie/eng/service/s/list/4/mental-health-services/counsellingpc/">https://www.hse.ie/eng/service/s/list/4/mental-health-services/counsellingpc/</a>		GP Referral/ health care professional referral
<b>DCU Healthy Living Centre</b>	Psychosexual and Family Currently over Zoom; some face to face	<b>e:</b> <a href="mailto:hlc@dcu.ie">hlc@dcu.ie</a> <b>Tel:</b> +353 1 700 7171 <b>Address:</b> Dublin City University, Collins Avenue, Dublin 9 <b>Web:</b> <a href="https://www.dcu.ie/hlc">https://www.dcu.ie/hlc</a>	Low cost/sliding scale	Self-referral
<b>Dublin Counselling &amp; Therapy Centre</b>	Currently over Zoom; some face to face Individual clients, couples, family and non-family groups, humanistic	<b>e:</b> <a href="mailto:info@dctc.ie">info@dctc.ie</a> <b>Tel:</b> +353 1 878 8236 <b>Address:</b> 41 Upper Gardiner Street, Dublin 1 <b>Web:</b> <a href="http://www.dctc.ie/">http://www.dctc.ie/</a>	Fee-paying & Low-Cost options	Can book through website
<b>Dublin Gestalt Centre</b>	Individual, couple or family	<b>e:</b> <a href="mailto:info@gestalt.ie">info@gestalt.ie</a> <b>Tel:</b> +353 1 661 9231 <b>Address:</b> Dublin Gestalt Centre, 66 Lower Leeson Street, Dublin 2 <b>Web:</b> <a href="http://www.gestalt.ie/">http://www.gestalt.ie/</a>	Fee-paying & Low-Cost options	Prefer client to phone
<b>Dublin Lesbian Line</b>	A confidential support helpline, operated by a group of female-identified (LGBTQAI+) volunteers	<b>Tel:</b> + 353 1 8729911 <b>Web:</b> <a href="http://www.dublinlesbianline.ie">www.dublinlesbianline.ie</a>		

<b>Elmwood Centre</b>	In person, online, relationships, CBT, Mindfulness	<b>e:</b> <a href="mailto:info@elmwoodcentre.com">info@elmwoodcentre.com</a> <b>Tel:</b> +353 1 667 6928 <b>Address:</b> 32 Lombard Street East, D02 EH24 <b>Web:</b> <a href="https://elmwoodcentre.com/">https://elmwoodcentre.com/</a>	Fee-paying & Low-Cost options	
<b>Fingal Counselling Service</b>	Safe and confidential environment where clients are encouraged and supported while working through their difficulties	<b>e:</b> <a href="mailto:info@counsellingatfingal.com">info@counsellingatfingal.com</a> <b>Tel:</b> +353 1 890 2596 <b>Address:</b> Fingal Counselling Service, BASE Resource Centre, Brackenstown, Swords, Co. Dublin <b>Web:</b> <a href="https://fingalcounselling.ie/">https://fingalcounselling.ie/</a>	Free, but donations can be made	Self-Referral
<b>HSE National Counselling Service (NCS)</b>	Available face to face, by phone and online by secure video	<b>e:</b> <a href="mailto:referncs.dncc@hse.ie">referncs.dncc@hse.ie</a> <b>Tel:</b> 1800 234 110 Available across Dublin North City & County <b>Web:</b> <a href="https://www.hse.ie/eng/service/list/4/mental-health-services/national-counselling-service/">https://www.hse.ie/eng/service/list/4/mental-health-services/national-counselling-service/</a>		Self-Referral
<b>HSE Primary Care Psychology Service</b>	Advice clinic services are provided at various locations across Dublin North City and County on the 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of every month	<b>e:</b> <a href="mailto:referrals.dnc@hse.ie">referrals.dnc@hse.ie</a> <b>Tel:</b> +353 1 846 7005 (Dublin North City) +353 1 921 4445 (Dublin North) <b>Web:</b> <a href="https://www.hse.ie/eng/service/list/1/lho/dubncentral/psy/pri/m/">https://www.hse.ie/eng/service/list/1/lho/dubncentral/psy/pri/m/</a>		GP or Self-Referral
<b>HSE Primary Care Social Work Service</b>	The service aims to promote a population health model enhancing the quality of life and wellbeing of the local population	<b>e:</b> <a href="mailto:referrals.dnc@hse.ie">referrals.dnc@hse.ie</a> (Dublin North City) <b>e:</b> <a href="mailto:referrals.nd@hse.ie">referrals.nd@hse.ie</a> (North Dublin) Telephonic Advice Clinic services are provided at various locations across Dublin North City and County on the 1st and 3rd week of each month	Contact your local Primary Care/Health Centre and ask to speak with the Primary Care Social Worker	Any professional referral or self-referral

<b>Insight Matters</b>	Support for children, adults, adolescents and adults through a wide range of mental health and holistic services	<b>e:</b> <a href="mailto:info@insightmatters.ie">info@insightmatters.ie</a> <b>Tel:</b> +353 1 891 0703   085 203 1487 <b>Address:</b> 106 Capel Street, Dublin, D01 WY40 <b>Web:</b> <a href="https://www.insightmatters.ie">https://www.insightmatters.ie</a>	Fee-paying & Low-Cost options	
<b>Jigsaw: Dublin South West</b> St. John's House, High Street, Tallaght, Dublin 24	One-on-one support sessions, where you can get advice and support about your mental health	<b>e:</b> <a href="mailto:dublinsouthwest@jigsaw.ie">dublinsouthwest@jigsaw.ie</a> <b>Tel:</b> +353 1 538 0087 <b>Web:</b> <a href="https://jigsaw.ie">https://jigsaw.ie</a>	Free	Can book through website
<b>North Fingal</b> St. George's Square, Balbriggan Co. Dublin		<b>e:</b> <a href="mailto:northfingal@jigsaw.ie">northfingal@jigsaw.ie</a> <b>Tel:</b> +353 1 960 3020		
<b>Jigsaw: Dublin 15</b> Blanchardstown Library, 2nd Floor Blanchardstown Shopping Centre, Dublin, D15 RY73	One-on-one support sessions, where you can get advice and support about your mental health	<b>e:</b> <a href="mailto:dublin15@jigsaw.ie">dublin15@jigsaw.ie</a> <b>Tel:</b> +353 1 890 5810	Free	Can book through website
<b>Dublin City</b> 44 Essex Street East, Temple Bar, Dublin 2 Beckett House, Summerhill Dublin 1		<b>e:</b> <a href="mailto:dublincity@jigsaw.ie">dublincity@jigsaw.ie</a> <b>Tel:</b> +353 1 658 3070		
<b>LGBT Ireland</b>	Provide support, training, and advocacy which aims to improve the lives of LGBT+ people across Ireland.	<b>e:</b> <a href="mailto:info@lgbt.ie">info@lgbt.ie</a> <b>Tel:</b> 1800 929 539 (Freephone National Helpline) Monday-Thursday: 6.30pm – 10pm Friday: 4.00pm-10.00 pm Saturday-Sunday: 4.00pm-6.00pm	Free	


<b>LifeChange</b>	Relationships, sudden loss, trauma or bereavement, stress, anxiety, life pressures	<b>e:</b> <a href="mailto:info@lifechange.ie">info@lifechange.ie</a> <b>Tel:</b> +353 1 661 2220 <b>Address:</b> 5 Clanwilliam Square, Grand Canal Quay, Dublin 2 D02 HX27 <b>Web:</b> <a href="https://lifechange.ie">https://lifechange.ie</a>	Fee-paying & Low-Cost options	Can book through website
<b>Marino Counselling &amp; Psychotherapy</b>	Offering Counselling, Psychotherapy & Psychological services to Individuals and Couples in North Dublin & Dublin City	<b>e:</b> <a href="mailto:info@marinocounselling.ie">info@marinocounselling.ie</a> <b>Tel:</b> +353 1 9610100 <b>Address:</b> 21 Fairview, Dublin 3, D03 K4H0 <b>Web:</b> <a href="https://marinocounsellingandpsychotherapy.ie">https://marinocounsellingandpsychotherapy.ie</a>	Fee-paying & Low-Cost options	Can book through website
<b>Mind and Body Works</b>	Adult and child psychotherapy, couples relationship counselling, psychology services, sex therapy, EMDR, clinical supervision	<b>e:</b> <a href="mailto:info@mindandbodyworks.com">info@mindandbodyworks.com</a> <b>Tel:</b> +353 1 677 1021 <b>Address:</b> Wicklow Street, Dublin 2, Donnybrook, Dublin 4 <b>Web:</b> <a href="https://mindandbodyworks.com">https://mindandbodyworks.com</a>	Fee-paying & Low-Cost options	
<b>MyMind</b>	Counselling and psychotherapy	<b>e:</b> <a href="mailto:hq@mymind.org">hq@mymind.org</a> <b>Tel:</b> 076 680 1060/ (+353) 818 500 800 <b>Address:</b> 7a Store Street, Dublin 1 137 Rathmines Road Lower, Dublin 6 2A Christchurch Hall, Dublin 8 <b>Web:</b> <a href="https://mymind.org">https://mymind.org</a>	Low fees	Self-Referral

<b>National Counselling Services:</b> North Eastern Health Board Dublin North County/Dublin North Central & Dublin North West	Adults who experience Child Abuse: 1:1; couple; group; family	<b>e:</b> <a href="mailto:NCS.DNCC@hse.ie">NCS.DNCC@hse.ie</a> <b>Tel:</b> 1800 234 110 <b>Web:</b> <a href="https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/">https://www.hse.ie/eng/services/list/4/mental-health-services/national-counselling-service/</a>	Free	Self or written referral
South East Dublin/Dun Laoghaire & East Wicklow		<b>e:</b> <a href="mailto:ncs.east@hse.ie">ncs.east@hse.ie</a> <b>Tel:</b> 1800 234 111		
Dublin South Central/ Dublin South West/Kildare & West Wicklow		<b>e:</b> <a href="mailto:NCSDSKWW@hse.ie">NCSDSKWW@hse.ie</a> <b>Tel:</b> 1800 234 112		
<b>Northside Counselling Service</b>	Allows you to talk about anything that may be troubling you, in a safe and secure therapeutic space.	<b>Address:</b> Coolock Development Centre, Bunratty Drive, Dublin 17 <b>Tel:</b> +353 1 848 4789 <b>Web:</b> <a href="https://www.northsidecounselling.ie">https://www.northsidecounselling.ie</a>	Free, but donations can be made)	Self-Referral
<b>Oasis Centre</b>	One to one Counselling Deora Counselling Crisis Intervention ASIST Training safeTALK Training Understanding Self Harm Awareness Training, Yoga, Mindfulness	<b>e:</b> <a href="mailto:info@oasiscentre.ie">info@oasiscentre.ie</a> <b>Tel:</b> +353 1 836 4524 <b>Address:</b> 2 St Laurence Pl E, North Dock, Dublin 1 <b>Web:</b> <a href="https://oasiscentre.ie">https://oasiscentre.ie</a>	Fee-paying & Low-Cost options	Self-Referral

<b>Pieta House</b>		<b>Tel:</b> 1800 247 247 (Freephone 24/7) <b>Text:</b> HELP to 51444 (network charges apply) <b>Tel to make an appointment:</b> 0818 111 126 <b>Web:</b> <a href="https://www.pieta.ie">https://www.pieta.ie</a>		
<b>Pieta Collins Avenue</b> 309 Collins Ave Whitehall Dublin 9 D09 DX53	24/7 Free Crisis Helpline	<b>Tel:</b> +353 1 884 0532 <b>Contact:</b> Helen Hughes <b>Opening Hours:</b> Mon - Thurs: 9am to 9pm Fri: 9am-5pm	Free	
<b>Pieta Dublin North</b> Unit 22 Santry Dublin 9 D09 R2P3	One to one counselling for suicide ideation, those engaging in self-harm or bereaved by suicide	<b>Tel:</b> +353 1 883 1000 <b>Contact:</b> Helen Hughes <b>Opening Hours:</b> Mon - Thurs: 8am – 7pm Fri: 9am - 5pm Sat: 9am - 1pm		
<b>Pieta Ballyfermot</b> Canon Troy House Chaplelizod Hill Ballyfermot Rd Dublin 11		<b>Tel:</b> +353 1 883 1000 <b>Contact:</b> Lesley-Anne Sherlock <b>Opening Hours:</b> Mon - Thurs: 9am to 8pm Friday: 9am to 3pm		
<b>Pieta Dublin South</b> 1 <sup>st</sup> Floor Greenhills Retail Park, Greenhills Road, Tallaght Dublin 24 D24 RH59		<b>Opening Hours:</b> Mon to Thur: 9am to 9pm Fri: 9am to 4pm Sat: 9am to 2pm		
<b>Shine</b> 13 Belvedere Court, Dublin 1.  Block B, Maynooth Business Campus, Co Kildare, W23W5X7	Services include individual support, mental health and recovery education and workshops, peer led support groups, counselling and up to date information & signposting to partner services	<b>e:</b> <a href="mailto:east@shine.ie">east@shine.ie</a> (Information Support Officer) <b>e:</b> <a href="mailto:counsellingdublin@shine.ie">counsellingdublin@shine.ie</a> (Counselling Service) <b>e:</b> <a href="mailto:SUPPORT@SHINE.IE">SUPPORT@SHINE.IE</a> <b>e:</b> <a href="mailto:info@shine.ie">info@shine.ie</a> <b>Tel:</b> +353 1 860 1620 <b>Web:</b> <a href="https://shine.ie">https://shine.ie</a>		Self Referral




<b>Target Counselling</b>	One to one Non directive counselling.	<b>e:</b> <a href="mailto:counselling@targeteducation.net">counselling@targeteducation.net</a> <b>Address:</b> Donaghmede House, Newbrook Rd, Donaghmede, Dublin 13 <b>Tel:</b> +353 1 867 0279 <b>Web:</b> <a href="http://targetcounselling.net/">http://targetcounselling.net/</a>		Self-Referral
<b>The Therapy Centre</b>	Trainee Therapists who receive regular Supervision and Support.	<b>e:</b> <a href="mailto:info@thetherapycentre.ie">info@thetherapycentre.ie</a> <b>Tel:</b> +353 1 9629514 <b>Address:</b> 8 Store Street, Dublin 1 42 Dawson Street, Dublin 2 <b>Web:</b> <a href="https://thetherapycentre.ie">https://thetherapycentre.ie</a>	Fee-paying & Low-Cost options	Can book through website
<b>The Village Counselling Service</b>	Individual, Couples, Adolescent, Child Counselling & Therapy, Suicide Intervention. Online, telephone, face-to-face therapy	<b>e:</b> <a href="mailto:amanda@villagecounselling.ie">amanda@villagecounselling.ie</a> <b>Tel:</b> +353 1 4664218 / 087-9049497 <b>Address:</b> Village Counselling Service, Killinarden Enterprise Park, Tallaght, Dublin 24 <b>Web:</b> <a href="http://www.villagecounselling.ie">http://www.villagecounselling.ie</a>	Low-Cost options	
<b>Turn2me</b>	One to One, Online, Group, Couple, Peer Support Online	<b>W:</b> <a href="https://turn2me.ie">https://turn2me.ie</a>	Free in ROI	No



If you are looking for an external counsellor/psychotherapist/psychologist, please find below links to professional bodies which will provide contact information of qualified & accredited practitioners:

- **Irish Association for Counselling and Psychotherapy**  
<https://www.iacp.ie/>
- **Irish Council for Psychotherapy**  
<http://www.psychotherapyCouncil.ie/>
- **The Psychological Society of Ireland**  
<https://www.psychologicalsociety.ie/>



The DCU Counselling & Personal Development Service  
Dublin City University Dublin 9  
T +353 1 7005165 Glasnevin Campus  
T +353 1 700 9215 St Patrick's Campus  
E [counselling@dcu.ie](mailto:counselling@dcu.ie) Glasnevin Campus  
E [spd.counselling@dcu.ie](mailto:spd.counselling@dcu.ie) St Patrick's Campus  
W <https://www.dcu.ie/counselling>