



DLR COMMUNITY RESPONSE TEAM

DIRECTORY OF COVID SUPPORTS AND SERVICES

JUNE 2020



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Produced by Southside Partnership DLR, Updated May 2020.

This Directory lists the support organisations and services that are currently operating during the COVID crisis both in the DLR area and in the wider Dublin area or nationally. Many of these services offer telephone and online supports. As this is a rapidly evolving situation, some of these are likely to change and the list will be updated accordingly. The list is not exhaustive. If you have a query about the list or would like to suggest an amendment, please contact Louise Kinlen in Southside Partnership on louise.kinlen@sspship.ie.

ANIMAL WELFARE AND PETS

DSCPA

If you need to report a case of animal cruelty, email cruelty@dspca.ie.

Pet Hotel by appointment only or at appointed time -to arrange

Tel. 01-4994790 or email info@dspcapethotel.ie.

<https://www.dspca.ie/covid-19-dspca-contact-details/>

To report a sick or injured animal (Strictly emergency only) Tel. 085 8502986

CARE AND REPAIR

Southside Partnership have a care and repair service to provide a helping hand with a variety of small tasks that an older person may find difficult.

Care & Repair office in Ballybrack Tel. 01 44 55 450

Email: careandrepair@sspship.ie

CARERS

The Carers Alliance of Ireland is a national network of Voluntary Organisations supporting family carers.

They are currently offering a range of online resources, information and supports related to family carers. This includes a closed Facebook group for family carers, backup and emergency planning for carers during the COVID crisis and other supports.

<https://www.carealliance.ie/>

Family Carers Ireland is a national charity that supports family carers throughout Ireland. They have a range of supports and resources for carers during the COVID crisis.

Tel. 1800 240724

Local Carers Groups:

Bray carersbray@carersireland.com

Ranelagh/Rathgar carersrathgar@carersireland.com

<https://familycarers.ie/coronavirus-covid-19-information-advice/>

CHILD PROTECTION AND WELFARE

ISPC Childline

Childline is a national listening service for children and young people.

Free Phone 1800 66 66 66

Free Text 50101

Live message through their website www.childline.ie

Barnardos Dun Laoghaire are continuing to provide a service by telephone, skype and home drop off contact. Staff will maintain regular contact with families known to project and those on the waiting list New referrals from Addiction services and Tusla or by emergency.

For referral 0877468571. If this line is busy use landline 01-9059443 and leave a message on the answering machine, or alternatively contact the service by email mary.daly@barnardos.ie

Barnardos National office

www.barnardos.ie

Tel. 01 453 0355

My Project (Mounttown) are continuing to provide supports for children and families through telephone contact and will maintain contact with families known to the project.

New referrals (emergency only).

Tel. 01-2304086 / Una at 0861731187 una@myp.ie

info@myp.ie www.myp.ie

Dublin South East - TUSLA Child and Family Agency

Social Work Duty Team - call if you are seeking advice about a child-related matter or report a child concern about child protection or welfare. You can discuss a concern with a social worker

Tel. 01 92 13 400 (Mon to Fri 9am to 5pm)

CITIZENS ADVICE AND INFORMATION

Citizens Advice Centres offers advice and information on a wide range of public services, rights and entitlements. Their offices are currently closed to the public, but their national telephone support line is still operational.

Tel. 0761 07 7400

www.citizensinformation.ie

COMMUNITY DEVELOPMENT AND SUPPORT

Southside Partnership DLR continues to provide a wide range of targeted community and employment supports to groups and individuals in the DLR area on a remote basis.

These include:

- English classes and other supports for migrant women (see migrants)
- Employment and social enterprise supports
- Dementia support (see Living well with Dementia)
- Supports for community groups
- Social prescribing (see below)
- Supports for families, children and young people (through Holly House, Ballybrack)
- Member of DLR COVID Community Response

For further information see

www.southsidepartnership.ie and <https://www.facebook.com/sspship/>

COVID COMMUNITY RESPONSES

The Dun Laoghaire Rathdown Public Participation Network has produced a list of resources and community response initiatives within the DLR area.

<http://dlrppn.ie/covid-19/>

Dún Laoghaire Rathdown Volunteer Centre can help local groups to involve volunteers to help respond to the COVID-19 emergency.

To register a group: <https://www.i-vol.ie/register-your-organisation/>

If you are already registered and need to recruit volunteers:

Email Claire Carroll at claire@volunteerdlr.ie or Tel. 0879963763.

Dublin Children and Young People's Services Committee have also produced a database of supports for children and young people across all the Dublin CYPSC areas

It can be accessed on: <https://www.dublincypscdirectory.ie/>

DEMENTIA

Living Well with Dementia is a HSE programme hosted by the Southside Partnership which develops and delivers innovative services and supports to people living with dementia and their families in their communities.

<https://www.facebook.com/livingwellwithdementia.ie/>

The Alzheimer Society of Ireland are still running a number of services such as Home Care; Dementia Advisers; National Helpline, and Online Family Carer Training

National helpline 1800 341 341 or <https://www.alzheimer.ie>

DISABILITY**Disability Federation of Ireland**

Specific information and supports for COVID-19 and disability
<https://www.disability-federation.ie/news/covid-19>

Inclusion Ireland provides advice, support and advocacy for people with an intellectual disability in Ireland, including up to date resources on COVID-19 and disability

<http://www.inclusionireland.ie/>

Tel. 01 855 9891

DOMESTIC /SEXUAL ABUSE**Sonas Domestic Violence Service**

WhatsApp available Safe Home number and when redirected to assigned keyworker.

Domestic Violence support – Virtual support provided via WhatsApp and phone support to all women and children within accommodation based services & community settings.

Sonas Safe Home: Tel. 0877422897

Sonas Refuge Tel. 01 8662015

Advice and information line: Tel. 0879525217

<http://www.domesticabuse.ie>

Women's Aid continue to provide online and telephone supports to women experiencing domestic violence.

Women's Aid National Freephone Helpline and Coronavirus/Covid19

Helpline 1800 341 900 is fully available 24 hours, 7 days a week

Providing free and confidential support to women experiencing domestic violence, family and friends and professionals supporting victims of abuse.

Online Chat service available Monday, Wednesday and Friday 7pm – 10pm.

<http://www.womensaid.ie>

Text Service for Deaf and Hard of Hearing Women available daily on 087 959 7980.

If you feel you are in immediate danger call 112/999

Women's Aid Dolphin House Supports and Coronavirus/Covid19

Drop In Service has been temporarily suspended. Women's Aid Support for women applying for domestic violence orders are continuing by phone on 089 221 4636 Monday to Friday 9.30am to 4.30pm. [womensaid.ie](http://www.womensaid.ie)

Women's Aid Outreach and Court Supports and Coronavirus/Covid19

Face-to-face meetings and all court accompaniment have been temporarily suspended. Women already linked in with a support worker will continue to be supported by phone. [womensaid.ie](http://www.womensaid.ie)

Domestic Violence Support Services, Refuges and Coronavirus/Covid19

Restrictions are temporarily in place. For information about your local service contact the 24hr National Freephone Helpline 1800 341 900 or visit Safe Ireland for updates [Safelreland.ie](https://www.safelreland.ie)

Dublin Rape Crisis Centre offers counselling, supports, some accompaniment services, with some adjustments in light of the COVID crisis.

Tel. 1800 778 888 national 24 hour helpline

<https://www.drcc.ie/2020/03/notice-impact-of-covid-19-on-drcc-services/>

EMPLOYMENT AND ENTERPRISE SUPPORTS**Southside Partnership Local Employment Service**

Operating as usual 9 – 5 Monday to Friday via remote access.

Tel. FREEPHONE 1800 200 501 or 01 284 1977

Caroline McCabe: 087 361 2898 / Frances Healy: 087 175 0243

info / queries during Corvid 19 / Jobs Club referrals /CV' / Info Social Welfare and all other queries

<http://southsidepartnership.ie/employment-programs/>

Southside Partnership Job Club

Provide a range of supports for job seekers, including CVs, cover letters, job seeking, interview skills, networking, social media, etc.

Now delivering through digital technology, rather than face-to-face, supporting those who are preparing to apply for job opportunities. It is important to note that many front line service providers are hiring and we are and can help anybody who wishes to apply for these roles.

June and July 2020 -The Job Club supports will be provided on a daily basis through:

- 1 TO 1's (over the phone, through WhatsApp and on Zoom)
- Groups (over the phone, through WhatsApp and on Zoom)
- Video and Tutorials available online

Contact the Job Club team and they will find a way to support you in a manner that best suits you.

Tel. 01 284 1977 or Freephone 1800 200 501

Email – nicola.lapraku@sspship.ie and cc.bernard.fennessy@sspship.ie

Mobile/WhatsApp – Nicola on 087 090 3041 or Bernard on 085 819 9961

INTREO Service offers a point of contact for all employment and income supports from the Government.

Tel. 1890 800 024 or 01- 2145540 (Dun Laoghaire Office) or 01- 6732000 (Nutmegrove)

dunlaoghairequeries@welfare.ie or IntreoNutmegrove@welfare.ie

Use the online portal to apply for COVID-19 related income supports <https://www.MyWelfare.ie>

Southside Partnership Self Employment Supports are available for anyone considering self-employment.

If you are interested in finding out more about Becoming Self Employed contact the SICAP Enterprise Team

Telephone: (01) 70 60 100

Email: esther.mcgearty@sspship.ie

Southside Partnership DLR specialises in providing support to the founders / owners of pre-start-up and early start up **social enterprises**, while also working with developing and established organisations.

Their SEED (Social Enterprise Expansion & Development) Project provides mentoring and training support for social enterprises across Southside and Bray Partnership areas.

For further information on social enterprise supports, contact:

Helena O'Neill: helena.oneill@sspship.ie

Tel. 01 70 60 100 / 087 672 8670

FINANCE AND BUDGETING

Money Advice & Budgeting Service COVID-19 website page: advice on money worries during COVID-19, budgeting and supports available at this time. MABS Helpline: 9am-8pm - advice on money management and debt issues.

Tel. 076 1072 000

Arrangements for energy customers during COVID-19 restrictions St Vincent de Paul has been engaging with the Commission for the Regulation of Utilities (CRU) and all energy suppliers for the past number of days to make sure arrangements are in place for low income and vulnerable customers during Covid-19 restrictions.

Click [here](#)

<https://www.svp.ie>

GARDAI

Dun Laoghaire District Garda Station Tel. 01 666 5000

Blackrock Garda Station Tel. 01 666 5200

Cabinteely Garda Station Tel. 01 666 5400

Dundrum Garda Station Tel. 01 666 5600

Emergencies: Tel. 999/112

HEALTH

Purple House Cancer Support are a community-based cancer support centre, based in Bray. They are currently providing telephone supports and counselling, transport for cancer treatment and food hampers for affected people. Their centre is closed to the public, but they can be contacted by phone.

Tel. 01 286 6966

<https://www.purplehouse.ie/coronavirus-information/>

HSE information on COVID symptoms, testing, treatment, advice for different groups, self-isolation and cocooning etc. available on

<https://www2.hse.ie/conditions/coronavirus/coronavirus.html>

If you have symptoms of COVID and are worried, you should contact your GP or HSE Live
Tel. 1850 241 850.

HSE HIV and Sexual Health helpline

<https://www.hse.ie/eng/services/list/5/addiction/drugshivhelpline/hiv-and-sexual-health-helpline/>

Freephone helpline on 1800 459 459 (Monday to Friday 9:30 am - 5:30 pm)

HOUSING/HOMELESS SERVICES

Threshold offers advice and support on housing, tenancies. They have a dedicated helpline for people renting during COVID and worried about losing their home

FREEPHONE 1800 454 454

<https://www.threshold.ie/covid-19/>

Dublin Region Homeless Executive – for emergency accommodation

Freephone: 1800 707 707

Central Placement Service (CPS) Monday to Friday 2.00pm - 2.00am

Weekends & Bank Holidays 10.00am - 2.00am

To report a rough sleeper: <https://www.homelessdublin.ie/homeless/i-am-rough-sleeping/report-rough-sleeper>

DLR County Council Housing department

Email: housing@dlrcoco.ie

Tel. 01 205 4700

LGBTQ

LGBT Ireland

Helpline on 1890 929 539, Monday to Thursday, 6:30 – 10pm, Fridays 4 – 10pm, and Saturday and Sunday, 4 to 6pm.

Instant messaging support service from 6:30 – 10pm, 7 days a week <https://www.lgbt.ie>

Outhouse will be taking calls on 01 873 4999 from 12:00 to 3:00pm Monday to Friday to provide signposting and information

Text LGBTI+ to 086 1800 280 and chat in confidence, 24/7 with a trained crisis volunteer over text. Standard SMS rates may apply.

Call the Gender Identity Family Support Line 01 907 3707

Belong To offers support for LGBTI+ young people

info@belongto.org

Tel. 01 670 6223

LIBRARIES

DLR library buildings are all closed to the public. A range of online books and other resources are available in digital formats.
DLR libraries are also offering to deliver books (including a surprise) to anyone who is cocooning. This can be arranged through the DLR COVID support helpline.
Freefone 1800 804 535 or 271 3199 and covidsupport@dlrcoco.ie, available seven days a week to take calls from 8am-8pm.
<https://libraries.dlrcoco.ie/>

MEN

Men's Aid Ireland formerly known as **Amen** is a national service supporting men and their families experiencing Domestic Violence in Ireland.
Tel: [01 554 3811](tel:015543811)
Tel: [01 539 4277](tel:015394277)
E-mail: hello@mensaid.ie

The Men's Development Network have a male advice line for men experiencing domestic
Free phone 1800 816 588

The Irish Men's Sheds Association continues to operate normally and provide support and advice to shedders on 01 891 6150 or info@menssheds.ie

MENTAL HEALTH AND WELLBEING

DLR Social Prescribing Programme for Health & Wellbeing is an initiative co-funded by Healthy Ireland and implemented by Southside Partnership DLR which supports the health and wellbeing of people by helping them to connect with local, community-based as well as national supports and activities. This service continues to be available during the Covid-19 crisis.

The programme is for anyone who feels that they just need some support to mind their physical and mental health and wellbeing - or if they are feeling isolated, stressed, anxious or depressed.

Participating in Social Prescribing provides opportunities to:

- Receive advice during the Covid-19 crisis in relation to relevant supports
- Learn a new skill or participate in a new activity
- Improve mental and physical health
- Receive social support from others
- Increase self-confidence and self-esteem
- Become involved in the community

Contact our Social Prescribing Team:

Lisa Sieger-Jamison: Tel. 087 737 0372 / Email: lisa.sieger@sspship.ie

Deirdre Massey: Tel. 087 356 3035 / Email: deirdre.massey@sspship.ie

Find out more here: <http://southsidepartnership.ie/service/health-well-being/>

The Samaritans offer a 24 hour listening service

If you need a response immediately, it's best to call on the phone.

Tel: 116 123 (free to phone)

Email: jo@samaritans.ie

www.samaritans.org

Pieta House provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide.

Freephone and no referral needed. Tel: 1800 247 247

Shine provide a range of supports for people with mental health problems.

Shine are currently providing remote support and an outreach service to people experiencing mental health problems and their families and supporters by phone and email.

Visit www.shine.ie/covid-19 or email phil@shine.ie

HSE information on minding your mental health during the COVID outbreak

<https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html>

List of services to support mental health and wellbeing during the crisis

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html>

Suicide or Survive (SOS)

A series of free online wellness workshops and programmes are available from SOS

www.suicideorsurvive.ie

Stress Control Online Programme

A series of Stress Control classes, to learn new stress management skills and mind your mental health

The 6 session online programme will run over 3 weeks on Mondays and Thursdays

Starting Monday 13th April, free-of-charge

<https://www.hse.ie/eng/about/who/healthwellbeing/about-us/free-online-stress-control-classes.html>

Aware Support Line provides information and support to anyone over 18 about issues relating to their own mood or the mood of a friend or family member, or who experience depression or bipolar disorder.

Freephone Support Line 1800 80 48 48 (from 10am to 10pm every day)

Life Skills Online Programme continuing as normal

Email supportmail@aware.ie for services information and support

Turn2me - offers online Support Groups for people experiencing Anxiety, Suicidal Thoughts & Feelings, Depression, Stress and General Mental Health issues

<https://www.turn2me.ie/group-supports>

Grow mental health recovery launched a six-week initiative to help 'Create Hope and Stay

Positive' in the face of Covid-19 which will address the various challenges of accepting the situation, dealing with isolation and coping with anxiety by helping people to stay positive, look after themselves and create routine and balance.

Grow Eastern Region Tel: 057 935 1124

Email: easternregion@grow.ie

6-Week Guide to Cope with Covid-19 Outbreak; see: <https://grow.ie/>

Sláintecare and HSE Counselling and Psychotherapy Project

In response to the mental health challenges posed by COVID 19, MyMind is now working with Sláintecare and the HSE to provide fully subsidised counselling, psychotherapy and psychological support for individuals in all regions of Ireland. The main mental health issues include issues arising from unemployment, bereavement, social isolation/cocooning, illness, stress, depression, anxiety, addiction, domestic violence, etc.

<https://mymind.org/covid-19-project>

DLR Health and Wellbeing Initiatives

Dún Laoghaire-Rathdown County Council is currently offering many fantastic community health and wellbeing initiatives covering a wide range of interests. These initiatives can support residents in Dun Laoghaire-Rathdown to enhance their physical and mental wellbeing during these difficult times.

Heritage initiatives

3D Tour of Marlay House [click here](#)

3D Tour of Cabinteely House [click here](#)

Biodiversity Initiatives

The bioiversity team has put together a booklet focusing on the huge array of biodiversity we have all across the county, and it is available for everyone to read online at the following link: <https://bit.ly/dlrBioBooklet>

Environmental Initiatives

Wild Flower Guide [download here](#).

Composting at home Guide [download here](#).

Creative Projects at Home [download here](#).

Sports Initiatives

Lets Stay Active Together

See [here](#) for details.

Older People

DLR Age Friendly Ezines [download here](#).

Youth Initiatives

Positive Mental Health [download here](#)

Southside Partnership DLR's English Classes for Migrant Women are continuing online for now. The Southside Partnership Women's Programme is being adapted where possible so that activities can be delivered in a different format.

Contact Daniela Naab at daniela.naab@sspship.ie for more information.

<http://southsidepartnership.ie/our-womens-programme/>

Migrants Rights Centre Ireland is a national organisation working for justice, empowerment and equality for migrants and their families

They have a range of resources and supports relating to the COVID crisis

<https://www.mrci.ie/>

OLDER PEOPLE

ALONE national support line for older people who have concerns or are facing difficulties relating to the outbreak of COVID-19 (Coronavirus).

Professional staff are available to answer queries and give advice and reassurance where necessary.

Tel. 0818 222 024 (Mon to Fri 8am to 8pm)

SeniorLine is a national, confidential listening service for older people, run by trained older volunteers.

FREEPHONE 1800 80 45 91 (10am to 10pm)

Making Connections: provides volunteer support for older people experiencing loneliness or isolation in Dublin South. Making Connections is now offering additional supports for all vulnerable older people who may need practical help. The age cohort of people they are prioritising is 80 years and older. They have identified a team of volunteers tasked to run errands, deliver groceries, pick up prescriptions, fuel, etc.

Tel. 01 295 1053 or 085 111 1976 to request practical help (8am to 8pm)

Rosemount Family Resource Centre is running a Befriending Telephone Service for the vulnerable and elderly with the assistance of An Garda Síochána. If anyone needs any assistance or shopping, please do not hesitate to call to make arrangements with them.

Tel. 087 692 7361 or email frcrosemount@gmail.com.

Age Action provide a range of supports and services for older people throughout Ireland. Supports such as Care & Repair, Computer Training, Information Service, Lifelong Learning, etc.

Email: info@ageaction.ie

Tel. 01 475 6989

Website: ageaction.ie

Sage Advocacy support and advocacy service for vulnerable adults, older people and healthcare patients.

E-mail 1850@sageadvocacy.ie

Phone 1850 71 94 00 365 days a year 08:00 – 22:00

The DLR Public Participation Network published a **Directory of Activities and Services for Older People** in the DLR area. Some of these activities may be currently suspended and others may be connecting older people in new ways.

<http://dlrppn.ie/wp-content/uploads/2017/07/Directory-Of-Activities-and-Services-for-Older-People.pdf>

Crosscare Community Café in Dun Laoghaire is providing hot meals of a cost of €3 for anyone who is cocooning or not in a position to cook for themselves. Their Foodbank is also still running.

<https://www.dunlaoghairetown.ie/crosscare-community-cafe-providing-support-for-those-that-need-hot-meals-during-covid-19/>

PARENTING AND FAMILIES

Barnardos has launched a dedicated telephone and email support service to provide advice to parents on a wide range of issues that may have come up during this time. This service will be staffed by Barnardos project workers who are trained professionals

Tel. 1800 910 123 between 10.00am and 2.00pm Monday to Friday

Email parentsupport@barnardos.ie

Parentline is a national support line service that offers parents support, information and guidance on all aspects of being a parent and any parenting issues

Tel. 1890 927 277 or 01 873 3500

<https://www.parentline.ie/>

One Family offers a support helpline for people parenting alone, sharing parenting or separating.

Tel. 1890 662 212 or 01 662 9212

www.onefamily.ie

Family Resource Centres are still operating remotely across the DLR area, with a range of supports for families and all members of the community, including low cost counselling, resources, informal supports, play therapy, activities for children etc.

Hillview FRC, Ballinteer

Project Manager: Claire Tel. 087 116 0196

Development Worker: Katie Tel. 087 195 7419

<https://www.facebook.com/HillviewFRC/>

Balally FRC

Coordinator : Catherine Tel. 086 785 8787 Email: coordinator@balallyfrc.ie

Development Worker: Clare-Louise Bligh Tel. 083 872 1696 Email: development@balallyfrc.ie

<https://www.facebook.com/BalallyFRC/>

Rosemount FRC

Coordinator Louise Keogh Tel. 087 6927361
<https://www.facebook.com/pg/rosemountfrfc/>

Ballyogan FRC

Manager: Colette Farrington Tel. 086 8504721

Tusla Family Support Service is providing increased practical and emotional support and parenting guidance to families and children on their case load of allocated clients. Phone or face-to-face using WhatsApp or Skype in place of home visits and includes various support services. Taking new referrals for family support via phone and email from social workers.

Family Support Co-ordinator: Niall Nolan Tel. 086 781 0720 Email Niall.Nolan@Tusla.ie

Southside Partnership DLR provide a **support service for parents of 0-3s** in conjunction with Springboard, Barnardos, My Project Mounttown and Ballyogan Family Resource Centre. There are a number of First Friends Parent and Baby groups for parents & their children, 0-3s in the DLR area, which are continuing to meet remotely.

First Friends Loughlinstown: Lorraine Stewart, Southside Partnership Tel. 087 958 3084 or Sarah Gallagher, Springboard Tel. 087 917 0492

First Friends Ballyogan & First Friends Mounttown: Jane Walsh, Barnardos, Tel. 086 012 1663

RIGHTS AND LEGAL ISSUES

FLAC offers free legal advice and support. Their centres are closed, but they offer a range of resources on their website. They can also be contacted by phone.

Tel. 1890 350 250 or 01 874 5690

www.flac.ie

SUBSTANCE MISUSE

Dun Laoghaire Rathdown Drug and Alcohol Task Force co-ordinates the response to drugs and alcohol misuse in the DLR area. Their website contains regular updates in relation to resources, services and supports available during the COVID crisis.

<https://www.dlrdrugtaskforce.ie/arrangements.html>

DLR Community Addiction Team - Adult and under 18s service

Ongoing contact services are via individual staff members. New referrals can be made via 087 278 9678. If this line is busy use landline 01 217 6140 and leave a message on the answering machine, or alternatively contact the service online through the following link <https://dlrcat.ie/contact.html>

Family Support

Ger Hanlon from CAT can be contacted for phone family support (adult family members) at 087 224 0927.

A full list of National Family Support Network groups [available here](#), and also through facebook <https://www.facebook.com/NationalFamilySupportNetworkIreland/>

Dun Laoghaire Rathdown Outreach Project (DROP) - Adult service

Ongoing contact services are via individual staff members providing information and support over the phone, and also remote group work to programme participants. info@drop.ie

Tel. 01 280 3187

www.drop.ie <https://www.facebook.com/dunlaoghairerathdownoutreachproject/>

Alcoholics Anonymous (AA) are organising local branch meetings and supports through Zoom and other online formats.

Phone the national service office to be put in touch with local branches.

Tel. 01 842 0700 during office hours Monday to Friday

For after-hours services (5 - 10 pm weekdays and 10am - 10pm on weekends) phone 01 852 7000

<https://www.alcoholicsanonymous.ie/>

Youth Drugs and Alcohol Service (YoDA) are limiting their face to face time with young people, but are continuing to accept referrals and offer supports. For any referral or query, please contact them on:

Tel. 01 921 4978

Email: annemarie.bolger@hse.ie

HSE Drugs and Alcohol helpline is a confidential freephone helpline for drugs and alcohol support and information.

<https://www.hse.ie/eng/services/list/5/addiction/drugshivhelpline/>

Tel. 1800 459 459 (Monday to Friday between 9:30 to 5:30pm).

Email helpline@hse.ie

TRAVELLERS

Southside Travellers Action Group staff continue to provide information, support and resources to members of the Travelling Community in Dun Laoghaire-Rathdown.

Website: www.southsidetravellers.org

Email: info@southsidetravellers.ie

Tel.: Grainne, Community Liaison at 087 198 9411

Management Team members can be contacted on their mobiles for updates, support and information on the Covid-19 situation. See website for full list.

National Traveller Helpline

There is a new helpline to deal with Coronavirus (Covid-19) queries for Travellers. It is open from 9am to 9pm each day.

<https://www.hse.ie/eng/about/who/primarycare/socialinclusion/travellers-and-roma/irish-travellers/traveller-helpline.html>

Tel. or text 083 100 6300

Exchange House Ireland offers a National Traveller Mental Health Service

Tel. 01 872 1094 (then press 1) for support, help or advice (from 9am to 5pm every day)
or go to www.exchangehouse.ie for more information.

WOMEN

Irish Family Planning Association provides information and support in relation to family planning, pregnancy, early abortion, etc.

Tel. 01 459 7685 (Tallaght Clinic) or 1850 49 50 51 (appointment line)

<https://www.ifpa.ie/get-care/covid-19/>

Women's Aid continue to provide online and telephone supports to women experiencing domestic violence.

Women's Aid National Freephone Helpline and Coronavirus/Covid-19

Helpline 1800 341 900 is fully available 24 hours, 7 days a week

Providing free and confidential support to women experiencing domestic violence, to family and friends and professionals supporting victims of abuse.

Online Chat Service available Monday, Wednesday and Friday 7pm – 10pm.

<http://www.womensaid.ie>

Text Service for Deaf and Hard of Hearing Women available daily on 087 959 7980.

If you feel you are in immediate danger call 112/999

Women's Aid Dolphin House Supports and Coronavirus/Covid19

Drop In Service has been temporarily suspended. Women's Aid Support for women applying for domestic violence orders are continuing by phone on 089 221 4636 Monday to Friday 9.30am to 4.30pm. womensaid.ie

Women's Aid Outreach and Court Supports and Coronavirus/Covid19

Face-to-face meetings and all court accompaniment have been temporarily suspended. Women already linked in with a support worker will continue to be supported by phone. womensaid.ie

Domestic Violence Support Services, Refuges and Coronavirus/Covid19

Restrictions are temporarily in place. For information about your local service contact the 24hr National Freephone Helpline 1800 341 900 or visit Safe Ireland for updates SafeIreland.ie

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Tel. 1800 778 888 national 24 hour helpline

<https://www.drcc.ie/2020/03/notice-impact-of-covid-19-on-drcc-services/>

The National Women's Council of Ireland have put together resources on Women and Covid 19 - NWCI - information on minding your health and mental health, knowing your rights, securing your income, support for women experiencing domestic abuse during Covid 19.

https://www.nwci.ie/women_and_covid_19

Women4Women is a programme that promotes intercultural understanding and co-operation among women in DLR. Some supports are still being delivered remotely.

For further information, contact: Rafika Tel. 087 720 3665

<https://women4women.ie/>

YOUNG PEOPLE

Let's Talk Directory of Services for Young People

An innovative new mental health website for young people in Dún Laoghaire Rathdown has just been launched. Developed by young people in collaboration with the DLR CYPSC and Crosscare, the LetsTalkDLR website features the ability to search for services based on how you're feeling.

<https://www.letstalkdlr.ie/>

Get the facts you need about mental health services and how they can help you.

The LetsTalkDLR website provides the facts about the mental health services in your area, lets you hear about other young people's experiences, and helps you to connect to get the help and support you need.

Jigsaw offers support for young people going through a hard time, or for those worried about a young person in your life.

www.jigsaw.ie

<https://www.jigsaw.ie/news-and-events/post/covid-19-what-were-doing>

Spunout is Ireland's youth information website created by young people, for young people. They have a wide range of resources and information for young people both on the COVID crisis and other issues

<https://spunout.ie/>