



NUI Galway
OÉ Gaillimh

2019

Directory of Support Services, Organisations and Useful Resources, Galway



Supported by



NUI Galway
OÉ Gaillimh

Student Project Fund

List of Support Services, Organisations and Useful Resources, January 2019

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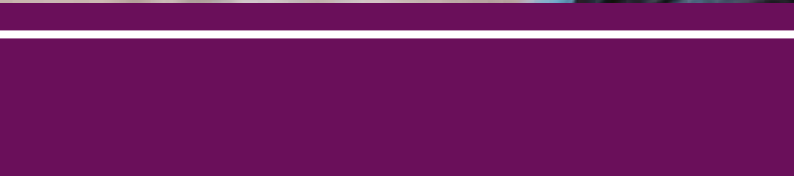
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Services Within NUI Galway



Student Counselling

University is a big step with many rewards, but also challenges. Counselling can be helpful for all kinds of difficulties, both academic and personal. You could be dealing with something serious that you've struggled with for many years, or it could be something small which has happened recently. Maybe you don't even know exactly what the problem is, but are finding it difficult to cope. Counselling offers a warm and safe space to talk in an environment with no pressure.

The first appointment or 'Drop-in' session is about gathering information. It is also about coming to a better understanding of your challenges. You may find, in fact, that this is all that is needed. If you feel that further counselling sessions would be of benefit to you, we offer up to six sessions of counselling, scheduled to fit with your college timetable, at the same time with the same counsellor each week. Counselling sessions last for 50 minutes.

- One to one counselling for students
- Online resources for students
- Pastoral care for staff

☎ **091-492484, ext 2484**

✉ **counselling@nuigalway.ie**


🌐 **www.nuigalway.ie/counsellors**

Student counselling online programmes

Participate - online intervention for social anxiety, fear in social situations, presentations


 nuig.participateonline.net

Silver Cloud - Depression, Anxiety & Body Image

 <https://nuigstudentcounselling.silvercloudhealth.com/signup>

Smart Life programme

Wellbeing & Academic once off workshops, short courses and groups

 www.nuigstudents.ie/smartlife


Student Health Unit

GP service - Acute illness treatment (Not intended as a replacement for your GP, you are advised to continue with your GP for ongoing medical conditions.) On-campus medical care to full-time registered students in a confidential, professional and courteous manner. Family planning, emergency contraception, Physiotherapy Services, Psychiatric Referral, Travel Advice and Vaccinations, Hospital & Consultant referral service

- ☞ **Contact 091-492604 for any queries.**
- 🌐 **www.nuigalway.ie/health_unit**
- 🕒 **Monday – Friday, 9.15am – 12.30pm and 2.30pm – 4.30pm**
- 📍 **Appointment times are allocated on a ‘First Come First Served’ basis.**

Mental Health Support Worker

Linking students with mental health challenges to appropriate services. Also provides facilitation and training for WRAP (Wellness Recovery Action Planning) for students and staff

 **Referrals to Nóirín Mannion via Student Health Unit**

Chaplaincy

Pastoral, advisory, social supports including nurturing the spiritual dimension of your life.

🕒 **Monday to Friday, 9.00 am to 3.45 pm**

📍 **St. Declan's, 6 Distillery Rd.**

☎ **091-495055**

✉ **chaplains@nuigalway.ie**

🌐 **www.nuigalway.ie/chaplains**

Seas Suas


Seas Suas is a training programme which promotes the health and wellbeing of students including: Developing Positive Mental Health, Practical Tips for Internet Safety, Cyberbullying etc. Those who complete the training are awarded the Seas Suas Certificate and are eligible to apply for the ALIVE Certificate. ALIVE is NUI Galway's student volunteering programme dedicated to providing supports to students to engage in positive volunteering experiences.

-  **091 495055**
-  **chaplains@nuigalway.ie**
-  **www.nuigalway.ie/chaplains**


Career Development Centre

Empowering NUI Galway students to make successful transitions to fulfilling careers.

Explore Careers, Employability Awards, Make the Most of University, Further Study & Funding, Work Placement, Find a Job, Events, Connect with Careers, FAQ, Services for Employers

 www.nuigalway.ie/career-development-centre

 employers@nuigalway.ie

 <https://nuig.gradireland.com/home.html>

 091 493589

Disability Support Service

Support for students with a disability, a long-term physical or mental health condition, or specific learning difficulty.


Students are encouraged to register with us for reasonable accommodations and supports to ensure every opportunity to fulfil their academic potential.

Further information on available support and details of our registration process can be found on our website.

Additionally, students are encouraged to make contact with us with any queries or concerns.

 www.nuigalway.ie/disability

 Room AUC - 1004, First Floor, Áras Uí Chathail

 353 (0) 91 492813

 disabilityservice@nuigalway.ie

Access Programmes Office

The Access Programmes targets students who have the ability to benefit from and succeed in higher education but who, for a variety of social and economic reasons, are underrepresented at third level. The Access Programmes developed admission routes, namely the delivery of Access Courses for school leavers and mature students and the Higher Education Access Route (HEAR) scheme to support students from disadvantaged backgrounds to enter NUI Galway. The Access Programmes supports Undergraduate students linked to the Access Courses and delivers a comprehensive orientation programme to first year HEAR entrants that give students a head start on what life at NUI Galway is about.

Financial advice and ongoing personal support is provided by the Access Team to all Access Programme entrants.

✉ access@nuigalway.ie

🕒 10:00 am to 4pm Monday to Fridays

☎ 091-493553

📍 First Floor Lobby, Áras Ui Chathail, Access Centre

Student Transition Officer

Support is available for first year HEAR students, former Access students moving onto a degree programme and those that entered university directly with a QQI/ FET qualification. Ease your way into University life by accessing support on social, personal, financial and academic experiences.



Contact Gráinne Morahan



transitionofficer@nuigalway.ie



091 493298



Room BLE G011, Block E, Old Engineering Building

Mature Students Officer

We at NUI Galway know that entering university as a more mature person can be challenging, exciting and yet daunting.

The Mature Students Office offers support to students aged 23 or over, who apply to a full time degree programme.

We also support and champion mature students throughout their undergraduate studies and runs specialised Return to Learning induction for all new non-traditional students before term begins.

The Mature Students Office also offers one year part time Diplomas in Foundation Studies - Science, Technology and Engineering and in Business, Arts and Law.



Trish Bourke



maturestudents@nuigalway.ie



<https://www.nuigalway.ie/mature>






091 492695



**AUC - G007, Ground Floor, Access Centre,
Áras Uí Chathail**




Accommodation & Welfare

The NUI Galway Accommodation Office are here to help you in your search for a place to live. We can help you find appropriate accommodation in Student Residences, flats, apartments or houses. We can also help if problems arise with property owners

-  **1st Floor, Aras Ui Chathail**
-  **10.00 – 12.45 and 14.30 – 16.45**
-  **www.nuigalway.ie/student-life/accommodation**

Money Advice and Budgeting

Financial Aid Fund, meet with Dave Barry our student finance advisor

-  **1st Floor, (Aras Ui Chathail)**
-  **10.00am - 12.45pm and 14.30 -16.45pm**
-  **www.nuigalway.ie/student-life/accommodation**

Students' Union

The Students' Union is the representative body for NUI Galway students. They offer an advisory and referral service on student issues including: SUSI Grants, Welfare Issues, Class Reps, Complaints, Equality and more. They provide information and run events and campaigns throughout the year. Other services include: Student Leap Cards, Grinds Register, Skills Register, Second hand books, Lockers, Life Skills Courses, Cloakroom and Connacht Rugby tickets. The Students' Union also runs the following outlets on campus: Students' Union Shop, Sult, The Wall Café, Smokey's Café, Caife na Gaeilge.

☎ **091 524810**

📍 **Upstairs in Áras na Mac Léinn**




🕒 **Monday-Friday 10am-5pm during term**

🌐 **<http://su.nuigalway.ie>**

✉ **studentsunion@nuigalway.ie**

CÉIM

CÉIM is an academic peer learning programme that supports 1st year students to settle in to NUI Galway, make friends in their discipline and get to grips with coursework. 1st year students meet weekly for an hour during the academic year to learn from each other under the guidance of trained 2nd/3rd year student leaders. Based on the well-evidenced Peer Assisted Study Sessions (PASS)/Peer Assisted Learning (PAL) model, CÉIM is run as a partnership between students, academic staff and NUI Galway Students' Union.


-  **091 494290**
-  **su.ceim@nuigalway.ie**
-  **www.su.nuigalway.ie/ceim**


Other Services


Academic Skills Hub

The Library's Academic Skills team operates an Academic Skills Hub desk on the ground floor of the James Hardiman Library, where students can seek one-to-one support with key skills for academic success, such as research and referencing.

An online Academic Skills Hub is also available, packed with resources to help all NUI Galway students – particularly first-year students – develop their academic skills. It includes top tips, short guides, templates, and downloadable worksheets on a range of topics including communication skills, critical thinking, reading and research, and assignments and exams. It links to additional student supports and skills training events.


 <https://library.nuigalway.ie/support/academicskills>

 **Ground floor, James Hardiman Library**

 **353 (0)91 495229**


 **academicskills@nuigalway.ie**


Online Academic Skills Hub

 <http://www.nuigalway.ie/academic-skills>

Academic Writing Centre (AWC)


The AWC offers free, non-judgmental advice on essay writing for NUIG students. Everyone is welcome, regardless of level of experience or grade average. During term-time, the AWC is open for drop-in sessions. Our hours are 11-1 and 6-8 daily, except weekends and Friday nights.


 <http://library.nuigalway.ie/awc>

 irina.ruppo@nuigalway.ie


College of Arts, Social Sciences, and Celtic Studies Student Advisor

Staff of the College are available to assist all students under the College Advisory Service. Students may also make an appointment with a relevant staff member (for example lecturer, module/year coordinator) or may visit staff during designated student office hours. Students encountering difficulties with Academic workload and those with personal circumstances should make initial contact with Catherine McCurry (catherine.mccurry@nuigalway.ie). Further details below.

 **Catherine McCurry**

 **10.30am – 12.30pm and 2.30pm – 4pm**

 **Room 217, Arts Millennium Bld**

 **091 493958**


 **collegearts@nuigalway.ie**

ComputerDISC

ComputerDISC is a free Computer Programming Drop-In Support Centre for all NUI Galway students who are taking any programming/software development courses.

Books, courseware, web links, and other learning resources, website and email query service, Advice for students who wish to learn new programming languages autonomously

Assistance with new technologies for project work such as Final Year Projects


 www.nuigalway.ie/engineering-informatics/information-technology/currentstudents/computerdisc

 **IT Building**


 **Monday -Friday 12 - 4pm**


Fees Office


- Pay your fees
- Understanding course fees


 http://www.nuigalway.ie/student_fees

 **Áras Uí Chathail**

 **10:00-12:30 & 14:00 - 16:00 hrs**


 **fees@nuigalway.ie**

 **091-492386**


 **Fax: 091-495553**

International Office

Supporting you to study in Galway, study abroad, Erasmus, Summer School in Galway, pre-arrival Guide, Study Visa and Immigration, Accommodation in Galway, Health Insurance, Student Supports

 **+353 (0)91 49 5277**

 **7 Distillery Road**

 **international@nuigalway.ie**

Information Services and Solutions (ISS)

ISS is committed to provide, develop and support the IT services which enable the core activities of NUI Galway staff and students. Our services range from email, printing, desktop services, wired and wireless networks, data centres and systems such as the University's main Academic and Enterprise applications. For information about all our activities and services, and to keep up-to-date with News, Events and Features, please visit our website at: <http://www.nuigalway.ie/information-solutions-and-services> to see our Bulletins (also available by email (opt-in))

Advice and support on how to use IT services are available from the Library & IT Service Desk. The Service Desk is located in the foyer of the James Hardiman Library. We recommend visiting the ISS website for advice and information on services provided in advance of raising a support request. In addition, please visit the Library & IT Service Desk Facebook page (James Hardiman Library, NUI Galway) for the latest service status information.

The latest version of the NUI Galway mobile application is now available. Download today from Google Play (Android) and the App Store (iPhones/iPads).

i How to raise a support request?

1. Log in to the Service Desk Ticketing System (servicedesk.nuigalway.ie) and raise a ticket.
2. Drop in to the Library & IT Service Desk located in the James Hardiman Library (Ground Floor).
3. Phone the Service Desk on (091) 495777.
4. Email servicedesk@nuigalway.ie with your query.

🕒 During the academic term the Call Centre and the Library & IT Service Desk are open:

Monday to Friday 08:30-22:00

Saturday 09:30-13:00

📞 091 495777

**📍 Library & IT Service Desk, James Hardiman Library
Foyer**

🌐 <http://www.nuigalway.ie/iss4students>

🌐 <http://www.nuigalway.ie/iss4staff>

Library

Books, Digital Scholarship, Journals Explained, Databases Explained, Inter-Library Loans, Archives

Maker Space, Pay Your Library Fine, Borrowing and Renewing, Individual and Group Study Space, Photocopying & Printing, Wi-Fi

How-tos, Training, Subject Support, Support for Researchers, Special Collections Support

✉ **library@nuigalway.ie**

☎ **09149 3399**

🌐 **www.library.nuigalway.ie**

🕒 **Monday - Friday 08:30 - 22:00**

Saturday 08:30 - 17:30


Sunday 10:00 - 17:30

Mindful Way at NUI Galway

In October 2015, NUI Galway stated its intention to become a Mindful University through supporting an initiative known as Mindful Way @ NUI Galway. Over 800 students, staff and members of the local community engage with the initiative on an ongoing basis.

Many attend weekly Mindful Shared Practice sessions on the main NUI Galway campus, as well as across many of our satellite campuses in Letterkenny, Sligo, Shannon as well as the University Hospital Galway. This along with the annual Mindful Journeys Symposium, frequent guest speakers and other events, means NUI Galway is at the heart of the practice of Mindfulness in Ireland and internationally.

Subscribe to our mailing list. Events and more information:

 <http://www.nuigalway.ie/mindfulway/>

Office of the Vice President for Equality & Diversity

The Office of the Vice President for Equality and Diversity is committed to the promotion of equality of opportunity and to creating and sustaining an environment that values and celebrates the diversity of our staff and student body. The Equal Opportunity Grievance Procedure is managed through this office, as well as various equality projects and events.

📞 **091493764**

✉ **VPequalityanddiversity@nuigalway.ie**

🌐 **www.nuigalway.ie/equalityanddiversity**

School of Business Student Advisor

Supporting students in the School of Business who may be experiencing academic or personal challenges.


👤 **Contact Lisa McCormack**

📞 **+353 (0)91 492176**

✉ **businessstudentadvisor@nuigalway.ie**


Security


Access control, Bicycle security, Building locations, Campus geography, Campus watch, Opening hours of campus buildings, I.C.E. - in case of emergency, Key access, Parking, Personal security, Problem reporting, Security of property, Traffic management, Whats on, where and when?

 <https://www.nuigalway.ie/buildings/security>

 **091-493333 or 091-492198**

Extension: 3333 or 2198

 **For emergencies - Ambulance/Fire/Gardaí:
telephone 999/112**

 **security@nuigalway.ie**


Societies

With over 110 active societies there is literally something for everyone. As part of a society you can learn new skills, explore your interests, create a community of friends with similar interests and goals and of course have great fun

 <https://socs.nuigalway.ie>

 **Societies Officer: Riona Hughes**

 socsofficer@socs.nuigalway.ie

 +353 91 492088


Wellness @ The HUB

The HUB our student common room, launched a new wellness initiative last year spearheaded by the Societies Office to cultivate and promote an interest in health, wellbeing and a sense of community. In the Hub you will meet the WELL Crew (Wellness, Entertainment, Lifestyle & Leisure) who are on hand to welcome you and to tell you about all the opportunities there are on and off campus for fun and support. This year they will be teaming up with Student Counselling to offer a broad range of wellness opportunities. You can even try out the amazing massage chair in the wellness room including a Himalayan salt lamp and headphones to guarantee a well-

Services within NUI Galway


Other Services


earned relaxing break in the middle of your busy schedule. In the Hub you will also find a fully equipped student kitchen for your use to reheat your lunch, or cook a full meal from scratch. The HUB in Áras na Mac Léinn is well worth a visit with regular meetups open to everyone including the TGI Friday Club 5pm – 8pm and the Global Lounge Saturdays 12pm – 3pm – all great opportunities to get involved and find your home from home with board games and activities to help you feel welcome and find your feet.


 www.hub.nuigstudents.ie

Sports

There are now 45 active and vibrant sports clubs at NUI Galway. Joining and participating in a sports club will provide you with lasting memories of college life. Active participation in sport keeps you healthy and gives you a great social outlet.

 **(091) 49 3482**

 **sportsunitadmin@nuigalway.ie**

 **<https://clubs.nuigalway.ie/clubs.php>**

Student Advisor, J.E. Cairnes School of Business & Economics

The Student Advisor is a resource for students from School of Business & Economics to support academic welfare and wellbeing of our students throughout their university experience.

Our student advisor offers information advice and support to students on a range of issues, from simple requests for information to supporting students in getting help with more confidential matters including motivation, anxiety, relationship issues, ill-health, financial issues, study techniques and adjusting to a new study environment.


✉ **businessstudentadvisor@nuigalway.ie**


☎ **+353-86-141-4699**

Student Information Desk (SID)

One stop shop for students & Graduates wishing to access


- Replacement ID Cards
- Course Withdrawal
- Registration & Statements
- Thesis Submissions
- Name & Address Changes
- Order a Prospectus
- Lost & Found
- Validation & Stamping of Forms
- Employment & Verification Enquiries


 www.nuigalway.ie/sid/

 sid@nuigalway.ie

 www.facebook.com/NUIG.StudentInformationDesk/

 091 495999

 Monday to Friday, 9:00am-12:30pm & 2:00pm-4:00pm

 Telephone Service


Monday 10:30am - 12:30pm


Wednesday 10:30am - 12:30pm

Friday 10:30am - 12:30pm

SUMS

SUMS is the mathematics drop-in support centre at NUI Galway. SUMS offers mathematics support to students across all colleges and courses as well as to students engaged in Access/Foundation courses.

 <http://www.maths.nuigalway.ie/sums>

 **Week 1 - 2: Mon to Fri 14:00 to 16:00,**


Week 3 - 12 (starting October 2nd): Mon to Fri 14:00 to 17:00 and Wed 19:00 to 21:00.


Volunteering

ALIVE connects students to charities, schools, hospitals, non-profit groups and communities through a wide range of volunteer roles that fits into student schedules and life.

The programme helps students who want to develop tangible and transferable skills while they are gaining practical volunteering experience.

 **Visit ALIVE in the Hub, Aras na Mac Leinn**

 **alive@nuigalway.ie**

 **www.nuigalway.ie/alive**

**Local
Community
Services Outside
NUI Galway**



Emergency Services

☞ **999 or 112**

Childline

A confidential phone line for children and young people

☞ **1800 66 66 66, 24 hours a day**

✉ **Free Text Talk to 5010**

🌐 **<https://www.childline.ie/1>**

Domestic Violence Refuge and Support

Refuge Accommodation

☞ **091 565 985**

Garda Confidential Helpline

Allows the public to call with information relating to crime or other matters

☞ **1800 666 111**

University Hospital Galway

↪ 091 524222

Emergency Department

↪ 091 544556

Samaritans

Listening service for people who are lonely, despairing and suicidal

↪ 116 123

Sexual Assault Treatment Unit (SATU)

Specialist care following sexual assault or rape.

↪ 091 765751

Suicide Helpline (Pieta House)

Suicide helpline, for anyone in a suicidal crisis or who has been bereaved by suicide.

↪ 1800 247 247

Abuse

Adult Counselling Service, HSE

The Adult Counselling service provides free, confidential, individual and group therapy to adult survivors of childhood abuse. This includes sexual, emotional, physical abuse and neglect during childhood

- ✔ **CHO Area 2, Galway, Mayo and Roscommon**
1800 234 114

AMEN

Provides a confidential helpline, information and a support service for male victims of domestic abuse and their children

- ✔ **Helpline: 046 902 3718**
- 🕒 **Mon-Fri 9am-5pm**
- ✉ **info@amen.ie www.amen.ie**

Cope Domestic Violence Refuge and Support

Together our dedicated team work towards our vision of improving the quality of life in a home of your own for People affected by homelessness Women & Children experiencing Domestic Violence, and Older People.

- 📞 **091 565 985**
- 🕒 **Available 24 hours per day.**
- 🌐 **<https://copegalway.ie/>**
- ✉️ **waterside@copegalway.ie or
watersideoutreach@copegalway.ie**

Rape Crisis Centre

Provide a professional, caring and confidential counselling and support service for those in our community affected by sexual abuse and sexual violence. Also work towards ending cultural and societal tolerance of sexual violence through advocacy, awareness raising and education programmes.

- 📞 **091 564800**
Helpline: 1800 355355
- 🕒 **Monday-Friday 8am-7pm, Saturday- 9am-4pm**
- ✉️ **administrator@galwayrcc.org**
- 🌐 **www.galwayrcc.org**

Sexual Assault Treatment Unit (SATU)

Provide specialist care for women and men aged 14 years and over who have recently been sexually assaulted or raped. The specialist team provide easily accessible, holistic services which address the medical, psychological and emotional needs and appropriate follow up care for victims of sexual crime, in a supportive, sensitive manner.

- i Service available 24 hours a day, 365 days a year in Galway city.**
- 📞 091 765751**
- 🕒 Monday to Friday 8am - 4 pm**
Out of hours contact your local Garda station.

Women's Aid

A national voluntary organisation which provides support and information to women and their children who are being physically, emotionally, financially and sexually abused in their own homes

- 📞 1800 341 900**
- 🕒 Every day 10am-10pm**
- ✉ info@womensaid.ie**
- 🌐 www.womensaid.ie**

Accommodation

Emergency Accommodation Service

Homeless referral service

☞ **1800 788887**


Addiction

Smart Recovery Ireland

SMART Recovery's 4-Point Program® help people recover from all types of addictive behaviour. So if you have a problem with drugs, alcohol, gambling or an addiction to any other substance or activity SMART Recovery can help you.

SMART Recovery sponsors face-to-face meetings around the world and daily online meetings. In addition, our online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support.

 <https://smartrecovery.ie/>

 **Local meetings:**

<https://smartrecovery.ie/local-meetings/>

Alcohol

Alcoholics Anonymous (AA)

At AA meetings, men and women can share their experiences, strengths and hopes.

☎ **01 8420700**

🌐 **www.alcoholicsanonymous.ie**

☎ **01 8732699**

🕒 **10am-10pm 7 days a week – 365 days a year**

✉ **info@al-anon-ireland.org**

🌐 **www.al-anon-ireland.org**

Al-Anon and Alateen

Al-Anon offers understanding and support for families and friends of problem drinkers in a group setting. Alateen is part of the Al-Anon fellowship and is for young people, aged 12-17 inclusive, who are affected by a problem drinker.

☎ **01 8420700**

🌐 **www.alcoholicsanonymous.ie**

☎ **01 8732699**

🕒 **10am-10pm 7 days a week – 365 days a year**

✉ **info@al-anon-ireland.org**

🌐 **www.al-anon-ireland.org**

Alcohol Counselling and Advisory Service HSE

Provides outpatient, aftercare, counselling and advisory services, including alcohol and gambling addictions.

☎ **091 737268**

Bereavement

Anam Cara

Support bereaved parents by organising support groups where they have an opportunity to connect with one another in a safe and comfortable environment.

-  **01 4045378**
-  **info@anamcara.ie**
-  **www.anamcara.ie**

Campaigns

#Littlethings Campaign


Mental health campaign by the HSE National Office for Suicide Prevention highlighting how the little things can make a big difference to how we feel. Wide range of support service listed on website.

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

See Change (SHINE)

National campaign working to reduce stigma and change attitudes to mental health problems




 **01 8601620**

 www.seechange.ie

Community

Galway Volunteer Centre

A Centre where people interested in volunteering, as well as organisations with volunteers, can get information, advice and support.

-  **091 581727**
-  **info@volunteergalway.ie**
-  **www.volunteergalway.ie**

Counselling

Counselling in Primary Care (CIPC), HSE

Provides short-term counselling (up to 8 sessions) with a professionally qualified and accredited counsellor. Service is available free of charge, for people aged 18 years and over, with a full medical card.

Referrals to this service can be made by any Primary Care Team member e.g. GP, Public Health Nurse. For further information please call 091 583682.

Galway Diocesan Youth Service

Counselling service available to young people between 15 and 25 years.

- 📞 **091 568483**
- 📍 **No. 4 Augustine Street, Galway**
- ✉ **gdyouthservices@gmail.com**

Helplink Support Services

General counselling services online and by phone nationwide.
Face-to-face counselling in Galway, 7 days per week.

☎ **091 520963**

✉ **counselling@helplink.ie**

🌐 **www.helplink.ie**

Lets Get Galway Talking

We welcome, listen to and help anyone in need by providing immediate access to counselling. Our mission is to provide high quality counselling, available to all. Our service has a non set fee policy.

☎ **T: 091 765 500**

Elaine 087 287 0794


Reception 086 1407933

✉ **letsgettalkinggalway@gmail.com**

📍 **Liosban House (above Ulster Bank),
Liosban Industrial Estate,
Tuam Road, Galway**

Irish Association of Humanistic and Integrative Psychotherapy (IAHIP)

Directory of accredited counsellors and psychotherapists in Galway and countrywide

 <http://iahip.org/>

Irish Association of Counsellors and Psychotherapists

Directory of accredited counsellors and psychotherapists

 <https://iacp.ie/>


The Irish Council for Psychotherapy


Directory of accredited counsellors and psychotherapists

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

Traveller Counselling Service

Counselling service for Travellers, covering Galway City and County


 **1 Plaza Offices,
Headford Rd,
Galway.**

 **087 6379074
091 765390
091 880916**

Youth Work Ireland, Youth Counselling Service

Counselling service for young people aged 12 to 21 years.
Based in Galway city, Tuam, Ballinasloe and Loughrea.

 **41-43 Prospect Hill, Galway**

 **091-561634**

 **info@youthworkgalway.ie**

 **www.youthworkgalway.ie**

Debt

Money Advice and Budgeting Service (MABS)

A national, free, confidential and independent service for people in debt or in danger of getting into debt

📍 **3rd Floor, The Halls,
Quay Street,
Galway**

☎ **0761 07 2570**

📠 **Fax: 091 569 478**

✉ **galway@mabs.ie**

Doctors (GPs)

Westdoc

Out-of-hours family doctor service for participating GPs

☞ **0761 07 4050**

Drugs

Drugs/HIV Helpline, HSE

Offering non-directive support, information, guidance and referral to anyone with a question or concern related to substance use, HIV and sexual health

↪ **1850 365 000 or your GP**

Drugs Service, HSE

Provides information, advice and support about drug abuse prevention, education and treatment

↪ **1850 365 000 or your GP**

Western Region Drugs Task Force (WRDTF)

The WRDTF funds projects that support and assist in the implementation of the new WRDTF strategic plan The Way Forward 2011-2014

- 📍 **Western Region Drugs Task Force,
Unit 6, Galway Technology Park,
Parkmore, Galway**
- ☎ **Tel: 091 48 00 44 ext 1**

Eating Disorders

Bodywhys

Provides help, support and understanding for people affected by eating disorders

☎ **Lo-Call Helpline: 1890 200 444**

✉ **alex@bodywhys.ie**

🌐 **www.bodywhys.ie**

Families

Galway Diocesan Pastoral Centre

Offers education programmes, counselling and support for individuals, families and groups

☞ **091 565066**

Family Resource Centres

To combat disadvantage and to support families and build communities through the principles of community development

☞ **Ard 091 768852**

Clann 091 557633

Gort 091 630902

✉ **cordinator@gortfrc.com**

Solas, Headford

☞ **093 36446**

✉ **solasfrc@eircom.net**

Loughrea

☞ **091 871149**

✉ **loughreifrc@eircom.net**

Family Support Service, Tusla

Provide a range of services that offer advice and support to families.

☎ **091 548 496**

LGBT Parents Support Group

A network and peer support group for Lesbian, Gay, Bisexual and Transgender (LGBT) headed families in Galway City and County.

✉ **info@amachlgbt.com**

🌐 **www.amachlgbt.com**

Nurture

Offering professional counselling and support in the area of women's maternal mental health, in relation to conception, pregnancy and childbirth.

☎ **01 843 0930 (to make appointment for centre in Galway City)**

✉ **info@nurturecharity.org**

🌐 **www.nurturecharity.org**

Parentline

A confidential helpline for parents and guardians

☎ **1890 927277**

🌐 **www.parentline.ie**

Reachout.com

Online resource for parents, providing information and guidance on their son or daughter's mental health and wellbeing.

🌐 **<http://ie.reachout.com/parents/>**

Gambling

Gamblers Anonymous and Gam-Anon

Men and women who have joined together to do something about their own gambling problems and to help other compulsive gamblers do the same. Gam-Anon is for husbands, wives, relatives or close friends who have been affected by a gambling problem

- 📞 **01 872 1133**
- ✉ **info@gamblersanonymous.ie**
- 🌐 **www.gamblersanonymous.ie**

Helplines

Farm & Rural Stress Helpline

A trained professional will take your call and talk to you in complete confidence.

☞ **1800 742 645**

HSE Services

Adult Mental Health Service

Provides both in-patient and out-patient community-based services.

- 📍 **Psychiatric Unit,**
University College Hospital, Galway
- ☎ **091 524222**

Child & Adolescent Mental Health Service (CAMHS)

Multi-disciplinary community-based specialist service. Referrals made via the GP for young people up to 16 Years who are experiencing mental health difficulties and require psychiatric assessment

- ☎ **091 731401**

Community Psychology for Children & Adolescents

County-wide primary care service for children and adolescents under 18 years. Individual assessment and intervention, training for parents, community groups and other health professionals.

☞ **091 546 050**

HSE Information Line

Information on health services and entitlements.

☞ **1850 241 850**

🌐 **www.hse.ie**

Suicide Crisis Assessment Nurse (SCAN) Service, HSE


This is a specialist mental health service for assessing and managing suicide risk.


i Available in the community through a GP, in the following areas: All Connemara, all Galway City, Ballybane, Renmore, Doughiska, Roscam and Oranmore.

Homicide

Homicide

Support after homicide offers support to families bereaved by murder. It is a confidential service run by volunteers. They provide support nationally to anyone who has been bereaved in this very tragic way

 **Mark Kerrigan, Co-ordinator**

 **087 9837322**

Information


Citizen's Information Centre


Provides information, advice and advocacy services or receive help filling out a form. This is a free, strictly confidential and independent service.

Mental Health: General


Aware - Defeat Depression


Support for people whose lives are directly affected by depression

 <https://www.aware.ie/services/support-groups/Galway/>


 **Support Line 1800 80 48 48 (10am - 10pm)**

Galway City:

 **Danesfield House (directly facing the Jesuit Church),
Sea Road, Galway City, Co. Galway.**

 **Every Wednesday at 8pm**

Loughrea

 **Loughrea Family Resource Centre,
Piggott's Street, Loughrea, Co Galway.**


 **Every Tuesday at 8pm**


Also available in Galway: Perinatal Support Group

GROW in Ireland

A confidential self-help support group for people experiencing a range of mental health issues.

 **Contact Alan**

 **086 4177726**

 **www.grow.ie**

Irish Advocacy Network

Support and information service for people with mental health issues. Offers peer advocacy, awareness training and family support


 **admin@irishadvocacynetwork.com**


 **www.irishadvocacynetwork.com**

Mental Health Ireland

Provides help to those who are mentally ill and promotes positive mental health

 **Eimear Connaughton**

 **085 858 9546**

 **eimearconnaughton@mentalhealthireland.ie**

SHINE

Dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness, including, but not exclusively, schizophrenia, schizoaffective disorder and bipolar disorder.

📞 **Helpline: 1890 621 631**

✉️ **via the website**

🌐 **www.shineonline.ie**

👤 **Christina Burke**

📞 **091 576150 (Galway, Mayo & Roscommon)**

Mental Health: Young People

Childline

A 24-hour confidential phone line for children and young people

- 📞 **Helpline: 1800 666 666**
- 📍 **One to One chats are also available via the website**
- 🌐 **www.childline.ie**

Headstrong

National Centre for Youth Mental Health

- 📞 **01 472 7010**
- 🌐 **www.headstrong.ie**

ISPCC, Galway

Aims to build coping skills and psychological resilience in children, young people and their families. Support offered in child's home, school or an appropriate place.

- 📞 **091 532422**
- 🌐 **www.ispcc.ie**

Jigsaw Galway

Mental health support service for young people 15-25 years

☎ **091 549252**

Reachout.com

A web-based service that inspires young people (16-25 years) to help themselves through tough times, and find ways to improve their own mental health and well-being

☎ **01 764 5666**

✉ **general@reachout.com**

🌐 **www.reachout.com**

SpunOut.ie

An interactive online community providing health and lifestyle information, signposting to support services, a youth media space, and a platform for youth engagement.

🌐 **www.spunout.ie**

Older People

HSE Protection of Older People Service

Responds to concerns of elder abuse and self neglect.

i HSE Information Line will put you in contact with staff in your area

✓ 1850 241 850

Senior Helpline

Listening service for older people, run by older people


✓ 1850 440444

Schools

Health Promoting Schools, HSE West

Strive to make schools a positive experience for all who visit, learn and work there, by paying attention to health in all areas of the school.


 **Paul Gillen, Post Primary Schools**

 **091 737261**

 **paul.gillen@hse.ie**

National Educational Psychological Service (NEPS)

Supports the personal, social and educational development of all children

 **091 864 518**

Sexual Health

Aids West

Provides information and support in relation to all aspects of HIV/Aids, STIs and sexual health.

☎ **091 566266**

Helpline: 091 562213

✉ **info@aidswest.ie www.aidswest.ie**

Sexuality

AMACH!

Represents and campaigns on behalf of the LGBT+ community in Galway City and County

✉ info@amachlgbt.com

🌐 www.amachlgbt.com

Lesbian, Gay, Bisexual, Transgender (LGBT) National Helpline

The LGBT national helpline provides a non-judgemental, confidential support service

📞 **Helpline: 1890 929539**

🕒 **7pm-9pm Monday-Friday**

🌐 www.lgbt.ie

shOUT!

Weekly social meetings for people who are LGBT+ and questioning, ages 14-17 and 18-21 years.

📞 **087 7738529**


Suicide Bereavement Support

Pieta House

Providing support and counselling to those bereaved by suicide

 **Pauline Cahillane, Counsellor**

 **Pieta House, Galway**

 **Helpline: 1800 247 247**

091 502921 (Galway)

085 8568082

Suicide Prevention, National, Regional and Local

Irish Association of Suicidology

Works with community, voluntary and statutory bodies to inform, educate (through annual conference and publications) and promote positive suicide prevention policies throughout the island of Ireland

☎ **01 667 4900**

✉ **info@ias.ie www.ias.ie**

National Office for Suicide Prevention, HSE

Oversee the implementation of “Connecting for Life”, Ireland’s National Strategy to Reduce Suicide 2015-2020. Co-ordinate suicide prevention efforts around the country.

☎ **01 6352139**

🌐 **www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP**

National Suicide Research Foundation

To produce a nationally and internationally recognised body of reliable knowledge from a multidisciplinary perspective on the risk and protective factors associated with suicidal behaviour

☎ 021 4205551

✉ info@nsrf.ie www.nsrf.ie

Resource Officer for Suicide Prevention, HSE Galway

Co-ordination and implementation of the national suicide prevention strategy in Galway.

👤 **Mary O'Sullivan**

☎ 091 560182

✉ mary.osullivan@hse.ie

📍 Training queries: srotraining.gmr@hse.ie

Suicide Prevention, Support Services

Pieta House

Suicide helpline for anyone in a suicidal crisis. Professional face-to-face therapeutic support for someone experiencing a suicidal crisis, engaging in self-harm or bereaved by suicide. Service provided completely free of charge.

☎ **1800 247 247**

093 25586 (Tuam)

✉ **mary@pieta.ie**

🌐 **www.pieta.ie**

Samaritans

A 24-hour confidential phone line for people who need someone to talk to

☎ **Helpline: 116 123**

🕒 **Everyday, 24 hours a day**

✉ **jo@samaritans.org**

🌐 **www.samaritans.org**

Suicide Crisis Assessment Nurse (SCAN) Service, HSE

This is a specialist mental health service for assessing and managing suicide risk.

- i Available in the community through a GP, in the following areas: All Connemara, all Galway City, Ballybane, Renmore, Doughiska, Roscam and Oranmore.**

Suicide Prevention, Useful Resources

Information Leaflets

Wide range of information leaflets e.g. Concerned about Suicide, Understanding Self Harm, Look after your mental health in tough economic times.

- 🌐 **Download from: www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP/Resources/**

Suicide Prevention in the Community: A Practical Guide

Useful and practical advice on how best to set up a community response group. It also lists the “dos” and “don’ts” of how best to support a grieving community

- 🌐 **Download from: www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP/Resources/suicidepreventioncommunity.pdf**

Tusla, Child and Family Agency

Child & Family Social Work Department

Promotes the welfare and safety of children. It works in partnership with families and communities and offers family support, child protection and alternative care for children

- ✓ **Galway City 091 546366**
- Tuam 093 37200**
- Loughrea 091 872700**
- Ballinasloe 090 9646200**
- Oughterard 091 552200**

Family Support Service

Provide a range of services that offer advice and support to families.

- ✓ **Galway Bay 091 510997**
- Westside 091 527568**
- City North 091 760330**
- City East 091 768296**
- Ballinasloe 090 96 46255**
- Loughrea 091 872724**
- North Galway 093 37255**
- Connemara 086 0431568**
- South Galway 091 737328**

Young People

Foreoige Big Brother Big Sister

Provides a range of youth work services and youth projects, including Big Brother, Big Sister Mentoring Programme

☞ **091 561002**

No Name Club

Run by and for young people aged 15+ who come together in a safe and lively environment without the pressure of alcohol or other drugs

☞ **National Office 059 6400299**


🌐 **www.nonameclub.ie**

Youth Officer, Education and Training Board

Promotes, supports and co-ordinates the development of voluntary youth clubs and youth services in Galway

Co. Galway


 **Louise Ryan**

 **091 874 539**

 **louise.ryan@gretb.ie**

Galway City


 **Davnet McEllin**

 **091 549411**

 **davnet.mcellin@gretb.ie**

Youth Work Ireland

Provide a range of services for young people

 **091 561 637**

 **info@youthworkgalway.ie**

 **www.youthworkgalway.ie**

Traveller Health

Galway Traveller Support Group

Aims to achieve equality and self-determination for the Traveller community using a community development approach.

☞ **091 765390**

Regional Co-ordinator for Traveller Health, HSE West

Co-ordinates traveller health supports in Galway, Mayo and Roscommon

👤 **Mary Syron**

☞ **094 9049223**

✉ **mary.syron@hse.ie**



Traveller Counselling Service

Counselling service for Travellers, covering Galway City and County

☞ **087 6379074**

Websites

List of Websites

-  www.yourmentalhealth.ie
-  www.reachout.com
-  www.spunout.ie

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5 Distillery Road, Newcastle | 091-492484
www.nuigalway.ie/student_services/counsellors

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