

# Counselling & support services

## **Private Services:**

### **Irish Association of Humanistic and Integrative Psychotherapists.**

Humanistic and integrative psychotherapy emphasizes a hopeful view of human beings and of their ability to be self-determining. It seeks to assist people who are in crisis and/or are searching for meaning and purpose in life.

Tel. 01 284 1665

[www.IAHIP.ie](http://www.IAHIP.ie)

### **Irish Association of Counsellors and Psychotherapists**

Counselling / Psychotherapy, please contact the IACP referral service:

Tel. 01 230 3536

[www.IACP.ie](http://www.IACP.ie)

### **Psychological Society of Ireland**

01 472 0105 (lines open Mon-Fri: 11-13.00 & 14-16.00)

[www.psychologicalsociety.ie](http://www.psychologicalsociety.ie)

Counselling Psychologists are listed.

### **Family Therapy Association of Ireland**

Systemic Family Therapy, also known as Couple or Family Therapy, is a means of intervention that attempts to understand and address human beings' pain and distress within the context in which it occurs i.e. the family or relationship environment.

Tel: 01-2722105

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

## **Addiction Counsellors of Ireland**

Addiction Counselling can take place in different forms, most often in one-on-one fashion but is also available in a couple, family and group format. In whatever modality is taken, it provides the client with a confidential opportunity to discuss their relationship with the problem substance or behaviour and its impact on their life and the life of others they care about. Many addiction counsellors are also trained psychotherapists who are available to offer short/long term psychotherapy to adult children.

[www.addictioncounsellors.ie](http://www.addictioncounsellors.ie)

## **Rise Foundation**

Provides Psychoeducational courses on the impact of alcohol and drugs on family members and provides group therapy to enable members identify the challenges they are faced with.

T: + 353 1 764 5131

[www.therisefoundation.ie](http://www.therisefoundation.ie)

E: [support@therisefoundation.ie](mailto:support@therisefoundation.ie)



## Public Services:

### HSE National Counselling Service

The NCS is available free of charge across the country to residents in the Republic of Ireland. The aim of the NCS is to support clients to improve their quality of life and reduce their psychological distress through the provision of evidence-based, professional, client centred counselling. The NCS employs qualified, accredited and experienced Counsellor/Therapists. Face to face, counselling by phone and online video counselling are available. Find full details [here](#).

### CONNECT

A free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood. You can talk in confidence with a trained counsellor who can listen or help with questions you have.

Email: [admin@connectcounselling.ie](mailto:admin@connectcounselling.ie)

To speak to a counsellor call during the above days and times:

Freephone 1800 477 477

[www.connectcounselling.ie](http://www.connectcounselling.ie)

### HSE Drug and Alcohol Helpline

For confidential advice and support on any aspect of drug or alcohol services contact the above service Mon-Friday 9.30-5.30pm

Freephone 1800 459 459

Email: [helpline@hse.ie](mailto:helpline@hse.ie)



## Support Groups

**ACOA (Adult Child of an Alcoholic)** – A 12-step peer support Group Meeting is held in Cork. A group also runs in Tralee, Co Kerry, call 087-2304905.

**Al Anon** – for families and friends of problem drinkers  
<http://www.al-anon-ireland.org/>

**Smart Recovery for Friends and Family**  
<https://smartrecovery.ie/family-friends/>

## Child Welfare and Child Protection

**Tusla, the Child and Family Agency**

Tel: 01 635 2854

If a child or a young person is at immediate risk contact the Gardai 112 or 999

**Children and Young People Services Committees**

[www.cypsc.ie](http://www.cypsc.ie)

**Childline**

Tel: 1800 666 666

Texttalk: 50101

Click [here](#) for more information about alcohol from the HSE.

