

INFORMATION ON SUPPORT SERVICES AVAILABLE





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Support Services Available

Support Services for Family Members:

HSE Drug and Alcohol Helpline
1800 459 459

**National Directory of Drugs and
Alcohol Services**
www.services.drugs.ie

HSE West Drugs Service
091 561299

The HSE Drugs Service provides support for those concerned about drug use. Services provided include advice, information, support, one-to-one drug counselling, under 18 alcohol counselling and one-to-one support for family members. Counsellors attached to the drug service cover different areas of the region, please telephone for further information

Al-Anon

www.al-anon-ireland.org

Al-Anon offers understanding and support for families and friends of problem drinkers in an anonymous environment, whether there is active use of alcohol or not. Check their website for meetings in your area.

Nar-Anon

www.na-ireland.org

Please check with the Narcotics Anonymous website for details of Nar-Anon meetings for family members.

Tusla, Child and Family Agency

www.tusla.ie

Tusla Family Support Services are for families and individuals who need help. Whatever your circumstances Tusla provide a range of services that offer advice and support to families. This includes family support workers, social workers, youth workers, family resource centres, support groups and counselling services. These types of services help families work through difficult issues, ensure children have a stable environment to live in, and provide support for parents who are finding it hard to cope.

Family Support Network

01 8980148 www.fsn.ie

The Family Support Network is an autonomous self-help organisation that respects the lived experiences of families affected by drugs in a welcoming non-judgemental atmosphere. It endeavours to provide accurate information for families by developing personalised services that meet the real identified needs of families. The overall aim of the Family Support Network is to improve the situation of families coping with drug use by developing, supporting and reinforcing the work of family support groups and regional family support networks, by working for positive change in policy and practice and by raising public awareness about the problem of drugs for families and communities.

Western Region Drug and Alcohol Task Force

091 480044 www.wrdatf.ie
Contact Debbie McDonagh, Regional Family Support Coordinator, for information and guidance.

Support Services for Users

HSE Drug and Alcohol Helpline

1800 459 459

National Directory of Drugs and Alcohol Services

www.services.drugs.ie

HSE West Drugs Service

091 561299

The HSE Drugs Service provides support for those concerned about drug use. Services provided include advice, information, support, one-to-one drug counselling, under 18 alcohol counselling and an education service for parents and community groups. Counsellors attached to the drug service cover different areas of the region, please telephone for further information.

HSE West Community Mental Health Service incorporating Addiction Services and Support

Provides a community-based mental health and addiction service to adults. All referrals to the service must come through a General Practitioner.

Needle Exchange Services

The purpose of needle exchange is to prevent the spread of blood borne viruses such as HIV and hepatitis among injecting drug users. This is as part of a harm reduction approach and it is run in many pharmacies nationwide. Contact the HSE West Drugs Service for further information.

Residential Treatment Centres

The main residential treatment centres in the Western area are:

- Cuan Mhuire, Athenry, Co. Galway
www.cuanmhuire.ie 091 797102

- Hope House, Foxford, Co. Mayo
www.hopehouse.ie 0949 256888

- Bushy Park, Ennis, Co. Clare
www.bushypark.ie 065 6840944

Other specialist treatment centres around the country include:

- Merchant's Quay Ireland
www.mqi.ie 01 5240160

- Aiséirí Aislínn
www.aiseiri.ie 053 9141818

- Coolmine Therapeutic Community
www.coolmine.ie 01 6794822

Please telephone the centres directly for further information

Support groups

There is an extensive network of support groups in the region and a list of meetings is available through the following websites:

- Alcoholics Anonymous
www.alcoholicsanonymous.ie
- Narcotics Anonymous
www.na-ireland.org
- Gamblers Anonymous
www.gamblersanonymous.ie

Other useful supports:

- Aware provides support & information for people who experience depression or bipolar disorder and their concerned loved ones. Lo-call 1890 303 302.
- Cope Galway- Offers a range of supports to people who experience domestic violence and/or homelessness. 091-778 750.
- Jigsaw Galway is a free, non-judgemental and confidential mental health support service for young people (15-25) living in Galway city and county. 091 549 252. Jigsaw Roscommon. 090 66 65 087.

- Mindspace Mayo is a free and confidential support service for young people's mental health and wellbeing. 094 906 700.
- Money Advice and Budgeting Service (MABS). A free service for people in debt or in danger of getting into debt. 0761 072570.
- Pieta House West. Support for people affected by suicide, suicidal crisis or who have been bereaved by suicide. 093-255 86. Parentline lo-call 1890- 927 277.
- Samaritans provide a listening service for people who are lonely, despairing and suicidal. Helpline: 116 123.
- Tusla, Family Support Service provide a range of services that offer advice and support to families. Check out **www.tusla.ie** for services available in your region.
- **www.supportme.ie** provides information and contact details of services available in the West of Ireland.

Other information sources

South East Regional Family Support Network. Family Information & Support Handbook for those faced with problem drug or alcohol use by a family member.

www.drugs.ie

www.fsn.ie

www.adfam.org.uk

www.citizensinformation.ie

www.hse.ie

www.cancer.ie

http://alcoholireland.ie

www.irishstatutebook.ie

www.spunout.ie

www.tusla.ie

www.anamcara.ie

www.rainbows.ie

www.irishprisons.ie

www.mentalhealthireland.ie

http://www.iprt.ie/