

**A guide to accessing counselling and other support services
outside the college.**

Areas covered:

- **Getting help**
- **Urgent help**
- **I'd like to attend support services e.g. counselling outside of IT Tallaght, but I'm not sure where to start.**
- **Why do people go to therapeutic services?**
- **How do I find a therapist?**
- **What will happen in the first session?**
- **How long does it take to get an appointment?**
- **A list of websites and helplines**

Getting help

If you are experiencing some difficulties in relation to your mental health, taking the first step to getting help is the most important step and may require courage.

It is important to remember that you are not alone. One in four people experience some kind of mental health problem in the course of a year.

There are a range of people you can talk to about what you are experiencing. A number of services and organisations also support people with mental health problems and can be located through <http://www.counsellingdirectory.ie/>, the professional bodies (listed within this document) or from your own GP.

If you need urgent help you can call the Samaritans 24 hour telephone line, for crisis support, on 1850 60 90 90 or, in an emergency, you can visit your local Accident and Emergency hospital.

Urgent help

If you need someone to talk to urgently and in confidence- the Samaritans offer emotional support 24 hours a day on 1850 60 90 90. You can also email the Samaritans at jo@samaritans.org

Talk to your GP: Your GP may be the first person you talk to about your mental health problems. They have extensive experience of mental health problems such as depression, anxiety, bereavement etc. If you have a good relationship with your doctor, you may find it helpful just to know there is someone you can talk to about the experience you are having. Your GP may refer you to specialist/counselling services if he/she feels they will help you. There are GPs on campus and the Nurses in the Student Health Centre that can refer you.

Tell someone you trust: You may find it helpful to talk to your partner, a family member or a friend about your problems. They may be concerned about you already and welcome the opportunity to talk.

I'd like to attend support services e.g. counselling, but I'm not sure where to start.

If you're interested in looking at therapeutic services, and aren't sure how to approach it, this guide should give you a good grounding in where to go and what to look for in a therapist. There are many forms of psychotherapy/psychological approaches available for a wide range of problems and many therapists specialise in particular areas such as addiction or bereavement. All approaches emphasise confidentiality and respect for the client. The focus of therapeutic services is to provide a space to explore any issue that prevents the individual from reaching their full potential.

There are many approaches within the umbrella term of psychotherapy such as a person-centred counselling, mindfulness based cognitive therapy and psychodynamic counselling, but choosing a particular type of approach is important but so is choosing the right person – someone you will feel comfortable with. Research shows that different approaches can be equally effective. The key factors are the relationship that you have with the individual therapist, professional skill & expertise and your own level of engagement and motivation.

A therapist can be a counsellor, psychotherapist, psychologist and/or psychiatrist. This can be confusing when selecting the relevant person to attend. What is helpful to find out is how they work, what level of contact you will have, how comfortable you are with the person, and their qualifications and eligibility for membership with a professional body e.g. IACP, IAHIP, PSI etc [see section for further details on these.]

How do I find a therapist?

Many people will go through their GP, and ask them for a referral to mental health professionals, both public and private. Some private counsellors, psychologists, etc., can be approached directly. You can contact professional bodies to find out more information about mental health professionals in your area. There are also centres that provide counselling. At the end of this booklet there is a contact list of these services- no service/individual can be recommended by us but these are the resources through which you may be able to find a therapist who suits you.

What should I consider when looking for a therapist?

When you first contact a therapist, this is a time to determine what you are looking for and also to find out more about the individual therapist and how comfortable you are with this person. For this reason, it's a good idea to ask them some questions to get a clear understanding of what the treatment will be like and what to expect from it. A good therapist will expect you to ask questions and will be happy to answer them. Remember, if you have any issues with how the therapy is going, you have different options available to you: if you feel comfortable enough discussing your concerns with therapist, you can do that. Also always bear in mind that you can end your counselling contract at any time. If you have serious concerns about their practice, you can report these worries to the professional body they are attached to.

What will happen in the first session?

This initial session is for you to see if you could work well with this person, and finding out how comfortable you feel with them. It's also to answer other questions like what their approach is, the cost of the sessions and what qualifications they have, if this hasn't already been established. Generally, in the first session you have with a therapist, you clarify the areas that you want to cover together. The therapist will suggest the number of times you might need to meet to achieve your objectives. Questions that the therapist may ask in this session may be **why you sought therapy; your personal history and current situation; and your current symptoms**. There is no pressure to start talking in-depth about your problems at this session; take everything at your own pace.

How much will it cost?

All HSE psychology services are free, and all HSE psychiatry services are free, so you can get referred by your GP to these services. However, there are other options outside of this. (There is a list of lowcost organisations below). Some organisations will be free, but many organisations operate on a sliding scale: i.e., they will discuss with you what charge you are able to afford, and base the fee for your counselling on this. They will discuss with you what you can afford at your first appointment. This means that your counselling could be free or cost anything up to their full charge per session, depending on your income. Other professional counsellors have a fixed fee, which can vary greatly (from 40 euro's up to 100+). You may want to ask about the cost when you phone up for an initial appointment. Many of us are embarrassed about talking about money, so this way you will have an idea of what the costs are before you go.

How long does it take to get an appointment?

This is a question to ask at the initial contact stage, as it can vary from service to service. Some may be able to give you an appointment within a week or two, while others may have an extensive waiting list.

No service/individual can be recommended by us but these are the resources through which you may be able to find a therapist who suits you.

Low-cost/free counselling services:

- **The Village Counselling Service**

Killinarden Enterprise Park,
Killinarden,
Tallaght,
Dublin 24
Tel: 01 4664205 / 087 9049497
info@villagecounselling.com

- **St Catherines Counselling Service**

St Marys Main Street

Tallaght
Dublin 24

Telephone: 01-4513076

- **Dublin Counselling and Therapy centre**

41 Upper Gardiner St
Dublin 1
T: (01) 8788236
E: info@dctc.ie

- **Oasis counselling centre,**

St Laurences Place East,
Seville place,
Dublin 1

01 836 4524

- **Oasis Counselling**

1 Drumfinn Park,
Ballyfermot,
Dublin 10

01-626 8519

- **Crosscare, Drumcondra and Blanchardstown**

Free Drug & Alcohol Counselling Service

This one-to-one counselling service is available to people over 18 years of age with any concerns arising from drink or drug-use. If you are concerned about your own substance-use or about drink or drug-use by another person, this service is open to you.

Counselling is provided by 3rd year student counsellors studying for a BA degree in Counselling & Psychotherapy.

This service is now open for appointments and is operated from Crosscare's Drug & Alcohol programme in Drumcondra & Crosscare's Building in Main Street in Blanchardstown.

Tel: (01) 836 0911

- **Carmelite Community Centre.**

Counselling Service for adults, offering one to one non-directive counselling around issues such as, bereavement, marital/relationship difficulties, anxiety, stress, low self esteem, depression, issues relating to emotional growth & personal development.

Tel: (01) 4754673

Mail: info@carmelitecommunitycentre.com

- **National Counselling Service (HSE)**

Tel: 1800 303 529

<http://www.hse-ncs.ie/en>

The HSE National Counselling Service (NCS) is a professional, confidential counselling and psychotherapy service available free of charge in all regions of the Health Services Executive. The HSE client group is adults who have experienced trauma and abuse in childhood with priority given to adult survivors of institutional abuse in Ireland. There are approximately 70 therapists available throughout the country. For contact details, see website link and number for further relevant information.

Voluntary Organisations

There is a range of voluntary organisations in Ireland that promote positive attitudes to mental health and provide services to people suffering from mental illness. The following organisations are the major ones; most of whom have local branches.

- **Mental Health Ireland**

Mental Health Ireland (MHI) is a national voluntary organisation that aims to help those who are mentally ill and to promote positive attitudes to mental health.

Mental Health Ireland

Mensana House

6 Adelaide Street

Dun Laoghaire,

Co. Dublin.

Tel: 01 284 1166

Fax: 01 284 1736

E-mail: information@mentalhealthireland.ie

- **AWARE**

AWARE is a voluntary organisation that aims to provide support group meetings for people with depression and manic depression and their families.

[AWARE](#)

72 Lower Leeson

Street, Dublin 2.

Lo-Call: 1890 303 302 (helpline

only) Tel: (01) 661 7211

Fax: (01) 661 7217

E-mail: aware@iol.ie

- **Jigsaw Tallaght - Youth Mental Health Service**

Jigsaw Tallaght is a free & confidential youth mental health service working with 13--25 yr olds. Our catchment area includes IT Tallaght. We offer support to young people who are facing anything from everyday worries and stresses, up to more serious issues like panic or mild depression. Generally we will meet with a young person for 1-6 sessions, during which time we work with them to set goals that are important to them and will hopefully help with the problems that they are facing.

Jigsaw,
Tallaght

County Hall, (Opposite Exchange

Hall) Block 3 Belgard Square North,

Tallag
ht

T: 01-
4649350

E-mail:
tallaght@jigsaw.ie

- **Pieta House**

Pieta House specializes in helping those who are involved in active self-harm or who have suicidal ideation.

Pieta House,
Lucan Road,
Lucan,
Co. Dublin

Tel: (01) 601
0000

Pieta Ballyfermot,

Canon Troy
House,
Chapelizod Hill Road,
Ballyfermot,
Dublin 10

Tel: (01) 623
5606

Pieta North Dublin,
Unit 3,
The Turnpike,
Santry Cross,
Ballymun

Tel: (01) 883 1000

Pieta Tallaght
Mount La Salle,
Ballyfermot Road,
Ballyfermot,
Dublin 10

Tel: (01) 6200 020

- **Samaritans**

The primary aim of Samaritans is to be available at any hour of the day or night to listen to and befriend those experiencing personal crises and those in imminent danger of taking their own lives. All contact is in complete confidence. Samaritans have 20 branches throughout Ireland. You can make contact by telephone, email and in some branches by calling in personally to speak with someone in confidence.

[Samaritans](#)

4-5 Usher's Court

7 Usher's Quay
Dublin 8.

Tel: (01) 671 0071

Callers can phone the local number or use 1850 60 90 90.

E-mail: jo@samaritans.org

- **GROW**

GROW aims to help the individual grow towards personal maturity by using their own personal resources, through mutual help groups in a caring and sharing community.

GROW National Office

Grow Centre

11 Liberty Street

Cork.

Lo-call: 1890 474 474 or Tel: (021) 427 7520,

E-mail: info@grow.ie

- **Shine - Supporting People Affected by Mental Ill Health**

Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness including, but not exclusively, schizophrenia, schizo-affective disorder and bi-polar disorder, through the promotion and provision of high-quality services and working to ensure the continual enhancement of the quality of life of the people it serves. Shine has offices in Dublin, Cork, Galway, Kilkenny, Tullamore and Dundalk. It was formerly known as Schizophrenia Ireland (SI). They have a separate resource, Recover.ie, which provides information about schizophrenia.

[Shine](#)

38 Blessington Street

Dublin 7.

Tel: (01) 860 1620

Fax: (01) 860 1602

Helpline: 1890 621 631 (Mon-Fri 9-4, local call charge)

E-mail: info@shineonline.ie

- **Out and About: The Association for Phobias in Ireland**

Out and About (OANDA) is the national organisation for sufferers of agoraphobia.

Out and About
140 St Lawrence's Road
Clontarf
Dublin 3.
Tel: (01) 833 8252.

- **Alcoholics Anonymous**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other in order to overcome their alcoholism and help others to recover from alcoholism. Alcoholics Anonymous is an international organisation and has branches throughout Ireland.

[Alcoholics Anonymous](#)

Unit 2, Block C
Santry Business Park
Swords Road
Dublin 9.
Tel: (01) 842 0700

Fax: (01) 842 0703

E-mail: gso@alcoholicsanonymous.ie

- **Narcotics Anonymous**

is a fellowship of men and women who share their experience, strength and hope

with each other in order to overcome their drug addiction and help others to recover from addiction. Narcotics Anonymous is an international organisation and has branches throughout Ireland.

Narcotics Anonymous Irish Regional Service Committee,

29 Bride Street

Dublin 8

Tel: (01) 6728000

Email: info@na-ireland.org

Website: <http://www.na-ireland.org>

- **Bodywhys**

Bodywhys is an organisation that provides help, support and understanding for people with eating disorders, their families and friends.

[Bodywhys](#)

Central Office

PO Box 105

Blackrock

Lo-call: 1890 200 444

Tel/Fax: (01) 283 4963

E-mail: info@bodywhys.ie

- **Useful Websites and Helplines**

www.glen.ie

Gay and lesbian equality network

www.belongto.ie

www.lgbt.ie

support for gay, lesbian, bisexual and transgender people

www.mymind.org

www.spunout.ie

www.reachout.com

Mental health websites

www.drcc.ie

www.rapecrisishelp.ie

Samaritans: 116 123
Console: 1800 247 247
Aware: 1890 303 302
Rape crisis network: 1800 77 88 88
S.o.S (Suicide or Survive): 1890 577 577
Gay switchboard Dublin: 01 872 1055
LGBT Helpline: 1890 929 539
Gingerbread Ireland (Lone parents): 01 671 0291

Professional Bodies

A practitioner/therapist who is a member of a professional body is agreeing to practice in line with recognized professional standards and code of ethics. If there are any concerns with the practice of the therapist, they can be addressed initially with the practitioner and/or processed according to the procedures of the professional body. The professional bodies can also provide the individual with a list of individual private practitioners within your local area and their areas of expertise/interest. The fee per session varies from individual to individual.

Psychological Society of Ireland (PSI)

2a Corn Exchange Place
Dublin 2

www.psihq.ie

Tel: (01) 4749160

Fax: (01) 4749161

Email: info@psihq.ie

Medical Counsel (Psychiatrists)

Kingram House

Kingram Place

Dublin 2

Tel: 4983100

Email: info@mcirl.ie

Irish Association of Counselling and Psychotherapy (IACP)

21 Dublin Road

Bray

Co Wicklow

Tel: 01 272 3427

Homepage: <http://www.irish-counselling.ie/>

Email: iacp@iacp.ie

The Irish Council for Psychotherapy (ICP)

Psychotherapy Ireland, 73 Quinns Road, Shankill, Co Dublin.

Tel: 01-272 2105

www.psychotherapy-ireland.com

Irish Association of Humanistic and Integrative Psychotherapy (IAHIP)

Phone (01) 284 1665

Fax : (01) 284 3868

Address:

44 Northumberland Avenue,
Dun Laoghaire, Co. Dublin