

## **Portmarnock Community School**

### **Guidance and Counselling Service**

#### **Resource Guide**

##### **B. Core**

This section aims to identify and direct you to a number of useful resources, that you may find helpful in addressing certain issues and difficulties that can arise in the course of everyday living.

Online resources offer a range of information, advice, self-help strategies, practical coping techniques as well as other relevant links. Confidential Helplines and Support Groups are also highlighted with contact details.

There is a wealth of information available online but it is important to note that such resources are in addition to seeking professional help. They are not a substitute for medical advice, professional counselling or other health related services.

##### **Categories in this section include:**

Personal Issues; Mental Health Issues; Student Sites; Health & Well-Being; Help Lines; STI Clinics and Local Numbers.

##### **Personal Issues**

###### **CARI**

An organisation providing therapy to children who have experienced sexual abuse and support services to families and groups.

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

###### **One in Four**

Supports men and women who have experienced sexual abuse and/or sexual violence

[www.oneinfour.org](http://www.oneinfour.org)

## **The Dublin Rape Crisis Centre**

The Dublin Rape Crisis Centre offers a confidential listening and support service for women and men who have been raped or sexually abused.

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

## **Rape Crisis Network Ireland**

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

## **Bereavement**

### **Cruse Bereavement Care**

[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

### **Irish Cancer Society**

The national charity for Cancer Care in Ireland

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

### **Irish Hospice Foundation**

<http://www.hospice-foundation.ie>

### **ISANDS**

Irish Stillborn and Neonatal Death Society

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

The Miscarriage Association of Ireland

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

## **Bullying**

### **Bullying Online**

Information and advice on bullying issues for parents and students

[www.bullyonline.org/](http://www.bullyonline.org/)

### **Crisis Pregnancy**

#### **Positive Options**

Information on crisis pregnancy services and related issues

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

### **Domestic Violence**

#### **Amen**

A voluntary organisation which provides information and support services for men and children who are victims of domestic abuse.

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

#### **Women's Aid**

Women's Aid is a voluntary organisation which provides support and information to women and their children who are being physically, emotionally and sexually abused in their own homes.

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

#### **Finance**

##### **Citizens Information Centres**

Free and confidential information on all your rights and entitlements

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

## **MABS (Money Advice and Budgeting Service)**

A free and confidential service for people experiencing debt problems or in danger of getting into debt  
[www.mabs.ie](http://www.mabs.ie)

## **Parenting**

### **Gingerbread Ireland**

Self-help organisation for lone parents. bringing up children single-handed. Information Centre also provides Legal Advice Clinic, Counselling, Mediation, all free of charge.  
[www.Gingerbread.ie](http://www.Gingerbread.ie)

## **Relationships**

### **Accord**

ACCORD offers a safe, professional and confidential process facilitating couples and individuals to explore, reflect upon and resolve difficulties in their marriage & relationship.

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

### **Self-Esteem/Confidence**

### **Mind Tools**

Self-esteem and confidence building strategies

[www.mindtools.com/self confidence](http://www.mindtools.com/self confidence)

### **Sexuality & Sexual Health**

### **Dublin AIDS Alliance**

A voluntary organization working to improve conditions for people living with or affected by HIV or Aids

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

### **GUIDE Clinic**

Information on Genital Urinary and Infectious Diseases

[www.guide2guide.ie](http://www.guide2guide.ie)

### **HIV Services Network (HSN)**

An all Ireland directory for HIV and Sexual Health Services

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

### **Gay Switchboard Dublin**

A voluntary body offering services to help those with issues relating to their sexuality.

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

### **BelongTo**

BelongTo is an organisation for Lesbian, Gay, Bisexual and Transgendered young people.

[www.belong2.org](http://www.belong2.org)

### **Brook Advisory Centre**

Brook provides free and confidential sexual health services and advice for young people under 25.

[www.brook.org.uk](http://www.brook.org.uk)

### **Irish Family Planning Association**

The IFPA offers a comprehensive range of services specifically designed to promote sexual health and to support reproductive choice.

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

### **The Sexual Health Centre**

Provides support and information on sexual health issues

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

### **Sexual Health**

Information on STI clinics in Ireland and other related issues

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

### **Think contraception**

Advice and information about contraception.

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

### **Mental Health Issues**

#### **Addiction**

Alcoholic Anonymous

Support group for recovering alcoholics.

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

#### **Al Anon/Alateen**

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

[www.al-anon-ireland.org](http://www.al-anon-ireland.org)

#### **Drink Aware**

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

## **Drug and Alcohol Information**

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

## **FRANK**

A comprehensive information site on different drug substances and their effects

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

## **Gamblers Anonymous**

A fellowship for those wishing to deal with personal gambling difficulties and support for others with compulsive gambling problems.

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

## **Bodywhys - The Eating Disorders Association of Ireland**

Website provides information and support to people affected by eating disorders.

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

## **Something Fishy**

A comprehensive site on eating disorders

[www.something-fishy.org](http://www.something-fishy.org)

## **Anxiety**

### **Anxiety UK**

Website provides helpful information and resources for a number of anxiety disorders and related conditions.

[www.anxietyuk.org](http://www.anxietyuk.org)

### **Got Anxiety**

The American Disorders Association

[www.gotanxiety.org](http://www.gotanxiety.org)

**tAPir** - the Anxiety Panic internet resource

A self-help resource for those with anxiety disorders.

[www.algy.com/anxiety/](http://www.algy.com/anxiety/)

**No Panic**

A voluntary charity - provides support to those suffering from panic attacks, phobias, OCD and related anxiety disorders. Site contains relevant information pertaining to the No Panic Ireland - Helpline and support.

[www.nopanic.org.uk](http://www.nopanic.org.uk)

**Depression**

**Aware**

Providing support and assistance to those whose lives are affected by depression.

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

**GROW**

An Irish mental health organization which helps people who have suffered, or are suffering from mental health difficulties through mutual support groups and a twelve-step programme.

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

**Mental Health Ireland**

A guide to mental health issues and organizations in Ireland

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



## **Samaritans**

Samaritans provide a confidential, non-judgmental emotional support line 24 hours a day for people who are experiencing feelings of distress, despair or suicidal ideation.

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

## **Beyond Blue**

The national Australian depression initiative

[www.beyondblue](http://www.beyondblue)

## **Bipolar Disorder**

A website dedicated to raising awareness pertaining to bipolar disorder.

[www.bipolaraware.co.uk](http://www.bipolaraware.co.uk)

## **Depression Alliance**

[www.depressionalliance.org](http://www.depressionalliance.org)

## **Mental Health Foundation**

UK's Mental Health Foundation providing information about a wide range of mental health issues and difficulties.

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## **Mind - National Association for Mental Health**

Comprehensive site giving information and 'self-help' on depression, related issues. Good resource for the public for all mental health problems.

[www.mind.org.uk](http://www.mind.org.uk)

## **Reach Out!**

Service for young people providing support and information on a range of issues including depression

[www.reachout.com.au](http://www.reachout.com.au)

### **Students against Depression**

A site developed in consultation with students who have been affected by depression, low mood or suicidal thoughts.

[www.studentdepression.org](http://www.studentdepression.org)

### **Obsessive Compulsive Disorders**

#### **OCD Ireland**

OCD Ireland is a national organization for people with Obsessive Compulsive Disorder (OCD) and the related disorders of Body Dysmorphic Disorder (BDD) and Trichotillomania.

[www.ocdireland.org](http://www.ocdireland.org)

#### **Young People's OCD Clinic**

An information website aimed at children and young people with OCD

[www.ocdyouth.info](http://www.ocdyouth.info)

### **Schizophrenia**

#### **Schizophrenia Ireland/ Shine**

Shine - supporting people affected by mental ill-health in Ireland.

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

### **Self-Harm**

#### **Bristol Crisis Service for Women**

A support service for women experiencing emotional distress and in particular those who self-injure. Service provides information, publications, a national helpline as well as text and email support.

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

### **SIARI - Self Injury & Related Issues**

A free web resource for individuals who self-harm and self-injure, and their families and friends.

[www.siari.co.uk/](http://www.siari.co.uk/)

### **Stress**

#### **Mind Tools**

Stress management resources providing **self-help** and **support** to overcome stress in a range of situations.

[www.mindtools.com/stress](http://www.mindtools.com/stress)

### **Suicide**

#### **Console**

Providing support to people bereaved through suicide.  
Tel: 1800201890 / 091 537333

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

#### **National Suicide Bereavement Support Network**

Provides support to suicide bereavement support groups and information to the bereaved. Website contains a Directory of Suicide Bereavement Support Groups in Ireland.

[www.nsbm.org](http://www.nsbm.org)

#### **Turning the Tide on Suicide**

A directory of Suicide Bereavement Support Groups in Ireland

[www.3ts.ie/directory](http://www.3ts.ie/directory)

## **Metanoia**

Support for those experiencing suicidal ideation

[www.metanoia.org](http://www.metanoia.org)

## **Self Help - Mental Health**

### **Living Life to the Full**

Living Life to the Full is an online life skills course made up of several different modules designed to help develop key skills and tackle some of the problems we all face from time to time.

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

### **Moodjuice**

This site offers information and advice to those experiencing troublesome thoughts, feelings and actions. From the site you are able to print off various self-help guides covering conditions such as depression, anxiety, stress, panic and sleep problems.

[www.moodjuice.scot.nhs.uk/](http://www.moodjuice.scot.nhs.uk/)

### **Mood Gym**

A free self-help program to teach cognitive behavioral therapy skills to people vulnerable to depression and anxiety

[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)

### **The Royal College of Psychiatrists**

Providing accurate and user friendly information on a range of mental health issues and difficulties. Podcasts and other resources also available on site

[www.rcpsych.au.uk/](http://www.rcpsych.au.uk/)

## **Student Sites**

### **Motivation**

[www.thesite.org](http://www.thesite.org)

### **Niteline**

Niteline is a confidential and anonymous listening service run by students for students  
Confidential Helpline: 1800 973 973

### **Opening Hours**

Mondays: 9:00pm - 1:30am    Thursdays to Sundays 9:00pm - 2:30am  
During Term Time Only

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

### **Study Guide Zone**

General information site on preparing for examinations

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

### **Study Skills**

The leading study skills website with free study tips and, downloads and advice.

[www.skills4study.com](http://www.skills4study.com)

### **YouthNet UK**

Comprehensive site for young people on all aspects of student life

[www.thesite.org.ie](http://www.thesite.org.ie)

### **Health and Wellbeing**

### **Diet & Nutrition**

### **Beyond Baked Beans**

Website dedicated to offering advice on healthy eating and what to cook when living on a budget.

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

## **Relaxation**

### **HELPGUIDE**

Website covers a range of information on Health and Wellbeing topics.

Click on 'Stress & Trauma' to access Relaxation Techniques.

[www.helpguide.org](http://www.helpguide.org)

## **Mental Health Foundation**

Free relaxation podcasts available to download.

[www.mentalhealth.org.uk/information/wellbeing-podcasts/](http://www.mentalhealth.org.uk/information/wellbeing-podcasts/)

## **Mindfulness**

[www.wildmind.org](http://www.wildmind.org)

## **National Sleep Foundation**

Information and guidance for people experiencing difficulty sleeping

[www.sleepfoundation.org](http://www.sleepfoundation.org)

## **Sleep Aid Tips**

Natural sleep aid tips and remedies for healthy sleeping patterns.

[www.sleep-aid-tips.com](http://www.sleep-aid-tips.com)

## **HelpLine**

## **Alcoholic Anonymous**

Telephone: (01) 4538998

Hours: Mon. - Fri. 9.30am - 5.00pm

**Aware Helpline**

Telephone: 1890 303302

**Bodywhys Helpline**

Telephone: (01) 2835126

**CARI Helpline**

Telephone: 1890 924 567

**Citizens Information Centers**

Locall: 1890 777 121

**Childline Helpline**

Telephone: 1800 666 666

**Console**

Telephone: 1800201890

**Crisis Pregnancy**

Positive Options Helpline

Telephone: 1850 20 06 00

**Drugs & Aids Helpline**

Telephone: 1800 459 459

**Dublin Rape Crisis Centre**

24 hour confidential helpline

Telephone: 1800 778 888

**Gamblers Anonymous**

Telephone: Dublin 01 8721133

10.00am to 12.00am Mon-Fri.

### **Garda Confidential Helpline**

Telephone: 1800 666 111

### **HSE Infoline**

Information on health services and entitlements

Telephone : 1850 24 1850

### **IFPA National Pregnancy Helpline**

Telephone: 1850 49 50 51

### **National Cancer Helpline**

Telephone: 1 800 200 700

Mon-Thur 9 a.m. - 7 p.m. Fridays 9 a.m. - 5 p.m.

### **Niteline Helpline**

Telephone: 1800 973 973

### **No Panic Ireland**

Helpline: (01) 2721897

### **Parentline**

A confidential helpline for parents

Lo-call Helpline: 1890 927 277

### **Samaritans Helpline**

Telephone: 1850 60 90 90



**Schizophrenia Ireland/ Shine**

Helpline: 1890 621 631

**STI Clinics:**

GUIDE Clinic, St. James Hospital, Dublin 8

Emergency walk-in service available

Telephone: 01 4162315

Mater Hospital, Dublin 7

Walk- in service Monday & Wednesday p.m.

Telephone : 01 8032 063

Baggott St. Clinic, Dublin 4

Telephone : 01 6602189

**Local Numbers**

**Gardai**

Malahide      01 6664600

**Local Doctors**

Dr. Flanagan (01) 8461300

Dr Garreth (01) 8461335

Dr. Kearns (01) 84626251

Dr O’Flynn (01) 8461335

**And remember if you are concerned about any aspect of your health or well-being please do talk to someone.**

