

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

One in Four

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

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

Rape Crisis Network Ireland

www.rcni.ie

Bereavement

Cruse Bereavement Care

www.crusebereavementcare.org.uk

Irish Cancer Society

The national charity for Cancer Care in Ireland

www.cancer.ie

Irish Hospice Foundation

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

ISANDS

Irish Stillborn and Neonatal Death Society

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/

Crisis Pregnancy

Positive Options

Information on crisis pregnancy services and related issues

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

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

Finance

Citizens Information Centres

Free and confidential information on all your rights and entitlements

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

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

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

Self-Esteem/Confidence

Mind Tools

Self-esteem and confidence building strategies

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

GUIDE Clinic

Information on Genital Urinary and Infectious Diseases

www.guide2guide.ie

HIV Services Network (HSN)

An all Ireland directory for HIV and Sexual Health Services

www.hivireland.ie

Gay Switchboard Dublin

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

www.gayswitchboard.ie/

BelongTo

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

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

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

The Sexual Health Centre

Provides support and information on sexual health issues

www.sexualhealthcentre.com

Sexual Health

Information on STI clinics in Ireland and other related issues

www.yoursexualhealth.ie

Think contraception

Advice and information about contraception.

www.thinkcontraception.ie

Mental Health Issues

Addiction

Alcoholic Anonymous

Support group for recovering alcoholics.

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

Drink Aware

www.drinkaware.ie

Drug and Alcohol Information

www.drugsinfo.ie

FRANK

A comprehensive information site on different drug substances and their effects

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/

Bodywhys - The Eating Disorders Association of Ireland

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

www.bodywhys.ie

Something Fishy

A comprehensive site on eating disorders

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

Got Anxiety

The American Disorders Association

www.gotanxiety.org

tAPir - the Anxiety Panic internet resource

A self-help resource for those with anxiety disorders.

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

Depression

Aware

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

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

Mental Health Ireland

A guide to mental health issues and organizations in Ireland

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

Beyond Blue

The national Australian depression initiative

www.beyondblue

Bipolar Disorder

A website dedicated to raising awareness pertaining to bipolar disorder.

www.bipolaraware.co.uk

Depression Alliance

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

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

Reach Out!

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

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

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

Young People's OCD Clinic

An information website aimed at children and young people with OCD

www.ocdyouth.info

Schizophrenia

Schizophrenia Ireland/ Shine

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

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

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/

Stress

Mind Tools

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

www.mindtools.com/stress

Suicide

Console

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

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

Turning the Tide on Suicide

A directory of Suicide Bereavement Support Groups in Ireland

www.3ts.ie/directory

Metanoia

Support for those experiencing suicidal ideation

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

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/

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

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/

Student Sites

Motivation

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

Study Guide Zone

General information site on preparing for examinations

www.studyguidezone.com

Study Skills

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

www.skills4study.com

YouthNet UK

Comprehensive site for young people on all aspects of student life

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

Relaxation

HELPGUIDE

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

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

www.helpguide.org

Mental Health Foundation

Free relaxation podcasts available to download.

www.mentalhealth.org.uk/information/wellbeing-podcasts/

Mindfulness

www.wildmind.org

National Sleep Foundation

Information and guidance for people experiencing difficulty sleeping

www.sleepfoundation.org

Sleep Aid Tips

Natural sleep aid tips and remedies for healthy sleeping patterns.

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.

