

Useful Numbers (ROI)



The Church of Ireland Marriage Council aims to resource the Church as it supports marriage and family life. Our programmes include:

Marriage Matters

A one evening, light-hearted marriage enrichment course delivered by trained facilitators.

Marriage Preparation (ROI)

A 3 hour session of marriage preparation given one to one by a trained counsellor. Also suitable for couples marrying for the second time.

Marriage Counselling (ROI)

Counselling is available to couples experiencing difficulties in their marriage.

Visit www.marriagematters.ireland.anglican.org

Children and Families

- **Barnardos Bereavement Counselling for Children**

Helpline 01 473 21 10 Web: www.barnardos.ie

Email: bereavement@barnardos.ie

- **The Cari Foundation:** Counselling and support for children affected by sexual abuse.

Helpline 1890 924 567 Web: www.cari.ie

Email support on helpline@cari.ie

- **Childline:** Support for children up to 18yrs old

Freephone 1800 66 66 66 Web: www.childline.ie

Email: ispcc@ispcc.ie

- **Teen Between:** Support for teenagers (12-21 years) of separated parents

Tel: 01 6785256 & Lo-call 1890 380 380

Web: http://www.mrcs.ie/teen_between.html

- **One Family:** Voice, support and action for one parent families in Ireland.

Helpline LoCall 1890 662212 Web: www.onefamily.ie

Email: info@onefamily.ie

- **Parentline:** Support for parents

Call 1890 927 277 Web: www.parentline.ie Email: info@parentline.ie

- **Pact:** Services in adoption, information & tracing and unplanned pregnancy

Tel: 01 2962200 Crisis Pregnancy Line: 1850 67 33 33

Web: www.pact.ie Email: info@pact.ie

- **Amen:** Confidential support service for male victims of domestic abuse and their children

Tel: 046 9023718 Web: www.amen.ie Email: info@amen.ie

- **National Network of Women's Refuges & Support Services:**

Tel: 090 6479078 Web: www.nnrwss.ie Email: admin@nnwrss.com

- **Women's Aid National Freephone:** Help for women abused in their own home

Helpline 1800 341 900 Web: www.womensaid.ie

Email: info@womensaid.ie

Relationships and Counselling

•**Accord:** Catholic marriage care service

Tel: 01 5053112 Web: www.accord.ie Email: admin@accord.ie

•**Irish Association of Christian Counsellors**

Tel: 01 8749676 email:info@iacc.ie www.iacc.ie

•**IACP:** Counselling and Psychotherapy database

Tel: 01 2723427 Web: www.irish-counselling.ie

Email: iacp@irish-counselling.ie

•**Marriage and Relationship Counselling Service**

Tel: 01 6785256 & Lo-call 1890 380 380 Web: www.mrcs.ie

Email: info@mrcs.ie

Helplines

•**Alcoholics Anonymous:** Self-help and support for those with drinking problems

Tel: 01 8420 700 Web: www.alcoholicsanonymous.ie

Email: gso@alcoholicsanonymous.ie

•**Al-Anon And Al-Ateen:** Support for families and friends of problem drinkers

Helpline 01-8732699 Web: www.al-anonuk.org.uk

Email: enquiries@al-anonuk.org.uk

•**Aware:** Information and support to people who experience depression

Helpline 1890 303 302 Web: www.aware.ie Email: aware@iol.ie

•**Bodywhys:** Help and support for sufferers of eating disorders

Lo-call Helpline 1890 200 444 Web: www.bodywhys.ie

Email support offered via website

•**Console:** Support, education and training for those bereaved by suicide

Helpline: 1800 201 890 Web: www.console.ie Email: info@console.ie

•**Crime Victims National Helpline:** Support for the victims of crime

Helpline 1850 211 407 Web: www.crimevictimshelpline.ie

Email: info@crimevictimshelpline.ie

•**Drugs/HIV Helpline:** Regarding substance use, HIV or sexual health
Freephone 1800 459 459

•**Gamblers Anonymous:** Self-help and support for gamblers
Helpline 01 872 1133 Web: www.gamblersanonymous.ie
Email: info@gamblersanonymous.ie

•**Money, Advice and Budgeting Service:** Help for those facing debt
National Helpline 1890 283438 or email: helpline@mabs.ie
Web: www.mabs.ie

•**Narcotics Anonymous:** Help with living drug-free
Tel: 01-6728000 Web: www.na.ireland.org Email: na@ireland.org

•**Rape Crisis Centre:** Counselling for survivors of rape, sexual abuse or child sexual abuse
24hr Helpline Freephone 1800 778888 Web: www.drcc.ie
Email: rcc@indigo.ie

•**Samaritans:** 24hr confidential emotional support
Call 1850 60 90 90 Web: www.samaritans.org
Email: jo@samaritans.org

General

•**All Ireland Spiritual Guidance Association**
Tel: 087 202 8056 Web: www.aisga.org Email: info@aisga.org

•**The Church of Ireland Ministry of Healing**
Prayerline 028 9078 2159 Web: www.healingireland.org
Email: healing@ireland.anglican.org

•**Citizens Information Board:** Information advice - advocacy
LoCall 1890 777 121 Web: www.ciboard.ie Email: info@ciboard.ie

•**EAR Ireland:** Addressing life/work issues at the earliest stage
Tel: 01 495 9440 Web: www.eap-solutions.com
Email: eap@earireland.com

•**FLAC:** Independent human rights organisation offering basic, free legal services
Information & Referral Line: 1890 350 250 Web: www.flac.ie
Email via online contact form