**Local Support Services & Groups**

*Depression, Mental Health & Suicide*

**Grow Mental Health Support Group** - meet here in Westport Family & Community Resource Centre on Tuesdays at 2pm (starting November 21st 2017). Tel. Emily on 086 4183543; email emilygrufferty@grow.ie. www.grow.ie.

**Aware (Depression Support Group**) - meet in the St. Vincent de Paul Centre, Auray Place (bottom of Newport Road), Castlebar on Tuesdays at 8.30pm. Relatives’ group meets 1st Tuesday of the month. Tel. 087 2993142 / 01-6617211. www.aware.ie

**Counselling** - For details about counselling please see Adult Counselling or Adolescent Counselling. Contact details for local counsellors (for adults, adolescents, children and families) are available here in the Centre. Alternatively please contact the IACP (Irish Association for Counselling & Psychotherapy) - www.irish-counselling.ie or the IAHIP (Irish Association of Humanistic and Integrative Psychotherapy) - www.iahip.org

**Counselling in Primary Care (CIPC)** - Provides up to 8 free counselling sessions to adult medical card holders (nearest service is in Castlebar at the moment). Please see your GP if you would like to be referred. Tel. 1850 24 1850. www.hse.ie/eng/services/list/4/mentalhealth/counsellingpc

**The Family Centre** (low cost counselling for individuals, couples & families; bereavement & separation support, free legal advice, personal development courses etc.) - Chapel St., Castlebar. Tel. 094 902 5900; email info@thefamilycentre.ie. www.thefamilycentre.com

**Knock Counselling Service** - Offers low cost individual, couple and drop-in counselling. Knock Shrine, Co. Mayo. Tel. 094 9375032. www.knock-shrine.ie/counselling

**Accord Catholic Marriage & Relationship Counselling** - 34B Moneen, Castlebar. Tel. 094 9022214; email accordcbar@eircom.net. www.accord.ie

**Westport Bereavement** Support Services - Tel. 098 28871

**Stop Suicide** - Support for individuals who feel suicidal or those who have been bereaved by suicide. Counselling available in Castlebar. Tel. 1850 211 877 / 086 7772009. www.stopsuicide.ie

**HSE National Counselling Service Mayo** - (for survivors of childhood abuse) - Chapel Lane, Claremorris, Co. Mayo. Tel. 1800 234 114. Adult Counselling Service

**Pieta House West** - Provides free counselling for people who are feeling suicidal or who are self-harming, and their families. They also offer suicide bereavement counselling. Bishop Street, Tuam, Co. Galway. Tel. 093 25586. www.pieta.ie

**Mayo Mental Health Services** - Tel. 094 902 1333. [www.hse.ie/mayomentalhealth](http://www.hse.ie/mayomentalhealth)

**Bealach Nua** Relative Peer Support Service - support service for families of people with mental health difficulties, jointly managed by the Mayo Adult Mental Health Services and Shine - Supporting People Affected by Mental Ill Health. Tel. Maryrose Staunton on 087 9749288 or Maria McGoldrick on 086 0450835.

**Mayo Crisis Pregnancy and Support Service** - Free Crisis Pregnancy & Post Abortion Counselling. Social Work Dept., Mayo General Hospital, Castlebar, Co. Mayo. Tel. 1890 200 022; email mayopsc@hse.ie.

**Suicide or Survive** Online Wellness Workshop (designed to give people tools to both improve and maintain their mental wellness) - www.wellnessworkshop.ie

**Mayo Healthy Reading Scheme** - (joint initiative between the HSE and Mayo Co. Libraries which provides a list of recommended psychological self-help books for adults and children) - Tel. 094 9047922. www.mayolibrary.ie/en/ReaderZone/HealthyReadingScheme/

*Alcohol, Drugs & Addiction*

**Alcoholics Anonymous (AA)** - meet in the Parish Centre, James St. & Social Services Centre, Mill Rd., Westport. Tel. 01 8420700 / 091 767777. Meeting times are listed on www.alcoholicsanonymous.ie

**Narcotics Anonymous (NA)** - meet in the Parish Centre, James Street, Westport. Tel. 01 6728000. Meeting times are listed on www.na-ireland.org

**Gamblers Anonymous (GA)** - meet in the Social Services Centre, Castlebar. Tel. 01 8721133. www.gamblersanonymous.ie

**Al-anon** - weekly meetings in Westport Parish Centre. Tel. 01 8732699. www.al-anon-ireland.org

**Alateen** - weekly meetings for teenagers in Hope House, Foxford. 01 8732699. www.al-anon-ireland.org

**SMART Recovery** (secular science-based program which helps people recover from all types of addictive behaviours) - online meetings daily, nearest group meeting is in Galway on Thursdays 7.30-9pm. smartrecovery.ie/

**HSE Western Area Drugs Service** - Drug & alcohol counselling for adults, alcohol counselling for under 18s. Tel. Claire Gavin on 094 9020430 / 087 4196468

**HSE Addiction Counselling Service** Mayo - St. Mary's Hospital, Castlebar, Co. Mayo. Tel. 094 9021733

**HSE Addiction Counselling Service** Ballinrobe - Ballinrobe Day Centre, Ballinrobe, Co. Mayo. Tel. 094 9541615.

**Hope House Treatment Centre** - Main Street, Foxford, Co. Mayo. Tel. 094 9256888. www.hopehouse.ie

**Cuan Mhuire Treatment Centre** - Coolarne, Athenry, Co. Galway. Tel. 091 797102. www.cuanmhuire.ie

**Food Addicts Anonymous** - meet in the Parish Centre, James St., Westport. Tel. 087 9334960. www.foodaddictsanonymous.org

**Alcohol Home Detox Service** (private medically supervised detoxification) - Westport. Tel. 085 1887807; email alcoholdetoxservice@gmail.com

*Children & Teenagers*

**Westport Family Support** Service - Free and confidential support service for parents having difficulty managing their child/children's behaviour, families experiencing communication and relationship difficulties, or parents experiencing crisis which impact on their children. Contact Siobhán O'Brien (Family Support Project Worker), Sharkey Hill Community Centre, Pairc na Coille, Golf Course Road, Westport. Tel. 087 9974733.

**Rainbows** - free group programme which supports children and young people affected by bereavement, separation or divorce. Westport Neighbourhood Youth Project - 098 29218) / The Family Centre, Castlebar - 094 9025900. www.rainbowsireland.com

**Child and Adolescent Mental Health Services (CAMHS)** - CAMHS is a free HSE specialist service for children and adolescents with serious emotional, behavioural or mental health difficulties. You need to be referred to CAMHS by your GP, public health nurse, social worker, speech and language therapist or educational psychologist.

**Big Brother Big Sister Mayo** - Big Brother Big Sister is an internationally recognised youth mentoring programme run by Foroige. They match an adult volunteer with a young person who could benefit from having a supportive adult in their lives. Foroige Office, The Mall, Castlebar. Tel. 086 3835859; e-mail peter.duffy@foroige.ie. www.foroige.ie/our-work/big-brother-big-sister

**ISPCC** - The ISPCC provides a free, comprehensive, community based one to one support service (including out of hours access) to children and young people who may be experiencing emotional and behavioural difficulties. They also operate a mentoring programme which aims to develop a young person's self-esteem and social skills through support and encouragement from a volunteer mentor. Unit 14C, N5 Business Park, Moneen, Castlebar, Co. Mayo. Tel: 09490 25254; email: mayo@ispcc.ie. www.ispcc.ie

**HSE Children and Family Services** - Castlebar Social Work Team, Castlebar Hill House, Mountain View, Castlebar, Co. Mayo. Tel: 094 9042283/4. www.hse.ie

**The Edge Project** (provides intensive support to young people with challenging behaviour) - Chapel St, Castlebar, Co. Mayo. Tel. 094 9060518.

**Pieta House West** - Provides free counselling for adults, teenagers and children who are feeling suicidal or who are self-harming, and their families. Play therapy is used in the case of young children. Bishop Street, Tuam, Co. Galway. Tel. 093 25586; email mary@pieta.ie. www.pieta.ie

**Mindspace Mayo** - free and confidential support service to promote young people’s mental health and wellbeing. They offer free one-to-one support to 15-25 year olds. Market Square, Castlebar, Co. Mayo. Tel: 094 906 7001 / Text: 086 18 44 995; email: info@mindspacemayo.ie. www.mindspacemayo.ie

*LGBT+ Supports*

**Outwest** (social and support group for gay, lesbian and bisexual people in the West of Ireland) - Castlebar, Co. Mayo. Tel. 087 9725586; email info@outwestireland.ie. www.outwestireland.ie

Outwest Helpline - operates on Thursday evenings from 8-10pm. Tel. 094 9372479.

**TOST?** (LGBT group) - meet in the Family Resource Centre, Tucker Street, Castlebar on the second Wednesday of every month at 6.30pm. Tel. 094 9025126; email mayotost@gmail.com. www.lgbtmayo.com

**SWAG** - LGBT Youth Group based in Castlebar but open to LGBT young people and their friends from all parts of Mayo. Tel. 086 3862094.

**Teach Solais LGBT+ Resource Centre** - No.1 Victoria Place, Galway. www.amachlgbt.com/teach-solais

**Northwest LGBT Pride** - Tel. 087 9075404; email northwestpride@gmail.com. www.northwestprideireland.com

**First Out Northwest Women's Network** (support for women exploring their sexuality and social events) - firstoutnorthwest@gmail.com. www.firstout.ie

**Look (Loving Our Out Kids)** - Support for parents, families and friends of gay, lesbian, bisexual or transgendered (LGBT) people. Tel. 087 2537699; email info@lovingouroutkids.org. www.lovingouroutkids.org

*Health & Disability Support*

**Mayo Cancer Support Association** (Rock Rose House) - provide drop-in information & support service, counselling, alternative therapies, workshops, Stoma Support Group etc. 32 St. Patricks Avenue, Castlebar. Tel. 094 9038407; email info@mayocancer.ie. www.mayocancer.ie

**ÁIRC** (Supporting Children with Disabilities in Mayo) - 69 Summerfield, Castlebar. Tel. 085 1194041; email info@aircireland.ie. www.aircmayo.com

**Mayo Down Syndrome** - Tel. 094 9026703; e-mail downsyndromemayo@gmail.com. www.facebook.com/DownSyndromeMayo / www.downsyndrome.ie

**Enable Ireland Mayo** - 14A N5 Business Park, Moneen, Castlebar, Co. Mayo. Tel. 094 9060234; email info.mayo@enableireland.ie. www.enableireland.ie

**Western Care** - John Moore Road, Castlebar, Co. Mayo. Tel. 094 9029100. www.westerncare.com

**South Mayo MS Support** - Mosiac Centre, Harlequin Plaza, Castlebar, Co. Mayo. Tel. 094 9063200; email magsr@ms-society.ie.

**Mayo Dyspraxia Support Group** - meet in The Family Centre, Chapel St., Castlebar. Tel. 01 8747085 / 087 9934820; email info@dyspraxia.ie. www.dyspraxia.ie

**Mayo COPD (**Chronic Obstructive Pulmonary Disease) Support Group - c/o TF Royal Hotel, Castlebar. Tel. 086 0277020. www.copdsupportmayo.ie

**Brí Brain Injury Peer Support Group** - Monthly meetings in the Family Resource Centre, Tucker Street, Castlebar. Tel. 087 1685554. www.briireland.ie

**Mayo Stroke Services** - Castlebar. Email mayostroke@gmail.com. MayoStrokeServices

**Croí Mayo** (Fighting Heart Disease & Stroke) - Mayo PCCC, St. Mary's Headquarters, Castlebar. Tel: 094 9049172; email ailish@croi.ie. www.croi.ie

*Domestic Violence & Sexual Abuse*

**Mayo Women’s Support Services** (domestic violence support for women & children) - Tel. 094 9025409 / 087 6569672; email mwss@eircom.net. www.mwss.ie (meetings available here in the Centre)

**Mayo Rape Crisis Centre** - Tel. 1800 234 900 / 094 902 56 57; email mayorcc@eircom.net. www.mayorapecrisiscentre.ie (meetings available here in the Centre)

*Jobseekers*

**Intreo Centre Westport** - James Street, Westport. Intreo is a single point of contact for all employment and income supports. Tel. 098 53800. Opening Hours: Mon - Wed 9.15-17.00, Thurs. 10:30-17.00, Fri 9.15 -16.30.

**Local Employment Service Network (Obair)** - James St, Westport (beside the Clew Bay Hotel). Tel. 098 28583. www.mayoles.ie

**Mayo Jobs Club** - Tel. 094 9256745

**Mayo Volunteer Centre** - Le Cheile Family Resource Centre, Tucker Street, Castlebar. Tel. 09492 50706; email info@volunteermayo.ie. www.volunteermayo.ie

**EmployAbility Service** (Supported Employment Network Mayo) - Mosaic Centre, Garvey Way, Castlebar. Tel. 094 9043008. www.iase.ie / www.facebook.com/EmployabilityServiceMayo

*Financial Help*

**MABS** (Money Advice and Budgeting Service) - A MABS advisor is available here in the centre every Wednesday morning. Please make an appointment with South Mayo MABS, The Humbert Mall, Castlebar, Co. Mayo. Tel. 0761 07 2670; email castlebar@mabs.ie. www.mabs.ie

**Society of St. Vincent De Paul** - Tel. 098 28825 / 087 9934960 / email westportsvp@eircom.net. www.svp.ie

*Support for Migrants & Asylum Seekers*

**Mayo Intercultural Action (MIA)** - Hill House, Mountain View, Castlebar, Co. Mayo. Tel. 094 9044511. www.miamayo.ie

**Galway Migrant Service** - Galway City Partnership, 3 The Plaza, Headford Road, Galway. Tel. 091 773466. Provides an information, advocacy and support service for migrants and their families. www.gcp.ie

*Anger Management*

**Anger Management Classes** - Anger Management Ireland. Tel. 0402 38008 / 087 989 3483. www.angermanagementireland.ie

**Knock Counselling Centre** - Knock Shrine, Knock, Co. Mayo. Runs regular anger management workshops. Tel. 094 93 75032; email counselling@knock-shrine.ie. www.knockshrine.ie/counselling

*Victim Support*

**Victim Assistance Mayo** - Castlebar, Co. Mayo. Tel. 083 1210419. www.VictimAssistanceIreland.com

**SHARE** Support for Adult Survivors of Child Sexual Abuse - Support group meet in GMIT Castlebar, please call Nick or Dervilia (in strictest confidence) on 087 1027604 for details. www.facebook.com/pages/SHARE-Support-for-adult-survivors-of-child-sexual-abuse

*Crisis Pregnancy Support*

**Mayo Crisis Pregnancy and Support Service** - Social Work Dept., Mayo General Hospital, Castlebar, Co. Mayo. Tel. 1890 200 022; email mayopsc@hse.ie. www.positiveoptions.ie/service/mayo-cpcs

**Cura** - Árús de Brún, Newtownsmith, Galway. Tel. 091 562558 / 1850 622 626 (helpline); email curacares@cura.ie. www.cura.ie

*Traveller Support*

**Mayo Travellers Support Group** - Castlebar. Tel. 094 9028400; email info@mtsg.ie.