**Mental Health Support Services- Sligo/ Leitrim**

[**National Learning Network**](http://www.sligoleitrimdirectory.ie/services-list/disability-services/)

**Summary:**

At National Learning Network we pride ourselves on the flexibility of our courses, which are all designed to meet the individual needs of each student. We set ourselves apart from other training bodies by addressing all the factors that will affect a student’s prospects of achieving a QQI qualification [[...]](http://www.sligoleitrimdirectory.ie/services-list/disability-services/)

**Address:**

*Bridge Street, Sligo, Ireland*

 0719145391

[**Saol Nua Social Group**](http://www.sligoleitrimdirectory.ie/services-list/saol-nua-social-group/)

**Summary:**

The aim of the group is for members to participate within the community at a social level, to alleviate isolation and to build on social networks in a supportive, structured, fun and safe environment.

If you, or anyone that you may know, would be interested in becoming a member of [[...]](http://www.sligoleitrimdirectory.ie/services-list/saol-nua-social-group/)

**Address:**

*Breffni Crescent, Carrick on Shannon, Ireland*

 0719622566

[**ReachOut Ireland**](http://www.sligoleitrimdirectory.ie/services-list/reachout-ireland/)

**Summary:**

ReachOut.com provides advice and support on youth mental health issues and signposts a broad range of other supports through the provision of information and by offering a moderated commenting and advice service online.

**Address:**

*32-33 South William Street,, Dublin 2*

 01 7645666

* [**STOP SUICIDE**](http://www.sligoleitrimdirectory.ie/services-list/stop-suicide/)

**Summary:**

StopSuicide value and care for each person who seeks our services. Through our experience of working with self- harm and suicide we acknowledge the very difficult life events that can lead people to hurt themselves, or end their lives. Our purpose is to provide a safe, confidential place where [[...]](http://www.sligoleitrimdirectory.ie/services-list/stop-suicide/)

**Address:**

*Bee Park Resource Centre, Sligo*

 071 9856070

[**St. Michaels Family life Centre**](http://www.sligoleitrimdirectory.ie/services-list/st-michaels-family-life-centre/)

**Summary:**

Counselling is targeted at those who are not in position to access private help and is through self referral and all other agencies. Rainbows is for children bereaved by separation/divorce or death. Support groups are open to all. Educational courses are open to all but targeted to those most [[...]](http://www.sligoleitrimdirectory.ie/services-list/st-michaels-family-life-centre/)

**Address:**

*Church Hill,, Sligo*

 071 9170328

[**Lough Allen Adventure, Co. Leitrim**](http://www.sligoleitrimdirectory.ie/services-list/lough-allen-adventure/)

**Summary:**

Lough Allen Adventure is an award-winning adventure centre offering Outdoor Recreation in Leitrim.  Our Activities include:Gaisce  Award                                                                 [[...]](http://www.sligoleitrimdirectory.ie/services-list/lough-allen-adventure/)

**Address:**

*Ballinaglera, Dowra,, Co. Leitrim*

 087 2756495

[**Family Life Centre, Boyle, Co Roscommon**](http://www.sligoleitrimdirectory.ie/services-list/family-life-centre/)

**Summary:**

Family Support Groups • New Mums Group                                                       • Childsplay for All                       [[...]](http://www.sligoleitrimdirectory.ie/services-list/family-life-centre/)

**Address:**

*Boyle,, Co Roscommon*

 071 9663000

[**GROW in Ireland**](http://www.sligoleitrimdirectory.ie/services-list/grow-in-ireland/)

**Summary:**

GROW is a uniquely structured community mental health movement. It is anonymous, non-denominational and open to all. Groups are run by their own members with the support of an area coordinator. Members are helped to recover from all forms of mental breakdown and we help people who suffer from [[...]](http://www.sligoleitrimdirectory.ie/services-list/grow-in-ireland/)

**Address:**

*GROW Office, Pearse Rd, Letterkenny, Donegal*

 074 9161628

[**HSE Health Promotion and Improvement**](http://www.sligoleitrimdirectory.ie/services-list/hse-health-promotion-and-improvement/)

**Summary:**

The Service provides training programmes that support mental health, and works with other providers to promote health and wellbeing to communities, including schools and youth settings. The service provides guidance and advice in relation to the promotion of mental health and the prevention of suicide.

**Address:**

*JFK House, JFK Parade,, Sligo*

 071 9135098

[**Ballymote Family Resource Centre**](http://www.sligoleitrimdirectory.ie/services-list/ballymote-family-resource-centre/)

**Summary:**

Services are both universal and targeted. Parenting programmes, Homework Club – After School taster sessions – art/cookery/drama/etc Youth Club, One-to-One supports to parents, Meitheal Counselling Restorative Practice Family Access, Back to Education programmes for unemployed, Lifeskills programme [[...]](http://www.sligoleitrimdirectory.ie/services-list/ballymote-family-resource-centre/)

**Address:**

*Keash Road, Ballymote,, Co Sligo*

 071 9197818

[**Leitrim Sports Partnership**](http://www.sligoleitrimdirectory.ie/services-list/leitrim-sports-partnership/)

**Summary:**

Leitrim Sports Partnership provides a management role for the coordination, development and delivery of sport and recreational activity in Leitrim. In our new strategic plan, we plan to build on the achievements of the last four years where we have implemented a long term approach to increasing participation and [[...]](http://www.sligoleitrimdirectory.ie/services-list/leitrim-sports-partnership/)

**Address:**

*Aras an Chontae, Leitrim* 071 9650498

[**Sligo Traveller Support Group Ltd**](http://www.sligoleitrimdirectory.ie/services-list/sligo-traveller-support-group-ltd/)

**Summary:**

Sligo Traveller Support Group Ltd offer a range of supports as it is a community development organisation. The main focus of the work is improving traveller health.

**Address:**

*1A, St. Annes, Cranmore Road,, Sligo*

 071 9145780

[**Bodywhys**](http://www.sligoleitrimdirectory.ie/services-list/bodywhys/)

**Summary:**

Bodywhys supports individuals with an eating disorder. We have a helpline open at specific times Mon-Fri and also on Sunday. There are also support groups for over 18’s, support email, and online support one for under 18’s and another for over. All information about our services can be found [[...]](http://www.sligoleitrimdirectory.ie/services-list/bodywhys/)

**Address:**

*PO Box 105, Blackrock, Dublin*

 01 2834963

[**Mental Health Ireland**](http://www.sligoleitrimdirectory.ie/services-list/mental-health-ireland/)

**Summary:**

Support local volunteer-led groups (MHA’s) to promote positive mental health in their local communities and to provide social support to those managing mental health difficulties. Provide training on mental health related topics. Work with targeted groups and also organise workshops open to the general public.

**Address:**

*Health Promotion Department, JFK House, JFK Parade,, Sligo*

 071 9135901

[**Rape Crisis and Sexual Abuse Counselling Centre Sligo, Leitrim and West Cavan**](http://www.sligoleitrimdirectory.ie/services-list/rape-crisis-and-sexual-abuse-counselling-centre-sligo-leitrim-and-west-cavan/)

**Summary:**

The response of the Centre to the issues of sexual violence is to provide the following services universally: Crisis counselling – Ongoing face to face counselling – Outreach counselling – Free phone helpline – Support, advocacy and information for survivors, in particular around legal issues – Relationship counselling – [[...]](http://www.sligoleitrimdirectory.ie/services-list/rape-crisis-and-sexual-abuse-counselling-centre-sligo-leitrim-and-west-cavan/)

**Address:**

*Kempten House, Kempten Parade,, Sligo* 1800 750 780 or 071 9171188

[**Medical practice/primary care centre**](http://www.sligoleitrimdirectory.ie/services-list/medical-practiceprimary-care-centre/)

**Summary:**

We cater for all primary care needs. In particular we have a special interest in: -Women’s health -Mental health -Student health -Mirena coil/Jaydess and copper coil insertion -Insertion of the copper coil for emergency contraception -Implanon insertion [[...]](http://www.sligoleitrimdirectory.ie/services-list/medical-practiceprimary-care-centre/)

**Address:**

*Skreen Family Practice, Skreen,, Co. Sligo*

 071 9166619

[**North West Regional Drug & Alcohol Task Force**](http://www.sligoleitrimdirectory.ie/services-list/north-west-regional-drug-alcohol-task-force/)

**Summary:**

Task Forces were set up under the National Drug Strategy 2001-2008 to provide a response to illicit drug use and underage drinking problems. Task Forces have representatives from government agencies, local authorities, community and voluntary groups. The Task Force’s primary role is to co-ordinate responses to local needs. NWRDATF [[...]](http://www.sligoleitrimdirectory.ie/services-list/north-west-regional-drug-alcohol-task-force/)

**Address:**

*Sligo Development Centre, Cleveragh Road,, Sligo*

 071 9151520

[**Domestic Violence Advocacy Service**](http://www.sligoleitrimdirectory.ie/services-list/domestic-violence-advocacy-service/)

**Summary:**

Domestic Violence Advocacy Service, Sligo, Leitrim and West Cavan [DVAS], are a non-governmental organisation that provide services to women experiencing domestic violence. The core purpose of our service is to maximise safety for women and their children. DVAS have a helpline and also provide support, information and advocacy through [[...]](http://www.sligoleitrimdirectory.ie/services-list/domestic-violence-advocacy-service/)

 071 9141515

[**Sligo SPRINGBOARD Resource House Project**](http://www.sligoleitrimdirectory.ie/services-list/sligo-springboard-resource-house-project/)

**Summary:**

Overview:   The Resource House Project is a community-based family support Project operating since 1996.   Some programmes and services available here and accessible to all are Preventative and aimed to meet Level One on the Hardiker Scale of Need.  Children and families identified as requiring focused intervention to meet assessed [[...]](http://www.sligoleitrimdirectory.ie/services-list/sligo-springboard-resource-house-project/)

**Address:**

*2, Racecourse View, Cranmore, Sligo, Ireland*  071 9147040 / 9147990