

COMMUNITY SERVICES

Emergency Services and useful numbers

Garda Station: 0646631222
South Doc: 1850335999
Kerry County Council: 0667183500

ESB emergency: 1850 372999
Town Council: 0646631023

Your Doctor _____

1LIFE SUICIDE HELPLINE

Free phone: 1800247100

or text HELP to 50015

Email: info@1life.ie

Website: www.1life.ie

1life is a dedicated 24 hour free phone national suicide prevention helpline

ACCORD

Pastoral Centre, Rock Road, Killarney 064 6632644

Email: accordkillarney@eircom.net

Website: www.accord.ie

ACCORD is an Irish voluntary Catholic organisation that aims to promote a deeper understanding of Christian marriage and to offer people the means to safeguard and nourish their marriage and family relationships. They provide a Marriage & Relationship Counselling Service as well as marriage preparation programmes for couples of all denominations.

ADAPT KERRY WOMEN'S REFUGE

Killeen Road, Tralee 0667129100

Email: kerryrefuge@eircom.net

Website: www.kerryrefuge.com

Remember, you are not alone - you can get help and support! Although ADAPT Kerry women's refuge is located in Tralee, it services the catchment area of Kerry and operates on a 24-hour basis. Some of the other services they provide include, court accompaniment, outreach support and links with other agencies; accessing support from other services of legal aid, the community welfare office, local housing authority, department of social & family affairs.

The refuge service provides residents with some breathing space, where with the support of staff, they can come to some decisions regarding their needs.

AIDS HELPLINE

1800 459459

Limerick: 061316661

Helpline for people with HIV/AIDS

ALCOHOLICS ANONYMOUS

Serenity Centre: Tuesday, Thursday and Saturday 8.30pm

Saturday 3.00pm

Sunday 11.30am – 8.30pm

Parish Hall: (off St Anne's Road): Monday, Wednesday and Friday 12noon

Monday, Tuesday and Friday 8.30pm

Methodist Church: Please check Church notice boards for meeting times

Website: www.alcoholicsanonymous.ie

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. Membership is open to anyone who wants to do something about his or her drinking problem. The only requirement for membership is a desire to stop drinking. There are no age or education requirements. There are no fees for AA. Weekly Meetings in Killarney are held at the following venues:

ALZHEIMER SOCIETY OF IRELAND

Tralee Day Care at the Rosemary Centre, Boherbee Tralee 066 7180377

North Kerry Homecare Service 087 2291583 Kathleen Herlihy

South Kerry home Care Service 066 9475430 or 087 9281234 Una Fogarty

Website: www.alzheimer.ie

As the major dementia-specific service provider in Ireland, The Alzheimer Society's network includes numerous dementia specific services such as day care centres, home care services, carer support groups, social clubs, a national respite centre and an advocacy service.

ANAM CARA

Parental & Sibling Bereavement Support

HCL House, Second Avenue, Cookstown Industrial Estate,

Tallaght, Dublin 24

01 4045 378 or 085 2888 888

Email: info@anamcara.ie

Website: www.anamcara.ie

Anam Cara is a national voluntary organisation, set up by bereaved parents to support bereaved parents and siblings throughout Ireland.

AWARE

Aware Helpline on 1890 303 302

Tralee - St. John's Church, Castle Street. (Rooms at Back)

Every Tuesday at 8pm.

Kate on 087-2993142 or main office on 01-6617211 for details.

Kerry Relatives - The Meadowlands Hotel, Oakpark, Tralee.

1st Wednesday of every month at 8pm.

Kate on 087-2993142 or main office on 01-6617211 for details.

Website: www.aware.ie

National organisation providing support, information and education services for those suffering from depression. They provide face-to-face, phone and online support for individuals who are experiencing mild to moderate depression, as well as friends and families who are concerned for a loved one. Please visit their comprehensive website for more information.

BEREAVEMENT SUPPORT (RAINBOWS)

Contact: Elizabeth O'Doherty 0646632047 mob: 0872932598

Website: www.rainbowsireland.com

Rainbows, is a peer-support programme to assist children and young people who are grieving a death, separation or divorce in their family. Rainbows helps by providing a safe setting in which children and young people can share their feelings, emotions and struggles with others who have similar experiences. They are supported in this process by a trained facilitator. This is currently run in St Oliver's School Killarney.

BRAINWAVE THE IRISH EPILEPSY ASSOCIATION

Brainwave The Irish Epilepsy Association

9/10 The Paddocks

Ballydowney, Killarney

064 6630301

Email: crokerry.brainwave@epilepsy.ie

Office Hours: Monday - Friday 9.30am - 2.30pm

Brainwave is committed to working for, and to meeting the needs of everyone with epilepsy in Ireland and their families and carers.

CITIZEN'S ADVICE BUREAU

79 New Street, Killarney, Co. Kerry

Tel: 0761 07 7820

Fax: 064 6637314

Email: killarney@citinfo.ie or Killarney.cic@citizensinformation.ie

Monday 10am – 1pm

Tuesday 10am – 1pm, 2pm – 5pm

Wednesday 10am – 1pm

Thursday 10am – 1pm

Friday 10am – 1pm

Free Legal Advice Centre: 2nd Monday of each month 6pm-7pm (By appointment only)

COMMUNITY SERVICES

FOR OLDER PEOPLE

1. *Holy Cross Day Care Centre, Rock Road, Killarney.* The Centre has full time nursing supervision, is open Monday to Friday between 10.00am and 4.00pm, and a hot meal is served each day to 30 people. The Centre is wheelchair accessible. Other services provided at the Centre include – arts and crafts, music, spiritual services, Holy Communion, physiotherapy, Chiropody, assisted showers, talks on topics of interest to older people, bingo and cards and outings
2. *Transport.* Our minibus provides transport to and from the centre for our less physically able people. The minibus is wheelchair friendly, and is available for use by other voluntary community organisations.

3. *Meals on Wheels*

See under separate heading below.

Contact: (064) 6631987 for Manager of Day Centre

(064) 6635005 for Secretary

E mail: killarneycommunityservices@eircom.net

MEALS ON WHEELS

Killarney Community Services is responsible for the administration of the Meals on Wheels service, liaising with HSE and Public Health Nurses.

Contact: (064) 6631987 for Manager of Day Care Centre

(064) 6635005 for Secretary

E mail: killarneycommunityservices@eircom.net

CONSOLE

1800201890 or 016102638

Email: info@console.ie

Website: www.console.ie

Console supports and helps people bereaved through suicide

CRIME VICTIMS SUPPORT AND HELPLINE

Helpline: 180116006 or Text: 0851337711

Email: info@crimevictimshelpline.ie

Victim Support: 018780870 or 016798673

Website: www.victimsupport.ie

24 hour counselling and support for victims of crime.

CURA

Tralee Centre: St. John's Castle Street, Tralee, Co. Kerry

Tel: 066 - 7127355

Diocesan Chaplain: Rev. Kevin Sullivan

www.cura.ie

Cura Kerry was established in 1977 as a caring service for all women who are unhappily pregnant and to anyone affected by this crisis. CURA Kerry, though situated in Tralee provides support for all of the Kerry Diocese. It is a voluntary, non-directive counselling, information and referral service, offering support and practical assistance to any vulnerable woman who feels under threat because of a pregnancy.

DRUG AND ALCOHOL INFORMATION AND SUPPORT

Kerry Diocesan Youth Services Drugs Project Killarney

Killarney Community Drugs Initiative,

KDYS Youth Centre,

Fair Hill, Killarney

064 6631748 /086 7364605

Email: desbailey@kdys.ie

Website: www.kdys.ie

Community based, low-threshold intervention for young people, who are either at risk of alcohol and/or drug misuse, actually using/misusing or have recently stopped using/misusing and therefore need further help and support. Support also for parents and loved ones of young people caught up in substance misuse.

FRIENDS OF THE CHILDREN OF CHERNOBYL

Chairperson: Betty Crosbie 064 6632030

Friends of the Children of Chernobyl is a charity which was set up in 1992 to bring children from Chernobyl to Killarney for the month of July each year. The children stay with local host families and have two interpreters on call for the month. They also send humanitarian aid to orphanages, hospitals, schools, families in need and invalids in Belarus.

GAMBLERS ANONYMOUS

Website: www.gamblersanonymous.ie

Monday 8pm - Ozanam House, Day Place Tralee

Wednesday 8pm – Church of Resurrection, Killarney

Friday 8.30pm – Talbot Grove, Castleisland

Saturday 11.30am - Ozanam House, Day Place Tralee

Going to a Gamblers Anonymous meeting is simple. You find out where and when there is a meeting convenient for you and just turn up. That's it. There's no signing in, no money to pay, no appointment to make. There are no intrusive questions, no obligations. Privacy and anonymity is respected. The only requirement for membership is a desire to stop gambling.

GROW – IRELAND'S COMMUNITY MENTAL HEALTH MOVEMENT

Southern Region: 11 Liberty Street, Cork

1890 474474 or 0214277520

Email: info@grow.ie or southernregion@grow.ie

Website: www.grow.ie

GROW is a Mental Health organisation which helps people who have suffered, or are suffering from mental health problems. Locally held 12 step program of personal growth for people with mental health issues. Help to recover or prevent through group support, social outings and community weekends.

IHCPT (Irish Handicapped Children's Pilgrimage Trust)

Contact: Denis Mc Carthy Southern Chairman 0872328769

Catherine Foley Nurse 0876963814

Website: www.irishpilgrimagetrust.com

For over forty years, the Trust has been travelling on pilgrimage and on holiday to Lourdes with young people with special needs, from all over Ireland. They travel on Easter Sunday and participate in a unique week in Lourdes. Together with friends from the wider community of HCPT, over five thousand pilgrims enjoy this exceptional experience every year.

IRISH ADVOCACY NETWORK (IAN)

Southern Region – Kerry

Joe Keane 087 2579324

www.irishadvocacynetwork.com

thecitizen@eircom.net

Support and advocacy network for people with mental health difficulties. Peer advocates are people who have personal experience of mental health difficulties who have achieved a sufficient level of recovery to complete an accredited training course in peer advocacy. Their main job is to give support and

information to people by befriending them and offering a confidential listening ear or peer advocacy.

IRISH CANCER SOCIETY (Killarney/South Kerry Branch)

Kathrina Breen 0872612992

Neilly Moynihan (Chairperson) 0879831655

Ireland's National Cancer Charity. They are here to listen, support, provide care, create awareness, provide information, fund research and influence decisions about cancer. Contact the service free of charge by dialling 1800 200 700 for more information. Local support group helps with fundraising. Volunteers always welcome.

IRISH TRAVELLER MOVEMENT

016796577

Email: itmtrav@indigo.ie

Website: www.itmtrav.com

The Irish Traveller Movement (ITM) is a national network of organisations and individuals working within the Traveller community. ITM was established in 1990 and now has over eighty Traveller organisations from all parts of Ireland in its membership. The Irish Traveller Movement consists of a partnership between Travellers and settled people committed to seeking full equality for Travellers in Irish society.

IRISH WHEELCHAIR ASSOCIATION – KILLARNEY BRANCH

Breda Dwyer (Chairperson) 0646635425

Eileen Mayse (Secretary) 0646632964

Nora O'Sullivan (Assistant Secretary) 0646633817

Website: www.iwa.ie

The Irish Wheelchair Association (IWA) was founded in 1960 by a small group of wheelchair users committed to improving the lives of people with physical disabilities in Ireland. Locally they raise awareness, organise outings and holidays for members; repair and loan of wheelchairs; take part in fundraising activities. They also have their own bus for transport of members locally.

JIGSAW KERRY – YOUNG PEOPLES HEALTH IN MIND

Unit A1, Edward Court Tralee Co. Kerry

066-7186785

Email: kerry@jigsaw.ie

Jigsaw works with, and for, young people. As well as supporting young people, Jigsaw projects involve them right from the start. Young people have a real say in changing how services and supports can work better for them and their

community. Jigsaw works by engaging young people, organisations, families and other support agencies in the community, so that we are all better able to respond to the mental health and well being needs of young people aged 12-25.

KASI (Killarney Asylum Seekers Initiative)

KASI Drop-In Centre

Unit 6, Old Credit Union Building,

Beech Road, 91 New Street,

Killarney,

Tel: 064 66 20705

Email: info@kasi2000.com

Website: www.kasi.ie

KASI is a community based, nongovernmental organisation which was set up in 2000 to support asylum seekers who arrived in Killarney. As the work evolved and developed over the years, KASI has extended its support and services to refugees, migrant workers and their families. For the last ten years KASI has organised several activities and initiatives including health, education and various training workshops, language support, information sessions, awareness raising programmes and social and intercultural events. In recent years, the KASI Community Garden (Rookery Road, Ballycasheen) and the KASI Ethnic Flair charity shop (New Street) have opened.

KERRY AUTISM SERVICE

Unit 3, Manor Village, Tralee, Co Kerry

0667192546

KERRY CARE FOUNDATION

Louis Collier (chairperson) 0646632878 or 0863461300

Pauline Fleming 0646634021 or 0861038060

Kerry Care is a voluntary group that organise healing therapies at affordable rates for people with long term illness such as; Multiple Sclerosis, people who are recovering from joint operations, people with arthritis, people who have had accidents, other conditions. Four trained therapists offer a range of therapies in a private, comfortable setting. Each session lasts twenty minutes; the main aim is to promote well-being. Kerry Care takes place every Wednesday 10am – 1pm in the Serenity Centre (floor 1, lift available), St Anne's Road Killarney. Price €15 per session. There is no appointment system. People are welcome to come along, have tea/coffee and join in the group exercises until a therapist becomes available. Twenty people can be catered for each Wednesday.

KERRY DEAF

Resource Centre, 4 Gas Terrace, Tralee

0667120399

kdrc@eircom.net

www.kerrydeaf.com

Kerry Deaf want to ensure that deaf adults, children and their families have full access to services and information which are in the Kerry region so that they become self determining and independent, and able to participate at all levels in the Kerry Community.

KERRY DIOCESAN YOUTH SERVICE

Tim O'Donoghue CEO

064 6631748

Email: killarney@kdys.ie

Website: www.kdys.ie

KDYS (Kerry Diocesan Youth Service) is a voluntary youth work organisation providing a range of quality services responding to the needs of children, young people, their families and communities in the Diocese of Kerry. These services include; Youth Clubs, Youthreach, Family Support e.g. Springboard, Neighbourhood Youth Project, Youth Diversion Projects, Youth Information, support and Help, Youth Cafes, Youth leadership courses, Comhairle na nOg.

THE KERRY HOSPICE FOUNDATION

Opening Hours: Monday – Friday 9 a.m. – 5 p.m.

(Thursday is a free day for administration)

Contact Numbers: 066 7184085 or 066 7103400

Web site: www.kerryhospice.com

The Kerry Hospice Foundation (KHF) was established in 1990 as a voluntary organisation. The Kerry Home Care Team was founded by the KHF in conjunction with the Southern Health Board and with some funding from the Irish Cancer Society. Kerry Hospice funds a wide range of palliative care services in Kerry. The Suaimhneas Centre Palliative Care Day Unit was officially opened on the 13th April 2007. The mission of the Suaimhneas Centre/Palliative Care Unit and the Health Service Executive is to support patients and their families from County Kerry with advanced diseases requiring Palliative Care to attain the best quality of life.

1. Medical Assessment
2. Management of pain and symptom control
3. Group activities (creative and social)
4. Personal Care (shower/bath with Jacuzzi facility available)
5. Rehabilitation

6. Spiritual support/pastoral care
7. Art Therapy
8. Complimentary therapy i.e., reflexology, massage therapy
9. Fully equipped hairdressing salon and access to beauty therapy.
10. Physiotherapy
11. Occupational Therapy
12. Social Worker

Refreshments: A cooked mid day meal is provided together with refreshments throughout the day. There is a free designated parking area at the centre

KERRY MENTAL HEALTH ASSOCIATION

Dan O'Connor (Development Manager) 0876998901

Cherryfield House, Coolgrane, Killarney

Email: dan.oconnor@mailp.hse.ie

Website: www.kerrymentalhealth.com

Kerry Mental Health promotes positive mental health through research, local radio, newspaper articles, talks, National Public Speaking Project in schools, literature, promoting the Mental Health Resource Pack (Mental Health Matters) in all post primary schools, Directory of Services and Supports for Young People, mental health promotion poster, website and newsletter. It also supports people with mental health problems through social housing, befriending, recreational programmes, holidays, breaks for carers, transport, sheltered employment and the provision of occupational therapy and IT equipment. The KMHA also advocates on behalf of people with mental health problems and their families and carers.

KERRY PARENTS AND FRIENDS

Contact: Marie Linehan CEO

Reg. Office: Old Monastery, Port Road, Killarney, Co. Kerry

Tel: 064 6632742

Fax: 064 6633370

Email: info@kpfa.ie

Website: www.kpfa.ie

Kerry Parents and Friends Association was established in 1973 as a support to families of people with an intellectual disability and also to support the Franciscan Sisters of the Divine Motherhood in their work with persons with an intellectual disability at St. Mary of the Angels, Beaufort, near Killarney. The Association became a Service Provider in 1978 in response to an urgent need for services for adults with an intellectual disability in Co. Kerry. The Association provides community based day, residential, respite and support services for more than 250 adults with an intellectual disability and their families in various locations throughout Kerry.

KERRY RAPE AND SEXUAL ABUSE CENTRE

5 Greenview Terrace, Tralee, Co. Kerry

Freephone 1800 633333/066 7123122

Email: [krcc @eircom.net](mailto:krcc@eircom.net)

www.krsac.ie

The Kerry Rape & Sexual Abuse Centre provides a professional, confidential and free counselling service to female and male survivors of rape, sexual assault and childhood sexual abuse. The service is available for teenagers and adults. The centre offers a wide range of services. Professionally qualified accredited counsellors are available to meet with you to answer any queries or concerns about counselling or any requests for information. The centre is open Monday – Friday from 9am to 5pm but appointments are available outside of these hours. People can be referred by someone or they can simply ring or call in themselves.

KERRY STARS SPECIAL OLYMPICS CLUB

Chairperson - Paudie Healy 087 9060703

Secretary - Shirley Nagle 087 2365664

Email shirleynagle@hotmail.com

Website: www.kerrystars.com

The Kerry Stars Special Olympics Club was formed in September 2002. Its objective is to provide athletes with special needs the opportunity to be productive and respected members of society through participation in an all year round sports and competition programme. As of 2012, there are 70 athletes in the Kerry Stars club. The club offers sports such as athletics track and field events, soccer, golf, basketball and swimming, under the guidance of 80 dedicated coaches and volunteers who implement a year round training programme. The club trains at various complexes and existing sporting facilities throughout Kerry. New volunteers are always welcome to join the club. The Kerry Stars is a club that tries to instill an ethos in all of its athletes that it's not about being the best; it's about being the best you can be. Special Olympics operates a four year sporting cycle culminating in World Games. The Kerry Stars Special Olympics Club has had representatives in China and Greece for the past two games. The clubs activities are entirely dependent on fundraising efforts of club members and families.

KILLARNEY ACTIVE RETIRED

Nancy Hegarty (Secretary)

Bernie O'Leary (treasurer)

Pauline Fleming 0861038060

Email: pfleming70@gmail.com

Killarney Active Retired meet every Friday in KDYS, Fairhill Killarney 2-4pm. They have a full programme of activities including bingo, crafts, cards, bowling, swimming and guest speakers on occasions. They have great fun and go on holiday at least once a year. Killarney Active Retired are for those people aged 55 years and over.

KILLARNEY ADULT LITERACY

Mary Concannon

Adult Literacy Organiser

37 High Street, Killarney

Telephone: 064 66 36990

Mobile: 086 7969625

Email: maryconcannon@eircom.net

Killarney Adult Literacy & Basic Education Centre provides free and confidential help to adults who wish to improve their reading, writing, spelling and numeracy. Adults can receive one-to-one tuition or be part of a small group.

KILLARNEY JOBS CLUB (FAS)

Killarney / Cahersiveen

Sponsor: South Kerry Development Partnership

72 New Street Killarney, Co. Kerry

Tel: 064 37833

Fax: 064 37834

Killarney Jobs Club provide training to assist participants who are ready for work, to develop skills which they can use to find a job. This active, practical and participative process takes place under the guidance and supervision of the Jobs Club leader. Anyone who is ready to work and is between 16 and 64 years of age can join a Jobs Club. Participants do not have to be on a social welfare payment but if they are, it will not be affected by becoming a member of a Jobs Club. The training topics range from health and safety to interview techniques and last up to five weeks. Jobs Club participants retain their social welfare allowances during the training modules and receive €20 per week to help in dealing with additional costs.

LIVING LINKS KERRY

0879006300 or 0669762601

Mon – Fri 10am to 12pm

Email: livinglinkskerry@skdp.net

Living Links is for Families and individuals bereaved through suicide. They provide a supportive and confidential listening service on request, to persons bereaved through suicide, in their home or other agreed venue.

MEN'S SHED CLUB

Upper Lewis Road, Killarney

Pat O'Mahony 0894629623

Email: kmshed@gmail.com

www.killarneymensshed.weebly.com

The Shed is open Monday – Friday 10am - 4pm

The Men's Shed Club is a dedicated friendly and welcoming meeting place where men come together and undertake a variety of mutually agreed activities. The club is open to all men 18+ regardless of age, background or ability. It is a place where you can share your skills and knowledge with others, learn new skills and develop your old skills. New members are always welcome and can be assured that there is something of interest for everyone as the men have ownership of the projects and decide their own programme of events.

MOVE (MEN OVERCOMING VIOLENCE)

Kerry support: Ashe Street, Tralee

0187224357 or 0860205856

www.moveireland.ie

MOVE, Men Overcoming Violence, is a structured group work programme for men who are or have been violent in an intimate relationship. The programmes are designed to help the participants take responsibility for their violence and to choose to behave differently in the future. They offer a weekly group session in which men can; learn to stop the violence, learn to spot danger signs, learn to break out of isolation, learn other ways of expressing strong feelings safely and learn to build healthy relationships.

MS SOUTH KERRY

Pat O'Neill (Chairperson) 0646631982

Siobhan Lynch (MS South Kerry Social Worker) 0872663489

Provides a support group for people with MS to help their families and to co-ordinate fundraising or any other projects for the MS Society.

NARCOTICS ANONYMOUS

Monday – 7.30pm John Paul II Pastoral Centre, Killarney

Tuesday – 8pm St. Marys Parish Hall, Killarney

Thursday – 7.30pm John Paul II Pastoral Centre, Killarney

0871386120

Meetings and mutual support for people with drug addiction.

NATIONAL COUNCIL FOR THE BLIND

Marion Geary 0646632709

Website: www.ncbi.ie

Raise funds and helps promote an awareness of needs and activities for the blind and the visually impaired. People are helped to develop computer skills, learn daily living skills and are encouraged to increase their mobility. They are involved in organising monthly lunches and winter breaks.

NATIONAL PARKINSON'S ASSOCIATION OF IRELAND

1800359359 or 018722234

9am -1pm Monday – Friday

1pm – 3pm Wed - Thursday

Email: info@parkinsons.ie

Website: www.parkinsons.ie

The National Parkinson's Association aims is to assist people with Parkinson's, their families and carers, health professionals and interested others, by offering support, a listening ear, and information on any aspect of living with Parkinson's.

NO NAME CLUB

Anne Nagle 0879049393 www.nonameclub.ie/clubs/killarney

Email: KillarneyNoNameClub@gmail.com

No Name Club is a National Voluntary Youth Organisation founded in 1978 with clubs throughout the country. No Name Clubs are run by and for young people aged 15 years + who come together in a safe and lively environments where theres fun, friendship and enjoyment without the pressure of alcohol or other drugs. No Name Clubs were founded to provide an alternative to pub culture for young people in Ireland. They demonstrate a lifestyle in which the use of alcohol or drugs is seen as unnecessary to the enjoyment of a happy, cheerful and fulfilling social life for young people.

ONE IN FOUR

016624070

www.oneinfour.org

info@oneinfour.org

One in Four professionally supports men and women who have experienced sexual violence, many of them during childhood. The aim is to reduce the incidence of sexual abuse by intervening in key areas of the cycle of abuse. This is done through psychotherapy, advocacy and prevention services.

ORDER OF MALTA –KILLARNEY UNIT

Colette Kiely

Officer in Charge

087 239 0125

Ard Kielin

Upper Lewis Road, Killarney

E-mail: killarney@orderofmalta.ie

www.orderofmalta.ie

Involved in teaching CPR & first aid to teenagers and adults. Killarney unit covers all sporting events and other major events. Members are aged from 10 years upward. Further information may be obtained by contacting the Killarney Unit

O'SHEA'S FUNERAL HOME

New Street, Killarney Co. Kerry

064663712

PAVEE POINT

Travellers Resource

018780255

Email: info@paveepoint.ie

Website: www.paveepoint.ie

Pavee Point is a voluntary organisation committed to the attainment of human rights for Irish Travellers. The group is comprised of Travellers and members of the majority population working together in partnership to address the needs of Travellers as a minority group experiencing exclusion and marginalisation.

PIETA HOUSE

016010000

Email: mary@pieta.ie

Website: www.pieta.ie

Pieta House is the centre for prevention of self-harm and suicide. It is a respected and recognized service for those who are suicidal. The Centre officially opened its doors in January 2006. Five years later, they have seen and helped nearly 4,000 people, opened up two Outreach Centres, and two other Centres of Excellence in both Dublin and Limerick.

SCHIZOPHRENIA IRELAND LUCIA FOUNDATION

021 4552044

Helpline 1890 621631

www.sirl.ie

Schizophrenia Ireland is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by schizophrenia and related illnesses, through the promotion and provision of high-quality services.

SAMARITANS

44 Moyderwell, Tralee

0667122566 9a, - 10pm

LoCall 24hr: 1850609090

Text Support: 0872609090

www.samaritans.org

Confidential listening service for those who are lonely, in crisis, suicidal or just need someone to listen.

SOUTH WEST COUNSELLING SERVICE

Address: Emmett's Road (adjacent to the Aras Phadraig and KDYS).

Tel: 064 6636416

Email: info@southwestcounselling.ie

Web: www.southwestcounselling.ie

Hours: Mon-Fri and some Saturday, evening appointments available.

SouthWest Counselling Centre is a registered charity and not for profit community service. The Centre provides Free Suicide Prevention Counselling and Free crisis pregnancy counselling. In addition SouthWest Counselling Centre offer professional low cost affordable counselling (on a sliding scale dependent on the client's own financial circumstances) to children, adolescents, adults, couples and parenting support. We also run workshops and work with schools, local agencies and the HSE. The service is completely confidential.

SUICIDE HELPLINE

1800742745

6pm – 10pm

Persons who may be feeling depressed or suicidal or equally for a family member or friend who is concerned about a loved one.

VTOS - Adult Education

Mary A. O' Connor (Co-ordinator)

Ivy House, New Street Carpark

Killarney

Co. Kerry

Killarneyvtos@eircom.net

Tel/Fax: 064 66 37757

The Killarney VTOS programme under the auspices of Kerry Education Services gives individuals the opportunity to learn and acquire knowledge in a wide range of interesting subjects including computers (ECDL) in a relaxed and adult environment. Killarney VTOS recognize the importance of learning as a life-long process and makes this possible through its flexible structure and varied course content. Following an up-grading of skills, new opportunities should become available which will enable a participant to either return to the work force or progress to third level or further education.