



**Galway Rural Development**

# Positive Mental Health

**CONNECT**

*Talk & Listen,  
Be There,  
Feel Connected*

**BE  
ACTIVE**

**Do what you can,  
Enjoy what you do,  
Move you mood**

**TAKE  
NOTICE**

**Remember the  
simple things that  
give you joy**

**KEEP  
LEARNING**

**Embrace new  
experiences,  
see opportunities,  
surprise yourself**

**Give**

**Your time,  
your words,  
your presence**

**A Guide to  
Information, Support  
and Services  
in County Galway**

# Contents

A guide to support and services promoting positive mental health in county Galway.

Introduction to SICAP ..... 3

5 Steps to Well-Being ..... 5

## List of Support Services, Organisations and Useful Resources in County Galway:

Emergency Services & Helplines .....11

Information and Local County Services .....15

Services and Support for Mental Health: General .....19

Services and Support for Families .....21

Services and Support for Young People .....23

Services and Support for Students .....27

Services and Support Around Issues of Sexuality .....28

Services and Support for Traveller Health .....29

Acknowledgements for Access to Information .....30



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The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020.

## SICAP

Galway Rural Development works with marginalised communities and service providers using a community development approach to improve people's lives. For example, this could mean helping people to find work or to up-skill, by providing CV training, a personal development course, helping them to prepare for an interview or helping them onto a workplace programme such as CE or Tús. GRD also works with community groups and provides training in such areas as Governance, Social Media, First Aid, Children First and Committee Skills.

Galway Rural Development also work with local community groups by providing other identified training and support to LCG's engaging with SICAP target groups in disadvantaged areas to build their organisational capacity to access SICAP Funding to improve the activities within the group. GRD also offer grants to LCGs.

Mindfulness and Capacitar are also delivered to individuals and members of community groups. Capacitar is a simple holistic wellness practice that incorporates Tai Chi and meditation.

The Social Inclusion and Community Activation Programme (*SICAP*) 2018-2022 provides funding to tackle poverty and social exclusion through local engagement and partnerships between disadvantaged individuals, community organisations and public sector agencies.

It is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (*PEIL*) 2014-2020.

SICAP addresses high and persistent levels of deprivation through targeted and innovative, locally-led approaches. It targets and supports those who are disadvantaged in Irish society and less likely to use mainstream services and assists both individuals and groups.

The programme is managed by 33 Local Community Development Committees (*LCDCs*), with support from local authorities, and actions are delivered by Programme Implementers (*PIs*).

Galway Rural Development is the Programme Implementer for the whole county of Galway and is managed by the Galway Local Community Development Committee with support from Galway County Council.



## The Five Ways to Wellbeing Are:

The five ways to wellbeing have been implemented throughout the world to help people take action to improve their mental and physical wellbeing.

1. **Connect:** Build Positive Relationships.
2. **Be Active:** Move to Feel Good.
3. **Notice:** Savour the Moment.
4. **Keep Learning:** Open Your Mind.
5. **Give:** Find Fulfilment in Helping Others.

When you engage in these positive steps it can change how you think, feel and behave, becoming emotionally more resilient and mentally stronger. The “Five Ways to Wellbeing” are simple, accessible and achievable for everyone...

The Five Ways to Wellbeing were developed by The New Economics Foundation (NEF) in 2008.

The theory conducted drew on state of the art research about mental wellbeing throughout life.

**Accessed:**

<https://www.mentalhealthireland.ie/five-ways-to-wellbeing/>

## Connect



*Talk & Listen,  
Be There,  
Feel Connected*

It is important to connect with the people around you. Whether it be your family, friends, work colleagues, school mates, neighbours at home, or people in your local community. By creating and maintaining these connections it will support your mental health and prevent feeling isolated. Feeling close to, and valued by, other people is a fundamental human need. Social relationships are vital for supporting wellbeing and can help reduce the risk of mental illness. These are just a few tips and ideas on how to connect with people:

- Phone someone instead of sending a text message, Viber/WhatsApp/Facebook message or an email.
- Speak to someone new, it helps to get to know people.
- Ask how someone's day is and be mindful of listening
- Arrange to meet up for a chat with a close friend, family member or colleague
- Leave the mobile phone/ipad or laptop down when talking to someone.

**Accessed:**  
[www.alive2thrive.ie](http://www.alive2thrive.ie)

## Be Active

Regular exercise is extremely beneficial for the human body. It is also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, panic attacks and much more. Exercise also reduces stress, improves memory, helps you sleep better, and boosts a person's overall mood. It is recommended that we should complete 30 minutes of physical activity everyday.

Therefore, stepping outside and going for a walk, run, cycle, has many benefits for our physical and mental health. Most importantly, you should try to discover a physical activity you enjoy and that suits your level of mobility and fitness. Exercise is also vital for slowing age-related cognitive decline and for promoting well-being. It doesn't need to be particularly strenuous to achieve results – slower-paced activities, such as walking, gardening, yoga, pilates etc can create positive social interactions as well as providing some physical and mental fitness benefits.



*Do what you can,  
Enjoy what you do,  
Move you mood*

**Accessed:**

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>

## Take Notice



Be curious and adventurous. Go outside in all seasons and savour all the changing seasons. Look around you and take note of the surrounding environment. Savour the moment, whether you are walking to work, school, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what is important to you.

Remember the simple things that give you joy

It is important to take notice of the world around you at present as it can directly enhance your wellbeing. We often waste so much time worrying which can lead us to despair. We tend to waste a lot of time reminiscing about things in the past or planning for the future instead of enjoying the present.

Important steps that will help your well-being are as follows:

- Try to take a walk daily and make a conscious effort to take note of the surrounding environment as you walk.
- Be mindful of how others around you are feeling.
- Try to keep your area, home, surroundings clutter free.
- Take ten minutes out of your day to practice mindfulness and to breathe.

**Accessed:**

<https://www.mentalhealthireland.ie/five-ways-to-wellbeing>



## Keep Learning



*Embrace new experiences, see opportunities, surprise yourself*

Regardless of your age, culture, gender or if you are studying, working or retired, exercising the mind is a good strategy for protecting your mental wellbeing.

Learning new and challenging tasks can be difficult however trying something new and getting out of our comfort zones can be rewarding and over time, relaxing. The most important outcome is that we are taking an active approach towards looking after ourselves, particularly our mental health.

You should try set a challenge you will enjoy achieving. Learning new things make us more confident people and often it can be fun to learn new things. Continued learning through life enhances self-esteem and encourages social interaction among others which increases our chances of leading a happy and long lasting active life. Attending a night class or pursuing a new interest or activity is a great opportunity to protecting your wellbeing.

You should participate in an enjoyable activity like learning to play a new instrument, picking up a hobby/activity such as photography or engaging in formal/informal education such as learning a new language.

**Accessed:**

<https://www.mentalhealthireland.ie/five-ways-to-wellbeing>

## Give



*Your time,  
your words,  
your presence*

Participating in the community such as volunteering has proven to help a person's wellbeing. Studies have illustrated that carrying out an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

Therefore, by doing something nice for a friend, or a stranger. Thanking someone. Smiling and Volunteering your time to help others can boost your wellbeing and self-worth.

Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be hugely rewarding and creates stronger connections with the people around you.

Your time

Your words

Your presence

**Accessed:**

<http://www.alive2thrive.ie/>

# List of Support Services, Organisations and Useful Resources, Galway 2019

## Emergency Services & Helplines

### The Alzheimer Society of Ireland

#### Description of Services:

The Alzheimers Society of Ireland works with people with dementia and their families. Our services include home care, day centres, support groups and dementia advisor.

#### Contact Details:

**Telephone:**  
1800 341341  
**Email:**  
helpline@alzheimer.ie

### AMEN

#### Description of Services:

Provides a confidential helpline, information and support service for male victims of domestic abuse and their children.

#### Contact Details:

**Helpline:**  
046 902 3718  
Mon-Fri 9am-5pm  
**Email:**  
info@amen.ie

### AWARE

#### Description of Services:

Aware provides support services which are available to individuals managing their own experience of depression or bipolar disorder, as well as to people who are concerned about a loved one.

#### Contact Details:

**Freephone Support Line:**  
1800 80 48 48  
Mon-Sun 10am-10pm  
**Support Email Service:**  
supportmail@aware.ie  
**Website:** [www.aware.ie](http://www.aware.ie)

### Bodywhys

#### Description of Services:

Provides help, support and understanding for people affected by eating disorders.

#### Contact Details:

**Lo-Call Helpline:**  
1890 200 444  
**Email:**  
alex@bodywhys.ie  
**Website:** [www.bodywhys.ie](http://www.bodywhys.ie)

## Childline

Description of Services:	Contact Details:
<p>A confidential phone line for children and young people.</p>	<p><b>Telephone:</b> 1800 666 666 One to One chats are also available via the website <b>Website:</b> <a href="http://www.childline.ie">www.childline.ie</a></p>

## Domestic Violence Refuge & Support

Description of Services:	Contact Details:
<p>Refuge Accommodation.</p>	<p><b>Telephone:</b> 091 565 985</p>

## Farm & Rural Stress Helpline

Description of Services:	Contact Details:
<p>A trained professional will take your call and talk to you in complete confidence.</p>	<p><b>Telephone:</b> 1800 742 645</p>

## Galway Rape Crisis Centre

Description of Services:	Contact Details:
<p>Provide a professional, caring and confidential counselling and support service for those in our community affected by sexual abuse and sexual violence. Also work towards ending cultural and societal tolerance of sexual violence through advocacy, awareness raising and education programmes.</p>	<p><b>Telephone:</b> 091 564800 <b>Helpline:</b> 1800 355355 Monday-Friday 8am-7pm Saturday 9am-4pm <b>Email:</b> <a href="mailto:administrator@galwayrcc.org">administrator@galwayrcc.org</a> <b>Website:</b> <a href="http://www.galwayrcc.org">www.galwayrcc.org</a></p>

## Garda Confidential Helpline

Description of Services:	Contact Details:
<p>Allows the public to call with information relating to crime or other matters.</p>	<p><b>Telephone:</b> 1800 666 111</p>

## HSE Protection of Older People Service

### Description of Services:

Responds to concerns of elder abuse and self neglect. HSE Information Line will put you in contact with staff in your area.

### Contact Details:

**Telephone:**  
1850 241 850  
Mon-Sat 8am-8pm  
**Email:**  
info@hse.ie

## IFA Pieta House Mind Our Farm Families Phone Line & Counselling Service

### Description of Services:

The Mind Our Farm Families is a dedicated suicide and self-harm phone line between IFA and Pieta House. The phone line for IFA members will put farmers and their families in direct contact with a Pieta House trained therapist.

### Contact Details:

**Telephone:**  
1890 130 022

## Money Advice & Budgeting Service (MABS)

### Description of Services:

A national, free, confidential and independent service for people in debt or in danger of getting into debt.

### Contact Details:

**Helpline:** 0761 072 000  
Mon-Fri 9am-8pm  
0761 072 570  
**Email:** galway@mabs.ie  
**Website:** [www.mabs.ie](http://www.mabs.ie)

## Parentline

### Description of Services:

A confidential helpline for parents and guardians.

### Contact Details:

**Telephone:**  
1890 927277  
**Website:**  
[www.parentline.ie](http://www.parentline.ie)

## Pieta Bereavement Services

### Description of Services:

Providing support and counselling to those bereaved by suicide.

### Contact Details:

**Helpline:** 1800 247 247  
091 502921  
(Galway)

## Samaritans

### Description of Services:

Dedicated to reducing feelings of isolation and disconnection that can lead to suicide.

### Freephone:

116 123

### Telephone:

091 561222 (Galway)

**Email:** [jo@samaritans.ie](mailto:jo@samaritans.ie)

### Website:

[www.samaritans.org](http://www.samaritans.org)

## Senior Helpline

### Description of Services:

Listening service for older people, run by older people.

### Contact Details:

**Telephone:** 1850 440444

### Email:

[info@thirdageireland.ie](mailto:info@thirdageireland.ie)

### Website:

[www.thirdageireland.ie](http://www.thirdageireland.ie)

## Suicide Helpline (Pieta House)

### Description of Services:

Suicide helpline, for anyone in a suicidal crisis or who has been bereaved by suicide.

### Contact Details:

**Telephone:** 1800 247 247

## Information and Local County Services

### Alcoholics Anonymous

#### Description of Services:

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

#### Contact Details:

**Telephone:**

Connaught: 091 76777

Galway: 085 7537100

*(12 noon to 10pm  
every day)*

Meetings available in most areas.

### Aware - Your supporting light through depression

#### Description of Services:

Provides support and information for people who experience depression or bipolar disorder and their concerned loved ones. Over 18s peer support groups in Loughrea, Sea Road, Galway City and Ballybane. Programmes include: Beat the Blues for post-primary schools, Lifeskills community cognitive behavioural therapy available in group and online formats and Wellness at Work, a community/commercial wellbeing programme.

#### Contact Details:

**Freephone Support Line:**

1800 80 48 48

Mon-Sun, 10am to 10pm

**Support Email Service:**

supportmail@aware.ie

**Website:** [www.aware.ie](http://www.aware.ie)

### Citizen's Information Centre

#### Description of Services:

Provides information, advice and advocacy services or receive help filling out a form. This is a free, strictly confidential and independent service.

#### Contact Details:

**Telephone:**

076 107 7600

### Counselling in Primary Care (CIPC), HSE

#### Description of Services:

Provides short-term counselling (*up to 8 sessions*) with a professionally qualified and accredited counsellor. Service is available free of charge, for people aged 18 years and over, with a full medical card.

#### Contact Details:

Referrals to this service can be made by any Primary Care Team member e.g. GP, Public Health Nurse.  
**Telephone:** 091 583682

### Dual Diagnosis Ireland Addiction and Mental Illness:

#### Description of Services:

Organisation focused on trying to improve services for people with a dual diagnosis.

#### Contact Details:

**Email:**  
[info@dualdiagnosis.ie](mailto:info@dualdiagnosis.ie)  
**Website:**  
[www.dualdiagnosis.ie](http://www.dualdiagnosis.ie)

### Gamblers Anonymous & Gam-Anon

#### Description of Services:

Men and women who have joined together to do something about their own gambling problems and to help other compulsive gamblers do the same. Gam-Anon is for husbands, wives, relatives or close friends who have been affected by a gambling problem.

#### Contact Details:

**Gamblers Anonymous:**  
 Galway: 086 349 4450  
**Galway Email:**  
[galwayga@gmail.com](mailto:galwayga@gmail.com)  
**National Email:**  
[info@gamblersanonymous.ie](mailto:info@gamblersanonymous.ie)  
**Gam-Anon:**  
 Ozanam House,  
 St. Augustine Street, Galway.  
 This Gam-Anon group now meet on the second Monday every month.

### HSE Suicide Prevention Support for Galway City and County

#### Description of Services:

Co-ordination of the implementation of *Connecting for Life, Galway, Mayo and Roscommon, Suicide Prevention Action Plan, 2018-2020* in Galway.

#### Contact Details:

Mary O'Sullivan 091 560182  
**Email:** [mary.osullivan@hse.ie](mailto:mary.osullivan@hse.ie)  
 Mary McGrath 090 666 5071  
**Email:** [mary.mcgrath9@hse.ie](mailto:mary.mcgrath9@hse.ie)  
**Training Queries:**  
[srotraining.gmr@hse.ie](mailto:srotraining.gmr@hse.ie)



## LGBT Parents Support Group

### Description of Services:

A network and peer support group for Lesbian, Gay, Bisexual and Transgender (LGBT) headed families in Galway City and County.

### Contact Details:

**Email:**  
info@amachlgbt.com  
**Website:**  
[www.amachlgbt.com](http://www.amachlgbt.com)

## Medical Services & The Sexual Assault Treatment Unit (SATU)

### Description of Services:

The Sexual Assault Treatment Unit (SATU) in Galway is a service available for people who have experienced rape or sexual assault.

### Contact Details:

**Helpline:** 091 765751  
**Opening Hours for Helpline:**  
Monday-Friday 8am-4.30pm  
**Mobile:** 087 6338118  
**NURSE SPECIALIST:**  
**Mobile:** 087 6805862  
**Website:** [www.saolta.ie/satu](http://www.saolta.ie/satu)

## Men's Sheds

### Description of Services:

Men's sheds help men of all backgrounds lead happier, healthier and more productive lives. The Men's Sheds Head Office has a list of all local men's sheds throughout Ireland.

### Contact Details:

**Telephone:**  
01 891 6150  
**Website:**  
[www.menssheds.ie](http://www.menssheds.ie)

## Money Advice & Budgeting Service (MABS)

### Description of Services:

A national, free, confidential and independent service for people in debt or in danger of getting into debt.

### Contact Details:

**Telephone:**  
Galway/Tuam: 076 107 2560  
Galway South MABS  
Loughrea: 076 107 2580

Nurture			
Description of Services:		Contact Details:	
Offering professional counselling and support in the area of women's maternal mental health, in relation to conception, pregnancy and childbirth.		<b>Telephone:</b> 01 843 0930 <i>(to make appointment for centre in Galway City)</i> <b>Email:</b> <a href="mailto:info@nurturecharity.org">info@nurturecharity.org</a> <b>Website:</b> <a href="http://www.nurturecharity.org">www.nurturecharity.org</a>	

Pieta House West Bishop Street , Tuam, Galway			
Description of Services:		Contact Details:	
Pieta House offers a free, therapeutic support service to those experiencing suicidal thoughts or engaging in self harm.		<b>Telephone:</b> 093 25586 <b>Email:</b> <a href="mailto:mary@pieta.ie">mary@pieta.ie</a> <b>Website:</b> <a href="http://www.pieta.ie">www.pieta.ie</a>	

Volunteer Centre Galway			
Description of Services:		Contact Details:	
At Galway Volunteer Centre people interested in volunteering can find out more about volunteering without having to make a commitment, get information on a wide range of volunteering opportunities; and get advice and support on opportunities to suit you.		<b>Telephone:</b> 091 581727 <b>Email:</b> <a href="mailto:info@volunteergalway.ie">info@volunteergalway.ie</a> <b>Website:</b> <a href="http://www.volunteergalway.ie">www.volunteergalway.ie</a>	

Women's Aid			
Description of Services:		Contact Details:	
A national voluntary organisation which provides support and information to women and their children who are being physically, emotionally, financially and sexually abused in their own homes.		<b>Telephone:</b> 1800 341 900 Every Day 10am-10pm <b>Email:</b> <a href="mailto:info@womensaid.ie">info@womensaid.ie</a> <b>Website:</b> <a href="http://www.womensaid.ie">www.womensaid.ie</a>	

## Services and Support for Mental Health: General

### Galway Rural Development

#### Description of Services:

Galway Rural Development runs this training for community groups. Capacitar is a simple holistic wellness practice that helps people tap into the wisdom of their own body, mind and spirit.

#### Contact Details:

**Telephone:**  
Aoibheann McCann  
091 844335  
**Email:** amccann@grd.ie

### GROW in Ireland

#### Description of Services:

A confidential self-help support group for people experiencing a range of mental health issues.

#### Contact Details:

**Information Line:**  
1890 474 474  
**Email:** info@grow.ie  
**Website:** [www.grow.ie](http://www.grow.ie)

### Irish Advocacy Network

#### Description of Services:

Support and information service for people with mental health issues. Offers peer advocacy, awareness training and family support.

#### Contact Details:

**Email:**  
admin@irishadvocacynetwork.com  
**Website:**  
[www.irishadvocacynetwork.com](http://www.irishadvocacynetwork.com)

### Let's Get Talking

#### Description of Services:

A non-set fee charity organisation. The Galway branch offers a general counselling service it is also in a position to offer specialised psychological therapies in specific areas. This is delivered by therapists contracted to the centre, with comprehensive experience in those areas. We also run support and psychoeducation groups for individuals encountering various and specific challenges. Open Mon-Fri 9am-6pm.

#### Contact Details:

**Telephone:**  
091 756500  
**Email:**  
letsgettalkinggalway@gmail.com  
**Website:**  
[www.letsgettalking.ie](http://www.letsgettalking.ie)

A Lust for Life			
Description of Services:		Contact Details:	
Irish wellbeing movement created to transform how we talk about and treat mental health.		<b>Email:</b> <a href="mailto:info@alustforlife.com">info@alustforlife.com</a> <b>Website:</b> <a href="http://www.alustforlife.com">www.alustforlife.com</a>	

Mental Health Ireland			
Description of Services:		Contact Details:	
Promoting positive mental health and wellbeing to all individuals and communities.		<b>Telephone:</b> Nicola Morley 086 3837607 / 01 284 1166 <b>Email:</b> <a href="mailto:nicola@mentalhealthireland.ie">nicola@mentalhealthireland.ie</a> <b>Website:</b> <a href="http://www.mentalhealthireland.ie/">www.mentalhealthireland.ie/</a>	

Pieta House			
Description of Services:		Contact Details:	
Providing a free, therapeutic approach to people who are in suicidal distress and those who engage in self-harm.		<b>Telephone:</b> 01 6235 606 <b>Website:</b> <a href="http://www.pieta.ie/">www.pieta.ie/</a>	

The Power of Words			
Description of Services:		Contact Details:	
Nurturing Your Mental Health Through Reading: The Power of Words -healthy reading books from your local library.		<b>Website:</b> <a href="http://www.hse.ie/eng/services/list/4/Mental_Health_Services/powerofwords/">www.hse.ie/eng/services/list/4/Mental_Health_Services/powerofwords/</a>	

SHINE			
Description of Services:		Contact Details:	
Dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness, including, but not exclusively, schizophrenia, schizoaffective disorder and bipolar disorder.		<b>Telephone:</b> 01 860 1620 Christina Burke 086 8525157 (Galway/Mayo) <b>Email:</b> <a href="mailto:phil@shineonline.ie">phil@shineonline.ie</a> <b>Website:</b> <a href="http://www.shine.ie">www.shine.ie</a>	

## Social Anxiety Ireland

### Description of Services:

Sometimes known as social phobia, social anxiety disorder (*SAD*) is a surprisingly common form of anxiety disorder that causes an individual to experience intense anxiety in some or all of their social interactions in everyday life.

### Contact Details:

**Telephone:**

085 2168981

**Website:**

[www.socialanxietyireland.com](http://www.socialanxietyireland.com)

## Services and Support for Families

### Family Resource Centres

#### Description of Services:

1. Ard - in Galway City
2. Clann - Oughterard
3. Gort
4. Solas - Headford
5. Loughrea

To combat disadvantage and to support families and build communities through the principles of community development.

#### Contact Details:

**Telephone:**

Ard 091 768852

Clann 091 557633

Gort 091 630902

Solas 093 36446

Loughrea 091 871149

**Email:**

[martina@ardfrc.com](mailto:martina@ardfrc.com)

[clanninfo@gmail.com](mailto:clanninfo@gmail.com)

[cordinator@gortfrc.com](mailto:cordinator@gortfrc.com)

[solasfrc@eircom.net](mailto:solasfrc@eircom.net)

[loughreafrc@eircom.net](mailto:loughreafrc@eircom.net)

### Anam Cara

#### Description of Services:

Support bereaved parents by organising support groups where they have an opportunity to connect with one another in a safe and comfortable environment.

#### Contact Details:

**Telephone:** 01 4045378

**Email:** [info@anamcara.ie](mailto:info@anamcara.ie)

**Website:** [www.anamcara.ie](http://www.anamcara.ie)

## Horses Connect

### Description of Services:

Horses Connect design and deliver individual Therapeutic Horse Riding and Horsemanship programs to people of all ages with a broad range of challenges.

### Contact Details:

**Telephone:**  
Eileen Bennett 0857363047  
**Email:**  
info@horseconnect.com

## IFA – Farm Family Resources

### Description of Services:

Farmers face increasing challenges with falling incomes, higher costs, increased regulations, unpredictable weather, isolation and long working hours. Learn how to recognise symptoms of stress, identify the causes and take steps to reduce and manage it. By doing these three things you will improve your quality of life and make your farm a safer place.

### Contact Details:

**Website:**  
[www.ifa.ie/cross-sectors/farm-family/mental-health/](http://www.ifa.ie/cross-sectors/farm-family/mental-health/)

## Living Links

### Description of Services:

Assertive outreach support to the suicide bereaved.

### Contact Details:

**Telephone:** 087 412 2052  
**Email:**  
Livinglinks.irl@gmail.com  
**Website:** [www.livinglinks.ie/](http://www.livinglinks.ie/)

## National Family Support Network

### Description of Services:

Supporting family members living with substance abuse.

### Contact Details:

**Telephone:** 01 898 0148  
**Email:** info@fsn.ie  
**Website:** [www.fsn.ie](http://www.fsn.ie)

## Reachout.com

### Description of Services:

Online resource for parents, providing information and guidance on their son or daughter's mental health and wellbeing.

### Contact Details:

**Website:**  
<http://ie.reachout.com/parents/>

## Services & Support for Young People

### Foreoige Big Brother Big Sister

#### Description of Services:

Provides a range of youth work services and youth projects, including Big Brother, Big Sister Mentoring Programme.

Also there are many Foreoige run Youth Clubs in County Galway.

#### Contact Details:

**Telephone:** 091 561002

**Website:** [www.foreoige.ie](http://www.foreoige.ie)

Contact the Regional Youth Officer, Gerry Prior on 086 2478007

### Galway City Youth Cafe Fairgreen Road, Galway City

#### Description of Services:

The City Youth Cafe is a safe and friendly environment for older teens 14-18yrs to drop-in and get involved in our Arts based activities. We offer dance, band rehearsal space, music production, sound recording, visual arts, film making always encouraging the young people to express themselves individually or in groups. We focus on Drug & Alcohol awareness and provide leadership programmes for older teens from all over the City. The Youth Cafe offers many other programmes run by Foreoige & partners Please come in and get involved.

#### Contact Details:

Tara Gannon 091 535370

**Website:** [www.foreoige.ie](http://www.foreoige.ie)

### Galway Diocesan Youth Service

#### Description of Services:

Counselling service available to young people between 15 and 25 years of age.

#### Contact Details:

**Telephone:** 091 568483

**Email:**

[gdouthservices@gmail.com](mailto:gdouthservices@gmail.com)

## Gort Youth Café Zone

### Description of Services:

Gort Youth Service is based in the Zone Youth café in Gort. The Youth Café runs a timetable of activities.

### Contact Details:

**Telephone:** 086 7741623  
**Email:** Ruairi.leddy@foroige.ie  
**Website:** [www.foroige.ie](http://www.foroige.ie)

## Headstrong

### Description of Services:

National Centre for Youth Mental Health.

### Contact Details:

**Telephone:** 01 472 7010  
**Website:** [www.headstrong.ie](http://www.headstrong.ie)

## ISPCC, Galway

### Description of Services:

Aims to build coping skills and psychological resilience in children, young people and their families. Support offered in child's home, school or an appropriate place.

### Contact Details:

**Telephone:** 091 532422  
**Website:** [www.ispcc.ie](http://www.ispcc.ie)

## Jigsaw Galway

### Description of Services:

Jigsaw is a free and confidential support services for young people aged 15-25, living in Galway city and county. We focus on supporting young people in dealing with life's ups and downs. Mental health support service for young people 15-25 years.

### Contact Details:

**Telephone:**  
 091 549252 / 087 7725232  
**Email:** [galway@jigsaw.ie](mailto:galway@jigsaw.ie)  
**Website:**  
[www.jigsaw.ie/galway](http://www.jigsaw.ie/galway)

## No 4 Youth Service 4 Augustine Street, Galway

### Description of Services:

No 4 youth service provides a range of supports for young people aged 13-25 years in areas including education, physical and mental health, homelessness prevention and employability.

### Contact Details:

**Telephone:** 091 568483  
**Email:**  
[youthservice@no4.ie](mailto:youthservice@no4.ie)  
**Website:** [www.no4.ie](http://www.no4.ie)



## Oughterard Youth Café

Unit 6 Camp Street, Oughterard

### Description of Services:

The Oughterard Youth Café is a drop in service for young people aged between 10-26years. The Cafe is open on Thursday, Friday and Saturday for young people to socialise, play pool, surf the web, play games in an alcohol and drug free social inclusive, safe environment.

### Contact Details:

**Address:**  
Youth Café is in Camp Street,  
Oughterard  
**Barry Dillon**  
087 6768774/ 091 578774  
**Email:**  
Barrydclann@gmail.com

## Portumna SIGN OUT Youth Cafe

### Description of Services:

Sign Out Youth Café is a vibrant space, a hub of activity, both indoor and outdoor, and a chill-out zone for young people. We cater for the youth of Portumna and the surrounding areas by holding a Youth Club every Friday night for two sessions. The first session caters for the 5th & 6th Class from the national schools as far away as Lorrha, Co Tipperary and the second session caters for the 1st, 2nd and 3rd year college students from Portumna, Loughrea and Lorrha also. On Tuesday evenings we hold an Arch club for children with special needs. On Wednesday we hold a Tech Zone Club for Members who have an interest in computing/Technology.

### Contact Details:

**Address:**  
Youth Café is behind the VEC,  
St. Brigid's Road, Portumna.  
**Michael Maxwell**  
087 6779267

## shOUT!

### Description of Services:

Weekly social meetings for people who are LGBT+ and questioning, ages 14-17 and 18-21 years.

### Contact Details:

**Telephone:** 087 773 8529  
**Email:**  
shout@youthworkgalway.ie  
**Website:**  
[www.lgbtyouthgalway.com/  
lgbt-youth-galway](http://www.lgbtyouthgalway.com/lgbt-youth-galway)  
**Facebook:**  
[www.facebook.com/  
shOUTGalway](http://www.facebook.com/shOUTGalway)

## Spun Out

### Description of Services:

Ireland's youth information website created by young people, for young people. An interactive online community providing health and lifestyle information, signposting to support services, a youth media space, and a platform for youth engagement.

### Contact Details:

**Telephone:** 01 675 3554  
**Website:** [www.spunout.ie](http://www.spunout.ie)

## Tuam Youth Café

### Description of Services:

Tuam Youth café is based in the Tuam Family Centre and runs a full timetable of activities.

### Contact Details:

**Telephone:** 083 3112173

## Youth Officer, Education and Training Board

### Description of Services:

Promotes, supports and co-ordinates the development of voluntary youth clubs and youth services in Galway.

### Contact Details:

**Co. Galway:**  
 Louise Ryan 091 874 539  
**Email:** [louise.ryan@gretb.ie](mailto:louise.ryan@gretb.ie)  
**Galway City:**  
 Davnet McEllin 091 49411  
**Email:** [davnet.mcellin@gretb.ie](mailto:davnet.mcellin@gretb.ie)

## Youth Work Ireland

### Description of Services:

Provide a range of services for young people.

### Contact Details:

**Telephone:** 091 561 637  
**Email:**  
[info@youthworkgalway.ie](mailto:info@youthworkgalway.ie)  
**Website:**  
[www.youthworkgalway.ie](http://www.youthworkgalway.ie)

## Youth Work Ireland, Youth Counselling Service

### Description of Services:

Counselling service for young people aged 12 to 21 years. Based in Galway city, Tuam, Ballinasloe and Loughrea.

### Contact Details:

**Telephone:** 087 3291931  
**Email:**  
[counselling@youthworkgalway.ie](mailto:counselling@youthworkgalway.ie)

## Services & Support for Students

### NUIG Student Counselling Services

#### Description of Services:

Support is available for students who are very distressed. The drop in service is open every weekday both in term time and outside term time from 2.00pm to 4.00pm (*best to arrive early during term time as it operates a first come first served system and gets very busy during term times*).

#### Contact Details:

Student Counselling Services,  
NUIG  
5 Distillery Road,  
Newcastle, Galway.  
Mary Melia  
091 492484 Ext. 2484  
**Email:**  
[counselling@nuigalway.ie](mailto:counselling@nuigalway.ie)  
**Website:**  
[www.nuigalway.ie/counsellors](http://www.nuigalway.ie/counsellors)

### G.M.I.T. Student Counselling Services

#### Description of Services:

The Counselling Services at GMIT offer a safe, open and non-judgemental place to discuss whatever concerns students may have, academic, personal or mental health concerns. Daily emergency appointments are reserved for students requiring urgent support. Counselling appointments are also available in CCAM and Letterfrack Campuses.

On the Mayo Campus to make a counselling appointment please email, phone, or drop by the Counselling Office. Drop in time: 11.15am-12pm daily - appointments are not required during these hours.

#### Contact Details:

**Galway Campus:**  
Student Services Office,  
Room 162,  
Dublin Road, Galway.  
Dervla Fahy, Room 160A  
Renagh Linnane, Room 160B  
091 742118

**Mayo Campus:**  
Counselling Office,  
Westport Road,  
Castlebar, Co. Mayo.  
Michelle Kerins O'Brien,  
Room 111 094 904 3127  
**Email:**  
[michellekerinsobrien@gmit.ie](mailto:michellekerinsobrien@gmit.ie)  
**Website:**  
[www.gmit.ie/general/  
counselling-services-gmit](http://www.gmit.ie/general/counselling-services-gmit)

## Services & Support Around Issues of Sexuality

### BeLong To Youth Services

#### Description of Services:

A national organisation supporting lesbian, gay, bisexual, transgender, and intersex (*LGBTI+*) young people in Ireland.

#### Contact Details:

**Telephone:** 01 670 6223  
 Mon-Fri 9am-1pm & 2pm-5pm  
**Email:** [info@belongto.org](mailto:info@belongto.org)  
**Website:** [www.belongto.org](http://www.belongto.org)

### Lesbian, Gay, Bisexual, Transgender (*LGBT*) National Helpline

#### Description of Services:

The LGBT national helpline provides a non-judgemental, confidential support service.

#### Contact Details:

**Helpline:** 1890 929539  
 7pm-9pm Monday-Friday  
**Website:** [www.lgbt.ie](http://www.lgbt.ie)

### Sexual Health West

#### Description of Services:

Useful information and support in relation to all aspects of HIV/AIDS as well as STIs and sexual health.

#### Contact Details:

**Telephone:** 091 566266  
**Email:** [info@sexualhealthwest.ie](mailto:info@sexualhealthwest.ie)  
**Website:** [www.sexualhealthwest.ie](http://www.sexualhealthwest.ie)

### Teach Solais

#### Description of Services:

Teach Solais is a LGBT Resource Centre situated in Galway city centre for all of Galway's LGBT community, families, friends and the wider community, making Galway a more socially-inclusive place. Teach Solais drop-in is from 2-4pm every Saturday.

#### Contact Details:

**Address:**  
 1 Victoria Place, Galway.  
**Email:** [resourcecentre@amachlgbt.com](mailto:resourcecentre@amachlgbt.com)  
**Website:** [www.amachlgbt.com](http://www.amachlgbt.com)

## Services & Support for Traveller Health

### Galway Traveller Support Group

#### Description of Services:

Aims to achieve equality and self-determination for the Traveller community using a community development approach.

#### Contact Details:

**Telephone:** 091 765390

### Traveller Counselling Service

#### Description of Services:

Counselling service for Travellers, covering Galway City and County.

#### Contact Details:

**Telephone:** 087 6379074

## **Acknowledgements for Access to Information**

### **Accessed:**

<https://www.mentalhealthireland.ie/five-ways-to-wellbeing/>

<http://www.supportme.ie/support-services.php?c=4&l=Galway>

<http://www.supportme.ie/support-services.php?c=4&l=Galway>

[https://www.helpguide.org/articles/healthy-living/  
the-mental-health-benefits-of-exercise.htm](https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm)

[www.alive2thrive.ie](http://www.alive2thrive.ie)

[http://www.grd.ie/programmes/  
local-community-development programme](http://www.grd.ie/programmes/local-community-development-programme)



## Forbairt Tuaithe na Gaillimhe

# Meabhairshláinte Dhearfach

**CEANGAIL**

*Labhair agus Eist,  
Bí Ann,  
Braith Nasctha*

**BÍ  
GNÍOMHACH**

Déan an rud is  
féidir leat,  
Bain suilt as an méid  
a dhéanann tú,  
Bog do ghiúmar

**TABHAIR  
NITHE ar AIRD**

Cuimhnigh ar na  
rudai simplí a  
thugann áthas  
duit

**BÍ ag  
FOGHLÁIM**

Glacadh le heispéiris  
nua, deiseanna a  
fheiceáil, iontas ort  
féin

**Roinn**

Do chuid ama,  
do chuid focal,  
láithreachta a  
bheith agat

**Treoir Maidir  
le Heolas, Tacaíocht  
agus Seirbhísí i gContae  
na Gaillimhe**

# Fothéacs

Treoir maidir le tacaíocht agus seirbhísí a chuireann sláinte mheabhrach chun cinn i gcontae na Gaillimhe.

Réamheolas ar SICAP ..... 3

An 5 Bhealach Chun Folláine ..... 5

## Liosta Seirbhísí Tacaíochta, Eagraíochtaí agus Acmhainní Úsáideacha i gContae na Gaillimhe:

Seirbhísí Éigeandála & Línte Cabhrach .....11

Seirbhísí Faisnéise & Seirbhísí Áitiúla Contae .....15

Seirbhísí & Tacaíocht do Meabhairshláinte: Ginearálta ....19

Seirbhísí Faisnéise & Seirbhísí Teaghlaigh .....21

Seirbhísí Faisnéise & Seirbhísí Dhaoine Óga  
i Gceantar na Gaillimhe .....23

Seirbhísí Faisnéise & Seirbhísí Mic Léinn .....27

Seirbhísí Faisnéise & Seirbhísí Sexuality .....28

Seirbhísí Faisnéise & Seirbhísí Sláinte an Lucht Siúil ....29

Leabharliosta .....30



Aontas Eorpach

Ag infheistiú i do dhán  
Ciste Sóisialta na hEorpa



Rialtas na hÉireann  
Government of Ireland



**Chun tuilleadh eolais a fháil, déan teagmháil le:  
Cuideachta Forbartha Tuaithe na Gaillimhe Teoranta,  
Campas Mellows, Baile Átha an Rí, Contae na Gaillimhe.  
Teleafóin: 091 844335 Ríomhphost: grd@grd.ie**

An Clár um Chuísiú Sóisialta agus Gníomhachtúchán Pobail (SICAP) 2018-2022 arna mhaoiniú ag Rialtas na hÉireann, tríd an Roinn Forbartha Tuaithe agus Pobail agus déantar cómhaoiniú ar an gClár trí Chiste Sóisialta na hEorpa faoin gClár um Infhostaitheacht, Ionchuísiú agus Foghlaim (PEIL) 2014-2020..



## SICAP

Oibríonn Forbairt Tuaithe na Gaillimhe i gcomhar le pobail agus soláthróirí seirbhíse imeallaithe trí chur chuige forbairt pobail a úsáid ar mhaithe le saol na ndaoine a fheabhsú. Mar shampla, cúnamh a thabhairt do dhaoine chun obair a fháil nó uas-sciliú a dhéanamh trí oiliúint CV a chur ar fáil, cúrsa forbartha pearsanta, cúnamh a thabhairt dóibh chun iad féin a ullmhú d'agallamh nó cúnamh a thabhairt dóibh áit a fháil ar chlár áit oibre amhail CE nó Tús. Oibríonn Forbairt Tuaithe na Gaillimhe i gcomhar le grúpaí pobail freisin agus cuireann oiliúint i réimsí amhail rialachas, na meáin shóisialta, Garchabhair, Tús Áite do Leanaí agus scileanna Coiste.

Oibríonn Forbairt Tuaithe na Gaillimhe i gcomhar le grúpaí pobail áitiúla (*LCG-anna*) trí oiliúint agus tacaíocht aitheanta eile a chur ar fáil do LCD-anna atá i mbun cainte le spriocghrúpaí SICAP i gceantair atá faoi mhíbhuntáiste, chun a gcumas eagraíochtúil a fhorbairt le go mbeidh siad in ann teacht ar Mhaoiniú SICAP chun gníomhaíochtaí laistigh den ghrúpa a fheabhsú. Tairgeann Forbairt Tuaithe na Gaillimhe deontais do LCG-anna atá dírithe ar ghrúpaí tacaíochta a bhfuil sé mar aidhm acu féinmharú a chosc agus a thugann cúnamh do dhaoine a bhfuil fadhbanna meabhairshláinte acu.

Cuirtear oiliúint Aireachais agus Capacitar ar fáil do dhaoine agus do bhaill de ghrúpaí pobail. Is cleachtas folláine iomlánaíoch simplí é Capacitar a a mbíonn Taidh Tsí agus machnaimh mar chuid de. Tarlaíonn leigheas de réir a chéile agus músclaítear iomláine agus síocháin i ndaoine agus sa domhan mór. Is líonra idirnáisiúnta dlúthpháirtíochta agus cumasaithe é Capacitar a oibríonn i níos mó ná 40 tír i gCríocha Mheiriceá, san Afraic, san Eoraip, sa Mheánoirthear agus san Áise. Tá siad tiomanta do phobail a mbíonn foréigin, bochtaineacht agus tráma ag dul i bhfeidhm orthu ach go háirithe.

Cuireann an Clár um Chuimsiú Sóisialta agus Gníomhachtúchán Pobail (*SICAP*) 2018-2022 maoiniú ar fáil chun dul i ngleic le bochtaineacht agus eisiamh sóisialta trí rannpháirtíocht áitiúil agus comhpháirtíochtaí idir daoine, eagraíochtaí agus gníomhaireachtaí san earnáil phoiblí atá faoi mhíbhuntáiste.

Tugann SICAP aghaidh ar leibhéil arda agus dianseasmhacha bochtaineachta trí chuir chuige dhíríthe, nuálacha agus atá á dtreorú go háitiúil. Díríonn SICAP agus ar dhaoine atá faoi mhíbhuntáiste i bpobal na hÉireann agus daoine nach dócha go n-úsáideadh siad gnáthsheirbhísí agus tugann siad cúnamh do dhaoine aonair agus grúpaí.

Déanann 33 Coiste Forbartha Pobail Áitiúil (*LCDC-anna*) an clár a bhainistiú, le tacaíocht ó údaráis áitiúla agus cuireann Clárfheidhmeoirí (*PI-anna*) na gníomhaíochtaí i bhfeidhm.

Is í Forbairt Tuaithe na Gaillimhe an Clárfheidhmeoir do chontae uile na Gaillimhe agus is é Coiste Forbartha Pobail Áitiúil na Gaillimhe a dhéanann í a bhainistiú le tacaíocht ó Chomhairle Chontae na Gaillimhe.



*Labhair agus Eist,  
Bí Ann,  
Braith Nasctha*



Déan an rud is féidir leat,  
Bain sult as an méid a dhéanann tú,  
Bog do ghiúmar



Cuimhnigh ar na rudaí simplí a thugann áthas duit



Glacadh le heispéiris nua, deiseanna a fheiceáil, iontas ort féin



Do chuid ama, do chuid focal, láithreach a bheith agat

## An 5 Bhealach Chun Folláine:

Tá an 5 bhealach chun Folláine curtha i bhfeidhm ar fud an domhain chun cuidiú le daoine gníomhú chun a bhfolláine meabhairshláinte agus fhisiciúil a fheabhsú.

1. **Ceangail:** Caidreamh Dearfach a Chothú.
2. **Bí Gníomhach:** Bogadh chun Aireachtáil go maith.
3. **Tabhair Nithe ar Aird:** Bain sult as an Uain.
4. **Bí ag Foghlaim:** Leathnaigh an Intinn.
5. **Roinn:** Sásamh a bhaint as Cúnamh a Thabhairt do Dhaoine eile.

Nuair a théann tú i mbun na gcéimeanna dearfacha seo, d'fhéadfadh siad mar a smaoiníonn tú, mar a mhothaíonn tú agus mar a iompraíonn tú tú féin a athrú agus de réir a chéile beidh tú níos láidre ó thaobh mothúchán agus meabhrach. Tá “5 Bhealach chun Folláine” simplí, indéanta agus tá teacht ag gach duine go héasca orthu.

D'fhorbair The New Economics Foundation (NEF) an 5 bhealach chun Folláine in 2008. Tarraingíodh ar ábhar ón taighde is déanaí sa teoiric a rinneadh maidir le folláine feadh saoil.

### Arna Rochtain:

<https://www.mentalhealthireland.ie/five-ways-to-wellbeing/>

## Ceangail



*Labhair agus Eist,  
Bí Ann,  
Braith Nasctha*

Tá sé tábhachtach go ndéanann tú ceangal leis na daoine atá timpeall ort. Bíodh sin do theaghlach, cairde, comhghleacaithe oibre, cairde ón scoil, comharsana sa bhaile nó daoine i do phobal áitiúil.

Tríd na ceangail sin a chruthú agus a choinneáil, tabharfar tacaíocht do do mheabhairshláinte agus cuirfear cosc ar mhothúcháin uaignis. Is riachtanas daonna é go n-airíonn muid gar do dhaoine eile agus go n-airíonn muid go bhfuil meas ag daoine eile orainn. Tá caidreamh sóisialta ríthábhachtach chun tacú le folláine agus is féidir leis an gcaidreamh sóisialta sin cuidiú leis an mbaol go mbeidh galar meabhrach ann. Seo roinnt nod agus smaointe maidir le mar a dhéantar ceangal le daoine:

- Glaoigh ar dhuine seachas teachtaireacht téacs, teachtaireacht WhatsApp/Viber/Facebook nó ríomhphost a sheoladh.
- Labhair le duine nua, cuidíonn le haithne a chur ar dhaoine.
- Iarr ar dhuine éigin faoin lá atá á chaitheamh acu agus bí cúramach go n-éisteann tú leis an bhfreagra.
- Socraigh chun bualadh le dlúthchara, duine muinteartha nó comhghleacaí.
- Leag uait an guthán/IPad nuair atá tú ag labhairt le duine.

**Arna Rochtain:**  
[www.alive2thrive.ie](http://www.alive2thrive.ie)

## Bí Gníomhach



Déan an rud is féidir leat,  
Bain suíl as an méid a dhéanann tú,  
Bog do giúmar

Téann aclaíocht rialta go mór chun tairbhe cholainn an duine. Chomh maith leis sin, tá sé ar cheann de na bealaí is éifeachtaí chun do mheabhairshláinte a fheabhsú. Is féidir tionchar thar a bheith dearfach a bheith ag aclaíocht rialta ar dhúlagar, imní, ADHD, taomanna scaoil agus go leor eile. Nuair a dhéanann tú aclaíocht, laghdaíonn sé strus, feabhsaíonn sé an chuimhne, cabhraíonn sé leat codladh níos fearr agus cuireann sé go mór le giúmar ginearálta an duine. Moltar gur cheart dúinn 30 nóiméad aclaíochta a dhéanamh gach lá.

Dá bhrí sin, nuair a théann tú amach ag siúl, ag rith nó ag rothaíocht téann sé go mór chun leasa meabharshláinte agus sláinte choirp an duine. Níos tábhachtaí ná aon ní eile, ba cheart duit féachaint le gníomhaíocht choirp nua a aimsiú, a thaitníonn leat agus a oireann do do leibhéal luaineachta agus aclaíochta. Tá aclaíocht ríthábhachtach ó thaobh meath cognaíochta atá bainteach le haois a mhoilliú agus chun folláine a chur chun cinn. Ní gá go mbeadh sé an-dian chun torthaí a bhaint amach – is féidir le gníomhaíochtaí a ghluaiseann ar aghaidh níos moille, amhail siúl, garraíodóireacht, ióga, pilates, srl., idirghníomhaíochtaí sóisialta dearfacha a chruthú chomh maith le buntáistí aclaíochta fisiciúla agus meabhrach a chur ar fáil.

### Arna Rochtain:

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>

## Tabhair Nithe ar Aird



Cuimhnigh ar na rudaí simplí a thugann áthas duit

Bí fiosrach agus téigh sa seans. Téigh amach le linn na séasúr uile agus bain sult as na hathruithe a bhaineann leis na séasúir éagsúla. Féach timpeall ort agus tabhair ar aird an timpeallacht atá thart ort.

Bain sult as an uain is tú ag siúl go dtí an scoil, ag ithe lóin nó ag caint le cairde. Bí eolach faoin domhan atá timpeall ort agus faoi mar a mhothaíonn tú. Má smaoiníonn tú ar do chuid eispéaras féin, cuideoidh sé leat a bhfuil tábhachtach duit a thuiscint. Tá sé tábhachtach go dtugann tú an domhan atá thart ort faoi deara faoi láthair mar is féidir leis sin cur le d'fholláine. Is minic a chuireann muid am amú ag déanamh imní agus d'fhéadfadh sin éadóchas a chur orainn. Bíonn sé de nós againn am a chur amú ag dul siar ar bhóithrín na smaointe nó ag pleanáil don todhchaí in ionad bheith ag baint sult as an am i láthair.

Cuideoidh na céimeanna seo a leanas le d'fholláine:

- Déan iarracht chun dul amach ag siúl gach lá agus déan iarracht d'aon ghnó lena bhfuil thart ort a thabhairt ar aird de réir mar a shiúlann tú.
- Bí ar an eolas faoi mar atá daoine eile ag mothú.
- Féach le do limistéar, do bhaile agus do thimpeallacht a choinneáil saor ó thranglam.
- Leag 10 nóiméad amach gach lá chun aireachas a chleachtadh agus chun d'anáil a tharraingt.

**Arna Rochtain:**

## Bí ag Foghlaim

**Bí ag  
FOGHLAIM**

Glacadh le heispéiris  
nua, deiseanna a  
fheiceáil, iontas ort  
féin

Beag beann ar d'aois, cultúr, inscne nó má tá tú ag staidéar, ag obair nó éirithe as, is straitéis mhaith í aclaíocht intinne a dhéanamh ar mhaithe le do mheabhairshláinte a chothú. Bíonn sé deacair tascanna nua agus dúshlánacha a fhoghlaim ach d'fhéadfadh sé a bheith tairbheach agus le himeacht aimsire, suaimhneach, nuair a thugann muid faoi rudaí atá dúshlánach dúinn. An toradh is tábhachtaí go bhfuil cur chuige gníomhach á ghlacadh againn chun aire a thabhairt dúinn féin agus ár meabhairshláinte ach go háirithe.

Ba cheart duit dúshlán a shocrú a mbainfidh tú sult as. Nuair a bhíonn muid ag foghlaim rudaí nua, bíonn muid níos muiníní mar dhaoine agus is minic a bhíonn spraoi ag baint le rudaí nua a fhoghlaim. Cuireann foghlaim leanúnach le linn an tsaol le féinmheas agus spreagtar idirghníomhaíocht shóisialta le daoine eile, a chuireann go mór leis an seans go gcaithfidh muid saol gníomhach fada agus sásta. Nuair a fhreastalaítear ar rang oíche nó nuair a thugtar faoi chaitheamh aimsire nó gníomhaíochta nua, deis iontach atá ann chun d'fholláine a chosaint.

Ba cheart duit a bheith rannpháirteach i ngníomhaíocht thaitneamhach amhail conas uirlis nua a sheinm, caitheamh aimsire nua a thosú amhail grianghrafadóireacht nó dul i mbun oideachas foirmeálta/neamhfhoirmeálta amhail teanga nua a fhoghlaim.

**Arna Rochtain:**

<https://www.mentalhealthireland.ie/five-ways-to-wellbeing>

## Roinn

Tá sé cruthaithe go gcabhraíonn rannpháirtíocht sa phobal amhail obair dheonach a dhéanamh le folláine an duine. Léirítear i staidéar gur féidir le gníomh cineálta a dhéanamh uair sa tseachtain thar thréimhse 6 seachtaine folláine an duine a mhéadú.

### Roinn

*Do chuid ama,  
do chuid focal,  
láithreach a  
bheith agat*

Dá bhrí sin, trí rud éigin deas a dhéanamh do chara nó do strainséir, trí bhuíochas a ghlacadh le duine, trí mhiongháire a bheith ort nó trí do chuid ama a thabhairt chun cabhrú le daoine eile, is féidir leis na nithe sin cur le d'fholláine agus féinmhuinín.

Bí ag faire ort féin agus ar an saol lasmuigh díot féin. Nuair a thuigfidh tú go bhfuil do ceangal idir chomh sona is atá tú agus an pobal i gcoitinne, is féidir leis a bheith thar a bheith tairbheach agus cruthaíonn sin dlúthcheangail leis na daoine atá thart ort.

Do chuid ama

Do chuid focal

Tú a bheith i láithair

**Arna Rochtain:**

<http://www.alive2thrive.ie/>



# Liosta Seirbhísí Tacaíochta, Eagraíochtaí agus Acmhainní Úsáideacha, Gaillimh 2019

## Seirbhísí Éigeandála & Línte Cabhrach

### Cumann Alzheimer na hÉireann

#### Tuairisc na Seirbhíse:

Oibríonn Cumann Alzheimer na hÉireann le daoine a bhfuil néaltrú orthu agus lena dteaghlaigh. I measc na seirbhísí a chuireann muid ar fáil tá cúram baile, ionaid chúraim lae, grúpaí tacaíochta agus comhairleoir néaltraithe.

#### Sonraí Teagmhála:

**Teileafón:**  
1800 341341  
**Ríomhphost:**  
helpline@alzheimer.ie

### AMEN

#### Tuairisc na Seirbhíse:

Cuireann AMEN líne chabhrach rúnda, faisnéis agus seirbhís tacaíochta ar fáil d'fhir a d'fhulaing foréigean sa bhaile agus a leanaí.

#### Sonraí Teagmhála:

**Líne Chabhrach:**  
046 902 3718  
Luan-Aoine 9am-5pm  
**Ríomhphost:**  
info@amen.ie

### AWARE

#### Tuairisc na Seirbhíse:

Cuireann Aware seirbhísí tacaíochta ar fáil a bhfuil teacht ag daoine aonair atá ag iarraidh an ceann is fearr a fháil ar an taithí atá acu féin ar an ísle brí nó ar an dúlagar dépholach astu féin, agus a bhfuil teacht ag daoine a bhfuil inní orthu faoi dhuine muinteartha leo.

#### Sonraí Teagmhála:

**Uimhir Shaorghlao na Líne Cabhraí:** 1800 80 48 48  
Dé Luain-Dé Domhnaigh  
10am-10pm  
**Seirbhís Tacaíochta Ríomhphoist:**  
supportmail@aware.ie  
**Láithreán Gréasáin:**  
[www.aware.ie](http://www.aware.ie)

## Bodywhys

### Tuairisc na Seirbhíse:

Cuireann Bodywhys cúnamh, tacaíocht agus tuiscint ar fáil do dhaoine a bhfuil neamhord itheacháin ag cur as dóibh.

### Sonraí Teagmhála:

**Líne Chabhrach Áitiúil:**  
1890 200 444  
**Ríomhphost:**  
alex@bodywhys.ie  
**Láithreán Gréasáin:**  
[www.bodywhys.ie](http://www.bodywhys.ie)

## Líne Chabhrach na Leanaí

### Tuairisc na Seirbhíse:

Líne theileafóin rúnda do leanaí agus do dhaoine óga.

### Sonraí Teagmhála:

**Teileafón:**  
1800 666 666  
Tá comhrá duine le duine ar fáil chomh maith tríd an láithreán gréasáin  
**Láithreán Gréasáin:**  
[www.childline.ie](http://www.childline.ie)

## Tearmann & Tacaíocht Foréigin Teaghlaigh

### Tuairisc na Seirbhíse:

Cóiríocht do Theifigh.

### Sonraí Teagmhála:

**Teileafón:**  
091 565 985

## Líne Chabhrach Rúnda an Gharda Síochána

### Tuairisc na Seirbhíse:

Tugtar deis don phobal gaoch a chur ar na Gardaí agus eolas maidir le coiriúlacht nó nithe eile a thabhairt.

### Sonraí Teagmhála:

**Teileafón:**  
1800 666 111

## Líne Chabhrach Struis Maidir le Cúrsaí Feirme & Cúrsaí Faoin Tuath

### Tuairisc na Seirbhíse:

Glacfaidh duine gairmiúil oilte le do ghlaoch agus labhróidh siad leat faoi rún.

### Sonraí Teagmhála:

**Teileafón:**  
1800 742 645

## Seirbhís FSS Chun Daoine Aosta a Chosaint

### Tuairisc na Seirbhíse:

Freagraítear inní maidir le drochíde do sheandaoine agus neamhchúram. Cuirfidh Líne Faisnéise FSS tú i dteagmháil le foireann i do cheantar.

### Sonraí Teagmhála:

**Teileafón:**  
1850 241 850  
Luan-Satharn 8am-8pm  
**Ríomhphost:**  
info@hse.ie

## Líne Theileafóin & Seirbhís Comhairleoireachta *IFA-Pieta House Mind Our Farm Families*

### Tuairisc na Seirbhíse:

Is líne theileafóin thiomnaithe in aghaidh féinmharú agus féindochair í Mind Our Farm Families atá i bhfeidhm idir an IFA agus Pieta House. Leis an líne theileafóin seo, cuirfear feirmeoirí agus a dteaghlaigh i dteagmháil le teiripeoir oílte de chuid Pieta House.

### Sonraí Teagmhála:

**Teileafón:**  
1890 130 022

## Seirbhís Bhuiséadta & Chomhairle Airgid (*MABS*)

### Tuairisc na Seirbhíse:

Seirbhís náisiúnta neamhspleách atá saor in aisce agus faoi rún do dhaoine a bhfuil fiacha orthu nó daoine a bhfuil an baol ann go rachaidh siad i bhfiacha.

### Sonraí Teagmhála:

**Líne Chabhrach:**  
0761 072 000  
Luan-Aoine 9am-8pm  
0761 072 570  
**Ríomhphost:**  
galway@mabs.ie  
**Láithreán Gréasáin:**  
[www.mabs.ie](http://www.mabs.ie)

## Parentline

### Tuairisc na Seirbhíse:

Líne chabhrach rúnda do thuismitheoirí agus caomhnóirí.

### Sonraí Teagmhála:

**Teileafón:** 1890 927277  
**Láithreán Gréasáin:**  
[www.parentline.ie](http://www.parentline.ie)

## Seirbhísí Méala Pieta

### Tuairisc na Seirbhíse:

Cuirtear tacaíocht agus comhairleoireacht ar fáil do dhaoine a bhfuil daoine muinteartha leo tar éis iad féin a mharú.

### Sonraí Teagmhála:

**Líne Chabhrach:**  
1800 247 247  
091 502921 (*Galway*)

## Ionad Éigeandála um Éigniú na Gaillimhe

### Tuairisc na Seirbhíse:

Cuireann an tIonad seirbhís comhairleoireachta ghairmiúil, chomhbhách agus rúnda ar fáil do dhaoine sa bpobal a bhfuil drochúsáid ghnéasach agus foréigean gnéasach ag cur as dóibh. Oibríonn siad freisin chun deireadh a chur leis an gcaoi a nglactar le foréigean gnéasach sa chultúr agus sa tsochaí trí abhcóideacht, feasacht a ardú agus cláracha oideachais.

### Sonraí Teagmhála:

**Teileafón:** 091 564800  
**Líne Chabhrach:** 1800 355355  
Luan-Aoine 8am-7pm  
Satharn 9am-4pm  
**Ríomhphost:**  
administrator@galwayrcc.org  
**Láithreán Gréasáin:**  
[www.galwayrcc.org](http://www.galwayrcc.org)

## Na Samáraig

### Tuairisc na Seirbhíse:

Dírthe ar mhothúcháin uaignis agus choimhthís a d'fhéadfadh féinmharú a spreagadh a laghdú.

### Sonraí Teagmhála:

**Saorghlao:** 116 123  
**Teileafón:** 091 561222  
(*Galway*)  
**Ríomhphost:** jo@samaritans.ie  
**Láithreán Gréasáin:**  
[www.samaritans.org](http://www.samaritans.org)

## Líne Chabhrach na Sinsear

### Tuairisc na Seirbhíse:

Seirbhís éisteachta do dhaoine aosta, á reáchtáil ag daoine aosta.

### Sonraí Teagmhála:

**Teileafón:** 1850 440444  
**Ríomhphost:**  
info@thirdageireland.ie  
**Láithreán Gréasáin:**  
[www.thirdageireland.ie](http://www.thirdageireland.ie)

## Líne cúnaimh le Féinmharú a Chosc (*Pieta House*)

### Description of Services:

Líne cúnaimh le súil féinmharú a chosc d'aon duine atá ag smaoineamh lámh a chur ina mbás féin nó daoine a bhfuil duine muinteartha leo tar éis iad féin a mharú.

### Sonraí Teagmhála:

**Teileafón:** 1800 247 247

## Seirbhísí Faisnéise & Seirbhísí Áitiúla Contae

### Alcóláigh Gan Ainm

#### Tuairisc na Seirbhíse:

Is éard atá i gceist le hAlcóláigh Gan Ainm comhbhráithreachas fear agus ban a roinneann a dtaithe lena chéile, a thugann misneach agus dóchas dá chéile ionas gur féidir leo féachaint leis an bhfadhb choitinn atá acu a réiteach agus cuidiú le daoine eile teacht ar ais chucu féin ó alcólachas.

#### Sonraí Teagmhála:

##### Teileafón:

Connachta: 091 76777  
Gaillimh: 085 7537100  
(12 meánlae go 10pm gach lá)

Cruinnithe ar fáil i roinnt mhaith ceantar.

### Aware - Grúpaí Tacaíochta agus Féinchabhrach

#### Tuairisc na Seirbhíse:

Piarghrúpa tacaíochta Aware chun áit shábháilte a chur ar fáil do dhaoine a bhfuil an galar dubhach ag dul dóibh chun tacaíocht agus comhairle a lorg.

#### Sonraí Teagmhála:

Teach Danesfield,  
23 Bóthar na Mara,  
Cathair na Gaillimhe,  
Co. na Gaillimhe.  
Gach Céadaoin ag 8pm  
**Láithreán Gréasáin:**  
[www.aware.ie](http://www.aware.ie)

### Ionad Eolais do Shaoránaigh

#### Tuairisc na Seirbhíse:

Cuireann an tIonad Eolais do Shaoránaigh seirbhísí eolais, comhairleoireachta agus abhcóideachta ar fáil nó cúnaimh maidir le foirm a chomhlánú. Is seirbhís saor in aisce faoi rún daingean agus neamhspleách í seo.

#### Sonraí Teagmhála:

##### Teileafón:

076 107 7600

### Comhairleoireacht i gCúram Príomhúil (CIPC), HSE

#### Tuairisc na Seirbhíse:

Cuirtear comhairleoireacht ghearrthéarmach ar fáil (suas le 8 seisiún) in éineacht le comhairleoir gairmiúil atá cáilithe agus creidiúnaithe go cúí. Tá an tseirbhís seo ar fáil saor in aisce do dhaoine atá 18 mbliana d'aois nó níos sine agus a bhfuil cárta iomlán leighis acu.

#### Sonraí Teagmhála:

Is féidir le ball den Fhoireann Cúraim Phríomhúil tú a chur ar aghaidh chuig an tseirbhís seo e.g. GP, Altra Sláinte Poiblí.

**Teileafón:** 091 583682

## Dédhiagnóis Éireann Andúil agus Galar Meabhrach:

### Tuairisc na Seirbhíse:

Eagraíocht dírithe ar sheirbhísí a fheabhsú do dhaoine a bhfuil dédhiagnóis faighte acu.

### Sonraí Teagmhála:

**Ríomhphost:**  
info@dualdiagnosis.ie  
**Láithreán Gréasáin:**  
[www.dualdiagnosis.ie](http://www.dualdiagnosis.ie)

## Cearrbhaigh gan Aim & Gam-Anon

### Tuairisc na Seirbhíse:

Fir agus mná a thagann le chéile chun rud éigin a dhéanamh faoina gcuid fadhbanna cearrbhachais féin agus chun cuidiú le cearrbhaigh neamhshrianta eile chun rud éigin a dhéanamh freisin. Is d'fhir chéile, mná céile, daoine muinteartha nó dlúthchairde a ndeachaigh fadhb cearrbhachais chun dochair dóibh an eagraíocht seo.

### Sonraí Teagmhála:

**Cearrbhaigh gan Aim:** Gaillimh:  
086 349 4450  
**Ríomhphost na Gaillimhe:**  
galwayga@gmail.com  
**Ríomhphost Náisiúnta:**  
info@gamblersanonymous.ie  
**Gam-Anon:**  
Teach Ozanam,  
Sráid San Aibhistín, Gaillimh.  
Tagann an grúpa Gam-Anon seo le chéile an dara Luan de gach mí.

## HSE Tacaíocht chun Féinmharú a Chosc do Chathair & Chontae na Gaillimhe

### Tuairisc na Seirbhíse:

Connecting for Life Plean Gníomhaíochta um Féinmharú a Chosc na Gaillimhe, Mhaigh Eo agus Ros Comáin 2018-2020 a chomhordú agus a chur i bhfeidhm i nGaillimh.

### Sonraí Teagmhála:

Mary O'Sullivan 091 560182  
**Ríomhphost:** mary.osullivan@hse.ie  
Mary McGrath 090 666 5071  
**Ríomhphost:** mary.mcgrath9@hse.ie  
**Fiosruithe maidir le hOiliúint:**  
srotraining.gmr@hse.ie

## Grúpa Tacaíochta do Thuismitheoirí LGBT

### Tuairisc na Seirbhíse:

Líonra agus piarghrúpa tacaíochta i gCathair agus i gContae na Gaillimhe do theaghlaigh a bhfuil Leispiach, duine Aerach, Déghnéasach nó Trasinscneach (*LGCBT*) sa teaghlach.

### Sonraí Teagmhála:

**Ríomhphost:**  
info@amachlgbt.com  
**Láithreán Gréasáin:**  
[www.amachlgbt.com](http://www.amachlgbt.com)

## Seirbhísí Leighis & Aonad Cóireála d'Ionsaithe Gnéis (SATU)

### Tuairisc na Seirbhíse:

Seirbhís atá ar fáil do dhaoine a éigníodh nó ar deineadh ionsaí gnéis orthu atá san Aonad Cóireála d'Ionsaithe Gnéis (SATU).

### Sonraí Teagmhála:

**Líne Chabhrach:** 091 765751  
**Uaireanta Oscailte don Líne Chabhraigh:**  
 Luan-Aoine 8am-4.30pm  
**Uimhir Ghutháin:**  
 087 6338118  
**SPEISIALTÓIR ALTRAÍ:**  
**Uimhir Ghutháin:**  
 087 6805862  
**Láithreán Gréasáin:**  
[www.saolta.ie/satu](http://www.saolta.ie/satu)

## Bothán na bhFear

### Tuairisc na Seirbhíse:

Cabhraíonn bothán na bhfear le fir as gach cúlra chun saol níos sásta, níos sláintiúla agus níos táirgiúla a chaitheamh. Tá liosta de na botháin áitiúla ar fud na hÉireann le fáil ó Cheannoifig Bhothán na bhFear.

**Teileafón:**  
 01 891 6150  
**Láithreán Gréasáin:**  
[www.menssheds.ie](http://www.menssheds.ie)

## Seirbhís Bhuiséadta & Chomhairle Airgid (MABS)

### Tuairisc na Seirbhíse:

Seirbhís náisiúnta neamhspleách saor in aisce agus faoi rún do dhaoine a bhfuil fiacha orthu nó daoine a bhfuil an baol ann go rachaidh siad i bhfiacha.

### Sonraí Teagmhála:

**Teileafón:**  
 Gaillimh/Tuaim: 076 107 2560  
 MABS na Gaillimhe Theas,  
 Baile Locha Riach:  
 076 107 2580

## Nurture

### Tuairisc na Seirbhíse:

Cuireann Nurture comhairleoireacht agus tacaíocht ghairmiúil ar fáil i réimse meabhairshláinte máithreacha maidir le giniúint, toircheas agus breith clainne.

### Sonraí Teagmhála:

**Teileafón:**  
01 843 0930  
*(le coinne a dhéanamh in ionad Chathair na Gaillimhe)*  
**Ríomhphost:**  
info@nurturecharity.org  
**Láithreán Gréasáin:**  
[www.nurturecharity.org](http://www.nurturecharity.org)

## Pieta House Thiar, Sráid an Easpaig, Tuaim, Gaillimh

### Tuairisc na Seirbhíse:

Cuireann Pieta House seirbhís tacaíochta theiripeach ar fáil do dhaoine atá ag smaoineamh lámh a chur ina mbás féin nó atá ag déanamh díobhála dóibh féin.

### Sonraí Teagmhála:

**Teileafón:** 093 25586  
**Ríomhphost:** mary@pieta.ie  
**Láithreán Gréasáin:**  
[www.pieta.ie](http://www.pieta.ie)

## Ionad d'Oibrithe Deonacha na Gaillimhe

### Tuairisc na Seirbhíse:

Féadfaidh duine ar bith a bhfuil spéis acu níos mó a fhoghlaim faoi obair dheonach, gan gá dóibh gealltanais a thabhairt, eolas a fháil ar réimse leathan deiseanna d'oibrithe deonacha agus comhairle agus tacaíocht a fháil maidir leis na deiseanna a fheilfidh duitse a fháil ó Ionad d'Oibrithe Deonacha na Gaillimhe.

### Sonraí Teagmhála:

**Uimhir Ghutháin:**  
091 581727  
**Ríomhphost:**  
info@volunteergalway.ie  
**Láithreán Gréasáin:**  
[www.volunteergalway.ie](http://www.volunteergalway.ie)

## Cúnamh do Mhná

### Tuairisc na Seirbhíse:

Eagraíocht náisiúnta deonach a chuireann tacaíocht agus eolas ar fáil do mhná agus a leanaí a bhfuil drochíde coirp, intinne, airgeadais nó mí-úsáid ghnéis á ndéanamh orthu sa bhaile.

### Sonraí Teagmhála:

**Teileafón:**  
1800 341 900  
Gach Lá 10am-10pm  
**Ríomhphost:**  
info@womensaid.ie  
**Láithreán Gréasáin:**  
[www.womensaid.ie](http://www.womensaid.ie)



## Seirbhísí & Tacaíocht do Meabhairshláinte: Ginearálta

### Forbairt Tuaithe na Gaillimhe

#### Tuairisc na Seirbhíse:

Cuideachta Forbartha Tuaithe na Gaillimhe a chuireann an oiliúint seo ar fáil do ghrúpaí pobail. Cleachtadh folláine iomlánaíoch simplí é Capacitar a chuidíonn le daoine ceangal a dhéanamh leis an eagna a bhaineann lena gcolainn, intinn agus sprid.

#### Sonraí Teagmhála:

**Teileafón:**  
Aobheann McCann  
091 844335  
**Ríomhphost:**  
amccann@grd.ie

### GROW in Éirinn

#### Tuairisc na Seirbhíse:

Grúpa tacaíochta féinchabhrach faoi rún do dhaoine a bhfuil réimse fadhbanna meabhairshláinte acu.

#### Sonraí Teagmhála:

**Líne Eolais:** 1890 474 474  
**Ríomhphost:** info@grow.ie  
**Láithreán Gréasáin:**  
[www.grow.ie](http://www.grow.ie)

### Líonra Abhcóideachta na hÉireann

#### Tuairisc na Seirbhíse:

Seirbhís Tacaíochta agus Eolais do dhaoine a bhfuil fadhbanna meabhairshláinte acu. Tairgtear píar-abhcóideacht, oiliúint feasachta agus tacaíocht do theaghligh.

#### Sonraí Teagmhála:

**Ríomhphost:**  
admin@irishadvocacynetwork.com  
**Láithreán Gréasáin:**  
[www.irishadvocacynetwork.com](http://www.irishadvocacynetwork.com)

### Let's Get Talking

#### Tuairisc na Seirbhíse:

Eagraíocht charthanachta nach mbaineann táille ar leith léi. Cuireann brainse na Gaillimhe seirbhís comhairleoireachta ginearálta ar fáil agus tá sé ar chumas an bhrairse sin sainteiripí síceolaíochta i réimsí ar leith a chur ar fáil chomh maith. Teiripeoirí a bhfuil taithí chuimsitheach acu sna réimsí sin agus atá ar conradh ag an ionad a chuireann na teiripí seo ar fáil. Reáchtálann muid grúpaí tacaíochta agus síocoideachais do dhaoine a bhfuil dúshlán éagsúla agus dúshlán ar leith le sárú acu. Oscailte Luan-Aoine 9am-6pm.

#### Sonraí Teagmhála:

**Teileafón:**  
091 756500  
**Ríomhphost:**  
letsgettalkinggalway@gmail.com  
**Láithreán Gréasáin:**  
[www.letsgettalking.ie](http://www.letsgettalking.ie)

## A Lust for Life

### Tuairisc na Seirbhíse:

Gluaiseacht folláine in Éirinn a bunaíodh chun mar a labhraíonn muid faoi mheabhairshláinte agus mar a chaitheann muid le meabhairshláinte a athrú.

### Sonraí Teagmhála:

**Ríomhphost:**  
info@alustforlife.com  
**Láithreán Gréasáin:**  
[www.alustforlife.com](http://www.alustforlife.com)

## Meabhairshláinte Éireann

### Tuairisc na Seirbhíse:

Meabhairshláinte agus folláine dhearfach a chur chun cinn i measc gach duine agus gach ceantar.

### Sonraí Teagmhála:

**Teileafón:** Nicola Morley  
086 3837607 / 01 284 1166  
**Ríomhphost:**  
nicola@mentalhealthireland.ie  
**Láithreán Gréasáin:**  
[www.mentalhealthireland.ie/](http://www.mentalhealthireland.ie/)

## Cumhacht na bhFocal

### Tuairisc na Seirbhíse:

Do Mheabhairshláinte a Chothú Trí Léitheoireacht - Cumhacht na bhFocal - leabhair fholláine ó do leabharlann áitiúil.

### Sonraí Teagmhála:

**Láithreán Gréasáin:**  
[www.hse.ie/eng/services/list/4/Mental\\_Health\\_Services/powerofwords/](http://www.hse.ie/eng/services/list/4/Mental_Health_Services/powerofwords/)

## Pieta House

### Tuairisc na Seirbhíse:

Cuireann Pieta House seirbhís tacaíochta theiripeach saor in aisce ar fáil do dhaoine atá ag smaoiniamh lámh a chur ina mbás féin nó atá ag déanamh díobhála dóibh féin.

### Sonraí Teagmhála:

**Teileafón:** 01 6235 606  
**Láithreán Gréasáin:**  
[www.pieta.ie/](http://www.pieta.ie/)

## SHINE

### Tuairisc na Seirbhíse:

Dírthe ar chearta na daoine a bhfuil galar meabhrach seasmhach orthu a chaomhnú agus dul i ngleic le riachtanais na ndaoine sin, lena n-áirítear, ach ní go heiseach, scitsifréine, neamhord scitseamothachtálach agus neamhord dépholach.

### Sonraí Teagmhála:

**Teileafón:** 01 860 1620  
Christina Burke 086 8525157  
(*Gaillimh/Maigh Eo*)  
**Ríomhphost:**  
phil@shineonline.ie  
**Láithreán Gréasáin:**  
[www.shine.ie](http://www.shine.ie)

## Imní Shóisialta Éireann

### Tuairisc na Seirbhíse:

Is cineál an-choitianta de neamhord imní sóisialta (*SAD*) é imní shóisialta, a dtugtar fóibe shóisialta air uaireanta, a mhúsclaíonn imní i ndaoine ina gcaidreamh sóisialta sa ghnáthshaol.

### Sonraí Teagmhála:

**Teileafón:**  
085 2168981  
**Láithreán Gréasáin:**  
[www.socialanxietyireland.com](http://www.socialanxietyireland.com)

## Seirbhísí Faisnéise & Seirbhísí Teaghlai

### Ionad Acmhainní do Theaghlai

#### Tuairisc na Seirbhíse:

1. Ard - I gCathair na Gaillimhe
2. Clann - Uchtar Ard
3. An Gort
4. Solas - Áth Cinn
5. Baile Locha Riach

Chun dul i ngleic le míbhuntáiste agus tacaíocht a thabhairt do theaghlai agus pobail a neartú trí phrionsabail forbartha pobail.

#### Sonraí Teagmhála:

**Uimhir Guthán:**  
Ard 091 768852  
Clann 091 557633  
Gort 091 630902  
Solas 093 36446  
Baile Locha Riach 091 871149  
**Ríomhphost:**  
martina@ardfrc.com  
clanninfo@gmail.com  
cordinator@gortfrc.com  
solasfrc@eircom.net  
loughreafrc@eircom.net

## Anam Cara

### Tuairisc na Seirbhíse:

Tacaíocht a thabhairt do thuismitheoirí a bhfuair páiste leo bás trí ghrúpaí tacaíochta a shocrú ina mbeidh deis acu ceangal a dhéanamh lena chéile i dtimpeallacht shábháilte agus chompordach.

### Sonraí Teagmhála:

**Teileafón:** 01 4045378  
**Ríomhphost:**  
info@anamcara.ie  
**Láithreán Gréasáin:**  
[www.anamcara.ie](http://www.anamcara.ie)

## Horses Connect

### Tuairisc na Seirbhíse:

Déanann Horses Connect cláracha aonair maidir le Marcaíocht Theiripeach ar Chapall agus Scileanna Marcaíochta a leagan amach agus a chur ar fáil do dhaoine de gach aois a bhfuil réimse leathan dúshlán acu.

### Sonraí Teagmhála:

**Teileafón:**  
Eileen Bennett 0857363047  
**Ríomhphost:**  
info@horseconnect.com

## IFA – Acmhainní do Theaghlaigh Feirme

### Tuairisc na Seirbhíse:

Feirmeoirí atá ag tabhairt aghaidh ar dhúshláin mhéadaitheacha maidir le hioncaim laghdaithe, costais níos airde, rialacháin mhéadaitheacha, aimsir nach féidir brath uirthi, iargúlacht agus uaireanta fada oibre. Foghlaim conas siomptóim a bhaineann le strus a aithint, na cúiseanna a aithint agus céimeanna a ghlacadh chun strus a laghdú agus a bhainistiú. Tríd an trí rud seo a dhéanamh, cuirfidh tú le do chaighdeán saoil agus beidh d'fheirm níos sábháilte.

### Sonraí Teagmhála:

**Láithreán Gréasáin:**  
[www.ifa.ie/cross-sectors/farm-family/mental-health/](http://www.ifa.ie/cross-sectors/farm-family/mental-health/)

## Living Links

### Tuairisc na Seirbhíse:

Tacaíocht for-rochtana theanntásach do dhaoine a bhfuil daoine muinteartha leo tar éis lámh a chur ina mbás féin.

### Sonraí Teagmhála:

**Teileafón:** 087 412 2052  
**Ríomhphost:** [Livinglinks.irl@gmail.com](mailto:Livinglinks.irl@gmail.com)  
**Láithreán Gréasáin:**  
[www.livinglinks.ie/](http://www.livinglinks.ie/)

## Líonra Náisiúnta Tacaíochta Teaghlaigh

### Tuairisc na Seirbhíse:

Tacaíocht a thabhairt do dhuine den teaghlach atá ag maireachtáil le mí-úsáid substaintí.

### Sonraí Teagmhála:

**Teileafón:** 01 898 0148  
**Ríomhphost:** [info@fsn.ie](mailto:info@fsn.ie)  
**Láithreán Gréasáin:**  
[www.fsn.ie](http://www.fsn.ie)

## Reachout.com

### Tuairisc na Seirbhíse:

Acmhainní ar líne do thuismitheoirí ina gcuirtear eolas agus treoir ar fáil dóibh maidir le meabhairshláinte nó folláine a mic nó a n-iníne.

### Sonraí Teagmhála:

**Láithreán Gréasáin:**  
<http://ie.reachout.com/parents/>

## Seirbhísí Faisnéise & Seirbhísí Daoine Óga

### Foróige Big Brother Big Sister

#### Tuairisc na Seirbhíse:

Cuireann Foróige réimse seirbhísí oibre don óige agus tionscadal don óige ar fáil, lena n-áirítear an Clár Meantóireachta Big Brother, Big Sister. Tá go leor clubanna óige á reáchtáil ag Foróige i gContae na Gaillimhe chomh maith.

#### Sonraí Teagmhála:

**Uimhir Ghutháin:** 091 561002  
**Láithreán Gréasáin:**  
[www.foroige.ie](http://www.foroige.ie)

Contact the Regional Youth Officer, Gerry Prior on 086 2478007

### Caifé Óige Chathair na Gaillimhe Bóthar Fhaiche an Aonaigh, Cathair na Gaillimhe

#### Tuairisc na Seirbhíse:

Is timpeallacht shábháilte agus chairdiúil Caifé Óige na Cathrach do dhéagóirí níos sine, idir 14-18 mbliana d'aois, chun bualadh isteach agus a bheith rannpháirteach i ngníomhaíochtaí ealaín-bhunaithe. Tairgtear damhsa, spás inar féidir le bannaí a bheith ag cleachtadh, léiriúchán ceoil, taifeadadh fuaimne, amharc-ealaíona, déanamh scannán. Spreagtar daoine óga chun iad féin a chur in iúl ar bhonn aonair nó i ngrúpaí. Dírítear ar fheasacht faoi Dhrugaí agus Alcóil agus cuirtear cláracha ceannaireachta ar fáil do dhéagóirí níos sine ar fud na Cathrach. Tairgeann an Caifé Óige go leor cláracha, arna reáchtáil ag Foróige & comhpháirtithe. Tagaigí isteach agus bígí páirteach.

#### Sonraí Teagmhála:

Tara Gannon 091 535370  
**Láithreán Gréasáin:**  
[www.foroige.ie](http://www.foroige.ie)

### Headstrong

#### Tuairisc na Seirbhíse:

An tIonad Meabhairshláinte Óige Náisiúnta.

#### Sonraí Teagmhála:

**Teileafón:** 01 472 7010  
**Láithreán Gréasáin:**  
[www.headstrong.ie](http://www.headstrong.ie)

## Caifé Óige Zone an Ghoirt

### Tuairisc na Seirbhíse:

Is i gCaifé Óige Zone an Ghoirt atá Seirbhís Óige an Ghoirt lonnaithe. Reáchtálann an Caifé Óige clár ama atá lán le gníomhaíochtaí.

### Sonraí Teagmhála:

**Uimhir Ghutháin:**  
086 7741623  
**Ríomhphost:**  
Ruairi.leddy@foroige.ie  
**Láithreán Gréasáin:**  
[www.foroige.ie](http://www.foroige.ie)

## ISPC, Gaillimh

### Tuairisc na Seirbhíse:

Féachann an ISPC le scileanna chun déileáil le deacrachtaí agus acmhainneacht síceolaíochta a chur chun cinn i leanaí, daoine óga agus ina dteaghlach. Tairgtear tacaíocht i dteach an linbh, ar scoil nó ag áit chuí eile.

**Teileafón:** 091 532422  
**Láithreán Gréasáin:**  
[www.ispcc.ie](http://www.ispcc.ie)

## Jigsaw Gaillimh

### Tuairisc na Seirbhíse:

Is seirbhís faoi rún agus saor in aisce í Jigsaw do dhaoine óga 15-25 bliana d'aois atá a bhfuil cónaí orthu i gcathair agus i gcontae na Gaillimhe. Dírionn muid ar thacú le daoine óga i dtaobh bealaí ar féidir leo déileáil le sonas agus donas an tsaoil. Seirbhís meabhairshláinte do dhaoine óga 15-25 bliana d'aois.

**Teileafón:**  
091 549252 / 087 7725232  
**Ríomhphost:**  
galway@jigsaw.ie  
**Láithreán Gréasáin:**  
[www.jigsaw.ie/galway](http://www.jigsaw.ie/galway)

## Seirbhís Óige Uimh. 4 4 Sráid Aibhistín, Gaillimh

### Tuairisc na Seirbhíse:

Cuireann Seirbhís Óige Uimh. 4 réimse tacaíochtaí ar fáil do dhaoine óga 13-25 bliana i réimsí lena n-áirítear oideachas, sláinte choirp agus meabhairshláinte, easpa dídine a chosc agus infhostaitheacht.

### Sonraí Teagmhála:

**Teileafón:** 091 568483  
**Ríomhphost:**  
youthservice@no4.ie  
**Láithreán Gréasáin:**  
[www.no4.ie](http://www.no4.ie)

## Caifé Óige Uachtar Ard

### Aonad 6, Sráid Camp, Uachtar Ard

#### Tuairisc na Seirbhíse:

Is seirbhís buail isteach í Caifé Óige Uachtar Ard do dhaoine 10-26 bliana d'aois. Bíonn an caifé ar oscailt gach Déardaoin, Aoine agus Satharn do dhaoine óga le gur féidir leo bualadh le chéile, púl a imirt, dul ar an ngréasán, cluichí a imirt i dtimpeallacht shábháilte, ionchuimsitheach saor ó alcól agus drugaí.

#### Sonraí Teagmhála:

##### Seoladh:

Tá an Caife Óige Suite ar Shráid Camp, Uachtar Ard

##### Barry Dillon

087 6768774 / 091 578774

##### Ríomhphost:

Barrydclann@gmail.com

## Caifé Óige Phort Omna SIGN OUT

#### Tuairisc na Seirbhíse:

Is spás bríomhar, mol gníomhaíochtaí, istigh agus amuigh, agus zón suaimhneach do dhaoine óga é caifé óige Sign Out. Freastalaímid ar dhaoine óga Phort Omna agus an cheantair máguaird trí Chlub Óige a chur ar siúl gach oíche Dé hAoine ar feadh dhá sheisiún. Is do dhaltáí Rang a 5 & 6 an chéad seisiún agus tagann daltaí as scoileanna náisiúnta an bealach ar fad as Lothra, Co. Thiobraid Árann ann. Is do dhaltáí atá sa 1, 2 & 3 bliain sa choláiste as Port Omna, Baile Locha Riach agus Lothra an dara seisiún. Bíonn club Arch ann gach tráthnóna Dé Máirt le haghaidh gasúir a bhfuil riachtanais speisialta acu. Bíonn club Tech Zone ar siúl Dé Céadaoin do Bhaill a bhfuil spéis acu i ríomhairí / sa Teicneolaíocht.

#### Sonraí Teagmhála:

##### Seoladh:

Tá an Caife Óige taobh thiar den VEC, Sráid Bhrigid, Port Omna.

##### Michael Maxwell

087 6779267

## shOUT!

#### Tuairisc na Seirbhíse:

Cruinnithe sóisialta seachtainiúla do dhaoine LGBT+ agus daoine atá ag ceistiú, idir 14-17 agus 18-21 bhliain d'aois.

#### Sonraí Teagmhála:

**Teileafón:** 087 773 8529

##### Ríomhphost:

shout@youthworkgalway.ie

##### Láithreán Gréasáin:

[www.lgbtyouthgalway.com/](http://www.lgbtyouthgalway.com/)

[lgbt-youth-galway](http://lgbt-youth-galway)

**Facebook:** [www.facebook.com/shOUTGalway](http://www.facebook.com/shOUTGalway)

[shOUTGalway](http://shOUTGalway)

## Spun Out

### Tuairisc na Seirbhíse:

Láithreán gréasáin eolais don óige in Éirinn a chruthaigh daoine óga, do dhaoine óga. Pobal idirghníomhach ar líne a chuireann eolas sláinte agus nós maireachtála, treoracha maidir le seirbhísí tacaíochta, spás meán don óige agus ardán inar féidir le daoine óga a bheith rannpháirteach ar fáil.

### Sonraí Teagmhála:

**Teileafón:** 01 675 3554  
**Láithreán Gréasáin:**  
[www.spunout.ie](http://www.spunout.ie)

## Caifé Óige Thuama

### Tuairisc na Seirbhíse:

Is in Ionad Teaghlach Thuama atá Caifé Óige Thuama lonnaithe a reachtálann clár ama atá lán le gníomhaíochtaí

### Sonraí Teagmhála:

**Uimhir Ghutháin:** 083 3112173

## Oifigeach Óige, Bord Oideachais agus Oiliúna

### Tuairisc na Seirbhíse:

Cuireann an tOifigeach Óige forbairt clubanna agus seirbhísí óige i nGaillimh chun cinn, a thacú agus a chomhordú.

### Sonraí Teagmhála:

**Co. na Gaillimhe:**  
 Louise Ryan 091 874 539  
**Ríomhphost:**  
[louise.ryan@gretb.ie](mailto:louise.ryan@gretb.ie)  
**Cathair na Gaillimhe:**  
 Davnet McEllin 091 49411  
**Ríomhphost:**  
[davnet.mcellin@gretb.ie](mailto:davnet.mcellin@gretb.ie)

## Obair d'Ógra Éireann

### Tuairisc na Seirbhíse:

Cuireann Obair d'Ógra Éireann réimse seirbhísí ar fáil do dhaoine óga.

### Sonraí Teagmhála:

**Teileafón:** 091 561 637  
**Ríomhphost:**  
[info@youthworkgalway.ie](mailto:info@youthworkgalway.ie)  
**Láithreán Gréasáin:**  
[www.youthworkgalway.ie](http://www.youthworkgalway.ie)

## Obair d'Ógra Éireann, Seirbhís Comhairleoireachta don Óige

### Tuairisc na Seirbhíse:

Seirbhís comhairleoireachta do dhaoine óga 12-21 bhliain d'aois. Lonnaithe i nGaillimh, Tuaim, Béal Átha na Sluaighe agus Baile Locha Riach.

### Sonraí Teagmhála:

**Teileafón:** 087 3291931  
**Ríomhphost:**  
[counselling@youthworkgalway.ie](mailto:counselling@youthworkgalway.ie)



## Seirbhísí Faisnéise & Seirbhísí Mic Léinn

### Seirbhísí Comhairleoireachta na Mac Léinn OÉ Gaillimh

#### Tuairisc na Seirbhíse:

Tá tacaíocht ar fáil do mhic léinn atá in anchaoi. Tá an tseirbhís buail isteach ar oscailt gach lá i rith na seachtaine le linn an téarma agus laistigh den téarma idir 2-4pm (*is fearr teacht luath le linn an téarma mar feidhmíonn an tseirbhís ar bhonn “tús freastail ar an gceann is túisce” agus bíonn sí an-ghnóthach le linn an téarma*).

#### Sonraí Teagmhála:

Seirbhísí Comhairleoireachta na Mac Léinn,  
Ollscoil na hÉireann, Gaillimh  
5 Bóthar na Drioglainne,  
An Caisleán Nua, Gaillimh.  
Mary Melia  
091 492484 Folíne. 2484  
**Ríomhphost:**  
counselling@nuigalway.ie  
**Láithreán Gréasáin:**  
[www.nuigalway.ie/counsellors](http://www.nuigalway.ie/counsellors)

### Seirbhísí Comhairleoireachta na Mac Léinn G.M.I.T.

#### Tuairisc na Seirbhíse:

Cuireann Seirbhísí Comhairleoireachta na Mac Léinn G.M.I.T. spás oscailte agus neamhbhreithiúnach ar fáil inar féidir cibé inní a bhíonn ar mhic léinn a phlé - inní acadúla, phearsanta nó meabhairshláinte. Coimeádtar coinní éigeandála gach lá do mhic léinn a bhfuil tacaíocht phráinneach ag teastáil uathu. Tá coinní comhairleoireachta ar fáil freisin ar Champais CCAM agus Leitir Fraic.

Chun coinní comhairleoireachta a dhéanamh ar Champas Mhaigh Eo, cuir ríomhphost nó glaoch ar an Oifig Comhairleoireachta nó buail isteach chuig an Oifig Comhairleoireachta. Am buail isteach: 11.15am-12pm gach lá. Ní gá coinní a dhéanamh le linn na n-uaireanta sin.

#### Sonraí Teagmhála:

**Campas na Gaillimhe:**  
Oifig Sheirbhísí na Mac Léinn,  
Seomra 162,  
Bóthar Bhaile Átha Cliath,  
Gaillimh.  
Dervla Fahy, Seomra 160A  
Renagh Linnane,  
Seomra 160B 091 742118

#### **Campas Mhaigh Eo:**

Oifig Comhairleoireachta,  
Bóthar Chathair na Mart,  
Caisleán an Bharraigh,  
Co. Mhaigh Eo.  
Michelle Kerins O'Brien,  
Seomra 111 094 904 3127  
**Ríomhphost:**  
michellekerinsobrien@gmit.ie  
**Láithreán Gréasáin:**  
[www.gmit.ie/general/  
counselling-services-gmit](http://www.gmit.ie/general/counselling-services-gmit)

## Seirbhísí Faisnéise & Seirbhísí Sexuality

### BeLong To Seirbhísí do Dhaoine Óga

#### Tuairisc na Seirbhíse:

Eagraíocht náisiúnta a thugann tacaíocht do dhaoine óga ar Leispiacha, Daoine Aeracha, Daoine Déghnéasacha, Daoine Trasinscneacha agus Daoine Idirghnéasacha (*LGBTI+*) iad in Éirinn.

#### Sonraí Teagmhála:

**Teileafón:** 01 670 6223  
Luan-Aoine  
9am-1pm & 2pm-5pm  
**Ríomhphost:**  
info@belongto.org  
**Láithreán Gréasáin:**  
[www.belongto.org](http://www.belongto.org)

### Líne Chabhrach Náisiúnta do Leispiagh, Daoine Aeracha, Daoine Déghnéasacha & Daoine Trasinscneacha (*LGBT*)

#### Tuairisc na Seirbhíse:

Cuireann líne chabhrach náisiúnta LGBT seirbhís tacaíochta neamhbhreithiúnach agus faoi rún ar fáil.

#### Sonraí Teagmhála:

**Líne Chabhrach:**  
1890 929539  
7pm-9pm Luan-Aoine  
**Láithreán Gréasáin:**  
[www.lgbt.ie](http://www.lgbt.ie)

### Sláinte Ghnéis an Iarthair

#### Description of Services:

Eolas agus tacaíocht úsáideach maidir le gach gné a bhaineann le VEID/SEIF chomh maith le STIanna agus sláinte gnéis.

#### Contact Details:

**Uimhir Ghutháin:** 091 566266  
**Ríomhphost:**  
info@sexualhealthwest.ie  
**Láithreán Gréasáin:**  
[www.sexualhealthwest.ie](http://www.sexualhealthwest.ie)

### Teach Solais

#### Tuairisc na Seirbhíse:

Is ionad acmhainní LGBT é Teach Solais atá lonnaithe i gcathair na Gaillimhe do gach ball de phobal LGBT na Gaillimhe, a dteaghláigh, a gcairde agus an pobal i gcoitinne, a chiallaíonn gur áit níos ionchuimsithí í Gaillimh. Is féidir bualadh isteach sa Teach Solais gach Satharn idir 2-4pm.

#### Sonraí Teagmhála:

**Seoladh:**  
1, Plás Victoria, Gaillimh.  
**Ríomhphost:**  
resourcecentre@amachlgbt.com  
**Láithreán Gréasáin:**  
[www.amachlgbt.com](http://www.amachlgbt.com)

## Seirbhísí Faisnéise & Seirbhísí Sláinte an Lucht Siúil

### Grúpa Tacaíochta Lucht Siúil na Gaillimhe

#### Tuairisc na Seirbhíse:

Féachann an grúpa seo le comhionannas agus féintreorú a bhaint amach don lucht siúil trí chur chuige forbartha pobail a úsáid.

#### Sonraí Teagmhála:

**Teileafón:** 091 765390

### Seirbhís Comhairleoireachta an Lucht Siúil

#### Tuairisc na Seirbhíse:

Seirbhís Comhairleoireachta don Lucht Siúil a chumhdaíonn Cathair agus Contae na Gaillimhe.

#### Sonraí Teagmhála:

**Teileafón:** 087 6379074

## **Leabharliosta**

### **Arna Rochtain:**

<https://www.mentalhealthireland.ie/five-ways-to-wellbeing/>

<http://www.supportme.ie/support-services.php?c=4&l=Galway>

<http://www.supportme.ie/support-services.php?c=4&l=Galway>

[https://www.helpguide.org/articles/healthy-living/  
the-mental-health-benefits-of-exercise.htm](https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm)

[www.alive2thrive.ie](http://www.alive2thrive.ie)

[http://www.grd.ie/programmes/  
local-community-development programme](http://www.grd.ie/programmes/local-community-development-programme)