

NUMBERS WHEN YOU NEED THEM

DONEGAL



Urgent Help and Support

- An Garda Síochána, Ambulance, 999 or 112
Fire and Irish Coast Guard
- Samaritans 116 123 *jo@samaritans.ie*
- Childline 1800 66 66 66 (Text TALK to 50101)
- Pieta House..... 1800 247 247 (Text HELP to 51444)
- Women's Aid 1800 341 900 *helpline@womensaid.ie*
- Flac 1890 350 250
- Threshold 1800 454 454
- MABS 0761 07 2000
- Lifeline Inishowen 074 93 73232 *support@ldvs.org*
- Donegal Domestic Violence Service..... 074 9126267
..... *ddvsrefuge@gmail.com*

- Donegal Rape Crisis Centre 1800448844 / 074 9128211
*info@donegalrapecrisiscentre.ie*
- Sexual Assault Treatment Unit074 9104436 / 087 0681964
Out of hours Emergency Department:.....074 9125888 ext.359

Supports for Young People

- Teenline 1800 833 634
- Teen Between (Donegal Youth Service)074 91 29640 or
(family separation / divorce support for teenagers) ... 074 91 29630
- Teen Talk (12-25 yrs) (Donegal Youth service) ..074 91 29640 or
(one to one support)..... 074 91 29630
- Involve Youth Service Letterkenny
(Youth Clubs, activities, C.V/job supports, 1-1 supports).....
Martin Mongan 083 1747694Kyle Quill 07491 29281

- Donegal Youth Service/Youth Information Centre ... 074 91 29630
(youth clubs, activities, projects throughout the county)
- Ilash Young Women's Health Clinic (17-26 yrs)... 074 91 24985
(sexual health for young women – Donegal Women's Centre & sheinfo.ie)
- LOFT Youth Project & Health Advice Café, Donegal ... 074 91 88 271
- Youth scape
Letterkenny: Jackie Ferry 085 2578223
Ballybofey: Yvonne Tilley..... 085 2578222

Foroige Garda youth diversion project

Jane McLean: GYDP. Inishowen 086 0481957
..... jane.mclean@foroige.ie
Garvin Walker: GYDP. Letterkenny..... 086 0082029
..... garvin.walker@foroige.ie

Nuala Plunkett: GYDP. Donegal East 086 9082720
.....nuala.plunkett@foroige.ie
Jerome Gibson: GYDP. Donegal South 086 4104744
.....jerome.gibson@foroige.ie
Catriona Boyle: GYDP. Donegal West 086 0476761
.....catriona.boyle@foroige.ie

Donegal Family Resource Centre Network

- *Cara House FRC Letterkenny 074 9123986*
.....info@carahouse.ie / www.carahouse.ie
- *Donegal FRC, Donegal town 074 9725337*
.....donegalfamilyresource@eircom.net / www.donegalfrc.com
- *Downstrands FRC, Portnoo 074 545879*
.....downstrandsfrc@yahoo.ie

- Dunfanaghy FRC, Dunfanaghy 074 9136548
 *dunfresource@gmail.com*
- Finn Valley FRC, Stranorlar 074 9131245
- Mevagh FRC, Downings 074 9155055
 *info@mevaghfrc.com / www.mevaghfrc.org*
- Movice & District FRC, Movice 074 9385548
 *info@movillegrc.com / www.movillefrc.yolasite.com*
- The Forge FRC, Pettigo 071 9861924
 *theforgefrc@gmail.com / www.theforgefrc.com*
- Raphoe FRC, Raphoe 074 9145796
 *info@raphoefrc.ie*
- St Johnston & Carrigans FRC 074 9148551
 *coordinator@stjohnfrc.ie*

Mental Health

- Jigsaw (15-25 yrs) Donegal..... 074 97 26920
- Childline 1800 666 666 Or Text-Talk 50101
(ISPCC Childline is Ireland's 24-hour active listening service)
- Samaritans 116 123
(Samaritans provides confidential non-judgemental support, 24 hours a day for people experiencing feelings of distress or despair, including those which could lead to suicide)
- Pieta North west..... 074 91 26594
Letterkenny Co. Donegal
- Grow 1890 474 474 info@grow.ie
- Aware..... 1800 804848 Or Text-Talk 50101
- helplink.ie..... 091 759887

Drug & Alcohol

- HSE Drugs and Alcohol Helpline..... Freephone 1800 459 459
- Alcoholics Anonymous (AA) 01 842 0700
- Ask about alcohol *askaboutalcohol.ie*..... 1800 459 459
- Drugs.ie 1800 459 459
- Narcotics anonymous - Donegal 086 814 9004
- Alateen Helpline 01 873 2699
(support for young people 12-17 yrs affected by someone with an alcohol problem)
- Donegal Reach (*Donna Butler*) 074 91 25596
..... *info@alcoholforum.org*
- Moving parent and children together (M - PACT)
(Donna Butler) info@alcoholforum.org 074 91 25596

- North West Regional Drug and Alcohol Task Force
drugtaskforce@nwdrugtaskforce.ie..... 071 919 4556
- Assertive Drugs and Alcohol Outreach Worker Donegal.....
maryechealy@gmail.com 086 775 2142
- Donegal Drugs Education & Prevention Programme
Lauren Cleary, Project Worker..... 086 048 1977
Foróige, Ballyshannon/Bundoran NYP, College Street.....
- Donegal Alcohol & Drug Service - DMHS..... 074 91 28769
- Rossinver Youth & Community Project.....
(Damien Daly)..... 087 701 0520
Substance Misuse Outreach Worker *outreach@rycp.ie*
(Colin Walshe) 087 714 8004
Drug & Alcohol Family Support Worker..... *familysupport@rycp.ie*

Depression & Suicide

- Letterkenny Youth & Family Service (LYFS), Letterkenny
County Donegal, Inishowen, North Central Donegal, North West Donegal, South Central Donegal, South Donegal
..... 074 912 3078 / 086 123 7917(Garry Glennon), *lyfs@live.ie*

Sexual Health

- Donegal Women's Centre: *Ilash Young* 074 91 24985
Women's Health Clinic (17-26 yrs) (sexual health for young women – Donegal Women's Centre & sheinfo.ie)
- GUM/ STI Clinic 074 91 23715
Letterkenny General Hospital, Donegal

Counselling Services

- Teenline 1800 833 634
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(family separation / divorce support for teenagers).. 074 91 29630
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(support for young people 12-17 yrs affected by someone with an alcohol problem)
- Donegal Youth Service/Youth Information Centre ... 074 91 29630
(youth clubs, activities, projects throughout the county)
- Ilash Young Women's Health Clinic (17-26 yrs) 074 91 24985
(sexual health for young women - Donegal Women's Centre & sheinfo.ie)

- Jigsaw (15-25 yrs) Donegal 074 97 26920
(support services for young people) help@jigsaw.ie
- Samaritans:..... 116 123
.....jo@samaritans.ie
- Childline:..... 1800 66 66 66
..... (Text TALK to 50101)

LGBTQ+

- BeLonG To – BreakOUT (*Donegal Youth Service*)
..... 086 124 7968 / 074 912 9630
16–18 Port Road, Letterkenny, Co. Donegal
(lesbian / gay / bisexual / trans gender young people 16-23 yrs)
- LGBT Ireland Helpline..... 1890 929 539
- Transgender Equality Network Ireland..... 01 873 3575

WEBSITES

www.alustforlife.com
www.anamcara.ie
www.askaboutalcohol.ie
www.barnardos.ie/teenhelp
www.bereaved.ie
www.childhoodbereavement.ie
www.childline.ie
www.citizensinformation.ie
www.connectcounselling.ie
www.drugs.ie
www.healthpromotion.ie
www.hse.ie
www.jigsaw.ie
www.lgbt.ie
www.menssheds.ie/malehealth-ie
www.mymind.org
www.niteline.ie

www.nosp.ie
www.outcomers.org
www.parenthubdonegal.ie/services/
www.parentline.ie
www.pieta.ie
www.pleasetalk.ie
www.positiveoptions.ie
www.reachout.com
www.samaritans.ie
www.spunout.ie
www.suicideorsurvive.ie
www.turn2me.org
www.usi.ie
www.widow.ie
www.youmatter.ie
www.yourmentalhealth.ie
www.youth.ie

