

Women's Conference Resources List

5 November 2020

CHILD PROTECTION AND WELFARE

ISPCC Childline

Free Phone 1800 66 66 66

Free Text 50101

Live message through their website www.childline.ie

Barnardos Dun Laoghaire

Tel. 01 453 0355 – Head Office

www.barnardos.ie

Dublin South East - TUSLA Child and Family Agency

Tel. 01 92 13 400 (Mon to Fri 9am to 5pm)

Safe Ireland

<https://www.safeireland.ie/get-help/where-to-find-help/>

ELDERLY AND VULNERABLE

Wicklow, Dun Laoghaire and Dublin South East

Mr. Tony McCusker, Ballinteer Health Centre, Ballinteer Avenue, Ballinteer, Dublin 16.

Tel: 01 2164511

Email: Safeguarding.cho6@hse.ie

Tel: (01) 475 6989

Email: helpline@ageaction.ie

CHILD TO PARENT VIOLENCE

Parent Line

1890 927277 or (01) 8733500

Springboard Family Support Project: 01-2814935

DOMESTIC AND GENDER BASED ABUSE

Sonas Domestic Violence Service

Emergency help numbers – 1800 222 223

Sonas Refuge Tel. 01 8662015

Sonas Safe Home: Tel. 0877422897

Advice and information line: Tel. 0879525217

<http://www.domesticabuse.ie>

Women's Aid

Helpline 1800 341 900 is fully available 24 hours, 7 days a week

Online Chat service available Monday, Wednesday and Friday 7pm – 10pm.

<http://www.womensaid.ie>

Text Service for Deaf and Hard of Hearing Women available daily on 087 959 7980.

If you feel you are in immediate danger call 112/999

Dublin Rape Crisis Centre

Tel. 1800 778 888 national 24 hour helpline

<https://www.drcc.ie/2020/03/notice-impact-of-covid-19-on-drcc-services/>

National Maternity Hospital

Tel: 01 637 3526 (Mon to Fri 9:30am to 5pm)

MENTAL HEALTH AND WELLBEING

The Samaritans

Tel: 116 123 (free to phone)

Email: jo@samaritans.ie

www.samaritans.org

Pieta House Tel: 1800 247 247

HSE information on minding your mental health during the COVID outbreak

List of services to support mental health and wellbeing during the crisis

<https://www2.hse.ie/mental-health/>

<https://stresscontrol.ie/>

HSE – www.hse.ie

Aware Support Line

Tel: 1800 80 48 48 (from 10am to 10pm every day)

Email supportmail@aware.ie

Grow in Ireland

Grow Eastern Region Tel: 057 935 1124

Email: easternregion@grow.ie

www.grow.ie

MyMind - Online counselling service: mymind.org

Healthy Ireland: <https://www.gov.ie/en/campaigns/healthy-ireland/>

In This Together: <https://www.gov.ie/en/campaigns/together/?referrer=/together/>

The Sanctuary: <https://www.sanctuary.ie>

WOMEN

National Women's Council of Ireland

www.nwci.ie/women_and_covid_19

Gender impacts of Covid =

<https://www.tasc.ie/blog/2020/07/14/gender-impacts-of-covid19/>

Get involved in NWC Womens Mental Health Network and the Womens Health Task force –

<https://www.gov.ie/en/campaigns/-womens-health/>

Gender Equality score for Ireland

<https://eige.europa.eu/gender-equality-index/2020/IE>

<https://www.cso.ie/en/releasesandpublications/er/sic19wm/socialimpactofcovid-19onwomenandmenapril2020/>.

Citizens Assembly on Gender Equality -

www.citizensassembly.ie

<https://inar.ie/covid19-and-minorities/>



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