

Quick reference guide to useful services and supports for inclusion and well-being

February 2020



Overview

This Guide has been developed by SOLAS. It is a quick reference to non-ETB supports and services that may be of benefit to learners.

The document is not intended to be a static, but rather a "living document", to be developed, refined and refreshed on an ongoing basis. The contents are not to be interpreted as exhaustive in terms of its contents.

Note:

Using Ctrl and click throughout the document will take the user directly to either the organisation's website, Email, Facebook or Twitter. Please note that if you have Internet Explorer installed on your computer then the Twitter links will automatically attempt to open using this browser. Internet Explorer is no longer supported by Twitter so you should copy the link into Firefox or Chrome to open the Twitter link. Separately in a number of cases the Website addresses require the use of Firefox or Chrome and this has been stated where relevant.

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Agencies

AHEAD	AHEAD is an independent non-profit organisation working to promote full access to and participation in further and higher education for students with disabilities and to enhance their employment prospects on graduation. AT HIVE - an Assistive Technology Resource is available on the AHEAD website.
East Hall UCD Carysfort Avenue Blackrock Co. Dublin Tel: (01) 716 4396	AHEAD Website AT HIVE Website Email Facebook Twitter

Activelink	Activelink works with non-profit organisations to develop online communications in the public interest, to promote action and participation and to foster the sharing of ideas, experience and information for a better world.
2-4 Merville Road Stillorgan Co. Dublin A94 E3F8 Tel: (01) 667 7326	Activelink Website Email Facebook Twitter

Central Remedial Clinic (CRC)	Provides a wide range of services and supports for people with disabilities from babies to adults. The CRC also supports their parents, families and carers.
Penny Ansley Building Vernon Avenue Clontarf Dublin 3 Tel: (01) 854 2200 Fax: (01) 8336633	Central Remedial Clinic Website Email Facebook Twitter

Centre for Independent Living	The main aim of ensuring that people with disabilities achieved Independent Living, choice and control over their lives and full participation in society as equal citizens. Find out more here.
	List of centres can be accessed through this website:

Citizen Information Board	Provides information on public services and entitlements in Ireland.
Ground Floor George's Quay House 43 Townsend Street Dublin 2 D02 VK65 Tel: 0761 07 4000 Fax: (01) 605 9099	Monday to Friday 9.00am – 8.00pm Citizen Information Board Website Twitter

Disability Federation of Ireland	The national support organisation for voluntary disability organisations in Ireland who provide services to people with disabilities and disabling conditions.
Fumbally Court Fumbally Lane Dublin 8 D08 TXY8 Tel: (01) 454 7978 Fax: (01) 454 7981	Disability Federation of Ireland Website Email Facebook Twitter

Disabled Drivers Association of Ireland	Committed to improving the lives of people with physical disabilities. DDAI delivers its services to members and to persons with disabilities generally through the Association itself and its two subsidiary companies, Ability Enterprises and Shopmobility Ireland.
Ballindine Claremorris Co. Mayo Tel: (094) 963 4054 Fax: (094) 936 4336	Disabled Drivers Association of Ireland Website Email Facebook Twitter

GROW (Mental Health) World Community Mental Health Movement in Ireland	A Mental Health Organisation which helps people who have suffered, or are suffering, from mental health problems. .
Eastern Region C/O Apt 6 Forrest Mews Forrest Road Swords Co. Dublin Tel: (01) 840 8236 Info Line: 1890 474 474	Contact information for the 7 regions can be found on this website Grow Website Email Facebook Twitter

Irish Human Rights and Equality Commission	Purpose is to protect and promote human rights and equality in Ireland and build a culture of respect for human rights, equality and intercultural understanding in the State.
16 – 22 Green Street Dublin 7 D07 CR20 Tel: (01) 858 9601 LoCall: 1890 245 545 Fax: +353 (01) 858 9609	Monday to Friday 9.00am – 1.00pm/2.00pm – 5.00pm Irish Human Rights and Equality Commission Website Email Twitter

Irish Wheelchair Association	Irish Wheelchair Association (IWA) works with, and on behalf of, people with physical disabilities to drive positive change in Ireland through the influencing of public policy, the provision of quality services and enabling accessibility to all aspects of society.
National Headquarters Áras Chúchlainn Blackheath Drive Clontarf Dublin 3 Tel: (01) 818 6400	Monday to Friday 9.00am – 5.30pm Irish Wheelchair Association Website Email Facebook Twitter
National Association for People with an Intellectual Disability	Inclusion Ireland campaigns for changes in services and legislation that will improve the quality of life and participation of people with an intellectual disability in Irish Society.
Unit C2 The Steelworks Foley Street Dublin 1 Tel: (01) 855 9891 Fax: (01) 855 9904	Monday to Friday 9.00am – 5.00pm National Association for People with an Intellectual Disability Website Email Facebook Twitter
National Council for the Blind of Ireland	Provides information, advice and support from a nationwide network of rehabilitation, mobility and community resource workers as well as trainers in the use of adaptive technology.
Whitworth Road Drumcondra Dublin 9 Tel: (01) 830 7033 NCBI Shop of Aids & Appliances: (01) 830 7033 National Tech Support Number: 1850 923 960	Monday to Friday 9.00am – 5.00pm National Council for The Blind of Ireland Website Email Facebook Twitter
National Disability Authority	Provides information and advice to the Government on policy and practice relevant to the lives of persons with disabilities.
25 Clyde Road Dublin D04 E409 Tel: (01) 608 0400 Fax: (01) 660 9935	National Disability Authority Website Email Centre for Excellence in Universal Design

National Federation of Voluntary Bodies	Provides services and support to people with an intellectual disability are founded on the values as set out in the O'Brien (1987) Principles of Inclusion, Choice, Dignity, Respect, Participation and Contribution.
Oranmore Business Park Co. Galway Tel: (091) 792 316 Fax: (091) 792 317	National Federation of Voluntary Bodies Website Email

The Rehab Group	Operates a wide variety of responsive health and social care services which reach into communities the length and breadth of Ireland. Services range from resource centre activities to support provided to individuals within their own homes.
10D Beckett Way Park West Business Park Park West Dublin 12 Tel: (01) 2057200 (HO Switchboard)	The Rehab Group Website Email Facebook Twitter

The Wheel	A support and representative body connecting community and voluntary organisations and charities across Ireland.
48 Fleet Street (Parliament Row Entrance) Dublin 2 D02 T883 Tel: (01) 454 8727 Fax: (01) 454 8649	Monday to Friday 9.30am – 5.00pm The Wheel Website Email Facebook Twitter

Disabilities & Associated Organisations

Alcoholics Anonymous Ireland	Alcoholics Anonymous is a fellowship of men and women who share their experience with each other and follow AA's 12 Step Fellowship.
Unit 2, Block C Santry Business Park Swords Road Dublin 9 D08 H584 Tel: (01) 842 0700	Other contact phone numbers Alcoholics Anonymous Ireland Website Email
Acquired Brain Injury Ireland	Acquired Brain Injury Ireland provides services to help rebuild lives after a brain injury by developing Individual Rehabilitation Plans. They support families through training, advocacy and practical help.
2nd Floor, Block A, Century House, 100 George's Street Upper Dún Laoghaire Co. Dublin A96 R2V3 Tel: (01) 280 4164	Acquired Brain Injury Regional Services Acquired Brain Injury Website Email Facebook Twitter
The Alzheimer Society of Ireland	Works with local communities providing dementia specific services and supports and advocating for the rights and needs of all people living with dementia and their carers.
National Office Temple Road Blackrock Co. Dublin Tel: (01) 2073800 National Helpline: 1800 341 341	The Alzheimer Society of Ireland Website Email National Helpline Email Facebook Twitter
Arthritis Ireland	Provides support to people living with all rheumatic and musculoskeletal diseases (MSDs) and related conditions which affect peoples' ability to live well.
1 Clanwilliam Square Grand Canal Quay Dublin 2 Tel: (01) 661 8188 Locall: 1890 252 846	Arthritis Ireland Website Email Facebook Twitter

Aspire - Asperger Syndrome Association of Ireland	Aspire is an information and an educational based organisation. It organises conferences, courses, and seminars throughout the year. It publishes a quarterly newsletter and lobbies the Government and agencies for better services. They promote and support research into Asperger Syndrome.
Carmichael Centre Coleraine House Coleraine Street Dublin 7 D07 E8XF Helpline: (01) 878 0027	Monday to Friday 10.00am – 1.00pm/2.00pm – 4.30pm Nationwide Directory of Services Aspire - Asperger Syndrome Association of Ireland Website Email Facebook Twitter
Asthma Society of Ireland	Providing those with asthma and their families with information, education, services and support. The Society is focused on representing people with asthma and working to improve their health outcomes.
42 – 43 Amiens Street Dublin 1 Tel: (01) 817 8886 Adviceline: 1800 44 54 64	Asthma Society of Ireland Website Email Nurses email Facebook Twitter
Attention Deficit Hyperactivity Disorder (ADHD)	Provides support and advice through their phone-line and emails; produce publications; organise information sessions; run solution focused brief therapy courses for young people, run parenting courses; and work to raise awareness of the condition and contribute to research.
Carmichael House North Brunswick Street Dublin 7 D07 RHA8 Tel: (01) 874 8349	ADHD Website Email Facebook Twitter
Autism - Irish Society of Autism	The Society was formed with the goal of creating awareness about Autism and convincing the authorities that early diagnosis and specialised education would greatly enhance the quality of life for people with Autism.
Irish Society of Autism Unity Building 16/17 Lower O'Connell Street Dublin 1 Tel: (01) 874 4684	Irish Society of Autism Website Email Facebook Twitter
Autism - AslAm.ie	AslAm.ie aims to educate, empower, advocate and provide a safe pleasant space for the Autism community to share experiences, and ideas.
AslAm Headquarters Rock House Main Street Blackrock Dublin A94 V9P1 Tel: (01) 445 3203	Find Autism supports and resources in your area AslAm Website Email Facebook Twitter

Irish Cancer Society	Irish Cancer Society raises awareness of cancer related issues and campaign for policy and legislation that can help save lives and improve the lives of people with cancer.
43/45 Northumberland Road Dublin D04 VX 65 Tel: (01) 2310 500 Nurse Helpline: 1800 200 700 Lawley House Monahan Road Cork City T12 N6PY Tel: (021) 484 0597	Irish Cancer Society Website Cancer Nurse Email Email Facebook Twitter
Cerebral Palsy	Provides information on the use of assistive technology and its uses as well as offering training in this field.
Enable Ireland Head Office 32f Rosemount Park Drive Rosemount Business Park Ballycoolin Road Dublin 11 Tel: (01) 872 7155	Enable Ireland Website Email Facebook Twitter
Chronic Pain	Chronic Pain Ireland advocates for multi-disciplinary treatment centres, improved health services and changes to the educational curriculum so that healthcare providers are more aware of the condition and the challenges of diagnosing, treating and managing the condition.
Chronic Pain Ireland Carmichael Centre for Voluntary Groups 4 North Brunswick Street Dublin 7 D07 RHA8 Tel: (01) 8047567	Chronic Pain Website Email Facebook Twitter
Coeliac Society of Ireland	Improve the quality of life for people with coeliac disease and others who benefit from a gluten-free diet for medical reasons. Their vision is to improve awareness, detection and management of coeliac disease and related conditions requiring a gluten-free diet for medical reasons.
Carmichael Centre for Voluntary Groups 4 North Brunswick Street Dublin 7 D07 RHA8 Tel: (01) 872 1471	Coeliac Society of Ireland Website Email Facebook Twitter

Colitis & Crohn's Disease	ISCC is the patient-to-patient support group for people who are living with Inflammatory Bowel Disease (IBD) in Ireland.
ISCC – Irish Society for Colitis & Crohn's Disease Carmichael Centre for Voluntary Groups North Brunswick Street Dublin 7 D07 RHA8 Tel: (01) 872 1416	Irish Society for Colitis and Crohn's Disease Website (please copy into Google Chrome for best use) Email Facebook Twitter
Cystic Fibrosis	A voluntary organisation that was set up to improve the treatment and facilities for people with Cystic Fibrosis in Ireland.
C.F. House 24 Road Lower Rathmines Road Dublin 6 Tel: (01) 496 2433 LoCall: 1890 311 211 Fax: (01) 496 2201	Cystic Fibrosis Website Email Facebook Twitter
Depression/Bipolar	AWARE informs and educates those on the nature, extent and consequences of depression. They provide emotional and practical support to those affected by depression, bipolar and related disorders.
AWARE 9 Upper Leeson Street Dublin 4 Tel: (01) 661 7211 Support Line: 1800 80 48 48	Monday to Sunday 10.00am – 10.00pm Aware Website Email Support Email Facebook Twitter
Diabetes	Provides support, education and motivation to everyone affected by diabetes. We also raise public awareness of diabetes and its symptoms and fund research into finding a cure for diabetes.
Diabetes Ireland Head Office 19 Northwood House Northwood Business Campus Santry Dublin 9 D09 DH30 Tel: (01) 8428118	Monday to Friday 9.00am – 5.00pm Diabetes Ireland Website Email Facebook Twitter

Disability Federation of Ireland	DFI works to influence legislation and policies that affect the lives of people with disabilities.
Fumbally Court Fumbally Lane Dublin 8 D08 TXY8 Tel: (01) 4547978	Disability Federation of Ireland Website Email Facebook Twitter
Down Syndrome	Down Syndrome Ireland offer services and support to persons with Down Syndrome, to their families and to professionals who work in medical, or educational services.
Down Syndrome Ireland Unite 3 Park Way House Ballymount Drive Dublin 12 D12 HP70 Tel: (01) 8428118	Details of the 25 branches nationwide Down Syndrome Website Email Facebook Twitter
Drug Abuse	Helps individuals, families and communities prevent and/or address problems arising from drug and alcohol use.
National Social Inclusion Office HSE Mill Lane Palmerstown Dublin 20 D20 KH63 Tel: (01) 6201675 HSE Drugs Helpline: 1800 459 459	Monday to Friday 9.30 am to 5.30pm National Social Inclusion Office Website Email - General Information Email - Support Facebook Twitter
Dyslexia Association of Ireland	Works with and for people affected by dyslexia, by providing information, offering appropriate support services, engaging in advocacy and raising awareness of dyslexia.
5th Floor, Block B Joyce's Court Talbot Street Dublin 1 Tel: (01) 877 6001	Dyslexia Association of Ireland Website Email Facebook Twitter
Dyscalculia	Dyscalculia is the term used for a specific learning disability affecting numbers and maths. Students with dyscalculia have difficulty understanding simple number concepts, lack an intuitive grasp of numbers, and have problems learning numbers facts and procedures.
	Facebook Twitter

Dysgraphia	Dysgraphia affects a student's ability to write coherently, regardless of their ability to read.
	Facebook Twitter
Dyspraxia/DCD Ireland	Aims to raise awareness of Dyspraxia/DCD. Aims to ensure adequate resources are available to support the needs of people with the provision of occupational therapy, speech therapy, physiotherapy, psychological support and education.
Carmichael House North Brunswick Street Dublin 7 DO7 RHA8 Tel: (01) 874 7085	Dyspraxia/DCD Ireland Website Dyspraxia/DCD Support Groups Email Facebook Twitter
Eating Disorders	Ensures support, awareness and understanding of eating disorders amongst the wider community as well as advocating for the rights and healthcare needs of people affected by eating disorders.
Body Whys – The Eating Disorder Association of Ireland PO Box 105 Blackrock Co. Dublin Tel: (01) 283 4963 Helpline: (01) 2107906	Body Whys Website Email Support Email Facebook
Epilepsy Ireland	Provides support, information and advice to people with epilepsy. Also provides information and advice to health professionals in dealing with epilepsy.
249 Crumlin Road Crumlin Dublin 12 D12 RW92 Tel: (01) 455 7500	Specialist Nurse Helpline: (01) 455 4133 Operates from 09.30 – 13.00 Monday am/ 14.00 – 17.00 Monday pm Epilepsy Ireland Website Email Facebook Twitter
Fibromyalgia	There is no support agency in Ireland but information can be found via Arthritis Ireland.
1 Clanwilliam Square Grand Canal Quay Dublin 2 Tel: (01) 661 8188 Locall: 1890 252 846	Arthritis Foundation of Ireland Website Email Facebook Twitter

Friedreich's Ataxia	Ataxia Foundation Ireland informs members of all aspects of genetic ataxias and developments in relation to the disorder. They also provide advice and material help (whenever possible and feasible) so that those with a genetic ataxia can live as fulfilling a life as possible.
Ataxia Foundation Ireland Gorteen Inch Gorey Co. Wexford Tel: (087) 361 6616	Ataxia Foundation Ireland Website Email Facebook Twitter

Hard of Hearing/Deaf	The Irish Deaf Society seeks to achieve and promote the Equality and Rights of Deaf people in Ireland.
Irish Deaf Society Deaf Village Ireland Ratoath Road Cabra Dublin 7 Tel: (01) 860 1878 Text: 086 380 7033	Irish Deaf Society Website Email Facebook Twitter Skype

Head Injuries	A not-for-profit organisation founded as a support group by families and interested professionals to address the needs of people with brain injuries and their carers and families.
Headway Ireland Blackhall Green Off Blackhall Place Dublin 7 Tel: (01) 604 0800 Brain Injury & Support Helpline: 1890 200 278	Other Centres Addresses Headway Ireland Website Email Facebook Twitter

Haemophilia	Irish Haemophilia Society represents the interests of people with haemophilia, von Willebrand's disease and other inherited bleeding disorders. It is always vital to carry your 'Severe Bleeding Disorder Alert Card'.
Irish Haemophilia Society First Floor, Cathedral Court New Street Dublin 8 D08 VH64 Tel: (01) 657 9900	Irish Haemophilia Society Website Email Facebook Twitter

Heart Disease	Irish Heart is a voluntary organisation in Ireland working to reduce premature death and disability from heart disease and stroke through promoting awareness of the risk factors for heart disease and a healthier lifestyle.
Irish Heart Foundation 17-19 Rathmines Road Lower Dublin D06 C780 Tel: (01) 668 5001 Fax: (01) 6685896	Freephone Nurse Helpline: 1800 25 25 50 Monday-Friday 9.00am –5.00pm Thursday 9.00am – 7.00pm Irish Heart Foundation Website Carers Services General Email Nurse Support Email Facebook Twitter
HIV/Hepatitis/STI	HIV Ireland's mission is to improve conditions for people living with HIV and AIDS, their families and their caregivers, while actively promoting HIV and sexual health awareness in the general population.
HIV Ireland 70 Eccles Street Dublin 7 Tel: (01) 873 3799	Monday to Thursday: 9.00am – 5.00pm Friday: 9.00am – 4.30pm HIV Ireland Website Email Facebook Twitter
Irish Hospice Foundation	The Irish Hospice Foundation is the national charity dedicated to death, dying and bereavement in Ireland. Services provided include hospice home care for children, nurses for night care, education and training and advocacy.
Morrison Chambers (Floor 4) 32 Nassau Street Dublin 2 D02 YE06 Tel: (01) 679 3188	Irish Hospice Website Email Facebook Twitter
Huntington's Disease	Huntington's Disease Association of Ireland can support those living with the disease, are at risk or caring for a loved one to access the health and social services you need.
Huntington's Disease Association of Ireland Carmichael Centre North Brunswick Street Dublin 7 Tel: (01) 872 1303	Huntington's Disease Association of Ireland Website Email Facebook Twitter

Intellectual Disability	Inclusion Ireland campaigns for changes in services and legislation that will improve the quality of life and participation of people with an intellectual disability in Irish Society.
Inclusion Ireland Unit 2 The Steelworks Foley Street Dublin 1 Tel: (01) 855 9891	Inclusion Ireland Website Email Facebook Twitter
Sunbeam House Services	Sunbeam House Services provides a range of supports to adults with intellectual disabilities who wish to live a self-directed and supported life.
Southern Cross House Southern Cross Business Park Wurzburg Road Bray Co. Wicklow Tel: (01) 286 8451	Sunbeam House Services Website Email Facebook Twitter
Kidney Disease	Irish Kidney Association is a charitable voluntary organisation that is dedicated to meeting the needs of renal patients and their families and carers, living with and affected by end stage renal disease.
Irish Kidney Association Donor House Block 43A Parkwest Dublin 12 D12 P5V6 Tel: (01) 620 5306 LoCall: 1890 543 639	Support Centre Tel: (01) 837 3952 Office Hours Only: 08.30 – 16.30 Irish Kidney Association Website Email Support Centre – Beaumont Hospital Facebook Twitter
Migraine	The aim of the Migraine Association of Ireland is to provide information and support along with creating awareness and encouraging research and treatment.
The Migraine Association of Ireland Unit 14, Block 15 Port Tunnel Business Park Clonsaugh Dublin 17 D17 WK24 Tel: (01) 894 1280/(01) 894 1281 Helpline: 1850 200 378	The Migraine Association of Ireland Website Email Facebook Twitter

Motor Neurone Disease (MND)	IMNDA provides home visits by their MND nurses, financial assistance towards home help and the supply of specialised equipment on loan. Along with funding research into the causes and treatments of MND.
Irish Motor Neurone Disease Association Unit 3, Ground Floor Marshalsea Court 22/23 Merchant's Quay Dublin 8 D08 C6XP Tel: (01) 8730422 Helpline: 1800 403 403	Irish Motor Neurone Disease Website General Enquiry Email Client Services & Support Email Facebook Twitter
Multiple Sclerosis (MS)	MS Ireland aim is to facilitate people with MS to control their lives and environment, to live with dignity and participate in the community along with provide support to those with MS with their family and carers.
Multiple Sclerosis Ireland National Office 80 Northumberland Road Dublin 4 Tel: (01) 678 1600 Helpline: 1850 233 233	Multiple Sclerosis Ireland Website Email Facebook Twitter
Muscular Dystrophy	The aim of MDI is to provide information and support to people with the condition and their families through a range of support services. MDI promotes independent living and acts as an advocate for services to fully participate in society.
75 Lucan Road Chapelizod Dublin 20 D20 DR77 Tel: (01) 623 6414	Muscular Dystrophy Website Email Facebook Twitter

Myalgia Encephalomyelitis (ME)	IMET was established to provide information and a counselling service to those affected with ME as well as targeting individual problems on behalf of sufferers.
Irish ME Trust Carmichael House North Brunswick Street Dublin 7 D07 RHA8 Tel: (01) 4013629 LoCall: 1890 200 912	Irish ME Trust Website Email Facebook

OCD	The OCD Clinic® is Ireland's only clinic solely dedicated to Obsessive Compulsive Disorder in all its forms. The OCD Clinic's primary aim is to provide the most effective, brief and efficient treatment for all forms of Obsessive-Compulsive Disorder.
The OCD Clinic 13 South Leinster Street Dublin 2 Tel: (01) 6618562	The OCD Clinic Website Email Facebook Twitter

Paraplegia/Quadriplegia	Right at Home provides numerous care services to loved ones who have a spinal cord injury and need a wheelchair for daily living. Their carers can help someone adjust to a new living situation directly after a spinal cord injury. They can also continue to assist with any household and personal care tasks that are complicated by an injury.
Right at Home In Home Care & Assistance Patricia Lodge Main Street Blanchardstown Dublin 15 Tel: (01) 495 4030	Right at Home Website Email

Irish Wheelchair Association	The Irish Wheelchair Association provides a range of services to people with limited mobility throughout the country.
National Headquarters Áras Chuchulainn Blackheath Drive Clontarf Dublin 3 Tel: (01) 8186400	Full list of IWA locations Irish Wheelchair Association Website Email Facebook Twitter

Parkinson's	A range of information is provided by the Parkinson's Association on the various forms and aspects of Parkinson's and services that might assist persons who are sufferers.
Parkinson's Association of Ireland Carmichael House Brunswick Street Dublin 7 Tel: (01) 872 2234 Freephone: 1800 359 359	Nationwide branches of the organisation Parkinson's Association of Ireland Website Email Facebook Twitter
Phobias	Advice is provided on the symptoms, causes, treatments and self-help relating to phobias.
	HSE re Phobias Website Mentalhealth Website Email Facebook Twitter
Polio	PPSG works to maintain the independence and dignity of Polio Survivors, by supporting them at work, home etc. The core objectives of Polio Survivors Ireland are to create awareness and provide information on the needs of Polio Survivors.
Polio Survivors Ireland Unit 319 Capel Building Mary's Abbey Dublin 7 Tel: (01) 889 8920	Polio Survivors Website Email Facebook Twitter
Schizophrenia & Psychosis – Mental Ill Health	Shine empowers people with mental ill health and their families through support, information and education. Shine also advocates for social change, promoting and defending the right to equal rights and quality services.
Shine – Supporting People Affected by Mental Health Block B Maynooth Business Campus Maynooth Co. Kildare W23 W5X7 Tel: (01) 541 3715	List of Regional Shine Services Shine Website Email Facebook Twitter

Spinal Injuries	Engages with people who have spinal cord injuries and their families to break down barriers in order for those to fully participate in society and have access to all the necessary supports and services to live a fulfilled life.
Spinal Injuries Ireland G3 The Pottery Bakers Point Pottery Road Dun Laoghaire Co. Dublin Tel: (01) 6532180	Spinal Injuries Ireland Website Email Facebook Twitter
Speech Difficulties - Stammering	ISA is a charitable organisation providing information and support to people who stammer in Ireland. They provide support groups, training programmes and employment support clinics.
Irish Stammering Association Carmichael Centre North Brunswick Street Dublin 7 Tel: (01) 872 4405	Irish Stammering Association Website Email Facebook Twitter
The McGuire Programme Beyond Stuttering	A holistic and multi-faceted programme developed and run by people who have stuttered.
	The McGuire Programme Beyond Stuttering Website
Spina Bifida & Hydrocephalus	SBHI provide information, support and advice to everyone living with spina bifida and/or hydrocephalus. SBHI also work hard towards lobbying the government to improve services and all necessary access for everyone living with disabilities.
National Resource Centre Old Nangor Road Clondalkin Dublin 22 D22 W5C1 Tel: (01) 457 2329	Spina Bifida & Hydrocephalus Website Email Facebook Twitter
Stroke	The Irish Heart Foundation is helping to develop Stroke Support Groups all over Ireland providing a place for people affected by stroke to come together on regular basis and to share experiences and discuss problems.
Volunteer Stroke Scheme C/O Irish Heart Foundation 17-19 Rathmines Road Lower Dublin 6 D06 C780 Tel: (01) 6685001	Volunteer Stroke Scheme Website Email Facebook Twitter

Visual Impairment (Blind)	Fighting Blindness works towards finding a cure by funding research into treatments while providing counselling and support services for those who are blind, partially blind or losing their sight and their families.
Fighting Blindness 3rd Floor 7 Ely Place Dublin 2 D02 TW98 Tel: (01) 678 9004	Fighting Blindness Counselling Service Email Fighting Blindness Website Email Facebook Twitter

Mental Health Supports

Dublin Simon Community	An initiative for homeless suicide prevention
Helplink Mental Health	A mental health charity providing accessible counselling services locally, nationally and internationally.
1st Floor, The Plaza Headford Road Galway Co. Galway Tel: (091) 759887	Helplink Mental Health Website Email Twitter
The Irish Advocacy Network	This network is led by people with personal experience of mental health difficulties. They promote recovery by offering advocacy, information and support.
First Floor The Tannery Building 53-56 Cork Street Dublin 8 Tel: (01) 872 8684	The Irish Advocacy Network Website Email
Jigsaw	Jigsaw provides a service for young people who experience mental health issues. They operate Youth Advisory Panels who volunteer to help make a difference to young people's mental health across Ireland and offer a range of workshops to give people the skills and confidence to support youth mental health in their community.
16 Westland Square Pearse Street Dublin 2 D02 V590 Tel: (01) 472 7010 Support line: 1800 544 729	Jigsaw Website Email Facebook Twitter
Mental Health Commission	The Commission was established in 2002 as an independent body whose functions are set out in the Mental Health Act 2001. They provide many resources for the public and for health professionals.
Waterloo Exchange Waterloo Road Dublin 4 D04 ESW7 Tel: (01) 636 2400	Mental Health Commission Website

Mental Health Ireland	Mental Health Ireland is a voluntary organisation whose goal is to promote positive mental health and wellbeing to all individuals and communities in Ireland. Their mission is to support people who experience mental health difficulties on their journey of recovery.
1 – 4 Adelaide Road Glasthule Co. Dublin A96 D7W7 Tel: (01) 284 1166	Monday to Friday 09.00 – 17.00 Mental Health Ireland Website Email Facebook Twitter
MyMind	MyMind provides fast and easy access to counselling and psychotherapy face to face and online.
137 Rathmines Road Lower Dublin 6 D06 V3Y8 Tel: (076) 680 1060	Other MyMind locations MyMind Website Email Facebook Twitter
National Office For Suicide Prevention	The HSE National Office for Suicide Prevention (NOSP) was established to strategically lead on suicide prevention across the HSE and in collaboration with multiple sectors. The site provides many resources to assist with suicide prevention in Ireland.
	NOSP Website Email Facebook Twitter
Pieta	Pieta provides free counselling to those with suicidal ideation, those engaging in self-harm, and those bereaved by suicide.
Pieta Head Office Pieta Dublin First Floor Greenhills Retail Park Greenhills Road Tallaght Dublin 24 D24 RH59 Call Free on 1800 247 247 Text HELP to 51444	Nationwide Pieta Centres Pieta Website Facebook Twitter

Samaritans	The Samaritans are available day or night for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.
4-5 Usher's Court Usher's Quay Dublin 8 Tel: (01) 6710071 Helpline: 116 123	Samaritans Website Email Facebook Twitter
Spunout.ie	Articles relating to handling feelings of loneliness online Article on how to look after your mental health.
Suicide or Survive	Suicide or Survive (SOS) is a nationwide Irish charity focused on breaking down the stigma associated with mental health issues and ensuring that those affected have access to quality recovery services that are right for the individual.
Stonebridge House Stonebridge Close Shankill Co. Dublin Tel: 1890 577 577	SOS Website Email Facebook Twitter
Text About It 50808	A free 24/7 text service, providing everything from a calming chat to immediate support for people going through a mental health or emotional crisis - big or small. People can text HELLO to 50808 to start a conversation, any time - day or night.
	Free-Text 50808 Text About It 50808 Website
Turn2Me	Turn2Me provides a three-tiered approach to supporting mental well-being – self-help, support groups and professional support. Online services include counselling and support groups, and all are available to young people from age 12.
Wework Iveagh Court Harcourt Street Dublin 2	Turn2Me Website Email Facebook Twitter
Your Mental Health	This service provides advice on mental health issues and coping with difficult situations.
HSE Live Callsave: 1800 111 888	HSE Live Website Facebook Twitter

Family Carer and Seniors Supports

Family Carers Ireland	Family Carers Ireland is the national charity supporting Irelands 355,000+ family carers who provide care to a family member, loved one or friend with an illness or disability.
National Office Market Square Tullamore Co. Offaly Tel: 1800 240 724	Regional resource contact addresses Family Carers Ireland Website Email Facebook Twitter
HSE Carers Supports	The HSE provides health services directly and also funds voluntary organisations to provide supports and services to individuals and their Carers. Your local Primary Care Team is an invaluable source of information, advice and practical help to support you in your caring role.
Carer's Emergency Card	HSE Carers Supports Website Facebook Twitter
Young Carers	Support is provided for young carers in dealing with the stress of being a young carer through counselling, home support and tips and advice for balancing school and college with a caring role.
Market Square Tullamore Co. Offaly Tel: 1800 240 724	Young Carers Website Facebook Twitter
Care Alliance Ireland	Support is provided to their member organisations in their direct work with Family Carers through the provision of information, developing research and policy, sharing resources, and instigating opportunities for collaboration.
Coleraine House Coleraine Street Dublin 7 D07 E8XF Tel: (01) 874 7776	Care Alliance Ireland Website Email Twitter

Family Carer Training	Information is available on training for family carers and for carer organisations. Their website includes a series of links and information about key resources useful to family carers.
Coleraine House Coleraine Street Dublin 7 D07 E8XF Tel: (01) 874 7776	Family Carer Training Website Email Facebook Twitter

Seniorline	Seniorline is a national confidential listening service for older people.
Third Age Summerhill Co Meath Tel: (046) 955 7766 Freephone 1800 804591	Lines are open from 10am to 10pm 365 days a year Seniorline Website Email Facebook Twitter

Assistive Technology

The organisations identified in this section can offer advice and/or solutions to people with disabilities on available equipment and possible adaptations.

Assistive Technology for Educators	Provides training in how to better use assistive technology to support students with additional learning needs as a teacher, special needs assistant or educator.
Urability Contactable by email or Facebook	Urability Website Email Facebook
AT HIVE	A guide through various technologies that can help people with disabilities in many different ways.
See entry for AHEAD	AT HIVE Website
Central Remedial Clinic (CRC)	Provides a wide range of services and support for people with disabilities from babies to adults. The CRC also supports their parents, families and carers.
Client Technical Services Penny Ansley Building Vernon Avenue Clontarf Dublin 3 Tel: +353 (01) 854 2200 CRC Waterford: (051) 301050 CRC Limerick: (061) 309144	CRC Website Email Facebook Twitter
Chime	Formally DeafHear Chime is the National Charity for Deafness and Hearing Loss. They offer a hearing loss information line, parents and peers information sessions and access to the latest in smart and assistive technologies.
35 North Frederick Street Dublin 1 Tel: (01) 8175700 Tel: 1800 256 257	Chime Website Email Facebook Twitter
C-Pen Reader	The C-Pen Reader is a scanning pen that displays a word definition and reads text aloud to support dyslexic children and adults with reading difficulties.
	C-Pen Reader Website
Digital Promise	Accelerating Innovation in Education
	This site provides a list of special education resources and edtech products to support learners with disabilities in a distance learning context.

Dragon Assistive Technology	Dragon enables users to work on their computer without relying on a keyboard or mouse. You will need to train Dragon to recognise your voice, and most people who can operate a keyboard and mouse use it just for imputing text. You'll teach it your voice via a headset and off it goes.
	Range of products for individuals or teachers.

Dyslexia – iDyslexic	iDyslexic has developed a new social app for those living and working with Dyslexia and ADHD available from the Apple App Store or Google Play.
	iDyslexic Website Email Facebook Twitter

Enable Ireland	Provides information on the use of assistive technology and its uses as well as offering training in this field.
National Assistive Technology Training Centre Enable Ireland Sandymount Avenue Sandymount Dublin 4 Tel: +353 (01) 2184100 Regional Assistive Technology Dept Enable Ireland Seamus Quirke Road Galway H91 E8P4 Tel: (091) 545800	Enable Ireland Assistive Technology Website Email Facebook Twitter

Ginger Software	Ginger makes sure everything you write is mistake free on Gmail, Facebook, Twitter, LinkedIn, MS-Office and everywhere you write.
	Ginger Software Website

Information Technology Tips	<ul style="list-style-type: none"> • Tips about various Microsoft services and software for online learning • A guide to built in accessibility tools with Chromebooks and G Suite for Education • Immersive Reader is a free text to speech tool available in Microsoft Office 365 apps such as Word, OneNote, Teams and MS Edge (please open in Google Chrome)
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Livescribe	Livescribe pens are equipped with an IR camera that that's up to 72 snapshots per second, which captures and recreates your handwriting.
Dot Paper	Livescribe notebooks use regular paper printed with a unique pattern of tiny micro-dots. This pattern is called DPS and works like a GPS for the smartpen. The smartpen's highspeed infrared camera reads the dotpattern, which enables a wide range of digital functionalities and paper-based applications.
Livescribe+	An app that works on all devices. Sync your Livescribe smartpen to our app and keep all your notes where you need them most. Transform your handwritten notes to text and search through them, effortlessly. Store your notes on your favourite cloud service and use Pencast to sync audio to your notes. LiveScribe Website

Making Communication Accessible for All	A useful guide to providing inclusive communication to various groups of persons with a disability.
Produced by Health and Social Care as part of the Regional Physical and Sensory Disability Strategy	PDF document produced by HSE

The National Council for the Blind Ireland (NCBI)	Provides information, advice and support from a nationwide network of rehabilitation, mobility and community resource workers as well as trainers in the use of adaptive technology.
Technology Department Whitworth Road Drumcondra Dublin 9 Tel: +353 (01) 830 7033 Fax: +353 (01) 830 7787	NCBI Shop of Aids & Appliances: Tel: (01) 830 7033 National Helpline Number: 1850 334 353 National Technical Support Number: 1850 923 060 or (01) 5312975 NCBI Website Email Facebook Twitter

Read & Write (for Windows)	The Texthelp Read and Write DSA Gold for Windows licence supports people with dyslexia and those who need help with reading, writing and spelling.
	Read and Write for Windows Website

Roger Touchscreen Mic	It wirelessly transmits a speaker's voice directly to the listener, offering speech-in-noise improvements of up to 35% over Dynamic FM and an impressive 54% over other FM systems.
	Roger Touchscreen Mic Website

Further Education Training Programmes

SOLAS	SOLAS is the State agency tasked with building a world class Further Education and Training (FET) sector to fuel Ireland's future. Information is provided on FET programmes including Apprenticeships and Construction programmes. SOLAS also provides research on skills shortages and regional profiles.
Block 1 Castleforbes House Castleforbes Road Dublin 1 D01 A8N0 Tel: (01) 533 2500	SOLAS Website Email Safepass, CSCS or QSCS Email Twitter
FETCH	Further Education and Training Course Hub (FETCH) provides information on full-time, part-time, online and evening training programmes nationwide. Information is also available on grants and allowances and adult education guidance services.
	FETCH Website

Further Education Learner Supports

ETBI	ETBI is the national representative body for Ireland's sixteen ETB's who were established in 2013 to provide education and training provision in communities throughout Ireland.
Piper's Hill Kilcullen Road Naas Co. Kildare Tel: (045) 901070	ETBI Website Email Facebook Twitter

Links to various services are below	
ETBI FET Digital Library	FET Digital Library link
Career Information	Career Information link Further Career Information links
Writing a CV/Cover Letter	Writing a CV link Writing a Cover Letter link
Application Forms	Assistance with Completing Application Forms link
Interview Assistance/ Soft Skills	Interview Assistance link What are Soft Skills link
Social Media and Job Seeking	Social Media Tips link
Study Skills	Study Skills link
Writing Skills	Writing Skills link
Information Sources - Assignments	Sources of Information Tips link
Academic Writing Handbook for Learners	Academic Writing Handbook for Learners link
Study and Learning Handbook	Study and Learning Handbook for Learners link
Referencing Handbook	Referencing Handbook for Learners link

Other Relevant Free Services

#Giveback Directory	A link to a list of products and services that have been made free for the duration of the COVID-19 pandemic Categories: Education, Business Resources, Health and Wellbeing, Sports, Entertainment, Music, Technology
Professional Development Service for Teachers	A link to a selection of video tutorials from the PDST Digital Technologies team showing a range of online tools which can be used to support teaching, learning and assessment
In This Together Campaign	Lots of advice and tips on how you can look after your mental wellbeing, stay active and stay connected
Digital Wellbeing of Learners	Link to Digital Wellbeing of Learners Guide
Connect Counselling	Connect is a free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood.
Tel: 1800 477 477	Connect Counselling Website
MABS	MABS is the State's money advice service, guiding people through dealing with problem debt for more than 25 years.
MABS Helpline: 0761 07 2000	MABS Website Find Your Local MABS office
Threshold	Threshold's aim is to secure a right to housing, particularly for households experiencing the problems of poverty and exclusion.
21 Stoneybatter Dublin 7 D07 KV61 Tel: 1800 454 454	Threshold Website Facebook Twitter

SOLAS

An tSeirbhis Oideachais Leanúnaigh agus Scileanna
Further Education and Training Authority
Block 1, Castleforbes House, Castleforbes Road,
Dublin D01 A8N0

+ 353 (0) 1 533 2500 / www.solas.ie / info@solas.ie