

# LIST OF SERVICES

## 1 ST JAMES'S HOSPITAL GUIDE CLINIC,

Please go online to book an appointment

## 2 MERCHANTS QUAY - food showers medical aid, Dentists, Mental Health Referrals and counselling services.

13-14 Merchant's Quay, The Liberties, Dublin, D08 KT61 (01) 524 0160

## 3 WELL WOMAN CLINIC - Sexual Health

info@wellwomancentre.ie / (01) 872 8051

## 4 SOAL PROJECT - Drug addiction & recovery

58 Amiens St, Mountjoy, Dublin, D01 K253: (01) 855 3391 Addiction support for women

## 5 COMMUNITY RESPONSE - Alcohol and Liver Health Service,

14 Carman's Court, Carman's Hall, Dublin 8, Ireland (01) 4549772

## 6 ICON INNER CITY ORGANISATIONS NETWORK,

22 Lower Buckingham Street, Dublin 1, D01 N6V0(01) 8366890

## 7 RUHAMA - Support for sex workers

4 Castle Street, Dublin 2, D02 EY44. (+353) 01 836 0292

## 8 JANE'S PLACE - Female-only wellbeing

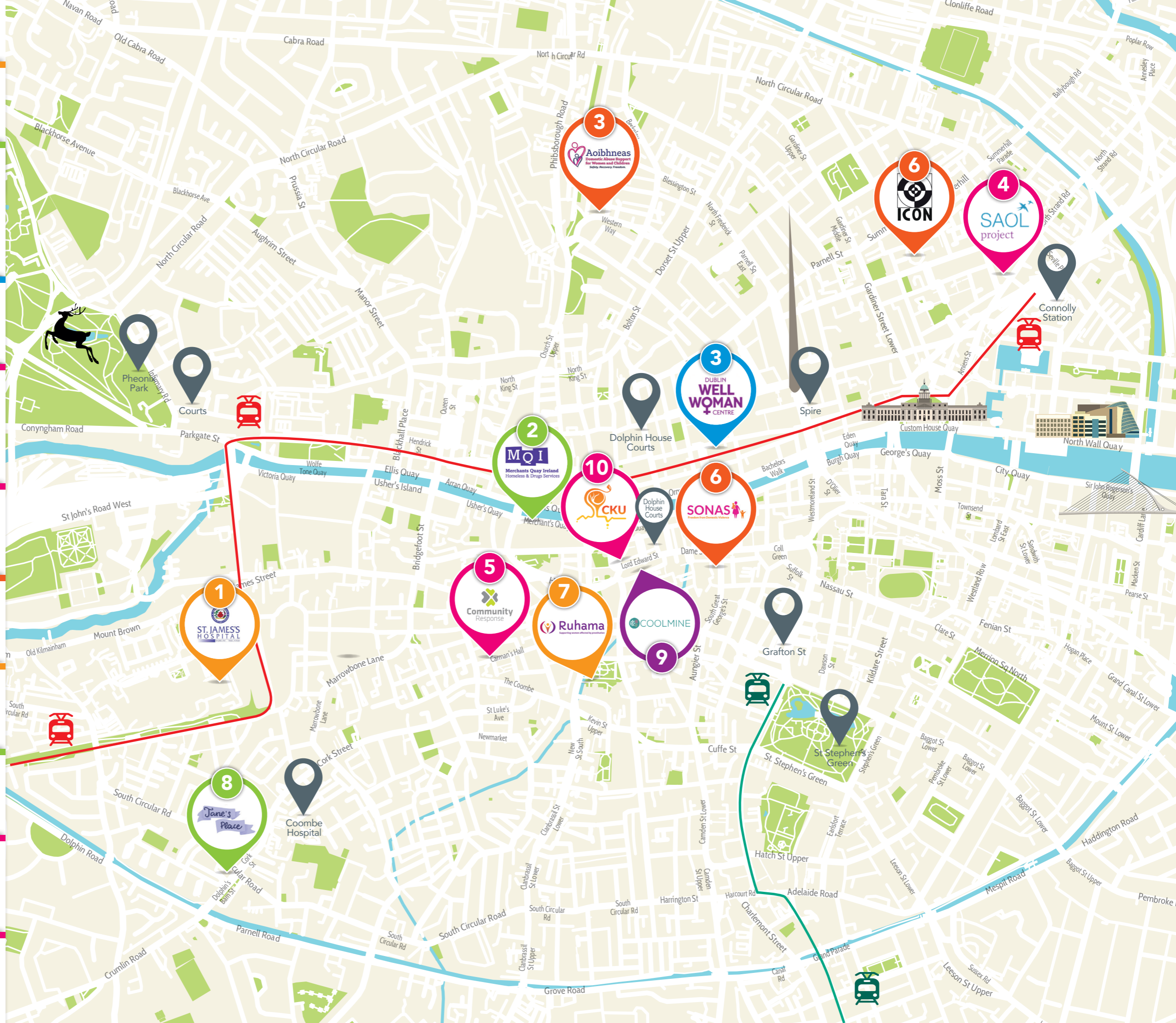
7A Dolphins Barn, Dublin 8: 086 1078382 / 0861078384

## 9 COOLMINE THERAPEUTIC COMMUNITY,

10.00 am - 18.00pm:19 Lord Edward Street 01) 679 4822

## 10 CKU COUNSELLING:

19 Lord Edward Street, Dublin 2 Dublin City Dublin 086 086 1018





Ruhama, Comprehensive support women impacted by prostitution and sex trafficking: 4 Castle Street, Dublin 2, D02 EY44, a 01 836 0292

Women SMART Recovery: 0857650020

Women Recovery Group: STAR Ballyfermot 7 Drumfinn Park, Drumfinn, Dublin 10, D10 FP66 0876549437

Simon community Women group Carmelite Center, Angier St, D2

#### LEGAL AND TRANSLATION SERVICES

Crosscare Migrant Project: 2 St Mary's Place North, Dublin 7, D07 Y768 (01) 873 2844

FLAC - Free legal advice: 85/86 Dorset Street Upper, Dublin 1, Ireland, D01 P9Y3

Legal information lines: +353 1 906 10 10 | Administration/Policy (01) 8873600

Migrant service & has a Roma translator:

Cairde - Cairde is a community development organisation working to tackle health inequalities among ethnic minority communities: 19 Belvedere Pl, Mountjoy, Dublin 1, D01 X2E4 - (01) 855 2111

Crosscare Information and Advocacy Services, refugees, asylum seekers, and migrants who need help with social welfare payments, housing, and homelessness. Crosscare, 1 Cathedral Street, Dublin 1. Tel: (01) 873 2844

Pavee Point - Traveller Services: 46 Charles Street Great, Dublin D01XC63. (01) 8780255

#### HOUSING

Mercy Law resource centre - Free legal aid for people experiencing homelessness or at risk of homelessness. 25 Cork St, The Liberties, Dublin 8, D08 YD91- (01) 453 7459

Threshold - Threshold is an organisation in Ireland Advocating for the prevention of homelessness. - 21 Stoneybatter, Dublin 7, D07 KV61- 1800 454 45

Central Placement Service, Monday to Friday. Emergency accommodation: Parkgate Hall, 6-9 Conyngham Road, Dublin 8 f, 10.00 am to 4.00 pm

Dublin City Council Homeless Freephone: 1800 707 707

Homeless person Unit for women and families and new communities, Community Welfare Service, Department of Social Protection, North Cumberland Street, Dublin 1. Walk-in service: Monday to Friday, 9:30 am to 12 pm, or phone 1800 724 724 for an appointment.

NOVAS Housing out of hours number 1800 606060

#### FAMILY SUPPORT AND CHILDCARE NEEDS

One Family Counselling: 8 Coke Ln, Smithfield, Dublin 7, D07 EN2Y low-cost helpline 0818 662212

Cuidiú support for parents: Carmichael House, Brunswick St N, Dublin, (01) 872 4501

Treoir, National Federation of Services for Unmarried Parents and their Children: 28 N Great George's St, Rotunda, Dublin, 1 (01) 670 0120

#### EMPLOYMENT SUPPORT

Work Equal: Smithfield 089 220 2015

Loughlinstown Training, Training and apprenticeships: Centre Wyattville Road Loughlinstown Dún Laoghaire Co. Dublin A96 YC66 +353 (0)1 2043600

HSE-Soilse Drug-free education programme: 6-7 North Federick Street, Dublin 1 Tel: (01) 872 4535

New Directions - Day services for adults with disabilities Day Service referrals can be made to the local HSE disability day service office

CDETB Finglas Training Centre, Day Courses: Poppintree Industrial Estate, Jamestown Road, Finglas, Dublin 11, D11KW18, (01) 8140200

#### HEALTH /MENTAL HEALTH AND SELF-CARE

Aware Freephone: 10 am-10 pm, 1800 80 48 48

Bodywhys Helpline, eating disorder support: 1890 200 444

Belongto 24/7 Anonymous Text Support, Text LGBTI+ to 086 1800 280

Dublin Rape Crisis Centre: 70 Leeson Street Lower, Dublin 2, D02 VV13 Freephone: 1800 77 8888

Oasis Counselling Service: (01) 836 4524

Women's Health Service/Anti-Human Trafficking Team Thursdays 2 pm to 4 pm: The Meath Primary Care Centre 1-9 Heytesbury Street Dublin 8 01 795 8280

HSE HIV and Sexual Health Helpline: (Monday to Friday between 9:30 am and 5:30 pm) 1800 459 459

Rotunda hospital sexual assault unit: 01-817 1736 /01-817 170

Peter McVerry Berkeley Street Homeless Addiction Services Food & showers, 12 Berkeley St, Phibsborough, Dublin 7, D07 PV4Y (01) 658 4721

Prieta House Dublin, Greenhills Retail Park, Greenhills Road, Tallaght, Dublin 24, D24 RH59 Freephone: 1800 247 247 24-hour confidential support, 01 458 5490

Saoirse Domestic Violence Services 24-hour Helpline: 01-4630000

Summer Hill Medical Centre Summerhill, Mountjoy, Dublin: 1 (01) 876 5200

Sure, Steps Counselling: Freephone 1800 844 600

Samaritans 24-hour confidential support: 4/5 Usher's Court, Usher's Quay, Dublin 8 Freephone: 116 123,

Shine, Confidential mental health support: 01 860 1610,

The Granby Medical Centre: Parnell Street, Rotunda, Dublin 1, D01 XD35 (01) 872 5513

Women's Aid, Domestic violence support: 5 Wilton Place Dublin 2 D02 RR27 Freephone: 1800 341 900

Your Mental Health Info Freephone, support through the HSE: 1800 111 888  
Free Postal S.T.I kits <https://sh24.ie/>

#### FOOD AND NOURISHMENT

Black Church Thomas Street van /delivery of food

Capuchin Day Centre / Brother Kevin's food, showers, medical aid : (01) 8733301 (01) 872 0770

Focus Ireland Coffee Shop food provision: 14A Eustace St, Temple Bar Co. Dublin D02 R594 (01) 671 2555

Sister Alice Leahy Laundry & personal poverty service, clothes laundry & personal hygiene products, baby products: Bride Road, Dublin 01 454 3799

The Lighthouse 28 Pearse St, food services: Dublin, D02 NA48 (01) 675 3570

The Little Flower. Hot food: 11 Meath Street, Dublin 8. D08 AC91 (01) 453 6621

PCI College Corrig House, Low-Cost Counselling: Old Naas Road, Clondalkin, Dublin 22 +353 (0) 1 464 2268

Mendicity, Food, showers, laundry, key working: 9 Island St, Usher's Island, Dublin (01) 677 3308

#### TREATMENT AND SUPPORT

Chrysalis Community Drug Project: 33 Manor Street Dublin 7 D07 WA46, (01) 8823362

Casadh Rehabilitation & Training: 45 Crumlin Rd, Crumlin, Dublin (01) 454 8419

Crosscare Women's Group supports: 086-065 6618, Phone: 01-873 2844

Finglas Addiction Support Team - FAST Abigail Women's Centre 2a Wellmount Rd, Finglas West, Dublin 11, D11 WC89 (01) 811 0595

RADE (Addiction Recovery Through Arts and Drama Education): OLV Building, Cathedral View Ct, New St S, Dublin 8, D08 PW8Y (01) 454 8733

Tiglin Women's Pre-Entry group, Tiglin at the Lighthouse in Pearse Street. 01 675 3570

Are you looking for a safe place to meet and chat, need information on your health and wellbeing, or services specific to women here is a list we put together of services in Dublin that we think may help you.

This leaflet was designed by the women accessing Jane's place to help other women.

Maya Angelou

*"Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women."*

086 1078382 / 0861078384

7A Dolphins Barrn

Dublin 8

Female-only wellbeing

Jane's Place



Warner  
Helping  
warner

Women's sense of self-worth; their right to have and to determine choices; their right to have access to opportunities and resources; their right to have the power to control their own lives, both within and outside the home; and their ability to influence the direction of social change to create a more just social and economic order, nationally and internationally.

**The definition of Women's empowerment by the United Nations has five components:**

