

Supports Guide for Young People

Directory of Services and Supports

(Updated on 12/09/2023)

Organisation	Information	Contact Details
Apprenticeship	Provides support and information on applying for Apprenticeships as well as current Job opportunities.	www.apprenticeship.ie
Aware	Provides support and guidance on depression, bipolar disorder, anxiety or other mood related conditions.	www.aware.ie
Barnardos	Provides family support services on issues such as bereavement and parental separation.	www.barnardos.ie/our-services/work-with-families
BeLong To Youth Services	National organisation supporting Young LGBTI+.	www.belongto.org
CAO	Processes applications for undergraduate courses in Irish Higher Education Institutions (HEIs).	www.cao.ie
Citizens Information	Provides free impartial information and advice on areas such as social welfare and housing.	www.citizensinformation.ie

City or County Childcare Committee	City/County Childcare Committees support and assist families with childcare matters at local county level.	www.myccc.ie
Cope Galway	Provides a range of services to some of the most vulnerable and isolated people in Galway. This includes homeless services for individuals and families as well as domestic abuse service for women.	www.copegalway.ie
Crosscare	Supports people who are homeless or struggling to find accommodation and who may have complex needs.	www.crosscare.ie
CYPSC	Support inter-agency co-ordination and collaboration to help achieve the best outcomes for all children and young people in their area. CYPSC online provides a list of services that can help families and young people in their area.	www.cypsc.ie

Daft	Daft is an online platform for property listings in Ireland. It includes a variety of property types, including apartments and houses that are available to rent in Ireland.	www.daft.ie
DePaul	Provides low threshold, specialist services for those experiencing homelessness.	https://ie.depaulcharity.org/
Drugs.ie	Provides a comprehensive range of information and supports related to substance use. It also provides a national directory of drugs and alcohol services.	www.drugs.ie
eCollege	eCollege offers a range of training courses online in a variety of subjects.	www.ecollege.ie
EPIC	EPIC supports young adults in the care system and adults that were previously in the care system by advocating on their behalf, providing information and advice, providing opportunities for participation and influencing through regional and national councils and developing policies	www.epiconline.ie

	on and conducting research into issues affecting young adults in the care system.	
Family Resource Centres	<p>Provide support services in each county in Ireland. These services include information, advice and support services, childcare facilities, and after-school clubs as well as counselling and family support services</p>	www.familyresource.ie
Focus Ireland	Works with people who are homeless or at risk of losing their homes across Ireland.	www.focusireland.ie
Foróige	Foróige is a youth development organisation. It provides a comprehensive range of youth work, enabling communities to respond effectively to the needs of the young people in the area for example assisting with training programmes for early school leavers.	www.foroige.ie
Gambling Anonymous	A support group to help people who have a gambling addiction.	www.gamblersanonymous.ie

Health Service Executive	State body that manages all public health services in Ireland.	www.hse.ie
Inclusion Ireland	The national association for people with an intellectual disability.	www.inclusionireland.ie/
Irish Refugee Council	Provides services and support for people seeking protection and people recognised as refugees in Ireland.	www.irishrefugeecouncil.ie
Irish Traveller Movement	Represent the views of Travellers at a national and international level.	https://itmtrav.ie/
Jigsaw	Provides mental health advice and supports online and in person for young people aged 12 to 25 years old.	www.jigsaw.ie
Legal Aid Board	Provides civil legal aid (advice and representation) to persons unable to afford a solicitor. They also offer a family mediation service.	www.legalaidboard.ie
Money Advice and Budgeting Service (MABS)	A free and confidential service for people who are having problems with money management and debt.	www.mabs.ie
Medical Card	Provides financial support to cover the cost of healthcare.	www.mymedicalcard.ie/

Men's Aid	Empowering and supporting men and their families experiencing domestic violence.	www.mensaid.ie
Mental Health Ireland	Promotes and enhances mental health supports and services.	www.yourmentalhealth.ie
Mercy Law	Provides free legal advice and representation to people who are homeless or at risk of becoming homeless in the areas of social housing and social welfare law.	www.mercylaw.ie
Nasc Migrant and Refugees Rights	Provides free information on immigration law in Ireland.	www.nascireland.org
National Childcare Scheme (NCS)	The National Childcare Scheme (NCS) helps parents to meet childcare costs. The scheme provides 2 types of childcare subsidy as well as an additional sponsorship arrangement for families who are homeless.	www.ncs.gov.ie
National Youth Council of Ireland	Seeks to ensure that all young people are empowered to develop the skills and confidence to fully participate as active citizens in an inclusive society.	https://www.youth.ie/

NOVAS	A voluntary organisation working with single adults, families and children who are disadvantaged and socially excluded; primarily those who are homeless or at risk of being homeless.	www.novas.ie
One Family	Provides services to families including an information and support helpline, counselling, mediation, support for unplanned pregnancies and resources for people parenting children aged 0-5.	www.onefamily.ie
Peter McVerry Trust	Services to meet the growing needs of many young people experiencing homelessness.	https://pmvtrust.ie/
Rape Crisis Help	Provides information about the professional support and the choices available to survivors of sexual violence.	www.rapecrisishelp.ie Phone: 1800 778 888
Samaritans	Provides free confidential non-judgmental emotional support 24 hours a day.	www.samaritans.ie Phone: 116 123

Sexual Wellbeing	HSE funded services for patients in need of information and care relating to sexual health.	www.sexualwellbeing.ie
Society of St Vincent de Paul	Provides support, advice and friendship to people who experience poverty and disadvantage or are otherwise in need.	www.svp.ie
Springboard+	Springboard+ is a Government initiative offering free and heavily subsidised courses at certificate, degree, and masters level.	www.springboardcourses.ie/
Spunout	National Youth Organisation empowering young people to make change. It provides information on supports and services available to young people on areas relevant to them for example social welfare, education and employment.	www.spunout.ie
SUSI Grant	The main financial support scheme for students studying in Ireland and abroad	www.susi.ie

Teen Parent Support Program	Provides support, information and advocacy in all areas of a young parent's life.	www.tpsp.ie
The Simon Communities	Deliver support and services to individuals and families throughout Ireland who are homeless or are at risk of homelessness.	www.simon.ie
Threshold	Helps prevent homelessness by providing free expert advice to people in housing difficulty and campaigning for a fairer housing system.	www.threshold.ie
Treoir	Information on legal, social welfare and parenting issues for parents not married to each other.	www.treoir.ie
Tulsa	Support and advise on a wide range of topics for families.	www.tusla.ie/services/family-community-support/family-support
Women's Aid	Provides Information and support about DSGBV (domestic, sexual and gender-based violence) to women.	www.womensaid.ie