



Supports Guide for Young People

Directory of Services and Supports

(03/02/2024)

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All Supports

Housing Supports

Organisation	Description	Contact Details
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
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
DePaul	Provides low threshold, specialist services for those experiencing homelessness.	https://ie.depaulcharity.org/
Crosscare	Supports people who are homeless or struggling to find accommodation and who may have complex needs.	www.crosscare.ie
Focus Ireland	Works with people who are homeless or at risk of losing their homes across Ireland.	www.focusireland.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
Peter McVerry Trust	Services to meet the growing needs of many young people experiencing homelessness.	https://pmvtrust.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
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

Education

Organisation	Description	Contact Details
CAO	Processes applications for undergraduate courses in Irish Higher Education Institutions (HEIs).	www.cao.ie
eCollege	eCollege offers a range of training courses online in a variety of subjects.	www.ecollege.ie
Springboard+	Springboard+ is a government initiative offering free and heavily subsidised courses at certificate, degree, and master's level.	www.springboardcourses.ie/



SUSI Grant	The main financial support scheme for students studying in Ireland and abroad	www.susi.ie
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Employment

Organisation	Description	Contact Details
Apprenticeship	Provides support and information on applying for Apprenticeships as well as current Job opportunities.	www.apprenticeship.ie
Intreo	Intreo (the Public Employment Service) is a single point of contact for all employment and income supports and services.	www.gov.ie/en/directory/category/e1f4b5-intreo-offices/?referrer=https://www.gov.ie/en/service/40cf48-find-your-local-intreo-office/

Healthcare

Organisation	Description	Contact Information
Aware	Provides support and guidance on depression, bipolar disorder anxiety or other mood related conditions.	www.aware.ie
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
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
Jigsaw	Provides mental health advice and supports online and in person for young people aged 12 to 25 years old.	www.jigsaw.ie
Medical Card	Provides financial support to cover the cost of healthcare.	www.mymedicalcard.ie/
Mental Health Ireland	Promotes and enhances mental health supports and services.	www.yourmentalhealth.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

Family Supports

Organisation	Description	Contact Details
Barnardos	Provides family support services on issues such as bereavement and parental separation.	www.barnardos.ie/our-services/work-with-families
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	www.cypsc.ie



	help families and young people in their area.	
City or County Childcare Committee	City/County Childcare Committees support and assist families with childcare matters at local county level.	www.myccc.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 on and conducting research into issues affecting young adults in the care system.	www.epiconline.ie
Family Resource Centres	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	www.familyresource.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
Men's Aid	Empowering and supporting men and their families experiencing domestic violence.	www.mensaid.ie
National Childcare	The National Childcare Scheme (NCS) helps parents to meet	www.ncs.gov.ie



Scheme (NCS)	childcare costs. The scheme provides 2 types of childcare subsidy as well as an additional sponsorship arrangement for families who are homeless.	
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/
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
Teen Parent Support Program	Provides support, information and advocacy in all areas of a young parent's life.	www.tpssp.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

Additional Supports

Organization	Description	Contact Details
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Citizens Information	Provides free impartial information and advice on areas such as social welfare and housing.	www.citizensinformation.ie
BeLong to	BeLong To provides a national youth service, both online and in-person, for Lesbian Gay Bisexual and Transgender (LGBT) young people in Ireland.	www.belongto.org/
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/
LGBT Ireland	LGBT Ireland provides the National LGBT Helpline, Transgender Family Line, Online Chat Service, Telefriending and Peer Support Groups.	www.lgbt.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
Pavee Point	Pavee Point provides advocacy and support for Traveller and Roma people to bridge the economic and social inequalities experienced in Ireland by these groups.	www.paveepoint.ie/
The Switchboard	The Switchboard provide confidential and non-judgemental listening and support helplines 7 days per week to LGTI+ community.	www.theswitchboard.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
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