

Drug & Alcohol Services & Supports available in the Midwest Region 2021

National Drug & Alcohol Help-line ☎ 1800 459 459

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| <p>Drug & Alcohol services in the Midwest work collaboratively providing information, support & referral to individuals & family members.</p> <p>The supports are free (except residential services) & confidential</p> <p>Most services provide outreach across the Midwest, meaning you don't have to travel to Limerick for support.</p> <p><i>Please call & they will support you to connect with the service that is right for you.</i></p> | <p>Ana Liffey ☎ 085 1559158</p> <p>Bushypark ☎ 065 6840944</p> <p>CSMT ☎ 061 318904</p> <p>Coolmine ☎ 086 083 2550</p> <p>HSE ☎ 061 318633</p> <p>Novas ☎ 061 370325</p> <p>Saoirse ☎ 085 8184590</p> |
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Young Peoples Support

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| CSMT | Community Substance Misuse Team Early intervention service for young people & their families | Office ☎ 061 318904 |
| Clare Youth Service - DEPP | Drug Education & Prevention Project working with young people in CYS, Ennis | ☎ 065 6845350 |
| HSE Mid-West Drug & Alcohol Service | Services & Support for Young People aged 14yrs and upwards affected by alcohol or drug use | Limerick ☎ 061 318633 Clare ☎ 065 6865852 Nth Tipp ☎ 067 46512 |
| Youth Focused Counselling | Youth Focused Counselling Service based in Limerick Youth Service for young people age 14-25 yrs | ☎ 086 3895031 Limerick City & County |
| Drug Education Prevention Strategy (DEPS) | Drug Education & Prevention Projects activity across Limerick City working with 10 – 24yr olds | ☎ 087 7105362 |

Family Support

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| Bushypark Treatment Centre | Family Support Groups facilitated by an addiction counsellor | ☎ 065 6840944 |
| CSMT | Community Substance Misuse Team Early Intervention Service for young people & their families | Office ☎ 061 318904 |
| HSE Mid-West Drug & Alcohol Service | Support & information for concerned parents and others | Limerick ☎ 061 318633 Clare ☎ 065 6865852 Nth Tipp ☎ 067 46512 |
| Northstar | Non-judgemental confidential support for family members & friends affected by drug & alcohol misuse | ☎ 061 459260 Limerick City |
| Novas Respite House | Supporting individuals & families affected by the substance misuse of a loved one in a peaceful rural setting. | ☎ 061 624878 ☎ 083 3983806 |
| Saoirse | Family Support Programme | ☎ 085 8184590 |

Peer Support Groups for Family Members

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| 12-Step Peer Family | Al Anon, Nar Anon 12-step Programmes | www.al-anon-ireland.org |
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| Support | | www.nar-anon.org |
| SMART Recovery Family & Friends | Self-Management & Recovery Training using a 4-point programme | www.smartrecovery.ie |

Adult Treatment Services

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| Ana Liffey Drug Project Midwest – Low threshold outreach service for adults in the Midwest | ☎ 1800 786828 ☎ 085 1559158 |
| Bushypark Treatment Centre – Residential Treatment Centre - Outreach Poly Drugs Programme in Ennis and Limerick | ☎ 065 6840944 |
| Coolmine Therapeutic Community Primarily a female focused service, with separate support for males looking to enter Coolmine Lodge (Dublin) | ☎ 086 083 2550 |
| Cuan Mhuire Bruree Treatment Centre - Residential Treatment Centre | ☎ 063 90555 |
| HSE Mid-West Drug & Alcohol Service – Counselling, outreach support, opiate substitution programme, needle exchange | Limerick ☎ 061 318633 Clare ☎ 065 6865852 Nth Tipp ☎ 067 46512 |
| Merchants Quay Ireland – Limerick Prison based Counselling Service | ☎ 061 204 700 ext. 4182 |
| Novas Community Detox – Safer outpatient detox from benzo’s & methadone | ☎ 061 370325 ☎ 083 1232378 |
| Saoirse – Non-Residential Drug & Alcohol Addiction Counselling | ☎ 085 8184590 |

Peer Support Groups for people in Addiction

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| Alcoholics Anonymous (AA) Cocaine Anonymous (CA) Narcotics Anonymous (NA) | www.alcoholicsanonymous.ie www.caireland.info www.na-ireland.org |
| SMART Recovery - Self Management & Recovery Training | www.smartrecovery.ie |

Other Supports of Interest

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| Drug Related Intimidation Reporting Programme A national initiative between the Garda and the Family Support Network to address drug related intimidation | Ask for the Inspector nominated to this Programme in the following stations Limerick: ☎ 061 212 400 (Henry St.) Clare: ☎ 065 6848100 (Ennis) Nth Tipp: ☎ 050 425100 (Thurles) |
| Drug Related Litter – Contact Local Authority Limerick City & County Council Clare County Council Anti- Litter Hotline | ☎ 061-556000 Out of hours- ☎ 061-417833 ☎ 1800606706 |
| PALLS Community Employment Scheme – Drug Rehabilitation Scheme | ☎ 061-608182 |



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Useful websites www.drugs.ie; www.askaboutalcohol.ie; www.mwrdf.ie; www.hse.ie

Mid-West Regional Drugs & Alcohol Forum ☎ 061 607242



@MWRDAF