

## Drug & Alcohol Services & Supports available in the Midwest Region 2022

National Drug & Alcohol Help-line ☎ 1800 459 459

<p>Drug &amp; Alcohol services in the Midwest work collaboratively providing information, support &amp; referral to individuals &amp; family members.</p> <p>The supports are <b>free</b> (except residential services) &amp; <b>confidential</b></p> <p>Most services provide outreach across the Midwest, meaning you don't have to travel to Limerick for support.</p> <p><b>Please call &amp; they will support you to connect with the service that is right for you.</b></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

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

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

12-Step Peer Family Support	Al Anon, Nar Anon 12-step Programmes	<a href="http://www.al-anon-ireland.org">www.al-anon-ireland.org</a> <a href="http://www.nar-anon.org">www.nar-anon.org</a>
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SMART Recovery Family & Friends	Self-Management & Recovery Training using a 4-point programme	<a href="http://www.smartrecovery.ie">www.smartrecovery.ie</a>
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### **Adult Treatment Services**

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
Cocaine Initiative - Busypark Non-residential support for people using cocaine across the midwest	☎ 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
HSE CHO3 Integrated Alcohol Service Counselling, case management & key-working where alcohol is the primary issue using a harm reduction approach (incl. abstinence)	☎ 061 492016
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**

Alcoholics Anonymous (AA) Cocaine Anonymous (CA) Narcotics Anonymous (NA)	<a href="http://www.alcoholicsanonymous.ie">www.alcoholicsanonymous.ie</a> <a href="http://www.caireland.info">www.caireland.info</a> <a href="http://www.na-ireland.org">www.na-ireland.org</a>
SMART Recovery - Self Management & Recovery Training	<a href="http://www.smartrecovery.ie">www.smartrecovery.ie</a>

### **Other Supports of Interest**

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

**Useful websites** [www.drugs.ie](http://www.drugs.ie); [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie); [www.mwrdf.ie](http://www.mwrdf.ie); [www.hse.ie](http://www.hse.ie)

