

# Counselling Services in Limerick

## General/Generic Counselling

**Social Service Centre**, Henry Street, Limerick

Free confidential counselling offered to individuals and families. Self-referral

Tel: 061 314 111

**Augustinian Church**, O'Connell Street, Limerick

"Walk In" service – No appointment necessary

Monday 12.00 – 14.00 Tuesday 12.00 – 16.30

Wednesday 14.30 – 16.30 Friday 12.00 – 13.00

Tel: 061 415 374

**Redemptorists**, South Circular Road, Limerick

Timeslots:

Monday: 13.45, 15.00, 16.15

Wednesday: 14.45, 18.15, 19.30

Friday: 16.45, 18.00, 19.00

Tel: 061 315 099

## Relationship Counselling

**Accord**, St. Munchins College, Corbally, Limerick

Tel: 061 343 000

## Suicide Bereavement

**Console**, Oakville, 1 New Street, Limerick

Tel: 061 306 792

National Helpline: 1800 201 890

### Living Links

Practical advice/support via an outreach worker between 5pm – 7pm Monday to Friday.

Tel: 061 311 444 or 087 799 8427

### Pastoral Centre Healing Programme

Suicide bereavement programme – runs for 8 weeks every 6 months.

Tel: 061 400 133

**Aljeff Centre**, The Gables, Fairgreen, Ballysimon Road, Limerick

Individual support for bereavement through suicide or other circumstances.

Tel: 061 319 053

## Non-suicide bereavement counselling

**Milford Hospice Counselling Service**, Milford, Limerick

Limited service available for bereavement not linked to hospice attendance.

Tel: 061 485 800