



**Beaumont
Hospital**

Support Services & Useful Contacts

**Motor
Neurone Disease
Service**

An Information Booklet

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Practical Supports

Irish Motor Neurone Disease Association

We recommend registering with the IMNDA. They provide a range of different services to those living with MND, their families and carers.

WEBSITE: <https://www.imnda.ie>
PHONE: 1800 403 403
EMAIL: services@imnda.ie

Motor Neurone Disease Association UK

The Motor Neurone Disease Association UK provides information and support to people with MND. Their website provides practical information and advice around MND.

WEBSITE: <https://www.mndassociation.org>

Money and Budgeting Service

A free, confidential service for people with debt and financial problems.

WEBSITE: <https://www.mabs.ie>
PHONE: 076 107 2000
Mon to Fri, 9am to 8pm

Citizens Information

Information on public services and entitlements.

WEBSITE: <https://www.citizensinformation.ie>
PHONE: 076 107 4000
Mon to Fri, 9am to 5pm

Meals on Wheels

Meals-on-wheels service, available nationwide.

WEBSITE: <https://www.mealsonwheelsnetwork.ie>
PHONE: 090 648 2744/086 163 0134
EMAIL: enquiries@mealsonwheelsnetwork.ie

Counselling Supports

Adult services

IMNDA Counselling

The IMNDA can assist with payment to cover six sessions of counselling to individuals diagnosed with MND. The Association can also assist with payment to cover six sessions of counselling to an immediate family member or caregiver.

WEBSITE: <https://www.imnda.ie>

PHONE: 1800 403 403

EMAIL: services@imnda.ie

Counselling in Primary Care (CIPC)

Counselling in Primary Care offers up to 8 free counselling sessions for those over 18 years who hold a medical card.

FOR A REFERRAL PLEASE CONTACT YOUR GP.

Psychological Society of Ireland (PSI)

The PSI provides information on accredited private clinical and counselling psychologists in your local area.

WEBSITE: <https://www.psihsq.ie> and go to 'find a psychologist'

MyMind

Counselling and psychotherapy offered individually, for couples, families or children. They offer funded and discounted sessions depending on individual's circumstances.

WEBSITE: <https://www.mymind.org>

PHONE: 0818 500 800/ 076 680 1060

Irish Association for Counselling and Psychotherapy (IACP)

The IACP provides information on accredited private counsellors and psychotherapists in your local area.

WEBSITE: <https://www.iacp.org>

Irish Association of Humanistic and Integrative Psychotherapy (IAHIP)

The IAHIP provides information on accredited private counsellors and psychotherapists in your local area.

WEBSITE: <https://www.iahip.org>

Children & Young Adults

Rainbows Ireland

Rainbows Irelands' Service provides a community-based approach of early intervention support for children and young people experiencing difficult life events.

WEBSITE: <https://www.rainbowsireland.ie>

PHONE: 001 473 4175

EMAIL: ask@rainbowsireland.ie

Jigsaw - The National Centre for Youth Mental Health

Jigsaw is a national service which provides one-to-one mental health support for young people aged 12 to 25 experiencing mild to moderate mental health concerns

WEBSITE: <https://jigsaw.ie/services-in-your-area/>

PHONE: Freephone 1800 Jigsaw (522 729)

Family Resource Centre

Family resource centres are run by the Child and Family Agency Tusla around the country. They deliver free community-based supports to children and parents, and some services have access to counselling.

WEBSITE: <https://www.familyresource.ie/>

Barnardos

Barnardos offers a nation wide service of support for children experiencing difficult life events.

WEBSITE: <https://www.barnardos.ie>

PHONE: 01 4530355 (10am-12pm Mon-Thurs)

EMAIL: info@barnardos.ie

Self-help Resources

Aware

Aware provides online, phone, group & face to face support and assistance for depression and anxiety.

WEBSITE: <https://www.aware.ie>
PHONE: 1800 80 48 48 (10am - 10pm)
EMAIL: supportmail@aware.ie

Stress Control

An evidence-based programme that teaches you practical skills to deal with stress.

WEBSITE: <https://stresscontrol.ie>
<https://stresscontrol.ie/free-zone/>

Headspace

Headspace is a mindfulness app with an easy-to-use interface with guided meditation and mindfulness exercises.

WEBSITE: <https://www.headspace.com/>

SilverCloud

Online iCBT delivered by clinical staff for anxiety or depression. This is funded by the HSE.

FOR A REFERRAL PLEASE CONTACT YOUR GP

Breathing Zone

This app offers a simple mindful breathing exercise that is easy to follow.

WEBSITE: <https://www.breathing.zone>

Supports for Cognitive & Behavioural Change

Living Well with Dementia

Living Well with Dementia is a project that is developing new services and supports to people affected by dementia. It offers a range of supports including activities for those with dementia, respite care and cognitive stimulation therapy.

WEBSITE: <https://livingwellwithdementia.ie>

PHONE: 01 706 0100

EMAIL: info@livingwellwithdementia.ie

The Alzheimer Society of Ireland

Offers support groups, day care services, and resources for people with dementia and cognitive impairment.

WEBSITE: <https://alzheimer.ie/>

PHONE: helpline on 1800 341 341 (Mon-Fri 10am-5pm)

EMAIL: helpline@alzheimer.ie

Memory Technology Resource Room

Service for people who would like to know more about products and devices which can help manage memory difficulties. To find a Memory Technology Resource Room near you, please read the list of National Memory Technology Resources Rooms on the website and for more information on:

WEBSITE: <https://www.understandtogether.ie/get-support/memory-technology-resource-rooms/>

PHONE: helpline on 1800 341 341 (Mon-Fri 10am-5pm)

Aphasia Ireland

Aphasia Ireland provides support to those affected by aphasia and to those around them through support groups and resources.

WEBSITE: <https://aphasiaireland.ie/>

EMAIL: aphasia.ireland@gmail.com

Carer Supports

Family Carers Ireland

National charity supporting family carers across Ireland. They provide a range of supports including 8 free sessions of counselling, support groups and activities for carers. Support officers for local areas can be contacted to assess needs and available supports.

WEBSITE: <https://www.familycarers.ie>

PHONE: 1800 24 07 24

The Alzheimer Society of Ireland

A National Helpline which is a listening ear for the thousands of carers of people with Dementia and individuals with cognitive impairment and behavioural changes. Referrals can be made to local dementia advisors who engage with families and offer support through phone-calls and home visits.

WEBSITE: <https://www.alzheimer.ie>

PHONE: 1800 341 341

Caring for Caregivers

Caring for caregivers provide information on how palliative care may assist the person living with illness and also provide advice on how you can best support them whilst also looking after yourself. They provide services such as in-home training and in-home respite care.

WEBSITE: <https://carerspalliativehub.com/>

Family Carer Training

Family carer training aims to maximise the benefit of training and supports to family carers. They have a range of trainings available including supporting individuals with long-term conditions, stress control and first aid.

WEBSITE: <https://www.familycarertraining.ie/>

Care Alliance Ireland

Care Alliance Ireland has an online Family Carer Support Group. It offers peer-to-peer support to family carers. The group is moderated by a mix of health and social care professionals and family carers:

WEBSITE: <https://www.carealliance.ie>

EMAIL: info@carealliance.ie

Older Adults

Alone

ALONE's Support & Befriending service provides companionship to older people who would like extra social contact through a weekly volunteer visit or telephone call

WEBSITE: <https://www.alone.ie>

PHONE: 0818 222 024

Senior Helpline

Senior Help Line is a confidential listening service for older people by older people for the price of a local call anywhere in Ireland. The lines are open each day from 10am to 4pm, each evening from 7pm to 10pm, seven days a week, 365 days a year.

WEBSITE: <https://www.thirdageireland.ie>

PHONE: 1850 440 444

Age Action Care Repair Programme

The Care & Repair Programme aims to assist older people to carry out necessary small repairs and improvements to their homes, enabling them to live independently in the community in increased comfort and safety

WEBSITE: <https://www.ageaction.ie>

Based in Dublin, Galway & Cork

Friends of the Elderly Ireland

Provides companionship through visitation programs, friendly phone calls, social clubs, outings, and events to alleviate loneliness among older adults.

WEBSITE: <https://friendsoftheelderly.ie>

PHONE: (01) 873 1855

EMAIL: info@friendsoftheelderly.ie

Bereavement Support

Irish Hospice Foundation

Bereavement support is an important aspect of the work of the Irish Hospice Foundation. They do not offer bereavement counselling, but rather promote the concept of bereavement support by providing information, education and other services.

WEBSITE: <https://www.hospicefoundation.ie>
PHONE: (01) 679 3188
EMAIL: info@hospicefoundation.ie

Irish Motor Neurone Disease Association

Irish motor neurone disease are now offering a new group intervention called 'Living with Loss' facilitated by Bryan Nolan i for those bereaved by someone with MND. He will talk about feelings of loss and the impact of MND on you. It will also give you the opportunity to be with other people who are grieving the loss of a loved one to MND.

WEBSITE: <https://www.imnda.ie>
PHONE: 1800 403 403
EMAIL: services@imnda.ie

Irish Hospice Foundation Bereavement Support Line

Ireland's only national Bereavement Support Line. It's a freephone service, **1800 80 70 77** and is available Monday to Friday, 10am-1pm. It's for anyone experiencing grief and loss.

Caring for Caregivers

Caring for caregivers website provide information on what to expect when someone close to you dies and suggests ways to cope during this difficult time.

WEBSITE: <https://carerspalliativehub.com>



Children & Young Adults

The Irish Childhood Bereavement Network

Provides information to those caring for child who has experienced bereavement. The website provides practical information and lists relevant national bereavement services for children and adolescences.

WEBSITE: <https://www.childhoodbereavement.ie/>
PHONE: 1800 807 077
EMAIL: info@hospice-foundation.ie

Barnardos Bereavement Counselling for Children

Barnardos offer bereavement counselling for children and families to help them support their child through the grieving process. Parents/carers can make a self-referral for their child through the website.

WEBSITE: <https://www.barnardos.ie>
PHONE: 01 473 2110 (10am-12pm Mon-Thurs)
EMAIL: bereavement@barnardos.ie

Rainbows Ireland

Rainbows Ireland is a free service for children and young people affected by bereavement or parental separation. They offer programmes for children and parents to understand grief and loss and how to cope with this.

WEBSITE: <https://www.rainbows.ireland.ie>
PHONE: 001 473 4175
EMAIL: ask@rainbowsireland.ie



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