**Support Groups in the Republic of Ireland (Southern Ireland) for PTSD, Trauma, and Mental Health**

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| **Name of Support Group** | **Condition(s) Supported & Populations** | **City / Location** | **Email** | **Telephone** |
| **Aware – Support & Self Care Groups** | Depression, bipolar disorder, anxiety, and related mood conditions (Adults 18+; includes dedicated groups for individuals with bipolar and for relatives/friends) | *Nationwide* – In-person groups in Dublin, Cork, etc., plus online groups (Ireland residents only) | supportmail@aware.ie | 1800 80 48 48 (freephone support line, 10am–10pm daily) |
| **GROW Mental Health Recovery Groups** | General mental health recovery (peer support for depression, anxiety, loneliness, etc.; Adults 18+) | *Nationwide* – Weekly peer-support meetings in all regions of Ireland; also online groups available | info@grow.ie | 0818 474 474 (GROW infoline, 9am–2pm Mon–Fri) |
| **Shine Support Services** | Mental health difficulties including serious mental illnesses (Adults with lived experience of mental illness; also free support groups/programs for family members) | *Nationwide* – Regional offices and programs (Dublin HQ; services in Cork, Galway, etc.) | support@shine.ie | 01 860 1610 (Shine national office, Mon–Fri 9am–5pm) |
| **Bodywhys Support Groups** | Eating disorders (anorexia, bulimia, binge eating) – for **adults, youth, and families** (separate online support groups and chats for each) | *Online only* – National service (based in Dublin; all groups run virtually) | alex@bodywhys.ie | 01 210 7906 (Bodywhys helpline, available at specified times) |
| **LGBT Ireland – Peer Support Groups** | LGBTQI+ community support (peer groups for LGBTQ+ individuals on mental health and well-being topics; includes groups for adults, teens (via partners), parents, and specific groups like trans family support) | *Various* – Peer groups offered online nationwide; in-person programs in some cities (Dublin, Cork, etc.) | info@lgbt.ie | 1800 929 539 (LGBT Ireland helpline, hours Mon–Thur 6:30–10pm; Fri 4–10pm; Sat–Sun 4–6pm) |
| **Turn2Me Online Support Groups** | General mental health and wellness (free **online** support groups covering anxiety, stress, depression, grief, etc.; for Adults 18+ and teens 12–17 in separate group sessions) | *Online only* – Nationwide virtual service (HSE-supported) | info@turn2me.org | *N/A* (Access via website; no public phone – online service) |
| **Haven Hub – S.T.A.R. Trauma Recovery** *(“Survivors of Trauma & Abuse in Recovery”)* | Trauma and PTSD support (Adult survivors of abuse or traumatic experiences, 18+; peer 12-step recovery group focusing on healthy coping and empowerment) | *Limerick* – Weekly in-person meetings (contact for venue details) | traumarecovery@havenhub.ie | 085 201 9250 (Haven Hub Limerick office) |
| **One in Four** | Childhood sexual abuse trauma (Adult survivors of childhood sexual abuse; also provides advocacy and a family support program) | *Dublin* – Office in Dublin (services available nationwide) | info@oneinfour.ie | 01 662 4070 |
| **Jigsaw (Youth Mental Health)** | General mental health for young people (Free early-intervention support for **young people ages 12–25** experiencing anxiety, stress, etc.; offers one-to-one help and moderated group chats; also provides guidance to parents) | *Nationwide* – 15+ Jigsaw centers across ROI (Dublin, Cork, Galway, etc.) and online services | dublincity@jigsaw.ie | 01 658 3070 (Jigsaw Dublin City office) |
| **Rainbows Ireland** | Bereavement and parental separation support (Peer group programs helping **children and adolescents** cope with grief or family breakdown) | *Nationwide* – Programs run through schools, parishes and community centers across Ireland | ask@rainbowsireland.ie | 01 473 4175 (Rainbows Ireland National Office) |