



List of Local Counselling & Support Services for Adults

Private Adult Counsellors

* For a full list of accredited (registered) therapists in Mayo and the services they offer, please see:

Irish Association for Counselling and Psychotherapy (IACP):

<https://iacp.ie/page/therapists?co=36&cat=>

and

The Irish Association of Humanistic & Integrative Psychotherapy (IAHIP):

<https://iahip.org/Psychotherapist-Directory>

Mags Bourke Psychotherapy

Pearce Terrace, Westport, F28YK66

Tel. 087 4911993

Email margaretpsychotherapy1@gmail.com

Particular areas of interest: grief and loss, general counselling.

*Reduced cost rates available

Rebecca Cresham Counselling & Psychotherapy

Westport Road, Castlebar, Co. Mayo

Tel. 087 431 7454

Email rebeccacreshamcounselling@gmail.com

Particular areas of interest: anxiety, depression, relationships, self-esteem, sexuality & gender issues, trauma, music therapy.

www.rebeccacresham.com

*Reduced cost rates available

Sandra Hastings (Adults & Adolescents)

The Grove Medical Centre (Dr. Keane), Mill Street, Westport, Co. Mayo

Reflections Centre, Newport Road, Castlebar, Co. Mayo

Tel: 087 9654859

Email sandrahastings4@gmail.com

Rate: €60

Jannah Walshe Counselling & Psychotherapy

Westport, Co. Mayo / Online

Tel. 085 1372528

www.jannahwalshe.com

<https://www.facebook.com/jannahwalshecounselling>

Rate: €60 - €100

* Jannah also delivers our low-cost adult & adolescent counselling service – details in next section

Wings of Hope Counselling (Annie Doyle)

Bohola, Co. Mayo

Tel. 089 225 8587

Email: hello@wingsofhope.ie

Particular areas of interest: Neurodiversity, anxiety, stress, depression, global transitions, self identity, LGBTQIA+ issues.

www.wingsofhope.ie / www.facebook.com/profile.php?id=100087613927054

Rate: €80 / Reduced rates available

* Annie also delivers our low-cost adolescent counselling service

Dave McEnroe - Cognitive Behavioural Therapist

Westport / Online

Humanistic, Person Centred and CBT techniques

Email: westhaventherapy@gmail.com

Areas of interest: LGBTQIA+, ADD/ADHD, Anger Management, Anxiety, Bereavement, Burnout, CBT, Depression, Social Anxiety, General Counselling

Rate: €40 - €60

Gina Gaffney Psychotherapy (Adults, young adults 16+ & couples)

6 Davitt Terrace, Quay Road, Westport.

Tel: 087 2400727

Email: reginaamgaffney@gmail.com

Specialist areas: trauma, sexual abuse

Fixed Rate: €70 / Negotiable

Darren McKenna Counselling & Psychotherapy

Castlebar, Co. Mayo

Tel. 087 6057278

Email: dmkcounselling@yahoo.com

www.dmkcounselling.ie

Rate: €50 / Negotiable

The Mind Grove at The Yoga Root (Derrick Harshberger - Psychologist & Senior Yoga Teacher & Zoë Davis - Dietitian & Yoga Teacher)

The Harbour Mill, The Quay Westport /or/ Online via Zoom

Particular areas of interest: LGBTQIA+ Counselling, Yoga Therapy, Dietetics, Eating Disorders

www.theyogaroot.org/contact-the-mind-grove

*Reduced cost rates available

Eve Menezes Cunningham – Therapist and Self-Care Coach

Westport

Tel. 087 2629084 / 098 63645

Email eve@selfcarecoaching.net

Specialist areas: trauma, sleep, anxiety, stress, resilience, confidence and finding more purpose, meaning and joy

www.selfcarecoaching.net

Davnet Grogan - Counsellor & Psychotherapist

Long Street, Louisburgh

Tel. 086 1528096

Email davnetgrogan99@gmail.com

Specialist areas: Relationship difficulties, grief & loss, separation & divorce, family conflicts, intimacy & sexuality issues, trauma, depression, anxiety, panic attacks, low self esteem, anger issues, life transitions

www.davnetgroganpsychotherapist.ie/

*Reduced cost rates available

Dr. Michelle Hopkins - Clinical Psychologist

Online / The Body & Mind Health Centre, Rosbeg, Westport, Co. Mayo

Tel. 087 1897188

Email: info@westcoast-therapy.ie

www.westcoast-therapy.ie

Dr. Sean Foy (Psychotherapist and Clinical Psychologist)

Rushbrook, Clogher, Westport, Co. Mayo

Tel: 098 25530 / 087 7554307

Email info@thelearningcurve.ie

www.facebook.com/thelearningcurve

Rate: Negotiable

Clodagh O'Connor Psychotherapist & Couples Therapist

Tonranny, Westport

Tel. 086 8475 102

www.facebook.com/Clodagh-OConnor-Psychotherapist-Couples-Therapist-

John Harte Counselling & Psychotherapy

Partry, Co. Mayo, F12VW18

Specialises in Addiction (alcohol recovery process), LGBTQ+ issues, trauma

Therapy sessions can be in a yurt or walking in nature

Tel. 087 288 9106

Email hartepiritjohn@gmail.com

Rate: €70 / Reduced cost rates available

John McNamara, Claddagh Counselling

The Fairgreen, Westport

Email: johnmcnamara@claddaghcounselling.ie / Website: claddaghcounselling.ie

Tel. 086 7264659

Rate: €60

Mary Cafferkey (Adult & Couples)

Deerpark East, Newport Road, Westport, Co. Mayo

Tel: 098 26865 / 087 6419739

*Reduced cost rates available

Terri Fitzpatrick, Suaimhneas Psychotherapy

Working with Adults & Teenagers

Fairgreen, Westport

Tel: 089 484 3907

Fiona Hoban (Adults & Couples)

Kilmeena, Westport, Co. Mayo

Employment focused solution / bereavement

Tel: 087 2337109

*Reduced cost rates available

Maura Carrick MIAIP

Specialises in treating anxiety, bereavement, depression, emotional abuse, employment issues, Gay/Lesbian issues, grief and sexual trauma.

Murrisk, Westport.

Tel: 087 2870175

Terrence McKeon (young adults, adults & couples)

Specialises in male rape/ sexual trauma, clinical depression, group mindfulness.

Tonacrock, Laherdaun, Ballina Co. Mayo

Knocknaphunta, Westport Road, Castlebar

Tel. 086 2617859

Email: terencemckeon@gmail.com

Rate: Sliding Scale

Maeve Daly - Physical therapist, Counsellor and Psychotherapist

Specialises in pain management, anxiety, loss, depression, wellbeing

Based in Foxford but offers online counselling through the Irish Online Counselling & Psychotherapy Service

Tel: 087 2698665

maevemonica Daly@gmail.com

www.counsellingonline.ie/therapist/maeve

Anne Connolly (Drama / Art / Psychotherapy)
Dramatherapist working with individuals and group.
Derrylahan, Louisburgh
Tel. 087 2398871
Email: connollybanne@yahoo.ie
Rate: Sliding Scale

Tomás Morley
Specific Experience in Sports Psychotherapy
Balla, Castlebar
Tel: 086 8331475
Email: tmorley@pharoscounselling.ie
www.pharoscounselling.ie/
Fee: €60 - €70

Shane McGuire
Dooncastle, Westport
Tel. 087 677 9700
Email: shane@ecounselling.ie
Fee: €65 / Negotiable
Shari Frain-Masterson
Art, Breathwork, Bodywork, EMDR
"Cheile", Aghagower, Westport
Tel: 087 419 2547
Email: sharifrainmasterson@gmail.com
Fee: €60 / Negotiable

Agata Nowicka
Trauma, Art Therapy, Bodywork; sessions available in **English, Spanish & Polish**
Online via Zoom & WhatsApp / In-person: Castlebar & Keel, Achill Island
Tel: 087 936 2097
Email: agataradha@gmail.com
www.agatacounselling.com
Fee: €60 / Negotiable

Marian Staunton
Snugboro, Castlebar, Co. Mayo
Tel. 087 269 3025
Email: mmstaunton@yahoo.ie
www.marianstaunton.com
Fee: €60 / Negotiable

Mai O'Neill
Balla, Castlebar
Tel. 094 936 5361 / 087 677 9702
Email: Oneill.mai@gmail.com
Fee: €60 / Negotiable

Ann Moran (Person-centred Art Psychotherapist)

10 Hazel Grove, Spencer Street, Castlebar

Tel. 087 753 3350

Email: Ann_m_moran@hotmail.com

Fee: €50 / Negotiable

Ann-Marie Collins (Psychotherapist with integrative approach, IACP, IACAT)

Chambers House, Castlebar

Tel: 086 858 7351

Email: annmariecollins800@gmail.com

Fee: €60 / Negotiable

Kit O'Brien

Newport, Co. Mayo

Specialises in addiction, addiction in the family, anxiety, low mood, stress, anger management and suicidal ideation.

Tel. 086 3811305

Email cobrien654@gmail.com

Aine Heneghan (Person Centred Counsellor)

Westport/ Louisburgh

Tel. 083 006 8743

Email: anchorawaytherapy@gmail.com.

Laura Coleman, Mayo Adult & Child Therapy Centre (inc. adolescents)

Lower James Street, Claremorris, Co. Mayo

Tel. 087 207 3885

Email: laura.coleman@live.ie

www.mayotherapycentre.com

Private Life Coaching

Joanne Coates Moran - Health Flow

Health, wellbeing and nutritional coaching, guided mindfulness walks

Westport, Co. Mayo

Tel. 089 4723804

Email coachmoran@outlook.com

www.healthflow.ie

Public and Voluntary Counselling Services

Westport Family & Community Resource Centre (Adults, Adolescents, Children)

We offer reduced cost 1 to 1 confidential counselling for adults in our catchment area of Westport, Louisburgh and Newport. Our counsellor is Jannah Walsh, an accredited and experienced psychotherapist, course facilitator and mental-health speaker. You can attend up to 24 sessions. There is a cost of €40 per session. She works from the centre on Mondays and appointments are usually weekly. Please note that demand is high and there is always a waiting list. We also have reduced cost adolescent counselling and play therapy services.

Tel. 098 24419

Email admin@westportfrc.ie

www.westportfrc.ie

Helplink Support Services

Provides general counselling, play therapy, art therapy (individual & groups), couples/marriage counselling, youth counselling, addiction counselling, youth addiction counselling and bereavement therapy.

Services available 7 days a week and out-of-hours in person and online.

Discounted fees (€30) available for general, addiction and bereavement counselling appointments for full-time (third level) students, part-time counselling students, part-time workers, single parents and those in receipt of a social protection payments. Fee for employed people €65 per session.

Upper Charles Street, Castlebar, Co. Mayo, F23 E244

Tel. 0818 99 88 80

Email helplinksupport@helplink.ie

www.helplink.ie

My Mind

Offers counselling for individuals, couples, families, children and adolescents. They also have a contract from the Dept. of Health to roll out free counselling for people affected by the following issues: anyone impacted by the ongoing crisis in Ukraine (Ukrainian counsellors available), people suffering long-term effects of Covid-19, those registered to the Defective Concrete Blocks Grant Scheme, people living with long-term chronic illness, and frontline health workers.

They don't have a centre in Mayo but do offer online / phone counselling.

Tel. 0818 500 800

Email hq@mymind.org

www.mymind.org

Turn2Me.ie

Turn2Me offers online counselling, support groups and peer support.

- Up to 6 free counselling sessions for adults online via instant chat/messaging, video or email
- 8 video counselling sessions for young people aged 12-17

- 8 video counselling sessions for couples

www.turn2me.ie

Counselling in Primary Care (CIPC)

Provides up to 8 free counselling sessions to adult medical card holders with mild to moderate psychological difficulties. Please see your GP if you would like to be referred.

Tel. 1850 24 1850

The Family Centre

Offers low cost counselling and bereavement counselling, suicide bereavement liaison service, support groups and information.

Upper Chapel Street, Garryduff, Castlebar, Co. Mayo

Tel: 094 902 5900

Email: info@thefamilycentre.com

*Reduced cost rates available

www.thefamilycentre.com

Westport Mental Health Centre

Westport Primary Care Centre, Tubber Hill, Westport

Tel. 098 50142

The HSE provides a comprehensive range of community-based mental health services including appointments with psychiatrists, doctors and mental health nurses, occupational therapy, art therapy, yoga and cognitive behavioural therapy.

This service can be accessed through your GP or other HSE staff.

Let's Get Talking

Let's Get Talking is a non-profit Counselling & Psychotherapy Service providing accessible, professional, non-set fee therapy to adults, adolescents and children over the age of 10. They don't have a centre in Mayo, but do offer online counselling nationwide. There is no limit to the number of sessions.

Tel. 0818 714 001 or book an appointment on their website.

www.letsgettalking.ie

PCI Counselling Service

This is a not-for-profit initiative of PCI College. The counselling is provided by students of Counselling & Psychotherapy with PCI College.

Appointments available nationwide, nearest location is Balla, Co. Mayo

Tel: 0818 555 450

*Reduced cost rates available (€10-25)

www.pcicollege.ie/counselling-service/lowcostcounselling

MindSpace Mayo (for under 25s only)

MindSpace Mayo is a free and confidential support service to promote young people's mental health and wellbeing. They offer free one-to-one support to 15-25 year olds.

Market Square, Castlebar, Co. Mayo

Tel: 094 9067001 / Text: 086 184 4995.

Email: info@mindspacemayo.ie

www.mindspacemayo.ie

Knock Counselling Centre

Offers low cost individual, couple and drop-in counselling. Also provides a drop-in listening service and anger management programmes.

Knock, Co. Mayo

Tel: 094 9375032

Email: counselling@knockshrine.ie

www.knock-shrine.ie/counselling

North West STOP

North West STOP is a voluntary organisation which provides a free counselling service for all age groups. **No waiting list**, but maximum number of sessions is 6.

Main Street, Drumkeerin, Co. Leitrim (Counsellors available locally)

Tel. 0818 444 000

Email: info@northweststop.ie

www.northweststop.ie

Drug & Alcohol Family Support Service

Mags Dillon, Drug & Alcohol Family Support Worker

Tacú FRC Ballinrobe – Outreach at Westport Family & Community Resource Centre, The Fairgreen, Westport, Co. Mayo by appointment only. Free service suitable for over 18's

Tel: 087 3352831

Email: mags.dillon@wrdatf.ie

www.wrdatf.ie

Westport Community Based Family Support Service

Free and confidential Tusla support service for parents having difficulty managing their child/children's behaviour, families experiencing communication and relationship difficulties, or parents experiencing crisis which impact on their children.

Frances Groden (Family Support Project Worker)

Sharkey Hill Community Centre, Pairc na Coille, Golf Course Road, Westport, Co. Mayo

Tel: 087 997 4733

Email f.groden@mayofamilysupport.ie

Mayo Mental Health Association

Provides a confidential sign posting service for people experiencing mental health difficulties and their family members, as well as a range of mental health services.

2 New Antrim Street, Castlebar F23 KN20

Tel. 094 903 8148

www.mayomha.ie

Mayo Suicide Bereavement Liaison Service

Máire Ní Dhomhnaill, Counsellor and Mayo Suicide Liaison Project Coordinator

The Family Centre, Upper Chapel Street, Castlebar, Co. Mayo

Tel: 094 9025900 / 087 2172866

Email: info@thefamilycentre.com

Pieta House

Provides free counselling for people who are feeling suicidal or who are self-harming, and their families. The nearest centre is in Tuam, Co. Galway but they have a weekly outreach service in Ballina for people in Mayo. They also provide free counselling, therapy and support to individuals, couples, families and children who have been bereaved by suicide.

24 hour Freephone Suicide Helpline: 1800 247 247

Bishop Street, Tuam, Co. Galway

Tel: 093 25586

www.pieta.ie

Mayo Women's Support Services

Support and refuge for victims of domestic abuse.

Breaffy Road, Saleen, Castlebar, Co. Mayo

Outreach appointments available here in Westport FRC.

Tel: 094 902 5409 / 094 902 7519 / 087 656 7672

Email administrator@mwss.ie

www.mwss.ie

Mayo Rape Crisis Centre

Provides free, safe and confidential support and counselling for anyone who has experienced any form of sexual violence at any time in their lives.

Newtown, Castlebar, Co. Mayo

Tel: 094 9025657 / Freephone: 1800 234 900

Email: info@mrcc.ie

<https://www.mrcc.ie>

Men's Development Network Counselling Programme

Aims to support men affected by marginalisation and relationship issues which are generally focused around conflict and loss. They offer online counselling free of charge, but limited to 8 sessions.

Tel. Derek 086 8590983 / John 086 4586319

www.mensnetwork.ie/counselling/

HSE National Counselling Service Mayo

Provides free counselling and group therapy to adults who have experienced trauma and abuse in childhood, with priority given to adult survivors of institutional abuse in Ireland.

Hill House, Mountain View, Castlebar, Co. Mayo

Tel: 1800 234 114 / 094 9049234

[http://www.hse.ie/eng/services/list/4/Mental Health Services/National Counselling Service/](http://www.hse.ie/eng/services/list/4/Mental_Health_Services/National_Counselling_Service/)

Connect Professional Telephone Counselling Service

Professional telephone counselling and support for adults abused in childhood. Free and confidential. Open Wednesday to Sunday 6pm-10pm.

Freephone 1800 477 477

www.connectcounselling.ie

Irish Cancer Society Counselling Service

Free counselling service for cancer patients, their family and friends. In Mayo, counselling is available in the Mayo Cancer Support Association in Castlebar.

Phone 1800 200 700 / 094 903 8407

Email supportline@irishcancer.ie

www.cancer.ie/cancer-information-and-support/cancer-support/find-support/counselling

HSE Addiction Counselling Service

Provides addiction counselling.

St. Mary's Hospital, Castlebar, Co. Mayo

Tel. 094 9021733

Family Carer's Ireland Counselling Service

Family Carer's Ireland offer a wide range of supports including a free phone / online counselling service which is available to all family carers in Ireland.

Tel. 094 9041148

Email mayocarersupports@familycarers.ie

<https://familycarers.ie/carers-supports/help-guidance/counselling>

HSE Drugs Service

The Arcade, Main Street, Castlebar, Co. Mayo

Provides substance use / misuse counselling. Outreach appointments available here in Westport FRC.

Tel. 094 9020430

Gambling Support Service Ballinrobe

Confidential support for individuals and families affected by Gambling

Credit Union House, Main Street, Ballinrobe

Bernie Heneghan (Counselling/Psychotherapy)

Tel. 087 700 5811

Email: gawarenesstacufrc@gmail.com

Mayo Crisis Pregnancy and Support Service

Free Crisis Pregnancy & Post Abortion Counselling

Social Work Dept., Mayo General Hospital, Castlebar, Co. Mayo

Tel. 1890 200 022

Email mayopsc@hse.ie

The Money Advice and Budgeting Service (MABS)

MABS is a national, free, confidential and independent service for people in debt or in danger of getting into debt. Outreach appointments available in Westport.

Nephin Halls, Unit 14, Hopkins Rd, Castlebar, Co. Mayo, F23 NF82

Tel: 0761 07 2670

Email: castlebar@mabs.ie

www.mabs.ie

Support Groups / Resources

GROW

GROW's free weekly support meetings offer members a practical path out of mental and emotional issues. They use a 12 Step Recovery Program based on CBT techniques to provide effective peer support, motivation and empowerment to enable members to take action to change their circumstances in a structured and supportive environment.

Tel. 1890 474 474

Email info@grow.ie

www.grow.ie

Aware Depression & Bipolar Disorder Support & Self-care Group

Aware Groups offer an opportunity for adults to talk openly about depression, bipolar disorder, other mood conditions and their impact. Peers share their experience and understanding and offer an exchange of thoughts and techniques around self-care and resilience in a supportive, confidential and proactive environment.

Community Room, Garryduff Court, Auray Place, Castlebar F23 R671

Every Tuesday at 8pm.

Tel. 1800 804848

Aware Life Skills Programme

Based on the principles of cognitive behavioural therapy (CBT), the Life Skills programmes are designed to help people learn more about how we think and how this can influence our actions in helpful or unhelpful ways. The programme is delivered over the course of six weeks in 90 minute evening sessions. The venues can change but there is usually a course once or twice a year in either Westport or Castlebar. Aware also offer an online Life Skills programme.

<https://www.aware.ie/education/life-skills-group-programme/>

Mayo Recovery College

Adult education centre for people with mental health difficulties and their family/friends.

GMIT Castlebar & online

Tel. 086 0294901

Email recovery.educatormrc@hse.ie

The purpose of Recovery College West is to create a culture of recovery, to improve quality of life and promote social inclusion by empowering people with mental health challenges, their families, friends and the community through co-produced education and learning together.

www.recoverycollegewest.ie/mayo

Dolmen Clubhouse Castlebar

Dolmen Clubhouse (also known as Cairde) is a warm and inviting place that aims to give a 'home away from home' feeling for those with mental health difficulties. It provides a safe environment for it's members to come in and socially interact with other members. They undertake a whole range of activities both indoors and outdoors.

They have board games, computers, TVs, art materials, relaxation room, films and access to music. Staff are also on hand to help or guide members with any of life's difficulties.

Tel. 094 925 0529

Email managercairdeclubhouse@gmail.com

www.dolmenclubhouse.ie

Alcoholics Anonymous

Parish Centre: Monday to Saturday at 11am and Sunday at 5pm. There are 2 meetings on a Wednesday – 11am and 6pm.

Social Services Centre: Monday, Thursday and Saturday at 9pm.

Al-Anon

Meetings in the Westport Parish Centre on Tuesdays at 7 pm.

Narcotics Anonymous (NA)

Meet here in Westport Family and Community Resource Centre on Friday nights at 8.30pm. New members are very welcome.

Narcotics Anonymous is an international community based association of recovering addicts with nearly 67,000 meetings in 139 countries worldwide.

Addicts helping each other recover are the foundation of NA.

For more information about NA, please see <https://www.na-ireland.org/>

SMART Recovery

Supports individuals who have chosen to abstain or are considering abstinence from any type of addictive behaviours (substances or activities), by teaching how to change self-defeating thinking, emotions, and actions; and to work towards long-term satisfactions and quality of life. Free and evidence-based rather than faith-based.

Meetings in IPI Centre, Golden Mile Industrial Park, Breaffy Rd., Castlebar on Wednesdays at 7pm. Facilitated by Western Region Drug & Alcohol Task Force.

Tel. Darren 086 1715334 / Mags 086 0129897.

Online meetings also available.

www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/

Overeaters Anonymous (OA)

Meetings in the Westport Parish Centre on Fridays at 7pm. Tel. Fiona 087 7841795.

Gamblers Anonymous (GA)

Meetings in the Social Services Centre, Castlebar on Fridays at 8.30pm.

Living Well Programme

This free programme aims to help people manage long-term health conditions and improve their wellbeing. Anyone with any chronic illness such as diabetes, arthritis, COPD, cardiac illness, anxiety, etc. can benefit from these workshops (you don't need to disclose your condition).

It is delivered once a week, over a 6-week period in a friendly and supportive setting.

Contact Liam Gildea on 086 014 2675 / lgildea@southmayo.com to book your place.

www.hse.ie/livingwell

OutWest LGBT+ Drop-in Centre

Tucker Street, Castlebar

Tel. 087 9725586

www.outwest.ie / www.facebook.com/outwestLGBT

The group provides a relaxed welcoming space for LGBTQ+ people, families and partners to socialise, chat, and make connections.

BelongTo LGBTQ+ Youth Ireland

National services and advocacy organisation supporting LGBTQ+ young people

Family Support Worker Jen Geraghty (she/her)

Tel. 01 582 6154 / 086 071 1053

Email: jen@belongto.org / Site: www.belongto.org/mayo

Shine (supporting people affected by mental ill health) Relatives Support Group

For relatives of people with mental health difficulties.

Mayo MH Offices, 2 Antrim St., Castlebar.

Tel. Christina Burke 086 8525157.

The Eden Programme

Eden is an educational programme with a therapeutic element that supports people to move away from suicide as an option of choice in times of crisis. It is run by the charity Suicide or Survive, and runs 1 morning per week in Castlebar.

Tel. Mary Kilcommins Greene - 089 4912503.

www.suicideorsurvive.ie

Bealach Nua

Peer support service for family and friends of people with mental health difficulties.

Tel. 087 3725891

www.recoverycollegewest.ie/recovery-supports/family-friends

The Depression Project

Website, Facebook and Instagram pages with helpful and supportive information and resources, including a practical blueprint for recovery. We have PDF copies of 'This is How to Overcome Depression' and 'How to Support a Loved One with Depression' available in the office – please email admin@westportfrc.ie if you would like a copy.

www.thedepressionproject.com

As I am – Ireland's Autism Charity

Working to represent, connect, support and empower the Autistic community in Ireland.

Provides a wide range of Resources, Family Support and information about Events/Groups for Autistic people and their families.

Tel. [0818 234 234](tel:0818234234) (Monday-Thursday 10-3pm)

Email: support@asiam.ie

www.asiam.ie

Understanding & Managing Adult ADHD – UMAAP

UMAAP is a free online programme integrating psychoeducation with Acceptance and Commitment Therapy (ACT) to cultivate knowledge of ADHD, self-acceptance, self-compassion and psychological flexibility in attendees, with the aim of improving their quality of lives.

UMAAP was developed to address *the lack of services available for adults with ADHD in Ireland.*

The **free online programme** (via Zoom) is run by ADHD Ireland in collaboration between University College Dublin's (UCD) School of Psychology the HSE.

<https://adhdireland.ie/umaap>

*** Westport Family & Community Resource Centre do not endorse or recommend any particular therapist/service/support. This list is only an information resource for the community. If there is a service you find should be added to this list please let us know.