

KEYCONTACT

**RESPONDING TO
CRISIS PREGNANCY**
INFORMATION AND SERVICE
DIRECTORY FOR COMMUNITY
AND HEALTH PROFESSIONALS

KEYCONTACT



CONTENTS

01 INTRODUCTION

03 HOW TO USE THIS RESOURCE

SECTION 1

SUPPORTING YOUR CLIENT

- 05 Why is the Pregnancy a Crisis?
- 06 What are the Needs of Your Client?
- 07 Teenage Pregnancy
- 12 Supporting Adult Women

RANGE OF SERVICES

- 15 Crisis Pregnancy Counselling Agencies
- 22 Family Planning (Contraceptive) Services
- 24 GP Services
- 26 Antenatal/Maternity Services

AFTER CHILDBIRTH/PARENTING

- 29 Rights and Entitlements
- 32 After Childbirth/Parenting Support
- 34 Financial Support

ADOPTION

- 39 What is Adoption?
- 39 Who Arranges Adoption?

ABORTION

- 43 Abortion and the Law
- 44 Post-Abortion Support

ADDITIONAL SUPPORTS

- 47 Rape and Sexual Assault Services
- 49 Sexually Transmitted Infections

SECTION 2

- 53 DIRECTORY OF AGENCIES
& SUPPORT SERVICES

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INTRODUCTION

A Key Contact can be described as a person or agency who may be contacted by a woman in need of information on crisis pregnancy support services. This assistance can also be extended to the woman's partner and family.

Key Contacts can include health service providers (e.g. GPs, public health nurses, maternity hospital staff members), voluntary and statutory group workers, youth workers, teachers, etc.

A woman who experiences a crisis pregnancy has an immediate need for psychological support and medical attention. She may also have longer-term needs for practical information on the options available to her and for the appropriate services that can assist and support her now and in the future. If, as a Key Contact, you or your service is a woman's first point of contact, you will be able to provide vital information which can greatly assist her in seeking specialist help, such as crisis pregnancy counselling, to assist her in dealing with her crisis.

When an unplanned pregnancy occurs, a woman may make one of three choices.

She can decide to:

- Continue with the pregnancy and parent the child alone or with a partner
- Continue with the pregnancy and place the child for adoption
- Terminate the pregnancy.

For a woman to make a full and informed decision about all the options open to her, it is essential that she can access information and support easily and quickly. This publication has been developed to assist you (as a Key Contact) in your interactions in such cases.

You can respond most effectively in a crisis pregnancy situation if you have the necessary factual information or details of local services to hand, as it means that the woman can be helped without delay. **She should be encouraged to take time in examining all the options available to her in a crisis pregnancy.**

This resource has been produced by the Crisis Pregnancy Agency and the HSE West. It provides all the relevant information in one place so you, the service provider, can better help a client to cope and to make informed decisions.

The Crisis Pregnancy Agency (CPA) was established in October 2001 to bring strategic focus to the issue of crisis pregnancy and to:

- Reduce the number of crisis pregnancies by the provision of education, advice and contraceptive services
- Reduce the number of women who opt for abortion by offering services and supports which make other options more attractive
- Work with existing service providers and voluntary bodies to provide counselling and medical services after crisis pregnancy.

This work has been supported by a grant from the CPA. This publication is one in a series of resources developed by the CPA under the banner of 'Key Contacts' in the prevention and management of crisis pregnancy, including a directory of supported accommodation for women experiencing crisis pregnancy and an informational resource for migrant women.



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SECTION ONE

USEFUL
INFORMATION
& OVERVIEW
OF SERVICES

HOW TO USE THIS RESOURCE

The resource is divided into two complementary sections. The first section provides the information that will support a client in her decision making process. Once decisions are made, you can refer to Section Two, a directory, for contact details of where to go next.

SECTION 1

- Information to assist a woman during and/or after pregnancy
- Information to help you guide her towards additional help, if required
- An overview of services provided by relevant agencies and how to access them.

SECTION 2

- Contact details and opening hours of local services, listed in corresponding order with the contents page
- Contact details of national services where a local one does not exist.

This resource provides relevant information to help the woman to cope and to make informed decisions. **It is not an exhaustive source of information, nor is it a substitute for obtaining professional legal or medical advice (in appropriate circumstances).** Where a person or agency is faced with a particular issue that may require independent professional advice, it should be sought. Content was considered correct at the time of going to print (June 2006).

SECTION ONE

SUPPORTING YOUR CLIENT

WHY IS THE PREGNANCY A CRISIS?	PAGE 05
WHAT ARE THE NEEDS OF YOUR CLIENT?	PAGE 06
TEENAGE PREGNANCY	PAGE 07
SUPPORTING ADULT WOMEN	PAGE 12

WHY IS THE PREGNANCY A CRISIS?

Pregnancy can be a crisis for a woman, depending on her age and life circumstances. The term 'crisis' covers a range of responses.

The pregnancy is a crisis because the woman may feel:

- Unable to cope emotionally with the pregnancy or in parenting a child
- Too young or too old to continue with the pregnancy or parent a child
- That, at this time in her life, it is the 'wrong time'
- Concerned about her family's or partner's reaction
- That her relationship is unstable or will become damaged as a result of the pregnancy
- Worried about work or her education
- Worried about coping financially
- Worried for cultural or religious reasons
- Frightened of being pregnant or giving birth
- That the baby's or her own health is at risk.

If the woman has become pregnant as a result of rape, it will most likely be a crisis pregnancy.

It is also worth noting that a pregnancy may become a crisis pregnancy over time, as the woman's attitude to the pregnancy or her personal circumstances may change. Therefore, women need and should have access to appropriate services throughout their pregnancies.

WHAT ARE THE NEEDS OF YOUR CLIENT?

A woman experiencing a crisis pregnancy or who fears that she is pregnant may need some or all of the following supports:

- Immediate emotional support
- Confirmation of the pregnancy
- Emergency contraception (if appropriate)
- Contraception advice or services if the pregnancy test is negative
- Crisis pregnancy counselling, which will allow the woman to consider all the options available to her
- Factual information on all the options available to her, which include:
 - Continuing the pregnancy, including pregnancy care, antenatal and maternity services
 - Parenting information, including rights, entitlements and available supports
 - Adoption information
 - Abortion information
- A health check-up (including sexual health services and screening for sexually transmitted infections)
- Contact details of other relevant agencies/services
- Referral to other relevant agencies/services.

TEENAGE PREGNANCY

A young person who presents to you with a pregnancy or suspected pregnancy needs to be supported and dealt with particularly sensitively. Being pregnant at a young age may pose many difficulties for her. In many cases, she may not be emotionally mature enough to parent the child alone. Concern about parental reaction may also be a significant issue for her.

Because of her youth, there are also specific issues you must consider. These are set out below:

AGE OF CONSENT

The age at which a person may legally consent to sexual intercourse is 17. It does not apply to young persons who are married, however, the legal age at which a person may marry is 18. (A person under the age of 18 who wishes to marry must apply to the court for an order allowing her/him so to do.)

An unmarried woman under the age of 17 who is pregnant has not legally been old enough to consent to sexual intercourse. Therefore, an offence has occurred. Sexual intercourse with a woman under 17 is always illegal, regardless of the age of the male. However, it is important to note that it is never considered an offence on the part of the underage woman to have engaged in sexual intercourse.

Not every circumstance of underage sexual intercourse will constitute sexual abuse. If the girl is 16 years of age and the father of her child is her 16 year old boyfriend, sexual abuse may not be an issue where the intercourse was consensual between the couple, notwithstanding the legal age of consent. This is a matter that should be carefully considered in relation to the reporting of underage sexual activity.

DISCLOSURE OF UNDERAGE SEXUAL ACTIVITY

There is no legal obligation to report circumstances of underage sexual activity, despite the fact that it is illegal. There is no provision for mandatory reporting in Ireland; the law allows for discretion in this regard. However, a responsibility may arise to pass on such information to the appropriate authorities. For example, if a 16 year old girl discloses that she has had sexual intercourse with her 16 year old boyfriend, you should consult with the social work team of your HSE area. A similar responsibility may arise in circumstances where a woman is 17 or over but her sexual partner is under 17. As with all underage sexual activity, attention should be paid to any significant disparity in age or if one of the parties is a person in a position of authority.

The social work team may not pursue the matter any further if it can be established that no abuse, force or coercion took place. The matter will be dealt with sensitively, but consultation may be necessary to ensure the safety of young clients.

All HSE West staff should adhere to both the Guidelines for Implementing the Child Protection and Welfare Process and the Child Protection Notification System in the HSE West. Local arrangements have been agreed between the hospital sector and community care services for working with underage pregnancy in all counties in the HSE West.

If you are outside these HSE areas, it is advisable to familiarise yourself with Children First (DOHC, 1999), which details the responsibilities of professionals in relation to child protection, as well as any guidelines of your own professional body in relation to responding to underage sexual activity.

If you are unclear as to how to respond in such a situation, contact the Child Protection Team of the HSE area. (See contact details under 'CHILD PROTECTION SOCIAL WORK TEAMS' in Section 2.) It is possible to initially make an informal enquiry without disclosing your client's details.

RESPONDING TO A TEENAGE CLIENT

- It is not advisable to guarantee total confidentiality to a teenage client. She should know that, if you think she is at risk, you may have to tell someone else.
- All pregnancies in unmarried women under 18 should be referred to a maternity hospital social worker.
- A teenage client's parents should be involved at the earliest stage, where possible.
- Those aged 16 and over can consent to medical treatment and clinical examination without parental consent.
- Teenage fathers are also encouraged to use the parental supports listed in Section 2.

When a teenager aged 16 or under discloses underage sexual activity, then all

professionals are guided by the aforementioned advice ('DISCLOSURE OF UNDERAGE SEXUAL ACTIVITY'). However, when a teenager aged 16 or under requests information and advice **only**, then the service provider must ensure that the information given is age specific, recorded, and in the best interest of the child, ensuring that there is no coercion.

YOUTH INFORMATION SERVICES

Galway Diocesan Services ('No. 4') is a drop-in centre and a health promoting organisation providing information and support to young people. Its mission statement is 'assisting young people at challenging times.'

SERVICES

- Support regarding family or legal problems
- Inter-agency referrals to rehabilitation services or relevant organisations
- Access to medical supports
- Counselling.

The **Galway Youth Information Centre (GYIC)** offers information on a wide variety of topics relating to the lives of young people, including sexual health. The information requested is mainly in relation to pregnancy, sexually transmitted and infectious diseases (such as HIV/AIDS), and gay or lesbian issues. GYIC also facilitates workshops on sexual health issues, e.g. AIDS awareness poster workshops. However, the main role of the GYIC is to 'signpost' young people to local health

services, such as the **GAF Youth Café** nurse.

The **C.R.I.B. (Choices. Responsibilities. Ideas. Belonging.) Youth Project and Health Café** in **Sligo**, the **LOFT LK (Learning Opportunities for Teens in Letterkenny) Youth Project and Health Café**, and the **Youth Information Centres** in **Donegal Town, Letterkenny** and **Sligo** also provide the aforementioned services.

The **Youth Health Project (Galway City)** is a free and confidential nursing service to support young people. A project nurse will meet with a young person on a one-to-one basis (if so required) regarding any health related concern. An appointment may be obtained, at which the nurse provides a general health assessment, contraceptive advice and pregnancy testing, as well as a referral service to relevant organisations, e.g. GPs, counsellors, infectious disease clinics and the **Galway Family Planning Clinic**.

ADOLESCENT SEXUAL HEALTH AND PREGNANCY SUPPORT SERVICES

The **Teenage Health Initiative for Counties Galway, Mayo and Roscommon** is a partnership between **Foróige (the National Youth Development Organisation)** and the **HSE**. It has been in existence since 2001, and works with young people in a personal development sexual health programme. The initiative's aim is to increase knowledge and awareness of issues of sexual health,

while increasing self-esteem and self-confidence. It is a primary preventative programme which aims to delay the early commencement of sexual activity among teenagers. The target group is primarily young people aged between 13 and 17 years who may be at risk of teenage pregnancy.

SERVICES

- Team building
- Encouraging self-esteem, self-awareness, assertiveness and decision making
- Communication(s)
- Learning about relationships, friendships, peers, values, attitudes and body image
- Information on sexual health (sessions are facilitated with a nurse, and the material is age appropriate).

The **Teen Parents Support Programmes** in **Donegal, Galway** and **Limerick** are part of mainstream services within the **HSE West** and a national initiative called the **Teen Parents Support Programmes (TPSP)**. There are now eight similar programmes in operation around the country, offering support to pregnant and parenting teenagers. There is no charge for this service.

The **Donegal** programme is based in Letterkenny for young people in the **Finn Valley, Inishowen** and **Letterkenny** areas. The **Galway** programme is based at the maternity unit in **University College Hospital**, and is attached to the social work department. The **Limerick** programme is

based in **Limerick Social Services Centre** for young people in **Limerick City and County**.

SERVICES

- Support groups (including one-to-one, group, peer and childcare support)
- Information on health, accommodation, childcare/child development, social welfare rights and entitlements, parenting/parents' rights, and remaining in/returning to education or training.

Sligo and Letterkenny General Hospitals offer one-to-one **antenatal classes** to young/teenage pregnant women who may prefer not to attend other antenatal classes. Likewise, bookings and antenatal appointments can be arranged at times to suit young/teenage pregnant women.

The **Community Mothers Programme** is a home visiting service for parents with new babies/young children living in **Limerick City and County** and **North Tipperary**. A community mother is an experienced mother who is trained to visit parents in their homes and share information on many issues, including a child's development and how to enjoy and participate more fully in a child's life. The visits are usually monthly for the first year of the child's life, or more often, if requested. There is no charge for this service.

SERVICES

- One-to-one and parenting support
- Parent and baby/toddler groups

- Information on child development, activities, regional services and supports, and social welfare rights and entitlements.

Lifelong parenting information and support is available to all parents in **Limerick City and County** via the **Parent Support Programme, Limerick**. All issues relevant to parenting are covered, where possible. This service is provided free of charge to parents of children of all ages.

SERVICES

- One-to-one, group and peer support
- Telephone contact
- Parenting facilitation
- Information on social welfare rights and entitlements.

The **Promoting Positive Choices Programme (Relationships and Sexual Health for Young People)** – based in **Limerick**, but meeting the needs of young people in the **Mid-West** – aims to reduce the risks associated with sexual behaviour by promoting informed choices among young people.

The programme addresses a multi-faceted range of issues by working closely with a diverse number of agencies and personnel involved in the welfare of young people, including parents, schools catering for children with special needs, youth workers, voluntary agencies, residential centres, Garda diversion projects and school completion programmes (as well as other HSE West projects and departments).

Significant issues addressed by the programme include:

- Engaging young men in their role as young fathers
- Lack of transport, information, or easily accessible, user-friendly information centres
- The need for materials, including media, videos and information technology (IT) to be relevant to local service provision
- Accessing vulnerable groups and developing a responsive programme to meet their expressed needs
- Parental involvement in children's progression into adulthood: exploring sexuality, relationships and sexual health matters.

The **Young Mothers in Education Project (Galway Youth Federation)** supports pregnant girls or young mothers from **Galway City and County** (who are up to 25 years of age) to remain in, return to, or progress onto second or third level education or training.

SERVICES

- Individual, peer, childcare and educational support
- Career guidance and information
- The 'Moving On' programme.

See contact details under 'YOUTH/TEENAGE SUPPORT' and 'AFTER CHILDBIRTH /PARENTING SUPPORT' in Section 2 or check with your client's local youth centre for supports.

SUPPORTING ADULT WOMEN

SINGLE CLIENTS

The number of births taking place outside of marriage has increased steadily over the past three decades. The largest number of births outside of marriage occur with women in their 20s and early 30s. While many of these pregnancies are planned and desired, some may be crisis pregnancies. All pregnant women, particularly those experiencing crisis pregnancy, need the opportunity to explore their feelings.

Making a decision about a crisis pregnancy may be hinged on one specific factor or on several factors. Social stigma and family response are significant factors for this age group, as is the woman's financial/work situation and the impact on her family if she has other children.

As for women of all ages and circumstances who are experiencing crisis pregnancy, appropriate and timely support is essential.

CRISIS PREGNANCY WITHIN MARRIAGE/LONG-TERM RELATIONSHIPS

Women who are married or in long-term relationships can, and do, experience crisis pregnancy.

A woman may consider the pregnancy a crisis because she feels that she:

- Has completed her family or is too old to 'start again'
- Is at a significant time in her career
- Had not planned to have children at this time or cannot afford to do so
- Is in a difficult relationship and fears

difficulties could be exacerbated by the pregnancy and the birth of a child

- Has possibly conceived the child outside the relationship.

As with all crisis pregnancies, appropriate and timely support is essential.

PREGNANCY AS A RESULT OF RAPE OR SEXUAL ABUSE

A pregnancy resulting from sexual violence can further exacerbate your client's trauma. A sensitive and supportive response from the service provider is extremely important in this situation. All of the considerations relevant to other clients may still be a factor, but may be overshadowed by the distress of the rape. It may take time and/or specific professional help for the woman to disclose the circumstances of the rape or abuse, or she may not do so at all.

WHAT YOU CAN DO

- Check if she would like you to contact a family member, partner or friend to be with her
- It may be appropriate to offer access to rape crisis counselling and other medical treatment and screening
- Contact the Sexual Assault Unit (see contact details under 'RAPE CRISIS CENTRES/SEXUAL ASSAULT SERVICES' in Section 2) to check how the woman can access the service at that time if she wishes to do so
- The woman may not be willing or able to access other services immediately,

and should not be pushed into doing so (**except in cases where timely forensic evidence must be acquired**). Gentle encouragement and explanation of what the process might involve may enable her to avail of such support

- An offer from you (or a suitable person) to accompany her to further services may be appropriate.

SECTION ONE

RANGE OF SERVICES

CRISIS PREGNANCY COUNSELLING AGENCIES	PAGE 15
FAMILY PLANNING (CONTRACEPTIVE) SERVICES	PAGE 22
GP SERVICES	PAGE 24
ANTENATAL/MATERNITY SERVICES	PAGE 26

CRISIS PREGNANCY COUNSELLING AGENCIES

AGENCY	Ballinasloe Crisis Pregnancy Support Service	CURA	Dublin Well Woman Centres	Irish Family Planning Association (IFPA)	Life Pregnancy Care	Mayo Crisis Pregnancy Support Service	Midlands Crisis Pregnancy Counselling Service	One Family (Formerly Cherish)	Pact	Sexual Health Centre (Cork)	Tralee Family Planning Centre	West Cork Crisis Pregnancy Counselling Service	Youth Health Service (Cork)
FREE COUNSELLING	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
PREGNANCY TESTING	NO	YES	YES*	YES*	YES	NO	NO	NO	NO	YES	YES	-	YES
INFORMATION ON ABORTION	YES	NO	YES	YES	NO	YES	YES	YES	YES	YES	YES	-	YES
POST-ABORTION COUNSELLING	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	-	YES
ONGOING CARE AND SUPPORT, INCLUDING AFTER THE BIRTH	YES	YES	NO	NO	YES	YES	YES	YES	YES	NO	YES	-	NO

- At the time of going to print, this crisis pregnancy counselling service was in development.

* There is a charge for pregnancy tests at Dublin Well Woman Centres and IFPA clinics.

All of the agencies on this page are listed in **Positive Options**, a directory of agencies skilled in the area of crisis pregnancy counselling. Contact details for these services are listed in the directory in Section 2.

WHAT IS A CRISIS PREGNANCY COUNSELLING AGENCY?

This is a specialist agency which offers counselling and support to women who are experiencing or have experienced crisis pregnancy. It can also offer counselling and support to a woman's partner or parents, should they wish to access it. The agencies listed on the previous page are funded by the Crisis Pregnancy Agency to provide crisis pregnancy counselling and continuing support services. **Crisis pregnancy counselling is free and does not require a referral.**

The Crisis Pregnancy Agency's **Positive Options** directory is a list of agencies providing free crisis pregnancy counselling. For details of services in your client's region, visit www.positiveoptions.ie or (from a mobile telephone) Freetext the word LIST to 50444. Alternatively, contact the Agency for a printed leaflet.

WHAT SERVICES DO THEY OFFER?

All agencies will provide counselling, which allows the client to consider the options available to her. Counselling may be provided by a qualified counsellor, a social worker or a trained volunteer, depending on the agency.

Counselling may comprise one session or a number of sessions, depending on the client's needs. A client can be seen alone or with a partner, relative or friend. Many

agencies will conduct pregnancy tests. They may also refer clients onto further services, where appropriate.

WHAT IS THE DIFFERENCE BETWEEN THE AGENCIES?

The ethos and policies of agencies differ from each other. All agencies provide non-directive counselling. Some agencies will provide information on abortion and on abortion services outside the country, if requested during a counselling session. This is legal under the 'Regulation of Information (Services Outside the State for Termination of Pregnancies) Act 1995.' Other agencies will discuss the issue but will not provide this information, even if requested (see the sub-section on abortion).

The following pages give details on the services provided by each of the main crisis pregnancy counselling agencies in Ireland. You will find contact details, national and local (where available), for these services in the directory in Section 2.

CRISIS PREGNANCY COUNSELLING AGENCIES

BALLINASLOE CRISIS PREGNANCY SUPPORT SERVICE (BALLINASLOE CPS)

All services are available by making an appointment.

Crisis pregnancy services:

- Pregnancy counselling provided by a professionally qualified social worker
- Information on parenting, adoption and abortion
- Ongoing support throughout the pregnancy and after the birth, if required
- Post-abortion counselling.

Additional services:

- Information on social welfare and other rights and entitlements.

CURA

CURA has over 16 centres nationwide. Appointments are not required for the following services in some centres.

Crisis pregnancy services:

- Free pregnancy testing
- Pregnancy counselling provided by a trained volunteer
- Support for partners and parents
- Information on parenting and adoption issues and supports
- Post-abortion counselling.

Additional services:

- If requested, access to spiritual counselling is available
- Access to supervised accommodation
- A number of centres provide ongoing support for parents, post-delivery
- Information and advice is available on issues such as accommodation, childcare, parenting, benefits and education.

DUBLIN WELL WOMAN CENTRES

Services are provided in the Dublin area only, but can be availed of by women from anywhere in the country, and are offered on an appointment-only basis.

Crisis pregnancy services:

- Pregnancy testing
- Pregnancy counselling provided by a professional counsellor
- Information on parenting and adoption issues and supports
- If requested, the counsellor will provide information on abortion, including services outside the country
- Post-abortion counselling.

Additional services:

- Post-abortion medical check-ups
- Family planning and women's sexual and reproductive health services (there is a charge for these services; they are available to General Medical Services (GMS) clients in the Well Woman Centre in Coolock; Sexually Transmitted Infection (STI) screening is also included).

IRISH FAMILY PLANNING ASSOCIATION (IFPA)

Crisis pregnancy counselling services are available nationwide, while all other IFPA services are available within Dublin only. All services (except pregnancy testing) are offered on an appointment-only basis.

Crisis pregnancy services:

- Pregnancy testing
- Pregnancy counselling provided by a professional counsellor
- Support for partners and parents

- Information on parenting and adoption issues and supports
- If requested, the counsellor will provide information on abortion, including services outside the country
- Post-abortion counselling.

Additional services:

- Post-abortion medical check-ups at IFPA clinics in Dublin
- IFPA will provide details on where post-abortion medical check-ups are available outside of Dublin
- A post-abortion support group meets in Dublin
- Full family planning services are available in the Dublin clinics (these services are available to General Medical Services (GMS) clients in the IFPA's Tallaght and Cathal Brugha Street branches).

LIFE PREGNANCY CARE

Life has nationwide coverage, though the provision of services in each area may vary. All services are available without making an appointment.

Crisis pregnancy services:

- Free pregnancy testing
- Pregnancy counselling provided by a trained volunteer
- Support for partners and parents
- Information on parenting and adoption issues and supports
- Post-abortion counselling.

Additional services:

- Counsellors in all centres offer a befriending service and practical help

to clients, such as accompanying them to hospital, being present at the births, providing maternity and baby clothes

- Information on education, training, accommodation, social welfare, and other rights and entitlements.

MAYO CRISIS PREGNANCY SUPPORT SERVICE (MAYO CPS)

All services are available by making an appointment.

Crisis pregnancy services:

- Pregnancy counselling provided by a professionally qualified counsellor
- Information on parenting, adoption and abortion
- Ongoing support throughout the pregnancy and after the birth, if required
- Post-abortion counselling
- Support counselling to family members affected by crisis pregnancy.

Additional services:

- Information regarding rights and entitlements.

MIDLANDS CRISIS PREGNANCY COUNSELLING SERVICE (MIDLANDS CPCS)

All services are available by making an appointment.

Crisis pregnancy services:

- Pregnancy counselling provided by a professionally qualified counsellor
- Information on parenting, adoption and abortion
- Ongoing support throughout the pregnancy and after the birth, if required

- Post-abortion counselling.

Additional services:

- Information on social welfare and other rights and entitlements.

ONE FAMILY (FORMERLY CHERISH)

One Family provides services within the Dublin area only, but clients from outside Dublin can attend. Services are offered on an appointment-only basis.

Crisis pregnancy services:

- Pregnancy counselling provided by a professionally qualified counsellor
- Information on parenting and adoption issues and supports
- If requested, the counsellor will provide information on abortion, including services outside the country
- Post-abortion counselling.

Additional services:

- One Family also provides an information service to one-parent families, including a Lo Call information line. Details are provided in Section 2.

This covers:

- Information on the legal situation of one-parent families and their children
- Information on accommodation, adoption, childcare, social welfare entitlements, work options and educational opportunities available to one-parent families
- Information is provided by letter, telephone, e-mail and in face-to-face consultation.

A free on-site crèche is available for all One Family services.

PACT

Pact provides a non-denominational, Dublin-based, unplanned pregnancy service. A regional network of social workers ensures that some of the services are provided on a national basis.

Crisis pregnancy services:

- A nationwide telephone helpline staffed by a professionally qualified counsellor /social worker
- Pregnancy counselling, by appointment, provided by a professionally qualified counsellor/social worker
- Information on parenting, including entitlements, accommodation, etc.
- Detailed information on adoption, including 'open' and 'closed' adoption
- If requested, the counsellor/social worker will provide information on abortion, including services outside the country
- Counselling and information for partners and family members
- Post-abortion counselling (this counselling extends to the partners also involved).

Additional services:

- Support for women at the time of the birth
- Ongoing support for women who choose to keep their babies (this support can be emotional as well as practical, and link in with women's local services)
- Counselling for those who have experienced miscarriages or stillbirths.

SEXUAL HEALTH CENTRE (CORK)

All services are available by making an appointment.

Crisis pregnancy services:

- Free pregnancy testing with immediate results
- Pregnancy counselling provided by a professionally qualified counsellor
- Information on parenting, adoption and abortion
- Post-abortion counselling.

Additional services:

- Medical check-up after an abortion.

TRALEE FAMILY PLANNING CENTRE

All services are available by making an appointment.

Crisis pregnancy services:

- Pregnancy counselling provided by a trained counsellor
- Information on parenting, adoption and abortion
- Ongoing support throughout the pregnancy and after the birth, if required
- Counselling after an abortion.

Additional services:

- Information on social welfare and other rights and entitlements
- Medical check-up after an abortion.

WEST CORK CRISIS PREGNANCY COUNSELLING SERVICE

At the time of going to print, this crisis pregnancy counselling service was in development. Contact details are listed in the directory in Section 2.

YOUTH HEALTH SERVICE (CORK)

All services are available by making an appointment.

Crisis pregnancy services:

- Free pregnancy testing
- Pregnancy counselling provided by a professionally qualified counsellor
- Information on parenting, adoption and abortion
- Referral to other agencies, if necessary
- Support counselling to partners and family members affected by crisis pregnancy.

Additional services:

- Information on social welfare and other rights and entitlements.

OTHER CRISIS PREGNANCY COUNSELLING SERVICES

All services within the **social work department** of the **maternity unit of University College Hospital, Galway** are available without making an appointment. Services are also free of charge, and an appointment can be held at a location desired by the individual.

Crisis pregnancy services:

- Pregnancy counselling provided by a professionally qualified social worker
- Information on parenting, adoption and abortion
- Medical services for pregnancy care, if required
- Ongoing support throughout pregnancy and after the birth, when required
- Post-abortion counselling.

Additional services:

- For individuals deciding to parent, a family support worker will provide support in relation to improving confidence/parenting skills and developing sexual health awareness
- Assisting with practical concerns, such as childcare.

FAMILY PLANNING CLINICS

Crisis pregnancy counselling services may also be accessed through family planning clinics.

Details of crisis pregnancy counselling providers are also listed in **Your Guide to Contraception**, published by the IFPA in conjunction with the **HSE West** for **Counties Galway, Mayo and Roscommon**.

FAMILY PLANNING (CONTRACEPTIVE) SERVICES

Supporting your client in accessing family planning services for contraception advice and services may be a relevant part of your work, or may only arise occasionally. It is useful to know what each provider offers and how this can be accessed.

GENERAL PRACTITIONERS (GPs)

A number of GPs provide full family planning (contraceptive) services. To obtain a list of names of GPs who provide such a service within a specific HSE area, contact the Primary Care Unit or GP Unit of the HSE area. Most GPs will provide information and access to many types of contraception. However, not all GPs provide a full range of the contraception currently available. If a GP does not provide the service that a woman requires, she is encouraged to ask to be referred to another doctor for this service.

Details of GPs' contact details and the contraceptive services they provide are also listed in **Your Guide to Contraception**, published by the IFPA in conjunction with the HSE West for Counties Galway, Mayo and Roscommon.

FAMILY PLANNING CLINICS

Contraceptive services can also be accessed through family planning clinics. Family planning services are also provided by some GPs.

The **Galway Family Planning Clinic** is an independent family planning centre. Most services are covered free of charge by the General Medical Services (GMS) medical card for clients from **Counties Galway, Mayo and Roscommon**.

Services provided:

- Pregnancy testing without an appointment
- Referral to other crisis pregnancy counselling agencies
- Post-abortion medical check-up by appointment
- Cervical screening
- Advice and prescription for all methods of contraception
- Menopause clinic.

The **Limerick Family Planning Clinic** provides services for **Counties Clare, Limerick and North Tipperary**. Most services are covered free of charge by the General Medical Services (GMS) medical card.

The **Women's Health Clinic in Newcastle West, Co. Limerick** provides crisis pregnancy counselling and pregnancy testing, as well as women's health services.

A **sexual health clinic** within the **University of Limerick** provides services for registered students only, including advice on family planning (contraception) and screening for sexually transmitted diseases (STDs).

The IFPA has also published **Your Guide to Contraception**, in conjunction with the **HSE West**, covering services and providers in **Counties Galway, Mayo and Roscommon**.

Many contraceptives are covered by the General Medical Services (GMS), so medical card holders can access them without charge. The **Letterkenny Women's Centre** provides a family planning clinic, free to GMS clients. The **North Leitrim Women's Centre** also provides a well woman clinic – including family planning – free to GMS clients.

NATURAL FAMILY PLANNING SERVICES

The **National Association of the Ovulation Method of Ireland (NAOMI)** provides advice and information on natural family planning, and services are available on an appointment-only basis. NAOMI is a charitable organisation. No fees are charged for teaching, however, donations may be given to cover the costs of materials, etc.

Services provided:

- Fertility counselling
- Advice on natural family planning
- Support services on achieving or postponing pregnancy.

GP SERVICES

General Practitioners (GPs) provide a wide range of medical services and support at a local level.

They are ideally placed to provide support to a woman who wants to continue her pregnancy. Your client should be encouraged to attend her GP if she has not already done so because:

- The GP is in a position to confirm the pregnancy and establish the health of the client
- The GP may already be familiar with the client's medical history and can provide appropriate care
- The client's pregnancy care plan can be immediately established by her GP, and referral to maternity services can be made
- The GP can provide continuing care throughout the pregnancy and afterwards
- If the client is not actually pregnant, she may require advice on contraception, which can be provided by the GP
- GPs are easily and locally accessible, may provide out-of-office-hours services, and are free if the client has a medical card.

Under the 'Regulation of Information Act 1995,' GPs are allowed to provide information on abortion services outside the State if they are requested by the client within a counselling situation. GPs are, however, not obliged to provide this information if they do not wish to do so on moral grounds. The sixth edition of the Medical Council's Guidelines for Ethical Conduct and Behaviours (2004) states that 'if a doctor has a conscientious objection to a course of action this should be explained and the names of other doctors made available to the patient'.

If your client is unsure about her feelings with regard to her pregnancy and needs time to talk about it and reflect on her choices, a crisis pregnancy counselling service is ideally placed to provide support to her. For a list of crisis pregnancy counselling agencies and the services they provide, please refer to the 'CRISIS PREGNANCY COUNSELLING AGENCIES' sub-section of this resource.

ANTENATAL /MATERNITY SERVICES

It is important for a woman who thinks she might continue with her pregnancy to receive adequate antenatal care as early in her pregnancy as possible. Such care is usually provided through antenatal clinics in maternity hospitals, the woman's GP, a private obstetrician, or a combination of these services.

For contact details of maternity services, see the directory in Section 2.

MATERNITY HOSPITALS

- A client may access a maternity hospital by attending her GP, who may refer her to the outpatient clinic or to a consultant obstetrician's private rooms
- A client availing of private care may make contact with the maternity hospital herself
- A client does, however, need a GP's letter if she is applying for the combined care option (provided by her GP and obstetric services) or has other medical problems
- In emergency cases, clients may go directly to the maternity hospital
- Clients may also be referred to a maternity hospital by supportive agencies, for example, crisis pregnancy services, rape crisis centres, etc.

ANTENATAL CLINICS

Antenatal care is important in order to ensure the well-being of both mother and baby. It also provides opportunities throughout the pregnancy to discuss and plan the birth with the doctor and midwife. The system of antenatal care adopted by many maternity hospitals is combined care between the expectant mother, GP and consultant. Unless a person has opted for private care, the service will be free. Charges for private care should be discussed with the consultant and administration staff of the maternity hospital.

PREPARING FOR THE FIRST VISIT TO ANTENATAL SERVICES

While hospitals may differ, the following may help you provide some guidance to your client in relation to what she can expect at an antenatal visit.

On the first visit, which is usually the longest, she will attend the booking clinic. During this visit, a midwife will take the relevant history of a prospective mother, conduct various blood and urine tests (blood group, full blood count /haemoglobin) and screen for specific infectious diseases which need to be diagnosed in order to protect the baby. HIV testing (to detect antibodies to Human Immunodeficiency Virus) is now also offered to all pregnant women. This test is done by consent only. Following blood tests, the expectant mother will meet with one of the doctors on the consultant team.

The hospital bed for her stay will be booked. An appointment for a follow-up visit will be made. The woman will be advised to attend her GP between visits if she is receiving combined care.

If the client is under 18 or is concerned about her situation, she can be referred to a medical social worker within the hospital for support.

ANTENATAL CLASSES

Antenatal classes are usually held in the maternity hospital or privately in the community. They can help the mother

prepare for the birth. Partners or friends can usually attend with the woman, if she wishes. Clients should contact the maternity department for details of local classes.

Antenatal classes are provided for young parents in the **Limerick Social Services Centre**, a partnership between **St Munchin's Regional Maternity Hospital** and the **Parent Support Programme, Limerick**.

HOME BIRTHS

Some women may wish to give birth at home. This is a personal decision. Health professionals may have differing opinions on home births. Other professionals will support a woman's wish, unless there is a medical reason precluding it. Home births are usually assisted by a (private) community midwife. She will prepare for the birth with the mother throughout her pregnancy. Home births are not covered under the public health services, but a grant may be paid towards costs by the relevant HSE area.

Home births are an option in **County Donegal**, via the maternity unit of **Letterkenny General Hospital**. Home births are available (privately) in **Counties Galway, Mayo and Roscommon**. An HSE grant is paid directly to the mother.

Contact details regarding home births can be found in Section 2.

SECTION ONE

AFTER CHILDBIRTH /PARENTING

RIGHTS AND ENTITLEMENTS	PAGE 29
AFTER CHILDBIRTH/PARENTING SUPPORT	PAGE 32
FINANCIAL SUPPORT	PAGE 34

RIGHTS AND ENTITLEMENTS

SINGLE PARENTING

If your client chooses to parent her child alone, she may be able to access information, support services and benefits. The information in this section is contained within the 'Information Pack for Parents Who are Not Married to Each Other' by **Treoir, the National Federation of Services for Unmarried Parents and Their Children.**

Treoir operates a national information centre for parents, professionals and those involved with parents who are not married to each other. It provides a range of informational booklets on a variety of topics (guardianship, maintenance, fathers' rights, birth registration, passports, cohabitation, family (step-parent) adoption, shared parenting, harassment, ante/post-natal accommodation, equality legislation, going to court, talking to children about absent parents, guidance for grandparents, and establishing paternity). Treoir's booklets and other publications are available from its website, www.treoir.ie. In addition, Treoir operates a national resource centre for those working with young parents. Resource materials are also available upon request.

See contact details under 'AFTER CHILDBIRTH/PARENTING SUPPORT' in Section 2.

It will be useful for your client to be made aware of the following:

- An unmarried mother has automatic and full rights of guardianship and custody of her child

- An unmarried father has no automatic rights in relation to his child. He has a right to apply for (or to acquire) access, custody and guardianship rights by agreement with the mother (see 'GUARDIANSHIP' in this sub-section)
- A father does not get guardianship rights as a result of his name being on the birth certificate of his child
- It is generally good for children to be in touch with both of their parents
- Both parents have a responsibility to maintain their children
- Having the father's name on the birth certificate does not mean that the mother will not get One-Parent Family Payment (OFP)
- Whether or not the father's name is on the birth certificate, a mother receiving OFP will be asked by the Department of Social and Family Affairs to try and get maintenance from the father.

REGISTRATION OF BIRTHS

The Civil Registration Act 2004 requires the parent(s) of a newborn child, not later than three months from the date of the birth, to attend in person before any registrar of births, to provide such information as is required to register the birth and to sign the register of births in the presence of the registrar. Under the new arrangements, a birth can be registered in any registrar's office and the parent(s) can now register at the office that is most convenient or nearest to a home/work/business address.

A surname must be chosen for a child at birth registration. This can be the mother's surname, the father's surname or a double-barrelled surname. Where the details of both parents are registered, it is **not** possible to change the surname of the child unless the parents marry following the birth.

Where the father's name is not entered at the time of the original birth registration, a re-registration can take place at any time thereafter in order to enter the father's details. The name can then be changed with the consent of both parents.

GUARDIANSHIP

Guardianship is the collection of rights and duties that a parent has in respect of her/his child. It encompasses the duty to maintain and properly care for the child and the right to be involved in making decisions about the child's religious or secular education, health requirements, and other matters affecting the child's welfare.

A mother is always a guardian. The father of the child is a guardian if he is married to the mother. An unmarried father can become a guardian by:

Swearing an agreement with the mother by signing Statutory Declaration (SI 5 of 1998). This is available from Treoir or from Government Publications, Molesworth Street, Dublin 2.

OR

Going to court to ask to be appointed as a guardian. A father only needs to do this where the mother does not agree to swear the agreement with him by signing Statutory Declaration (SI 5 of 1998).

CUSTODY

Custody is having the rights and responsibility for the day-to-day care of one's child.

WHO HAS CUSTODY?

- A mother, whether married or single, automatically has custody of her child
- The married father automatically has custody of his child
- An unmarried father can informally agree with the mother to share custody of their child
- A father can go to court to request sole or joint custody of his child.

ACCESS

Access is having the right to see the child if the child is not living with this parent.

WHO HAS ACCESS?

- The married parents automatically have full custody/access to their child
- Where one parent has full custody, then the parents may informally agree access by the other parent to their child
- The other parent can go to court to request access if this is being denied
- Any person related to a child, or who has acted as a parent to a child, can apply to the court for permission to apply for access to a child.

ESTABLISHING PATERNITY/PATERNITY TESTING

A married man is presumed to be the father of his wife's child.

With regard to parents who are not married to each other:

- A presumption of paternity follows from having a man's name on the birth certificate. This does not give him guardianship rights
- A court order (i.e. for access, custody, maintenance or guardianship) naming a man as the father is evidence of paternity
- Where the paternity of a child is disputed in court proceedings, the court may require that the man undergo paternity testing before an order can be granted.

Paternity testing services are listed in Treoir's '**Information Pack for Parents Who are Not Married to Each Other**' and in its leaflet on establishing paternity. Tests can be done by using blood or mouth swab samples, and range from €330 to €1,300. Positive test results do not give any legal rights to a father and, in themselves, are not sufficient evidence for birth registration purposes.

For more details, visit Treoir's website (www.treoir.ie) or see its contact details in Section 2.

AFTER CHILDBIRTH /PARENTING SUPPORT

GP

A GP can provide support and medical services to both the mother and her baby. Encouraging your client to attend her GP will mean that she is in regular contact with a health professional who can offer her ongoing support and refer her to other services, where necessary.

PUBLIC HEALTH NURSE

A local Public Health Nurse (PHN) will visit the mother and baby once they return home. The nurse will give guidance and support in relation to feeding and the general health and development of the mother and child. Visits to the local PHN can also be arranged through the local health centre. Regular follow-up visits to the home or the health centre will be arranged.

SOCIAL WORKER

Maternity hospitals will normally provide access to a medical social worker at the antenatal stage or while the woman is in hospital, if she requires such support. If she is under 18 or is in complex social or economic circumstances, she may also be allocated the support of a social worker in the community.

COMMUNITY WELFARE OFFICER

Community Welfare Officers (CWOs) are based in health centres, and are responsible for the day-to-day administration of community welfare services. Contact details for local CWOs can be found under 'FINANCIAL SUPPORT' in Section 2.

Many local agencies provide a variety of after childbirth/parenting supports and services.

These include:

- Balor Developmental Community Arts Group (Donegal)
- Barnardos
- Community Mothers Programmes
- Family support services
- Foróige (National Youth Development Organisation)
- The GAF Youth Café (Galway)
- Limerick Youth Service
- One Family
- OPEN (One Parent Exchange and Network)
- Parentstop (Donegal)
- Parent Support Programme, Limerick (including the Community Mothers and Teen Parents Support Programmes)
- Spark Project (Support Project for Adolescent Refugee Kids), Galway
- Teen parenting projects
- Treoir
- Young Mothers in Education

Further contact details for these groups are provided under 'AFTER CHILDBIRTH /PARENTING SUPPORT' in Section 2.

CRISIS PREGNANCY AGENCIES

Some agencies provide ongoing support and practical help throughout pregnancy and after the birth (see the 'CRISIS PREGNANCY COUNSELLING AGENCIES' sub-section in this resource).

FAMILY RESOURCE CENTRES

Family resource centres provide a range of supports for parents and children, including young parents' groups, educational initiatives and childcare facilities.

FINANCIAL SUPPORT

There is a range of supports available to women to assist them as parents. Some benefits are means tested, while others are paid to all women, regardless of age and circumstances.

IF THE WOMAN IS NOT WORKING

- She can contact her local social welfare office to check her entitlements, including One-Parent Family Payment (OPF)
- She can apply to the local Community Welfare Officer of her HSE area, as she may be entitled to:
 - Supplementary Welfare Allowance
 - A medical card
 - Rent or mortgage interest supplement
 - Help towards the cost of essential items (buggy, cot, etc.).

IF THE WOMAN IS WORKING

- She may qualify for Maternity Benefit if she has enough social insurance contributions (at least 39 contributions in the relevant year). Maternity Benefit is paid for the 22 weeks of maternity leave
- She should apply for Maternity Benefit at least six weeks before she intends to go on maternity leave.

MATERNITY AND INFANT SCHEME (INFORMATION FOR EXPECTANT MOTHERS)

Under Section 62 of the Health Act 1970, all women are entitled to free antenatal care. This is delivered through the GP of a woman's choice and a hospital obstetrician.

MATERNITY LEAVE

In Ireland, a woman is entitled to 22 weeks' maternity leave, no matter how recently she has started work, but she

must be in a job where she pays PRSI contributions. An additional 12 weeks of unpaid maternity leave can be taken.

If a woman is starting maternity leave on or after 1st March 2007, she will be entitled to 26 weeks' maternity leave, together with an additional 16 weeks' unpaid maternity leave.

PARENTAL LEAVE

The birth or adoptive parents of a child are each entitled to 14 weeks' unpaid parental leave per child up to the age of eight (and up to age 16 if the child has a disability). Leave may be taken at a continuous period of 14 weeks, in separate blocks of a minimum of six weeks, or in reduced days or hours (in agreement with the parents' employers).

MAINTENANCE

Both parents have the responsibility to maintain their child, whether they are living with their child or not. When one parent is not living with the child, maintenance may need to be arranged. Parents may be able to agree a suitable amount of maintenance. If this is not the case, a court can order the other parent to pay maintenance. If the parent doesn't pay, the court may then ask her/his employer to deduct the amount of maintenance from her/his salary. This is called an Attachment of Earnings Order.

ONE-PARENT FAMILY PAYMENT (OFFP)

If the parent is unmarried or separated, she or he can apply for the One-Parent Family Payment.

A person will qualify for this payment if:

- Her/his child is living with her/him
- She or he is not cohabiting, that is, living with another person as husband and wife
- She or he satisfies the means test: this takes into account her/his income, any maintenance payments she or he receives, the value of any property other than her/his home, and any savings, investments or cash income she or he may have.

A woman will still qualify even if the father's name is on the birth certificate, she is living at home with her family, and/or she is still at school or college.

CHILD BENEFIT

Child Benefit is a monthly payment made by the Department of Social and Family Affairs. A rate per child is paid. Child benefit is linked in with the registration of the child's birth. It is important for the woman to have her PPS number when completing this 'pink' form in the hospital.

A person must apply to the Child Benefit Section of the Department of Social and Family Affairs within six months of the child's birth and with the child's birth certificate if the child was not born in one of Ireland's national maternity hospitals. A form can be obtained from the local post office.

Child Benefit is paid to all parents whose children are living with them, regardless of their income or marital status.

EARLY CHILDCARE SUPPLEMENT

The Early Childcare Supplement is a payment made to families in Ireland with children under six years of age. Its purpose is to financially assist with the cost of raising children, providing childcare, etc. The Early Childcare Supplement is worth €1,000 per child, per year (€250 is paid every three months per child).

FAMILY INCOME SUPPLEMENT (FIS)

Family Income Supplement is an additional income, claimed from the Department of Social and Family Affairs, if the combined household income is below a certain amount and only if the person is working 19 or more hours per week (or 38 or more hours per fortnight). The rate also depends on the number of children in the household.

The person may also qualify for:

- A medical card
- Rent supplement

- Back to School Clothing and Footwear Allowance
- Exceptional Needs Payment.

Applications for any of the above payments should be made to the relevant HSE area.

INCOME TAX

- Married or cohabiting parents are not entitled to any tax credit in respect of their children
- Unmarried parents can each claim a One-Parent Family tax credit, as well as their own personal tax credit, if they are not living together or cohabiting with another partner. Each parent must also have overnight visitation/access to the child in order to claim the One-Parent Family tax credit
- One-Parent Family Payment (OFP) is regarded as taxable income
- Family Income Supplement (FIS) is not regarded as taxable income.

COMMUNITY WELFARE SERVICES

If your client wishes to apply for a medical card to receive General Medical Services (GMS) or for possible financial support, she should contact her local Community Welfare Officer.

SECTION ONE

ADOPTION

WHAT IS ADOPTION? PAGE 39
WHO ARRANGES ADOPTION? PAGE 39

ADOPTION

Your client may consider placing her child for adoption if she feels she is not in a position to care for the child herself. Adoption is for the benefit of the child, who is the most important person in the process. This is reflected in adoption laws, which require the Adoption Board /Adoption Authority of Ireland or any court to regard the welfare of the child as the first and most important consideration. Legal adoption is permanent.

The information in this section is outlined in 'An Outline of Adoption Law and Procedure' information leaflet, produced by the Adoption Board in 1998.

WHO ARRANGES ADOPTION?

Only registered adoption societies and the HSE areas are legally entitled to place children for adoption. Adoption services are provided through the local health offices of each HSE area. A number of societies are operated by, or in association with, the local HSE area.

See contact details under 'ADOPTION' in Section 2.

WHOSE CONSENT IS REQUIRED?

Most children placed for adoption are born outside marriage; in these cases, only the consent of the mother is normally required. The consent of the father is required where he:

- Marries the mother after the birth of the child
- Is appointed a guardian of the child

- Is granted custody of the child under a court order or otherwise.

Where the father is not a legal guardian, provision is normally made for consultation with him. A father does **not** get guardianship rights as a result of his name being on the birth certificate of his child.

STATUTORY ADOPTION SERVICES

MATERNITY AND COMMUNITY SOCIAL WORK SERVICES

In general, a woman or a couple expressing a wish to place a baby for adoption is linked in with a medical social worker (through a hospital's maternity unit) for counselling. All options are explored with the woman/couple on a regular basis throughout the pregnancy. If the woman/couple believes that adoption is the best option, the relevant community services social work department is contacted to arrange a pre-adoptive foster care placement.

A joint meeting is facilitated to introduce the woman/couple to the allocated community services social worker and, if desired, a meeting with the pre-adoptive foster care family is often arranged. When the woman delivers her baby, the medical social worker will meet her/the couple in the hospital to explore her/their current wishes. If the woman/couple wishes to place the baby for adoption, the community care social worker manages the case. Should the woman/couple choose to parent, the medical social worker provides ongoing post-natal (parenting) support.

NON-STATUTORY ADOPTION SERVICES

BARNARDOS

Barnardos Adoption Advice Service is an independent adoption service and offers information, advice and support on every aspect of adoption. The service is based in Dublin, but clients from anywhere in the country can avail of it.

Services offered:

- A confidential telephone and information advice and support service
- Individual appointments
- Group meetings and support for adoptive parents, adopted people and birth relatives
- Information evenings for adopted people on tracing and reunion issues that may arise for them
- Training in adoption issues.

CÚNAMH

Cúnamh is a registered adoption society. It offers a nationwide service, though the majority of clients (pregnant women, their partners/families) reside in Dublin.

Services offered:

- A pregnancy counselling and support service
- Adoption, including a post-adoption service
- Short-term foster care
- Search and reunion of adopted children and birth parents.

SECTION ONE

ABORTION

ABORTION AND THE LAW PAGE 43
POST-ABORTION SUPPORT PAGE 44

ABORTION AND THE LAW

THE LAW ON ABORTION IN IRELAND

Abortion is illegal in Ireland except where there is a real and substantial risk to the life of the mother. This includes the risk of suicide.

PROVISION OF INFORMATION ON ABORTION

The 14th Amendment to the Constitution established the right to give and obtain information about abortion services. The 'Regulation of Information (Services Outside the State for Termination of Pregnancies) Act 1995,' also known as the 'Abortion Information Act,' allows for information about abortion services outside Ireland to be provided in certain circumstances.

WHAT ARE THE CERTAIN CIRCUMSTANCES?

Abortion information can **only** be provided directly to a pregnant woman, if requested as part of the counselling process, by:

- Crisis pregnancy counselling agencies
- Individual counsellors giving crisis pregnancy support
- GPs and other doctors.

The actual information covered by the Act, or 'Act Information,' refers to contact details of abortion services in other countries. The following guidelines determine how such information should be provided:

- The services mentioned must be legally provided in the country concerned, and all information provided should comply with any legal restrictions that apply in the jurisdiction concerned
- The woman must request the information on abortion before it is given
- It is **illegal** to prevent a woman from travelling abroad to get an abortion
- The information must be provided in a truthful and objective manner and counselling must not involve the promotion or advocacy of abortion
- 'Act Information' must be provided in an independent manner, without the person or agency deriving any financial or other benefit
- If providing information on abortion within the counselling context, information also must be given on all options available to the pregnant woman, that is: parenting and adoption. This obligation (to give full counselling on all available options) applies only where abortion information is being requested
- It is **legal** (but, arguably, not limited) to provide 'Act Information,' i.e. the names and addresses of abortion services, outside the country. It is **illegal** for the service provider to make an appointment for the woman with any abortion service outside the country
- The service provider can provide the woman with any of her medical records in written form, or details which may be relevant to her pregnancy and situation
- There is no obligation on any individual or agency to provide abortion

information. In this situation, the client should be referred to another service provider who will give her this information.

POST-ABORTION CARE AND COUNSELLING

MEDICAL CHECK-UP

A woman who has recently had an abortion should be encouraged to attend her own GP, another GP or a family planning clinic to receive a post-abortion medical examination. Examinations should take place within three weeks after the termination. The purpose of the examination is to:

- Establish both the physical and psychological well-being of the woman
- Ensure that the termination has been complete, and that there are no indications of infection
- Provide information and support regarding contraception, should it be required.

It may be difficult to persuade your client to attend for this check-up if she has not discussed the abortion with anyone or attended her doctor prior to the termination. If she does not feel comfortable attending her own GP, she may wish to visit a family planning clinic in or outside her region. While most women do not experience any complications after termination, medical attention at an early stage can lessen the risk of these occurring.

SECTION ONE

ADDITIONAL SUPPORTS

RAPE AND SEXUAL ASSAULT SERVICES PAGE 47
SEXUALLY TRANSMITTED INFECTIONS PAGE 49

+ SUPPORTS

RAPE AND SEXUAL ASSAULT SERVICES

If your client or a woman seeking your help discloses that her pregnancy is a result of rape or sexual assault, the following information will be useful.

RAPE CRISIS CENTRES

Rape crisis centres are voluntary organisations which offer counselling and support to survivors of sexual violence. In the HSE West, services are available in Galway City, Letterkenny, Limerick and Sligo. An experienced counsellor will help a victim to work through the effects of the experience, and answer any questions about medical and legal issues. Many centres also invite friends and relatives to contact them, if the client wishes.

Trained volunteers and professional counsellors are available to offer support and comfort to victims attending sexual assault units, accident and emergency departments, or their GPs after rape or sexual assault. Trained volunteers are also available to accompany victims to court hearings, if requested.

Rape crisis centres are active members of the **Rape Crisis Network of Ireland (RCNI)**, and aim to provide quality counselling and support services for survivors of sexual violence and abuse. They are also active members of the **Regional Planning Committee of the Taskforce on Violence against Women**.

If your client is under 18 years of age, there is a child protection requirement to notify your HSE area, and she may be encouraged to contact the **CARI (Children at Risk in Ireland) Foundation**. Rape crisis centres provide counselling to those under the age of 18 years, with parental

permission. Limerick Regional Hospital also provides crisis counselling for children and young people in its **sexual assault unit**. See contact details in Section 2.

SERVICES PROVIDED IN RAPE CRISIS CENTRES

- A telephone helpline
- A drop-in service
- A 24 hour emergency call out service for recent sexual assault/rape
- A medical service after recent sexual assault/rape
- Crisis counselling
- Long-term counselling
- Support groups
- Aftercare
- Advice and information
- Advice to those supporting survivors of sexual assault/rape
- Advocacy
- Reporting, legal advice and court accompaniment
- Library service
- Services for male survivors of sexual assault/rape.

See contact details under 'RAPE CRISIS CENTRES/SEXUAL ASSAULT SERVICES' in Section 2.

SEXUAL ASSAULT SERVICES

There are specialised **sexual assault units** in the accident and emergency departments of **Letterkenny General Hospital, Limerick Regional Hospital and University College Hospital, Galway**.

These units provide medical examinations and necessary medical services, and collect forensic samples in cases of sexual crime.

The specialists in this area work closely with An Garda Síochána, rape crisis centres, HSE West Child Protection Teams and the State Forensics Laboratory in providing help in their investigations.

SEXUALLY TRANSMITTED INFECTIONS

If a client presents to you with a suspected pregnancy, she may also have been at risk of contracting a sexually transmitted infection. Obviously, this is not always the case, but if the woman has had unprotected sexual contact, screening for sexually transmitted infections may also need to be considered.

There are many different types of infections: bacterial, viral, fungal and parasitic. Most can be treated quite easily in their early stages. Many infections do not have symptoms, so the person may not be aware that he or she has contracted an infection. If left untreated, some infections can result in infertility or serious illness.

CLINICS

Clinics are operated by the HSE areas. They provide a free and confidential service to the public, and may be operated on an appointment-only system or drop-in basis. Clients can refer themselves; a GP or another medical service can also make referrals.

The clinic may be called:

- Sexually Transmitted Infection (STI) Clinic
- Genito Urinary Medicine (GUM) Clinic
- Sexually Transmitted Diseases (STD) Clinic.

These clinics provide the following free and confidential services:

- Screening, diagnosis, treatment of and medication for sexually transmitted infections
- Health advice
- Counselling
- HIV testing
- Contact tracing.

There are **STI clinics** in **Ennis, Galway, Limerick, Sligo** and **Derry**. See contact details under 'SEXUALLY TRANSMITTED INFECTIONS' in Section 2.

OTHER SERVICES

Some GPs may provide STI screening and treatment. There is usually a charge for this service. Alternatively, your client may wish to attend a private Genito Urinary Medicine consultant. Contact details for consultants may be available from the HSE area, or can be found in the telephone directory under 'Hospitals.'

AIDS North West and **AIDS West** are voluntary, non-profit organisations which provide care and support services relating to HIV/AIDS and sexual health in the **North West and West of Ireland**.

The **Red Ribbon Project** is a voluntary, non-profit organisation offering sexual health information, education and counselling in the **Mid-West of Ireland**. Its mission is to provide both an open, person centred service in a safe, welcoming

environment and a community focused service which challenges and informs attitudes within the areas of HIV/AIDS and sexual health.

SERVICES

- Confidential helpline
- Counselling (including bereavement counselling)
- Raising awareness
- Library and resource centre
- Access to information
- Drop-in service
- Complementary therapies
- Training facilities.

A colour guide, **Sexually Transmitted Infections** (detailing common STIs and where to seek help), has been published by the HSE West. For further information or printed copies, see contact details in Section 2 for the HSE West.

SECTION TWO

DIRECTORY
OF AGENCIES
& SUPPORT
SERVICES

DIRECTORY OF AGENCIES & SUPPORT SERVICES

This directory includes contact details and opening hours of relevant services and organisations in the HSE West, listed in corresponding order with the contents page. National organisations that offer services to women in crisis pregnancy, regardless of location, are also included.

YOUTH/TEENAGE SUPPORT

SEE ALSO 'AFTER CHILDBIRTH
'PARENTING SUPPORT'

ADOLESCENT ANTENATAL CLASSES

Letterkenny General Hospital

Co. Donegal

TEL: 074 912 3552

OPENING HOURS:

Mon, 2pm – 5pm (can change subject to interest)

Sligo General Hospital

Co. Sligo

TEL: 071 917 4608

OPENING HOURS:

Contact for details.

THE C.R.I.B. YOUTH PROJECT AND HEALTH CAFÉ

Rockwood Parade, Sligo

TEL: 071 914 6526

OPENING HOURS:

Flexible; daytime and evenings.

DONEGAL YOUTH INFORMATION CENTRE

Upper Main St, Donegal Town, Co. Donegal

TEL: 074 972 3029

FAX: 074 972 3050

E-MAIL: yicdonegal@eircom.net

OPENING HOURS:

Mon – Thu, 9.30am – 5.30pm

Fri, 9.30am – 5pm

Additional opening times may apply from time to time. Contact for details.

THE GAF YOUTH CAFÉ

SEE ALSO 'YOUTH HEALTH PROJECT' IN THIS SECTION

14 Francis St, Galway

TEL: 091 535 376

MOB: 086 967 2922

FAX: 091 534 475

E-MAIL: the.gaf@mailn.hse.ie

OPENING HOURS:

Mon, 4pm – 6pm

Tue, 1pm – 6.30pm

Wed, 1pm – 7pm

Thu, 1pm – 8pm

Fri, 1pm – 10pm

Sat, 1pm – 6pm

GALWAY DIOCESAN SERVICES ('NO. 4')

No. 4, St Augustine St, Galway

TEL: 091 568 483/562 114

OPENING HOURS:

Mon – Fri, 9.30am – 5.30pm

GALWAY YOUTH INFORMATION CENTRE

Ozanam House, St Augustine St, Galway

TEL: 091 562 434

FAX: 091 562 166

E-MAIL: yicgalway@desatclear.ie

WEB: www.youthinformation.ie

OPENING HOURS:

Mon – Fri, 9am – 4.45pm

LETTERKENNY YOUTH INFORMATION CENTRE

SEE 'THE LOFT LK YOUTH PROJECT AND HEALTH CAFÉ' IN THIS SECTION

LIMERICK YOUTH SERVICE

5 Lower Glentworth St, Limerick

TEL: 061 412 444

FAX: 061 412 795

E-MAIL: lys@limerickyouthservice.com

WEB: www.limerickyouthservice.com

OPENING HOURS:

Mon – Thu, 9am – 5pm

Fri, 9am – 4pm

THE LOFT LK YOUTH PROJECT AND HEALTH CAFÉ

Unit 2, 16-18 Port Rd, Letterkenny, Co. Donegal

TEL: 074 912 9640

FAX: 074 912 7612

E-MAIL: lkyouthcafe@yahoo.ie

OPENING HOURS:

Contact for opening hours.

PROMOTING POSITIVE CHOICES PROGRAMME (RELATIONSHIPS AND SEXUAL HEALTH FOR YOUNG PEOPLE)

Community Development Office, 87 O'Connell St, Limerick

TEL: 061 483 592

E-MAIL: mary.macmillan@mailh.hse.ie

OPENING HOURS:

Group sessions on request.

SLIGO YOUTH INFORMATION CENTRE

5a Market St, Sligo

TEL: 071 914 4150/7468

FAX: 071 914 5578

E-MAIL: yicsligo@eircom.net

OPENING HOURS:

Mon – Fri, 10am – 5pm

TEENAGE HEALTH INITIATIVE

SEE 'THE GAF YOUTH CAFÉ' IN THIS SECTION

TEEN PARENTS SUPPORT PROGRAMME FOR COUNTY DONEGAL

SEE ALSO 'BALOR DEVELOPMENTAL COMMUNITYARTS GROUP' UNDER 'AFTER CHILDBIRTH/PARENTING SUPPORT'

Letterkenny, Co. Donegal

TEL: 086 818 6345

E-MAIL: michelle.maguire@foroige.ie

TEL: 086 855 5928

E-MAIL: tara_balordca@eircom.net

OPENING HOURS:

Contact for opening hours.

TEEN PARENTS SUPPORT PROGRAMME FOR COUNTY GALWAY

University College Hospital, Galway

TEL: 091 544 960

FAX: 091 520 233

E-MAIL: aileen.davies@mailn.hse.ie

OPENING HOURS:

Mon – Fri, 9am – 1pm/2pm – 5pm

TEEN PARENTS SUPPORT PROGRAMME FOR COUNTY LIMERICK

Limerick Social Services Centre, Henry St, Limerick

TEL: 061 411 643

E-MAIL: npspmidwest@eircom.net

OPENING HOURS:

Mon – Fri, 9.30am – 5.30pm

YOUNG MOTHERS IN EDUCATION PROJECT (GALWAY YOUTH FEDERATION)

Old Junior School, Dublin Rd, Tuam, Co. Galway

TEL: 093 28494

MOB: 087 223 1497

FAX: 093 25484

E-MAIL: youngmothers@gyf.ie

OPENING HOURS:

Tue – Sat, 9am – 5.30pm

YOUTH HEALTH PROJECT

SEE ALSO 'THE GAF YOUTH CAFÉ' IN THIS SECTION

7 Francis St, Galway

TEL: 091 535 377

E-MAIL: gaf.nurse@mailn.hse.ie

OPENING HOURS:

Mon – Fri, 9am – 5pm

CHILD PROTECTION SOCIAL WORK TEAMS (OR 'CHILDREN AND FAMILY SOCIAL WORK TEAMS')

PAEDIATRIC SOCIAL WORKER

Letterkenny General Hospital

Co. Donegal

TEL: 074 912 5888

OPENING HOURS:

Mon – Fri, 9am – 5pm

Sligo General Hospital

Co. Sligo

TEL: 071 917 1111

OPENING HOURS:

Mon – Fri, 9.15am – 1pm/2pm – 5.15pm

PRINCIPAL SOCIAL WORKERS

Ballina

Ballina Health Centre, Co. Mayo

TEL: 096 215 511

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Boyle Health Centre

Roscommon

TEL: 071 966 2987

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Castlebar

Hill House, Mountain View, Castlebar,
Co. Mayo

TEL: 094 902 2333

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Castlerea

Heavey House, Castlerea, Co. Roscommon

TEL: 090 663 7842

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Clare

River House, Gort Rd, Ennis, Co. Clare

TEL: 065 686 3909

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Donegal

Garden Centre Complex, St Conal's
Hospital, Letterkenny, Co. Donegal

TEL: 074 912 3739

OPENING HOURS:

Mon – Fri, 9am – 1pm/2pm – 5pm

Galway City

25 Newcastle Rd, Shantalla, Galway

TEL: 091 523 122

OPENING HOURS:

Mon, 9.30am – 1pm/2pm – 5.30pm

Tue – Fri, 9.30am – 1pm/2pm – 5pm

Galway East

Health Centre, Ballinasloe, Co. Galway

TEL: 090 964 6200

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Galway North

Health Centre, Tuam, Co. Galway

TEL: 093 26800

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Galway South

Health Centre, Main St, Loughrea,
Co. Galway

TEL: 091 847 820

OPENING HOURS:

Mon, 9.30am – 1pm/2pm – 5.30pm

Tue – Fri, 9.30am – 1pm/2pm – 5pm

Galway West

Health Centre, Oughterard, Co. Galway

TEL: 091 552 200

OPENING HOURS:

Mon – Fri, 9.30am – 5.30pm

Lanesboro Health Centre

Roscommon

TEL: 090 663 7529

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Limerick

Unit 3, St Camillus' Hospital, Shelbourne Rd, Limerick

TEL: 061 483 711

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Roscommon

Abbey St, Roscommon

TEL: 090 662 6732

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Sligo/Leitrim

Markievicz House, Sligo

TEL: 071 915 5133

OPENING HOURS:

Mon – Thu, 9.15am – 1pm/2pm – 5.15pm

Fri, 9.15am – 1pm/2pm – 5pm

Swinford Health Centre

Co. Mayo

TEL: 094 925 1900

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Tipperary North

Annbrook, Limerick Rd, Nenagh,

Co. Tipperary

TEL: 067 41934

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

CRISIS PREGNANCY COUNSELLING

SEE ALSO 'GENERAL PRACTITIONERS' UNDER 'FAMILY PLANNING (CONTRACEPTIVE) SERVICES'

BALLINASLOE CRISIS PREGNANCY SUPPORT SERVICE (BALLINASLOE CPS)

Portiuncula Hospital, Ballinasloe, Co. Galway

Marina Centre, Ballinasloe, Co. Galway

TEL: 090 964 8190

LO CALL TEL: 1850 20 06 00

OPERATIONAL HOURS:

Mon – Fri, 9am – 5pm

CURA

National Office

St Patrick's College, Maynooth, Co. Kildare

TEL: 01 505 3040/1

NATIONAL HELPLINE: 1850 62 26 26

OPERATIONAL HOURS:

Mon – Fri, 9.30am – 9pm

Sat, 10am – 5pm

FAX: 01 629 2364

E-MAIL: cura@iol.ie

WEB: www.cura.ie

Castlebar

The Family Centre, Chapel St, Castlebar, Co. Mayo

TEL: 094 902 4866

OPENING HOURS:

Tue, 11am – 1pm

Wed, 7pm – 9pm

Sat, 1pm – 3pm

Ennis

Harmony Row, Ennis, Co. Clare

TEL: 065 682 9905

OPENING HOURS:

Mon, 7pm – 9pm

Wed/Fri, 11am – 1pm

Galway

Árus de Brún, Newtownsmith, Galway

TEL: 091 562 558

OPENING HOURS:

Mon – Fri, 9.30am – 5pm

Letterkenny

Diocesan Pastoral Centre, Letterkenny,
Co. Donegal

TEL: 074 912 3037

OPENING HOURS:

Mon/Wed/Fri, 5pm – 7pm

Tue/Thu, 12pm – 2pm/5pm – 9pm

Limerick

Social Services Centre, Henry St, Limerick

TEL: 061 318 207

OPENING HOURS:

Mon, 10.30am – 3pm/5pm – 9pm

Tue/Wed, 10.30am – 1pm/5pm – 7pm

Thu, 10.30am – 1pm

Fri, 5pm – 7pm

Sligo

Social Services Centre, Charles St, Sligo

TEL: 071 914 3659

OPENING HOURS:

Mon – Fri, 9.30am – 5.30pm

Thu, 7pm – 9pm

Thurles

48a Liberty Square, Thurles, Co. Tipperary

TEL: 0504 26226

OPENING HOURS:

Mon/Tue, 7pm – 9pm

Wed, 3pm – 5pm

Sat, 10am – 1pm

DUBLIN WELL WOMAN CENTRES

Head Office

25 Capel St, Dublin 1

TEL: 01 874 9243

FAX: 01 874 9339

E-MAIL: info@wellwomancentre.ie

WEB: www.wellwomancentre.ie

35 Lower Liffey St, Dublin 1

TEL: 01 872 8051/95

FAX: 01 872 8466

OPENING HOURS:

Mon/Thu/Fri, 9.30am – 7.30pm

Tue/Wed, 8am – 7.30pm

Sat, 10am – 4pm

Sun, 1pm – 4pm (walk-in emergency
contraception clinic)

67 Pembroke Rd, Dublin 4

TEL: 01 660 9860/668 1108

FAX: 01 660 3062

OPENING HOURS:

Mon/Tue/Wed, 10am – 7.30pm

Thu/Fri, 8am – 7.30pm

Sat, 10am – 4pm

**Northside Shopping Centre, Coolock,
Dublin 5**

TEL: 01 848 4511

FAX: 01 848 4264

OPENING HOURS:

Mon/Tue/Wed/Fri, 9am – 6pm

Thu, 9am – 9pm

Sat, 9.30am – 4.30pm

IRISH FAMILY PLANNING ASSOCIATION (IFPA)

National Office

60 Amiens St, Dublin 1

TEL: 01 806 9444

FAX: 01 806 9445

E-MAIL: post@ifpa.ie

WEB: www.ifpa.ie

5/7 Cathal Brugha St, Dublin 1

TEL: 01 872 7088/874 2110

FAX: 01 872 5734

OPENING HOURS:

Mon/Thu, 9.30am – 8pm

Tue/Wed/Fri, 9.30am – 7pm

Sat, 9.30am – 4pm

Sun, 2pm – 5pm (emergency contraception service only)

Last appointment will be a half hour before closing time.

Level 3, The Square, Tallaght, Dublin 24

TEL: 01 459 7685/6

FAX: 01 462 4067

OPENING HOURS:

Mon/Tue/Wed, 9.30am – 5pm

Thu, 9.30am – 9pm

Fri, 9.30am – 6pm

Sat, 9.30am – 4pm

Sun, 12pm – 3pm (emergency contraception service only)

Last appointment will be a half hour before closing time.

Appointments for counselling at centres in Galway, Limerick, Sligo and Letterkenny must be made through the IFPA National Pregnancy Helpline.

LO CALL TEL: 1850 49 50 51

OPERATIONAL HOURS:

Mon – Fri, 9am – 5pm

LIFE PREGNANCY CARE

Head Office

29/30 Dame St, Dublin 2

TEL: 01 679 8989

LO CALL TEL: 1850 28 12 81

OPERATIONAL HOURS:

Mon – Sun, 9am – 9pm

FAX: 01 677 5282

E-MAIL: life@life.ie

WEB: www.life.ie

OPENING HOURS:

Mon – Fri, 12pm – 3pm

Sat, 12pm – 2pm

Thu, 7pm – 9pm (by appointment)

Galway

Prospect House, Prospect Hill, Galway

TEL: 091 566 939

LO CALL TEL: 1850 28 12 81

OPENING HOURS:

Mon/Wed/Thu, 12.30pm – 2.30pm

Letterkenny

43 Port Rd, Letterkenny, Co. Donegal

TEL: 074 912 7007

LO CALL TEL: 1850 28 12 81

OPENING HOURS:

Mon, 7pm – 9pm (telephone)

Tue, 12pm – 2pm

Thu, 11am – 1pm

Fri, 7pm – 9pm

Sat, 10am – 1pm (telephone)

Sun, 9am – 2pm (telephone)

Thurles

10 Croke St, Thurles, Co. Tipperary

TEL: 0504 24402

LO CALL TEL: 1850 28 12 81

OPENING HOURS:

Mon, 12pm – 2pm

Wed, 8pm – 9pm

MAYO CRISIS PREGNANCY SUPPORT SERVICE (MAYO CPS)

Mayo General Hospital, Castlebar, Co. Mayo

LO CALL TEL: 1890 20 00 22

OPERATIONAL HOURS:

Mon – Fri, 9.30am – 5pm

MIDLANDS CRISIS PREGNANCY COUNSELLING SERVICE (MIDLANDS CPCS)

Athlone, Edenderry, Longford, Mullingar, Portlaoise, Tullamore

FREEPHONE: 1800 20 08 57

OPERATIONAL HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 3.30pm

ONE FAMILY (FORMERLY CHERISH)

Voice/Support/Action for One-Parent Families

Cherish House, 2 Lower Pembroke St, Dublin 2

TEL: 01 662 9212

LO CALL TEL: 1890 66 22 12

FAX: 01 662 9096

E-MAIL: info@onefamily.ie

WEB: www.onefamily.ie

OPENING HOURS:

Mon – Fri, 9am – 5pm

PACT

15 Belgrave Rd, Rathmines, Dublin 6

TEL: 01 497 6788

PACTLINE: 1850 67 33 33

OPERATIONAL HOURS:

Mon – Fri, 10.30am – 4pm

FAX: 01 496 6565

E-MAIL: info@pact.ie

WEB: www.pact.ie

POSITIVE OPTIONS

Positive Options is a directory of agencies skilled in the area of crisis pregnancy counselling. All of the agencies listed in this section are listed in this resource. For details, visit www.positiveoptions.ie or (from a mobile telephone) Freetext the word LIST to 50444. Alternatively, contact the Crisis Pregnancy Agency for a printed leaflet.

SEXUAL HEALTH CENTRE

16 Peters St, Cork
TEL: 021 427 6676/5837
E-MAIL: info@sexualhealthcentre.com
WEB: www.sexualhealthcentre.com
OPENING HOURS:
Mon – Fri, 9am – 5pm

TRALEE FAMILY PLANNING CENTRE

29 Ashe St, Tralee, Co. Kerry
TEL: 066 712 5322
OPENING HOURS:
Mon – Fri, 10am – 4pm
Mon – Thu, 6pm – 9pm

UNIVERSITY COLLEGE HOSPITAL, GALWAY

TEL: 091 544 089
OPENING HOURS:
Mon – Fri, 9.30am – 1pm/2pm – 5pm

WEST CORK CRISIS PREGNANCY COUNSELLING SERVICE

LO CALL TEL: 1890 25 23 59
OPENING HOURS:
Mon – Fri, 9.30am – 3pm

YOUTH HEALTH SERVICE

73 Shandon St, Cork
TEL: 021 422 0490/1
OPENING HOURS:
Mon, 8am – 11am/2.30pm – 5.30pm
Tue/Wed, 8.30am – 5.30pm
Thu, 12.30pm – 7.30pm
Fri, 9am – 5.30pm
Sat (appointment only)

FAMILY PLANNING (CONTRACEPTIVE) SERVICES (INCLUDING EMERGENCY CONTRACEPTION)

GALWAY FAMILY PLANNING CLINIC

Lismoyle House, St Augustine St, Galway
TEL: 091 562 992
OPENING HOURS:
Mon – Fri, 10am – 5pm
Wed, 6.30pm – 8.30pm
Thu, 5pm – 8pm
Sat, 10am – 1pm

GPs (GENERAL PRACTITIONERS)

Family planning (contraceptive) services are provided by most GPs. For a list of GPs participating in General Medical Services (GMS), contact one of the offices listed under 'MATERNITY AND INFANT SCHEME (INFORMATION FOR EXPECTANT MOTHERS)' under 'MATERNITY SERVICES.'

LETTERKENNY WOMEN'S CENTRE

Port Rd, Letterkenny, Co. Donegal

TEL: 074 912 4985

FAX: 074 912 5022

E-MAIL: womenscentrelkenny@eircom.net

OPENING HOURS:

Mon – Thu, 9am – 1pm/2pm – 5pm

Fri, 9am – 1pm/2pm – 4pm

Mon – Tue, 5pm – 8pm (women's health clinic)

The centre provides a family planning clinic, free to General Medical Services (GMS) clients.

LIMERICK FAMILY PLANNING CLINIC

27 Mallow St, Limerick

TEL: 061 312 026

FAX: 061 311 664

OPENING HOURS:

Mon – Fri, 9am – 6pm

Sat, 9am – 1pm/2pm – 5.30pm

Most services are covered free of charge by the General Medical Services (GMS) medical card.

NATIONAL ASSOCIATION OF THE OVULATION METHOD OF IRELAND (NAOMI)

16 North Great George's St, Dublin 1

TEL: 01 878 6156

FAX: 01 878 8158

E-MAIL: enq@naomi.ie

WEB: www.naomi.ie

OPENING HOURS:

Mon – Fri, 9.30am – 1pm

2nd Mon of the month, 8pm – 10pm

NORTH LEITRIM WOMEN'S CENTRE

3 New Line, Manorhamilton, Co. Leitrim

TEL: 071 985 6220

E-MAIL: nlwrg@eircom.net

OPENING HOURS:

Mon – Fri, 9am – 1pm/2pm – 5pm

The centre provides a well woman clinic – including family planning – free to General Medical Services (GMS) clients.

UNIVERSITY OF LIMERICK SEXUAL HEALTH CLINIC

Student Health Centre, University of Limerick, Limerick

TEL: 061 202 534

OPENING HOURS:

Mon – Fri, 9am – 5pm (during academic year only)

WOMEN'S HEALTH CLINIC

North Quay, Newcastle West, Co. Limerick

TEL: 069 62933

OPENING HOURS:

Tue- Fri, 10am-1pm

Wed/Fri, 7pm-9pm

MATERNITY SERVICES

HOME BIRTHS (SERVICES)

Home Birth Association of Ireland

1 Lumiera, Rocky Valley Rd, Kilmacanogue, Co. Wicklow

E-MAIL: homebirth@eircom.net

WEB: www.homebirth.ie

Letterkenny General Hospital

Co. Donegal

TEL: 074 912 5888

At the time of going to print, home birth services did not exist in other areas of the HSE West. Information about **independent midwives in County Sligo** can be given through:

Community Care Office

Markievicz House, Sligo

TEL: 071 915 5100

OPENING HOURS:

Mon – Thu, 9.15am – 1pm/2pm – 5.15pm

Fri, 9.15am – 1pm/2pm – 5pm

HOME BIRTHS (SUPPORTS)

SEE 'PUBLIC HEALTH NURSING (DIRECTORS OF)'

MATERNITY AND INFANT SCHEME (INFORMATION FOR EXPECTANT MOTHERS)

Community Care Office

Ballybofey, Co. Donegal

TEL: 074 913 1391

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5.30pm

Primary, Community and Continuing Care Offices

25 Newcastle Rd, Galway

TEL: 091 546 360

OPENING HOURS:

Mon, 9.30am – 5.30pm

Tue – Fri, 9.30am – 5pm

Community Care Office

Leitrim Rd, Carrick-on-Shannon,

Co. Leitrim

TEL: 071 965 0300

OPENING HOURS:

Mon – Thu, 9.15am – 1pm/2pm – 5.15pm

Fri, 9.15am – 1pm/2pm – 5pm

Community Care Office

(for Limerick, Clare and North Tipperary)

Ballycummin Ave, Raheen Business Park, Limerick

TEL: 061 483 705

FAX: 061 483 757

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Primary, Community and Continuing Care Offices

County Clinic, Castlebar, Co. Mayo

TEL: 094 902 2333

OPENING HOURS:

Mon, 9.30am – 5.30pm

Tue – Fri, 9.30am – 5pm

Primary, Community and Continuing Care Offices

Lanesboro Rd, Roscommon

TEL: 090 663 7500

OPENING HOURS:

Mon, 9.30am – 5.30pm

Tue – Fri, 9.30am – 5pm

Community Care Office

Markievicz House, Sligo

TEL: 071 915 5100

OPENING HOURS:

Mon – Thu, 9.15am – 1pm/2pm – 5.15pm

Fri, 9.15am – 1pm/2pm – 5pm

MATERNITY HOSPITALS/SERVICES

PUBLIC HOSPITALS

Letterkenny General Hospital

Co. Donegal

TEL: 074 912 5888

Mayo General Hospital

Castlebar, Co. Mayo

TEL: 094 904 2353

Portiuncula Hospital

Ballinasloe, Co. Galway

TEL: 090 964 8233

Sligo General Hospital

Co. Sligo

TEL: 071 917 4608

Also provides services to women facing crisis pregnancy.

St Munchin's Regional Maternity Hospital

Ennis Rd, Limerick

TEL: 061 483 180/2

FAX: 061 326 086

University College Hospital, Galway

TEL: 091 544 528

AFTER CHILDBIRTH /PARENTING SUPPORT

SEE ALSO 'YOUTH/TEENAGE SUPPORT,' 'PUBLIC HEALTH NURSING (DIRECTORS OF);' 'COMMUNITY WELFARE SERVICES (UNDER 'FINANCIAL SUPPORT')' AND 'GENERAL PRACTITIONERS (UNDER 'FAMILY PLANNING (CONTRACEPTIVE SERVICES)'

BALOR DEVELOPMENTAL COMMUNITY ARTS GROUP

The Balor Theatre, Ballybofey, Co. Donegal

TEL: 074 913 0424

E-MAIL: balordcagroup@eircom.net

OPENING HOURS:

Mon – Fri, 9am – 5pm

BARNARDOS (NATIONAL CHILDREN'S RESOURCE CENTRE)

10 Sarsfield St, Limerick

TEL: 061 208 680

FAX: 061 440 214

E-MAIL: ncrcc@midwest.barnardos.ie

WEB: www.barnardos.ie

OPENING HOURS:

Contact for opening hours.

COMMUNITY MOTHERS PROGRAMMES

Limerick City and County

SEE 'PARENT SUPPORT PROGRAMME, LIMERICK' IN THIS SECTION

North Tipperary Community Services

Loreto HSE, Kenyon St, Nenagh,

Co. Tipperary

TEL: 067 31800

OPENING HOURS:

Mon – Fri, 9am – 1pm/2pm – 4pm

COMMUNITY RESOURCE CENTRES

See local telephone directory.

FAMILY SUPPORT SERVICES

Ballybane, Galway

TEL: 091 768 300

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5.30pm

Westside, Galway

TEL: 091 585 011

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5.30pm

FORÓIGE (NATIONAL YOUTH DEVELOPMENT ORGANISATION)

Youth organisation and supports for teenage parents.

Head Office

Block 12d, Joyce Way, Park West,
Dublin 12

TEL: 01 630 1560

FAX: 01 630 1568

E-MAIL: info@foroige.ie

WEB: www.foroige.ie

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

ONE FAMILY (FORMERLY CHERISH)

Voice/Support/Action for One-Parent Families

Cherish House, 2 Lower Pembroke St,
Dublin 2

TEL: 01 662 9212

LO CALL TEL: 1890 66 22 12

FAX: 01 662 9096

E-MAIL: info@onefamily.ie

WEB: www.onefamily.ie

OPENING HOURS:

Mon – Fri, 9am – 5pm

OPEN (ONE PARENT EXCHANGE AND NETWORK)

7 Red Cow Lane, Smithfield, Dublin 7

TEL: 01 814 8860

FAX: 01 814 8890

E-MAIL: enquiries@oneparent.ie

WEB: www.oneparent.ie

OPENING HOURS:

Mon – Thu, 9am – 1pm/2pm – 5pm

Fri, 9am – 1pm/2pm – 4pm

PARENTSTOP

26 Celtic Apartments, Pearse Rd,
Letterkenny, Co. Donegal

TEL: 074 917 7249

OPENING HOURS:

Mon/Tue/Wed, 9am – 5pm

PARENT SUPPORT PROGRAMME, LIMERICK

Limerick Social Services Centre, Henry St,
Limerick

TEL: 061 411 643

E-MAIL: npspmidwest@eircom.net

OPENING HOURS:

Mon – Fri, 9.30am – 5.30pm

PARENT SUPPORT PROGRAMME (MID-WEST REGION)

87 O'Connell St, Limerick

TEL: 061 483 455

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

**SLIGO FAMILY SUPPORT LTD
(LIFESTART SLIGO, ACORN PROJECT LTD,
AND CHILDCARE AND FAMILY SUPPORT)**

Family visitation programme and centre based programmes.

Carraroe Community Centre, Carraroe,
Co. Sligo

TEL/FAX: 071 915 7979

E-MAIL: lifestartsligo@eircom.net

WEB: www.lifestartsligo.com

OPENING HOURS:

Mon – Fri, 9am – 4.30pm

**SPARK PROJECT (SUPPORT PROJECT
FOR ADOLESCENT REFUGEE KIDS)**

7 Francis St, Galway

TEL: 091 561 737

E-MAIL: spark@gyf.ie

OPENING HOURS:

Mon – Fri, 10am – 4pm

**TREOIR (NATIONAL FEDERATION OF
SERVICES FOR UNMARRIED PARENTS
AND THEIR CHILDREN)**

Support for unmarried parents.

Information on financial, legal and
parenting issues.

14 Gandon House, Custom House Square,
IFSC, Dublin 1

TEL: 01 670 0120

LO CALL TEL: 1890 25 20 84

FAX: 01 670 0199

E-MAIL: info@treoir.ie

WEB: www.treoir.ie

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2.15pm – 5pm

**PUBLIC HEALTH NURSING
(DIRECTORS OF)**

Donegal

Community Services, Ballybofey,
Co. Donegal

TEL: 074 918 9025

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Galway

25 Newcastle Rd, Galway

TEL: 091 546 365

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Mayo

St Mary's Headquarters, Castlebar,
Co. Mayo

TEL: 094 904 2200

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Mid-West

HSE Building, Ballycummin Ave, Raheen
Business Park, Raheen, Limerick

TEL: 061 482 792

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Roscommon

Community Services, Lanesboro Rd,
Roscommon

TEL: 090 663 7582

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Sligo/Leitrim

Community Care Office, Markievicz House,
Sligo

TEL: 071 915 5100/44

OPENING HOURS:

Mon – Fri, 9am – 5pm

Galway West

West City Centre, Seamus Quirke Rd,
Galway

TEL: 091 523 122

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

FINANCIAL SUPPORT

COMMUNITY WELFARE SERVICES

For rent allowance, medical cards, supplementary benefit, hardship grants, etc., contact the Superintendent Community Welfare Officers:

Clare

Sandfield Centre, Ennis, Co. Clare

TEL: 065 686 8090

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Donegal

Navenny House, Navenny St, Ballybofey,
Co. Donegal

TEL: 074 918 9041/074 913 1154

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5.30pm

Galway East

Community Care Offices, 25 Newcastle Rd,
Galway

TEL: 091 523 122

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Leitrim

Leitrim Rd, Carrick-on-Shannon,
Co. Leitrim

TEL: 071 965 0300

OPENING HOURS:

Mon – Fri, 9.15am – 1pm/2pm – 5.15pm

Limerick

St Joseph's Hospital, Mulgrave St,
Limerick

TEL: 061 461 489

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Mayo

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

TEL: 094 904 2221

OPENING HOURS:

Mon – Fri, 9am – 1pm/2pm – 5pm

Roscommon

Lanesboro Rd, Roscommon Town

TEL: 090 663 7554

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Sligo

JFK House, JFK Parade, Sligo

TEL: 071 913 5010/1

OPENING HOURS:

Mon – Fri, 9am – 1pm/2pm – 5pm

Tipperary North/Limerick East
Unit 8 Friar Court, Pearse St, Nenagh,
Co. Tipperary
TEL: 067 31003
OPENING HOURS:
Mon – Fri, 9am – 1pm/2pm – 5pm

**DEPARTMENT OF SOCIAL AND FAMILY
AFFAIRS**

MAIN TEL: 01 874 8444
OPERATIONAL HOURS:
Mon – Fri, 10am – 1pm/2pm – 5pm
WEB: www.welfare.ie

Family Income Supplement (FIS)
Social Welfare Services Office, Government
Buildings, Ballinalee Rd, Longford
TEL: 043 45211/01 704 3000
OPENING HOURS:
Mon – Fri, 9.15am – 5.15pm

Maternity/Child Benefit
Social Welfare Services Office, St Oliver
Plunkett Rd, Letterkenny, Co. Donegal
TEL: 01 704 3000
OPERATIONAL HOURS:
Mon – Fri, 8.30am – 6pm
LO CALL TEL: 1890 40 04 00

One-Parent Family Payment (OPF)
Pension Services Office, College Rd, Sligo
TEL: 01 704 3000
OPERATIONAL HOURS:
Mon – Fri, 8.30am – 6pm
LO CALL TEL: 1890 50 00 00

**MONEY ADVICE AND BUDGETING
SERVICE (MABS)**

WEB: www.mabs.ie
OPENING HOURS:
Contact your local MABS office.

Buncrana MABS
1 Castle Ave, Buncrana, Co. Donegal
TEL: 074 932 1856
FAX: 074 932 1857
E-MAIL: buncrana@mabs.ie

Clare (Ennis) MABS
8 Harmony Row, Ennis, Co. Clare
TEL: 065 684 1991
FAX: 065 684 3177
E-MAIL: ennis@mabs.ie

Clare (Shannon) MABS
Community Office, Unit 1, Business
Centre, Shannon, Co. Clare
TEL: 061 360 422
FAX: 061 360 711
E-MAIL: shannon@mabs.ie

Galway (North) MABS
Social Services Centre, Dublin Rd, Tuam,
Co. Galway
TEL: 093 24421
FAX: 093 26050
E-MAIL: tuam@mabs.ie

Galway (South) MABS
The Halls (3rd Floor), Quay St, Galway,
Co. Galway
TEL: 091 569 349
FAX: 091 569 478
E-MAIL: galway@mabs.ie

Leitrim MABS

Swanlinbar Rd, Ballinamore, Co. Leitrim

TEL: 071 964 4994

FAX: 071 964 4998

E-MAIL: ballinamore@mabs.ie

Limerick MABS

87 O'Connell St, Limerick

TEL: 061 310 620

FREEPHONE: 1800 41 80 88

E-MAIL: limerick@mabs.ie

Paul Partnership Ltd

Unit 25, Tait Centre, Dominic St, Limerick

TEL: 061 419 388

FAX: 061 418 098

E-MAIL: paul@mabs.ie

MABS Lathar Dhun na nGall Teo

Aras Mhic Fhiceallaigh, Doirebeaga, Leitir Ceanainn, Co. Dhun na nGall

TEL: 074 956 0747

FAX: 074 956 0763

E-MAIL: iarthar_dhun_na_ngall@mabs.ie

Mayo (North) MABS

Cualgara, Teeling St, Ballina, Co. Mayo

TEL: 096 72902

FAX: 096 72903

E-MAIL: ballina@mabs.ie

Mayo (South) MABS

The Humbert Mall, Castlebar, Co. Mayo

TEL: 094 902 8888

FAX: 094 902 8837

E-MAIL: castlebar@mabs.ie

North Donegal MABS

29 Academy Court, Letterkenny, Co. Donegal

TEL: 074 912 9909

FAX: 074 912 0040

E-MAIL: letterkenny@mabs.ie

Roscommon MABS

Abbey St, Roscommon

TEL: 090 662 7811

FAX: 090 662 7813

E-MAIL: roscommon@mabs.ie

Sligo MABS

Westward Town Centre, Bridge St, Sligo

TEL: 071 914 1022

FAX: 071 914 6920

E-MAIL: sligo@mabs.ie

South Donegal MABS

Donegal Public Services Centre, Drumlonagher, Donegal Town, Co. Donegal

TEL: 074 972 4462

FAX: 074 974 0349

E-MAIL: southdonegal@mabs.ie

REGISTRATION OF BIRTHS

CLARE

Sandfield Centre, Ennis, Co. Clare

TEL: 065 686 8049

OPENING HOURS:

Mon – Fri, 9.30am – 4pm

DONEGAL

St Conal's Hospital, Letterkenny,
Co. Donegal

TEL: 074 912 2322

OPENING HOURS:

Mon – Fri, 9.15am – 4.30pm
Thu, until 7.30pm

GALWAY

25 Newcastle Rd, Galway

TEL: 091 546 277

OPENING HOURS:

Mon/Tue/Wed/Fri, 10am – 4.30pm
Thu, 10am – 7pm

LEITRIM

Leitrim Rd, Leitrim

TEL: 071 965 0349

OPENING HOURS:

Mon/Wed/Thu, 9.15am – 12.15pm
/1pm – 4.30pm
Tue, 9.15am – 12pm/1pm – 5.45pm
Fri, 9.15am – 12.15pm/1pm – 3pm

LIMERICK CITY

St Camillus' Hospital, Shelbourne Rd,
Limerick

TEL: 061 326 677

OPENING HOURS:

Mon – Fri, 9.30am – 4pm

LIMERICK COUNTY

Newcastle West, Co. Limerick

TEL: 069 62545

OPENING HOURS:

Mon – Fri, 9.30am – 4pm

MAYO

New Antrim St, Castlebar, Co. Mayo

TEL: 094 902 3249

OPENING HOURS:

Mon – Fri, 10am – 4.30pm
2nd Mon of the month, 10am – 6.30pm

ROSCOMMON

Lanesboro Rd, Roscommon

TEL: 090 663 7508

OPENING HOURS:

Mon – Fri, 10am – 4.30pm

SLIGO

Markievicz House, Sligo

TEL: 071 915 5115

OPENING HOURS:

Mon – Fri, 9.15am – 4.45pm
Wed, until 7.30pm

TIPPERARY NORTH

Kenyon St, Nenagh, Co. Tipperary

TEL: 067 31212

OPENING HOURS:

Mon – Fri, 9.30am – 4pm

ADOPTION

Adoption is a process by which a child becomes a member of a new family. It creates a permanent legal relationship between adoptive parents and the child.

ADOPTION BOARD/ADOPTION AUTHORITY OF IRELAND

Shelbourne House, Shelbourne Rd,
Dublin 4

TEL: 01 230 9300

E-MAIL: adoptioninfo@health.irlgov.ie

WEB: www.adoptionboard.ie

OPENING HOURS:

Mon – Fri, 9.30am – 12.30pm
/2.15pm – 4.30pm

ALTERNATIVE CARE, FOSTERING AND ADOPTION

St Munchin's Regional Maternity Hospital

Ennis Rd, Limerick

TEL: 061 483 129/48

OPENING HOURS:

Mon – Fri, 9.30am – 5pm

BARNARDOS ADOPTION ADVICE SERVICE

Christchurch Square, Dublin 8

TEL: 01 454 6388

LO CALL TEL: 1850 22 23 00

FAX: 01 453 0300

E-MAIL: adoption@barnardos.ie

WEB: www.barnardos.ie

OPENING HOURS:

Thu, 10am – 2pm

CLANN (COUNTIES GALWAY, MAYO AND ROSCOMMON)

Western Area Adoption Committee, West City Centre, Séamus Quirke Rd, Galway

TEL: 091 548 430

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

CÚNAMH ADOPTION AGENCY

30 South Anne St, Dublin 2

TEL: 01 677 9664

FAX: 01 677 0235

E-MAIL: info@cunamh.com

WEB: www.cunamh.com

OPENING HOURS:

Mon – Fri, 9.30am – 5pm

FOSTERING UNITS

For information on fostering, contact the relevant team leaders through the following offices:

Clare (Ennis)

Riverhouse, Gort Rd, Ennis, Co. Clare

TEL: 065 686 3907/8

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Clare (Shannon)

Health Centre, Shannon, Co. Clare

TEL: 061 362 491

OPENING HOURS:

Mon – Thu, 9am – 1pm/2pm – 5pm

Donegal

100 Knocknamona, Letterkenny, Co. Donegal

TEL: 074 916 1332

OPENING HOURS:

Mon – Fri, 9am – 1pm/2pm – 5pm

Galway

Social Work Dept, Community Services,
25 Newcastle Rd, Galway

TEL: 091 546 354

OPENING HOURS:

Mon, 9.30am – 1pm/2pm – 5.30pm
Tue – Fri, 9.30am – 1pm/2pm – 5pm

Limerick

Glenbevan House, Upper Mayorstone,
Limerick

TEL: 061 328 336

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Mayo

Social Work Dept, Hill House,
Mountain View, Castlebar, Co. Mayo

TEL: 094 904 2283/4

OPENING HOURS:

Mon, 9.30am – 1pm/2pm – 5.30pm
Tue – Fri, 9.30am – 1pm/2pm – 5pm

Roscommon

Social Work Dept, Community Care
Services, Lanesboro Rd, Roscommon

TEL: 090 663 7528

OPENING HOURS:

Mon, 9.30am – 1pm/2pm – 5.30pm
Tue – Fri, 9.30am – 1pm/2pm – 5pm

Sligo/Leitrim

Social Work Dept, Markievicz House, Sligo

TEL: 071 915 5157

OPENING HOURS:

Mon – Fri, 9.15am – 1pm/2pm – 5.15pm

Tipperary

Annbrook, Limerick Rd, Nenagh,
Co. Tipperary

TEL: 067 46661

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

HSE MID-WESTERN AREA ADOPTION CENTRE

Parkbeg House, Elm Drive, Caherdavin,
Limerick

TEL: 061 206 840

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

PACT

15 Belgrave Rd, Rathmines, Dublin 6

TEL: 01 497 6788

PACTLINE: 1850 67 33 33

OPERATIONAL HOURS:

Mon – Fri, 10.30am – 4pm

FAX: 01 496 6565

E-MAIL: info@pact.ie

WEB: www.pact.ie

PRINCIPAL SOCIAL WORKERS

SEE 'PRINCIPAL SOCIAL WORKERS
(UNDER 'CHILD PROTECTION SOCIAL
WORK TEAMS)'

REGIONAL ADOPTION SERVICES

Donegal

Pastoral Centre, Letterkenny, Co. Donegal

TEL: 074 912 1853

OPENING HOURS:

Mon – Fri, 9am – 1pm/2pm – 5pm

Sligo/Leitrim

Custom House, 2 The Quays, Sligo

TEL: 071 913 6550

OPENING HOURS:

Mon – Fri, 9.15am – 1pm/2pm – 5.15pm

ST ATTRACTA'S ADOPTION SOCIETY

St Mary's, Sligo

TEL: 071 914 3058

E-MAIL:

stattractasadoptonsociety@eircom.net

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 4pm

ST CATHERINE'S ADOPTION SOCIETY

Clarecare, Harmony Row, Ennis,

Co. Clare

TEL: 065 682 8178

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

ABORTION

SEE ALSO 'GENERAL PRACTITIONERS (UNDER 'FAMILY PLANNING (CONTRACEPTIVE) SERVICES)'

Abortion is illegal in Ireland except where there is a substantial risk to the life of the mother. However, it is **legal** for information on services outside the country to be provided to a pregnant woman, at her request, in a counselling context. The following services provide information on abortion and contact details of services outside Ireland within their counselling services.

BALLINASLOE CRISIS PREGNANCY SUPPORT SERVICE (BALLINASLOE CPS)

Portiuncula Hospital, Ballinasloe,

Co. Galway

Marina Centre, Ballinasloe, Co. Galway

TEL: 090 964 8190

LO CALL TEL: 1850 20 06 00

OPERATIONAL HOURS:

Mon – Fri, 9am – 5pm

DUBLIN WELL WOMAN CENTRES

Head Office

25 Capel St, Dublin 1

TEL: 01 874 9243

FAX: 01 874 9339

E-MAIL: info@wellwomancentre.ie

WEB: www.wellwomancentre.ie

IRISH FAMILY PLANNING ASSOCIATION (IFPA)

National Office

60 Amiens St, Dublin 1

TEL: 01 806 9444

FAX: 01 806 9445

E-MAIL: post@ifpa.ie

WEB: www.ifpa.ie

Appointments for counselling at centres in Galway, Limerick, Sligo and Letterkenny must be made through the IFPA National Pregnancy Helpline.

LO CALL TEL: 1850 49 50 51

OPERATIONAL HOURS:

Mon – Fri, 9am – 5pm

MAYO CRISIS PREGNANCY SUPPORT SERVICE (MAYO CPS)

Mayo General Hospital, Castlebar, Co. Mayo

LO CALL TEL: 1890 20 00 22

OPERATIONAL HOURS:

Mon – Fri, 9.30am – 5pm

MIDLANDS CRISIS PREGNANCY COUNSELLING SERVICE (MIDLANDS CPCS)

Athlone, Edenderry, Longford, Mullingar, Portlaoise, Tullamore

FREEPHONE: 1800 20 08 57

OPERATIONAL HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 3.30pm

ONE FAMILY (FORMERLY CHERISH)

Voice/Support/Action for One-Parent Families

Cherish House, 2 Lower Pembroke St, Dublin 2

TEL: 01 662 9212

LO CALL TEL: 1890 66 22 12

FAX: 01 662 9096

E-MAIL: info@onefamily.ie

WEB: www.onefamily.ie

OPERATIONAL HOURS:

Mon – Fri, 9am – 5pm

PACT

15 Belgrave Rd, Rathmines, Dublin 6

TEL: 01 497 6788

PACTLINE: 1850 67 33 33

OPERATIONAL HOURS:

Mon – Fri, 10.30am – 4pm

FAX: 01 496 6565

E-MAIL: info@pact.ie

WEB: www.pact.ie

SEXUAL HEALTH CENTRE

16 Peters St, Cork

TEL: 021 427 6676/5837

E-MAIL: info@sexualhealthcentre.com

WEB: www.sexualhealthcentre.com

OPERATIONAL HOURS:

Mon – Fri, 9am – 5pm

TRALEE FAMILY PLANNING CENTRE

29 Ashe St, Tralee, Co. Kerry

TEL: 066 712 5322

OPERATIONAL HOURS:

Mon – Fri, 10am – 4pm

Mon – Thu, 6pm – 9pm

UNIVERSITY COLLEGE HOSPITAL, GALWAY

TEL: 091 544 089

OPERATIONAL HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

WEST CORK CRISIS PREGNANCY COUNSELLING SERVICE

LO CALL TEL: 1890 25 23 59

OPERATIONAL HOURS:

Mon – Fri, 9.30am – 3pm

YOUTH HEALTH SERVICE

73 Shandon St, Cork

TEL: 021 422 0490/1

OPERATIONAL HOURS:

Mon, 8am – 11am/2.30pm – 5.30pm

Tue/Wed, 8.30am – 5.30pm

Thu, 12.30pm – 7.30pm

Fri, 9am – 5.30pm

Sat (appointment only)

RAPE CRISIS CENTRES /SEXUAL ASSAULT SERVICES

CARI (CHILDREN AT RISK IN IRELAND) FOUNDATION

Independent Service Centre, Munster Ave,
Galway

TEL: 061 413 331

OPENING HOURS:

Wed, 9.30am – 5.30pm

2 Garryowen Rd, St John's, Limerick

TEL: 061 413 331

OPENING HOURS:

Mon – Thu, 9am – 5.30pm

Fri, 9am – 5pm

RAPE CRISIS CENTRES

Donegal Rape Crisis Centre

Port Rd, Letterkenny, Co. Donegal

TEL: 074 912 8211

LO CALL TEL: 1800 44 88 44

OPENING HOURS:

Mon – Thu, 9.30am – 12.30pm

Fri, 9.30am – 5pm

Galway Rape Crisis Centre

7 Claddagh Quay, Galway

TEL: 091 589 495

HELPLINE: 1850 35 53 55

FAX: 091 583 148

E-MAIL: administrator@galwayrcc.org

WEB: www.galwayrcc.org

OPENING HOURS:

Mon/Wed – Fri, 10am – 1pm/3pm – 5.30pm

Tue, 10am – 12pm/3pm – 5.30pm

Sat, 10am – 1pm

Limerick Rape Crisis Centre

Rocheville House, Punches Cross,
Limerick

TEL: 1800 31 15 11

OPENING HOURS:

Mon – Sat, 9.30am – 5pm

Tue, 9.30am – 8pm

Sligo Rape Crisis Centre

Castle St, Sligo

TEL: 071 917 1188

OPENING HOURS:

Mon – Fri, 9am – 1pm/2pm – 5pm

(appointments for other hours upon
request)

SEXUAL ASSAULT TREATMENT UNITS

Letterkenny General Hospital

Co. Donegal

TEL: 074 912 3537

OPENING HOURS:

A room, when required, with notice from
Gardaí.

Limerick Regional Hospital

Dooradoyle, Limerick

TEL: 061 301 111

OPENING HOURS:

A room, when required.

University College Hospital, Galway

TEL: 091 544 960

OPENING HOURS:

A room, when required, after making
contact with Gardaí.

SEXUALLY TRANSMITTED INFECTIONS

SEE ALSO 'GENERAL PRACTITIONERS (UNDER 'FAMILY PLANNING (CONTRACEPTIVE) SERVICES)'

AIDS NORTH WEST HELPLINE

Mount Southwell, Letterkenny,
Co. Donegal

TEL: 074 912 5500

OPENING HOURS:

Mon – Fri, 10.30am – 12.30pm

AIDS WEST

Ozanam House, St Augustine St, Galway

TEL: 091 566 266

HELPLINE: 091 562 213

FAX: 091 564 708

E-MAIL: aidswest@iol.ie

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

BALLINASLOE INFECTIOUS DISEASE CLINIC

Portiuncula Hospital, Ballinasloe,
Co. Galway

TEL: 090 964 8200 EXT: 676

OPENING HOURS (APPOINTMENT ONLY):

Thu – Fri, 2pm – 5pm

MAYO INFECTIOUS DISEASE CLINIC

Mayo General Hospital, Castlebar,
Co. Mayo

TEL: 094 902 1733 EXT: 3076

OPENING HOURS (APPOINTMENT ONLY):

Tue, 9.45am – 11.45am

RED RIBBON PROJECT

Redwood House, 9 Cecil St, Limerick

TEL: 061 314 354

CONFIDENTIAL HELPLINE (OPENING HOURS ONLY): 061 316 661

FAX: 061 315 024

E-MAIL: contact@redribbonproject.com

WEB: www.redribbonproject.com

OPENING HOURS:

Mon – Fri, 9.30am – 5pm

Wed, 9.30am – 7pm

STI CLINIC DERRY

Altnagalvin General Hospital

Anderson House, Glenshane Rd, Derry,
Northern Ireland

TEL: +44 28 71 61 12 69

OPENING HOURS (APPOINTMENT ONLY):

Mon/Tue, 9am – 12.30pm

Wed, 9am – 12.30pm/1.30pm – 3.30pm

Fri, 1.30pm – 3.30pm

STI CLINIC ENNIS

Mid-Western Regional Hospital

Ennis, Co. Clare

TEL: 061 482 382

OPENING HOURS:

Mon, 9.30am – 1pm

STI CLINIC GALWAY

University College Hospital, Galway

TEL: 091 525 200

OPENING HOURS:

Mon, 2pm – 5pm (by appointment)

Wed, 10am – 12.30pm/2pm – 4pm (walk-in clinic)

Fri, 10am – 1pm (by appointment)

STI CLINIC LIMERICK

Limerick Regional Hospital

Dooradoyle, Co. Limerick

TEL: 061 482 382

OPENING HOURS:

Tue/Fri, 9am – 11.30am

Wed, 9am – 11.30am (new patients only)

STI CLINIC SLIGO

Sligo General Hospital

Co. Sligo

TEL: 071 917 0473

OPENING HOURS:

Tue/Thu, 6pm – 7pm

HEALTH PROMOTION /INFORMATION DEPARTMENTS

CONTACT FOR MATERIALS/INFORMATION

Donegal

Saimer Court Building, Ballyshannon,

Co. Donegal

TEL: 071 985 2000

OPENING HOURS:

Mon – Fri, 9am – 5pm

Galway

West City Centre, Séamus Quirke Rd,

Galway

TEL: 091 548 321

E-MAIL: eileen.holland@mailn.hse.ie

OPENING HOURS:

Mon, 9.30am – 5.30pm

Tue – Fri, 9.30am – 5pm

Letterkenny

Dromany Church, Letterkenny, Co. Donegal

TEL: 074 917 8539

OPENING HOURS:

Mon – Fri, 9am – 5pm

Limerick

Parkview House, Pery St, Limerick

TEL: 061 483 215/8

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Mayo

St Mary's Hospital, Castlebar, Co. Mayo

TEL: 094 904 2266

E-MAIL: josephine.waters@mailn.hse.ie

OPENING HOURS:

Mon, 9.30am – 1pm/2pm – 5.30pm

Tue – Fri, 9.30am – 1pm/2pm – 5pm

Roscommon

Lanesboro Rd, Roscommon

TEL: 090 663 7595

E-MAIL: michelle.shannon@mailn.hse.ie

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2pm – 5pm

Sligo/Leitrim

JFK House, JFK Parade, Sligo

TEL: 071 913 5061

OPENING HOURS:

Mon – Fri, 9am – 5pm

HSE WEST

ADMINISTRATIVE HEAD OFFICE

West City Centre, Séamus Quirke Rd,
Galway

TEL: 091 548 321

E-MAIL: eileen.holland@mailn.hse.ie

OPENING HOURS:

Mon, 9.30am – 5.30pm

Tue – Fri, 9.30am – 5pm

OTHER USEFUL CONTACTS

ASYLUM SEEKERS CO-ORDINATOR

Senior Area Medical Officer, Community
Services, Ballybofey, Co. Donegal

TEL: 074 913 1391

OPENING HOURS:

Mon – Fri, 9.30am – 5.30pm

CRISIS PREGNANCY AGENCY

4th Floor, 89-94 Capel St, Dublin 1

TEL: 01 814 6292

FAX: 01 814 6282

E-MAIL: info@crisispregnancy.ie

WEB: www.crisispregnancy.ie

WEB: www.positiveoptions.ie

FREE LEGAL ADVICE CENTRES (FLAC)

13 Lower Dorset St, Dublin 1

TEL: 01 874 5690

FAX: 01 874 5320

E-MAIL: info@flac.ie

WEB: www.flac.ie

OPENING HOURS:

Centres' times and locations vary outside
the greater Dublin area; telephone to confirm.

KEY CONTACT (REPRODUCTIVE HEALTH INFORMATION FOR MIGRANT WOMEN)

The resource is accompanied by a CD-ROM
with information in six languages.

It is available from:

**Treoir (National Federation of Services for
Unmarried Parents and Their Children)**

14 Gandon House, Custom House Square,
IFSC, Dublin 1

TEL: 01 670 0120

LO CALL TEL: 1890 25 20 84

FAX: 01 670 0199

E-MAIL: info@treoir.ie

WEB: www.treoir.ie

OPENING HOURS:

Mon – Fri, 9.30am – 1pm/2.15pm – 5pm

MEN'S HEALTH FORUM IN IRELAND (MHFI)

The Men's Project, Parents Advice Centre,
Floor 4, Franklin House, 12 Brunswick St,
Belfast BT2 7GE, Northern Ireland

TEL: +44 28 90 31 08 91

FAX: +44 28 90 31 24 75

E-MAIL: colin@mensproject.org

WEB: www.mhfi.org

OPENING HOURS:

Mon – Fri, 9am – 4pm

SAMARITANS

24 HOUR HELPLINE: 1850 60 90 90

E-MAIL: jo@samaritans.org

WEB: www.samaritans.org

HSE WEST

Health Promotion/Information Department

West City Centre

Séamus Quirke Road

Galway

TEL: +353 91 548 321

E-MAIL: eileen.holland@mailn.hse.ie

CRISIS PREGNANCY AGENCY

4th Floor

89-94 Capel Street

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TEL: +353 1 814 6292

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