



Commercial Rowing Club

Safety & Wellbeing

Directory of Useful Contacts

We are committed to ensuring full safety for all of our young rowers and all of our members. If you have a concern regarding the safety and wellbeing of a member of your club, please contact your Club Safeguarding Officer, your local Gardaí, or Tusla Child & Family Services. If you or someone you know within your club is suffering, please contact the relevant support services to get help and advice.

### **An Garda Síochána**

An Garda Síochána is the national police service of Ireland. The Mission of An Garda Síochána is 'Working with Communities to Protect and Serve'.

Phone: 1800 666111

Website: [www.garda.ie/en/](http://www.garda.ie/en/)

### **BeLonG To**

BeLonG To provides support and information for LGBTI+ young people through a number of support services. If you are LGBTI+ and have questions, worries, or just need to have a chat in a safe space, BeLonGTo can provide you with information, support, and a listening ear.

Phone: 01 6706223

Website: [www.belongto.org](http://www.belongto.org)

Email: [info@belongto.org](mailto:info@belongto.org)

### **BodyWhys**

BodyWhys provide awareness and understanding of eating disorders amongst the wider community, as well as advocating for the rights and healthcare needs of people affected by eating disorders.

Phone: 01 2107906

Website: [www.bodywhys.ie](http://www.bodywhys.ie)

Email: [alex@bodywhys.ie](mailto:alex@bodywhys.ie)

### **CARI**

CARI is a leading voluntary organisation with a proven track record in providing child centered specialised therapy and support to children, families and groups affected by child sexual abuse, regardless of means

Phone: 1800 924567

Website: [www.cari.ie](http://www.cari.ie)

Email: [info@cari.ie](mailto:info@cari.ie)

### **Childline**

Childline is for young people up to the age of 18. All conversations with Childline are private, which means that you can talk to Childline about anything and they won't tell anyone unless you tell them who you are or where you are.

Phone: 1800 666666

Website: [www.childline.ie](http://www.childline.ie)

### **Connect**

Connect is a free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood. You can talk in confidence with a trained counsellor who can listen or help with questions you have.

Phone: 1800 477477

Website: [www.connectcounselling.ie](http://www.connectcounselling.ie)

Email: [admin@connectcounselling.ie](mailto:admin@connectcounselling.ie)

### **Dublin Rape Crisis Centre**

The Dublin Rape Crisis Centre provide a wide range of services to women and men who are affected by rape, sexual assault, sexual harassment or childhood sexual abuse. The services include a National 24-Hour Helpline, one to one counselling, court accompaniment, outreach services, training, awareness raising and lobbying.

Phone: 1800 778888

Website: [www.drcc.ie](http://www.drcc.ie)

Email: [info@rcc.ie](mailto:info@rcc.ie)

### **Health Service Executive (HSE)**

The HSE provides all of Ireland's public health services, in hospitals and communities nationwide.

Phone: 1850 241850

Website: [www.hse.ie](http://www.hse.ie)

Email: [hselive@hse.ie](mailto:hselive@hse.ie)

### **Mens Aid**

Men's Aid Ireland is a dedicated national support service for men and their families experiencing domestic violence in Ireland. You can talk in confidence with a trained counsellor who can listen or help with questions you have.

Phone: 01 5543811

Website: [www.mensaid.ie](http://www.mensaid.ie)

Email: [hello@mensaid.ie](mailto:hello@mensaid.ie)

### **Mental Health Ireland**

Mental Health Ireland promote positive mental health and wellbeing for all individuals and communities, and support people with lived experience of mental health challenges.

Phone: 01 2841166

Website: [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

Email: [info@mentalhealth.ie](mailto:info@mentalhealth.ie)

### **One In Four**

One in Four provide a safe place for men and women to explore the impact childhood sexual abuse has had on their lives.

Phone: 01 6624070

Website: [www.oneinfour.ie](http://www.oneinfour.ie)

Email: [info@oneinfour.ie](mailto:info@oneinfour.ie)

### **Pieta House**

Pieta provides free therapy to those engaging in self-harm, with suicidal ideation, or bereaved by suicide, now with nine centres nationwide.

Phone: 1800 247247

Website: [www.pieta.ie](http://www.pieta.ie)

Email: [mary@pieta.ie](mailto:mary@pieta.ie)

### **Samaritans**

Samaritans provide 24-hour emotional support to anyone experiencing distress, despair or suicidal thought.

Phone: 116 123

Website: [www.samaritans.org](http://www.samaritans.org)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

**Tusla**

Tusla, the Child and Family Agency is now the dedicated State agency responsible for improving wellbeing and outcomes for children. The Child and Family Agency's services include a range of universal and targeted services for children and families.

Phone: 01 7718500

Website: [www.tusla.ie](http://www.tusla.ie)

Email: [info@tusla.ie](mailto:info@tusla.ie)

**Women's Aid**

Women's Aid work to make women and children safe from domestic violence, offer support and provide hope to women affected by abuse.

Phone: 1800 341900

Website: [www.womensaid.ie](http://www.womensaid.ie)

Email: [helpline@womensaid.ie](mailto:helpline@womensaid.ie)