**SOUTHWEST COUNSELLING CENTRE:** [**www.southwestcounselling.ie**](http://www.southwestcounselling.ie)

**Phone: 064 - 6636 416; E mail** [**info@southwestcounselling.ie**](mailto:info@southwestcounselling.ie)

**P**rovides affordable mental health support in the community.



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**JIG SAW KERRY:** [**www.jigsaw.ie/kerry**](http://www.jigsaw.ie/kerry)

**Phone: 066 7186785; E mail:** [**kerry@jigsaw.ie**](mailto:kerry@jigsaw.ie)



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**THE HSE:** [**www.hse.ie**](http://www.hse.ie)



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**THE SAMAMIRTANS:** [**www.samaritans.org/ireland/branches/tralee/**](http://www.samaritans.org/ireland/branches/tralee/)43 - 44 Moyderwell, Tralee

**Phone: 116 123** free from any phone; [0330 094 5717](tel:+443300945717) local call charges apply

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**KERRY MENTAL HEALTH ASSOCIATION:** [**www.kerrymentalhealth.com**](http://www.kerrymentalhealth.com)



Voluntary organisation that supports people with Mental Health difficulties

**RNLI -** Tel: 01-8900 460 or email [SusanCarthy@rnli.org.uk](mailto:SusanCarthy@rnli.org.uk)

Will deliver water safety talks to GAA clubs in their local communities, including minor & senior teams

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