



All of Shine services remain available for phone and e-mail support Monday to Friday, 9am to 5pm.

Regional Offices	Contact Number	E-mail
Clare, Limerick, North Tipperary	087 787 8222	midwest@shine.ie
Cork and Kerry	086 852 5755	south@shine.ie
Mayo, Galway and Roscommon	086 852 5422 086 045 1876 (Wed – Fri)	west@shine.ie
Dublin, Wicklow and Kildare	086 014 2112	east@shine.ie
Cavan, Meath, Louth, Monaghan	086 852 5422	northeast@shine.ie
Kilkenny, Waterford, Wexford, Carlow, South Tipperary	086 852 5747	southeast@shine.ie
Longford, Laois, Offaly, Westmeath	086 852 5281 (Mon – Wed) 086 045 1876 (Wed – Fri)	midlands@shine.ie



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Recovery Resource Centres	Contact Number
Cork	021 422 6064
	086 041 1368
	086 852 5147
Waterford	051 852 528
	086 770 0246
	086 852 5755
Dublin	01 860 1610
	01 860 1611
	086 040 7701
	086 852 5136



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Counselling Services	Contact Number	E-mail
Dublin	01 860 1622	counsellingdublin@shine.ie
Cork	086 040 1657	counsellingcork@shine.ie
Waterford (Tuesday to Thursday)	086 014 2105	counsellingwaterford@shine.ie