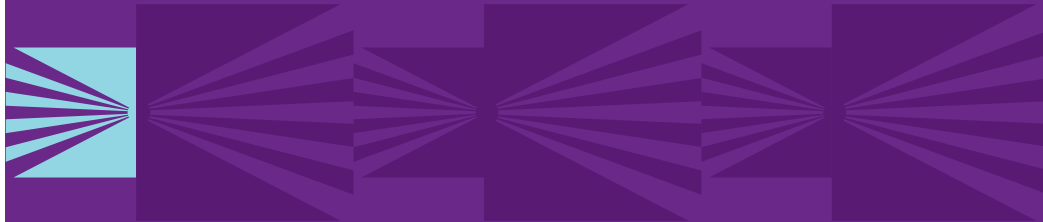


**Visit** [www.shine.ie](http://www.shine.ie)

**Phone Shine Head Office** 01 541 3715

**Email** [info@shine.ie](mailto:info@shine.ie)

**Confidential Counselling Support** [phil@shine.ie](mailto:phil@shine.ie)



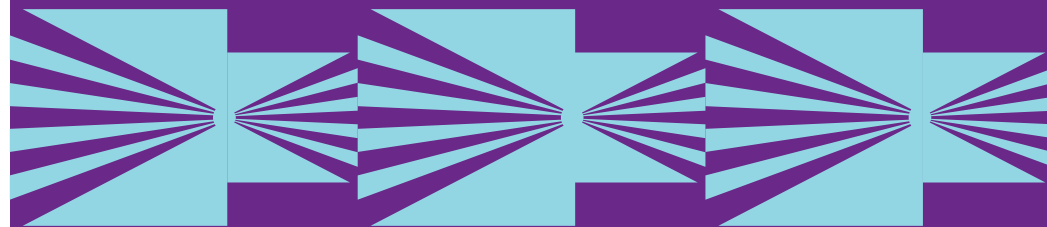
Charity Regulator Number 20011512  
Company Number 70462 | CHY 6380

**Plain  
English**  
Approved by NALA



# Shine

Supporting people affected  
by mental ill health



## Shine Counselling Services

### About Shine counselling services

We provide a national counselling service with counsellors based in Dublin, Cork and Waterford. Our services are available to anyone across Ireland. Our experienced and accredited counsellors support individuals and family members affected by serious mental health difficulties.

We offer you a safe space to:

- explore your experience,
- increase self-awareness, and
- improve your skills and knowledge to help your overall well-being.

The service provides short- and long-term supports depending on your needs.

## How can I access Shine Counselling Services?

You can contact our counsellors for an appointment or for information by phone or email.

Our services in Dublin and Cork are fully funded and free to access. We provide a low cost counselling service based in Waterford.



See the table below for details.

Shine Counselling Service			
	Dublin	Cork	Waterford
Phone	01 860 1622	086 040 1657	086 014 2105
Email	counsellingdublin@shine.ie	counsellingcork@shine.ie	counsellingwaterford@shine.ie
Cost	Free	Free	€40 max   €10 min per session
Hours	Monday to Friday 9am - 5pm	Monday to Friday 9am - 5pm	Tuesday and Thursday 9am - 5pm Wednesday 11am - 7pm

## Confidential Email Counselling Support



We have a confidential email support service for anyone who doesn't feel ready or able to speak to someone in person or on the phone. We check for emails every day from Monday to Friday and our counselling team aims to respond the same day we receive an email.

**Email** [phil@shine.ie](mailto:phil@shine.ie)