

# Contact us

## Shine Dublin Resource Centre

13 Belvedere Court, Dublin 1

Phone 01 860 1611 | Email info@shine.ie

## Shine Regional Service

Phone 086 014 2112 | Email east@shine.ie

## Counselling Service

To speak with a counsellor or to make an appointment:

Phone 01 860 1622 | Email counsellingdublin@shine.ie

Hours Monday to Friday 9am - 5pm

Visit [www.shine.ie](http://www.shine.ie)  
Phone Shine Head Office 01 541 3715  
Email info@shine.ie  
Confidential Counselling Support phil@shine.ie

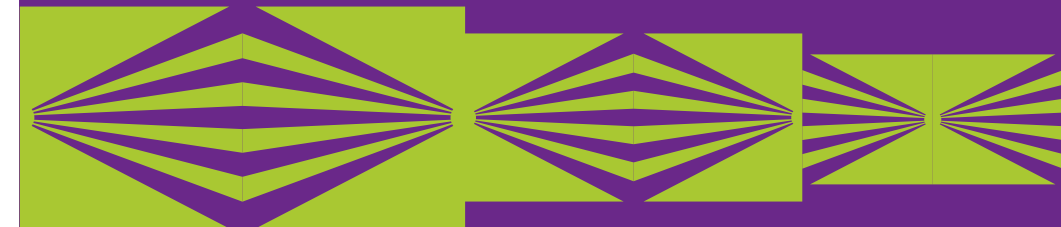


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# Shine

Supporting people affected  
by mental ill health



## Shine Dublin and our services

### About this leaflet

This leaflet introduces you to Shine Dublin and our services.

Shine Dublin provides information and support services for people affected by mental health difficulties. We offer a resource centre, recovery focused individual and group work and counselling. We are based in Dublin, but provide services across the east.



## Shine Dublin Resource Centre



The Shine Resource Centre provides a welcoming and confidential space where people can explore their experiences with mental health.

### Can I attend the Shine Resource Centre?

The Shine Resource Centre is open to anyone with lived experience of mental health difficulties. You can contact us directly or be referred by your local community mental health team.

### What happens at the centre?

Many different activities take place every week in our resource centre. Examples include:

- Recovery planning and support for individuals and groups
- Recovery training and education courses such as Taking Control, Stress Management, Wellness Recovery Action Plan®, Health and Nutrition
- Groups like art therapy, yoga, personal development
- Drop-in recovery information and support service. This is only available to people engaged in one-to-one or group work in the centre.

## Shine Regional Service

Our Regional Service provides information and support services to people with mental health difficulties and their families in Dublin, Kildare and Wicklow.

We do this in the local community and services include:

- Support meetings for individuals
- Up-to-date information on local community supports
- Recovery education and training programmes
- Group peer support for people with lived experience
- Group peer support for relatives
- Referral to other Shine services or relevant support groups

## Counselling Service



We provide a free and confidential counselling service. Counselling is available to anyone affected by mental health difficulties. This includes both people with lived experience and their families.

Our counsellors are fully qualified and accredited as members of recognised psychotherapy bodies.

You can contact our counsellor directly to make an appointment.