

# Contact us

## Shine Waterford Resource Centre

1 Barronstrand Street, Waterford City

**Phone** 051 852 528 | **Email** info@shine.ie

## Shine Regional Service

**Phone** 086 852 5747 | **Email** southeast@shine.ie

## Counselling Service

To speak with a counsellor or to make an appointment:

**Phone** 086 014 2105 | **Email** counsellingwaterford@shine.ie

**Hours** Tuesday and Thursday 9am – 5pm

Wednesday 11am – 7pm

Waterford

**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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Plain  
English  
Approved by NALA



# Shine

Supporting people affected  
by mental ill health

Waterford

## Shine Waterford and our services

### About this leaflet

This leaflet introduces you to Shine Waterford and our services.

Shine Waterford 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 Waterford, but provide services across the south-east.



## Shine Waterford 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 Waterford, Kilkenny, Wexford, Carlow and South Tipperary.

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 low cost counselling service based in Waterford. Shine has a sliding scale of cost depending on your situation; This maximum charge is €40 per session and the minimum charge €10 per session.

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.