

TUS Supports

Employee Assistance Scheme	
https://tusmm.spectrum.life/login 1800 814 243 OR Text "Hi" to 087 3690010 eap@spectrum.life	
TUS Midlands Student Counselling	TUS Midwest Student Counselling
https://www.tus.ie/life-at-tus/student-supports/counselling/ <ul style="list-style-type: none"> • (090) 6468063 • counselling.midlands@tus.ie 	https://tus.ie/counselling <ul style="list-style-type: none"> • 061 293 129 • Counselling.midwest@tus.ie <p>Midwest Useful Contacts A List of Useful Contacts in the Midwest Area https://tus.ie/counselling/useful-contacts</p>
<p>https://text50808.ie 50808 is a 24/7 crisis text line is available to all students in the TUS community Text TUS to 50808</p> <p>https://togetherall.com/en-ie/ Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing. FREE, 24/7 access is available to all students at publicly funded higher education institutes across Ireland.</p>	
Midlands Student Health Centre	Midwest Student Health Centre
https://www.tus.ie/life-at-tus/student-supports/health-services/ 090 64 68063 daily (08.30 - 16.00)	https://tus.ie/student-health (061) 293 106 Nurses@tus.ie
Student Union	
President TUS Students Union Amelia Lown https://tussu.ie/ 085 1276097 supres@su.tus.ie	Deputy President Midwest TUS Students Union Niamh Kennedy https://tussu.ie/ 085 263 5211 sudeputy.midwest@su.tus.ie
<p>https://tus.speakout.ie/ Speak Out is an online anonymous reporting tool available to students and staff to disclose incidents of bullying, cyberbullying, harassment, discrimination, hate crime, coercive behaviour/ control, stalking, assault, sexual harassment, sexual assault, and rape. The tool will direct the person reporting an incident towards information and contact details of relevant TUS supports and specialist external supports.</p> <p>https://hotline.ie/home/ Hotline.ie is a national level reporting tool where members of the public can securely, anonymously, and confidentially report concerns in respect of illegal content online including: intimate image abuse (intimate images and videos shared without the person's consent), child sexual abuse material (images, videos, text, non-</p>	








photographic child sexual abuse content), racism and xenophobia, financial scams purporting to be Irish financial services or have Irish contact details or appears to activities relating to online child sexual exploitation e.g. child grooming.


















Garda Supports

An Garda Síochána Hate Crime Reporting Portal	https://www.garda.ie/en/reportahatecrime/
Athlone Garda Station Barrack Street, Athlone, Co. Westmeath, N37 XE33	https://www.garda.ie/en/contact-us/station-directory/athlone.html (090) 6498550
Clonmel Garda Station 20 Emmet St, Oldbridge, Clonmel, Co. Tipperary	https://www.garda.ie/garda/en/contact-us/station-directory/clonmel.html (052) 6177640
Ennis Garda Station Abbey St, Lifford, Ennis, Co. Clare, V95 TR83	https://www.garda.ie/garda/en/contact-us/station-directory/ennis.html (065) 684 8100
Gardaí	Emergency number or Crime Happening 999 / 112
Henry Street Garda Station Limerick	https://www.garda.ie/en/contact-us/station-directory/henry-street.html (061) 212 400
Mayorstone Park Garda Station Limerick Mayorstone Park, City, Limerick, V94 K2K0	https://www.garda.ie/en/contact-us/station-directory/mayorstone-park.html (061) 456 980
Roxboro Road Garda Station Limerick Roxboro Road, Limerick	https://www.garda.ie/en/contact-us/station-directory/roxboro-road.html (061) 214 340
The Garda National Diversity and Integration Unit	The Garda National Diversity & Integration Unit forms part of the Garda Community Relations Bureau. It is staffed by two Sergeants and one Clerical Officer.

	https://www.garda.ie/en/crime-prevention/community-engagement/community-engagement-offices/garda-national-diversity-integration-unit/
Thurles Divisional Headquarters Garda Station Slievenamon Rd, Thurles Townparks, Thurles, Co. Tipperary	https://www.garda.ie/en/contact-us/station-directory/thurles.html (0504) 25100

Organisation	Contact Information
 Age Action	https://www.ageaction.ie/ 01 475 6989 info@ageaction.ie
 Athlone Midlands Rape Crisis Centre	15A Inish Carraig Business Centre Golden Island Athlone Co. Westmeath Eircode: N37A002 https://www.amrcc.ie/ 1800 306 600 amrcc@eircom.net
 Crime Victims Helpline	https://www.crimevictimshelpline.ie/ 116006 0851337711
 HSE National Gender Service	01 2115045 nationalgenderservice@hse.ie
 IHREC: Irish Human Rights and Equality Commission	https://www.ihrec.ie/ (0) 1 8589601 info@ihrec.ie
 LGBT Ireland	www.lgbt.ie 1800929539 info@lgbt.ie
 Men's Aid	www.mensaid.ie 01-5543811 hello@mensaid.ie

 <p>MOVE IRELAND Men Overcoming Violence</p> <p>Move Ireland</p>	<p>https://www.moveireland.ie/ MOVE Ireland (Men Overcoming Violence), is a voluntary organisation which works to address domestic violence against women.</p> <p>065 684 8689 move@moveireland.ie</p>
 <p>NiteLine Niteline</p>	<p>https://niteline.ie/ 1800 793 793</p>
 <p>PAVEE POINT TRAVELLER AND ROMA CENTRE</p> <p>Pavee Point</p>	<p>https://www.paveepoint.ie/</p> <p>Pavee Point Traveller & Roma Centre is a national non-governmental organisation comprised of Travellers, Roma and members of the majority population working in partnership at national, regional, local and international levels.</p> <p>01 8780255 info@pavee.ie</p>
 <p>DRCC Dublin Rape Crisis Centre</p> <p>Rape Crisis Centre</p>	<p>www.drcc.ie</p> <p>1800 77 8888 086-8238443 counselling@rcc.ie</p>
 <p>RAPE CRISIS MIDWEST</p> <p>Rape Crisis Midwest</p>	<p>Pheonix House, Punches Close, Rosbrien Road, Limerick</p> <p>https://rapecrisis.ie/</p> <p>061 311 511 info@rapecrisis.ie</p>
 <p>safeireland Creating safety for women and children</p> <p>Safe Ireland</p>	<p>Domestic Violence Support Service</p> <p>www.safeireland.ie/</p> <p>1800 341900</p>
 <p>SAMARITANS</p> <p>Samaritans</p>	<p>https://www.samaritans.org/ireland/samaritans-ireland/</p> <p>116123 jo@samaritans.ie</p>
 <p>HSE</p> <p>SATU Sexual Assault Treatment Unit</p>	<p>https://www2.hse.ie/services/sexual-assault-treatment-units/sexual-assault-treatment-units.html</p>
 <p>STALKING IRELAND Support. Change. Legislation.</p> <p>Ireland Stalking</p>	<p>There is no specific stalking legislation in Ireland. This campaign was founded by Eve McDowell and Una Ring to change this and to provide support to those experiencing stalking.</p> <p>https://www.stalking.ie/</p>
 <p>Transgender Equality Network Ireland</p>	<p>www.teni.ie/</p>

<p>TENI Transgender Equatusy Network</p>	<p>01 8733575 office@teni.ie</p>
 <p>The Irish Network Against Racism</p>	<p>National network of anti-racism civil society organisations which aims to work collectively to highlight and address the issue of racism in Ireland. https://inar.ie/ 01 889 7110 info@inar.ie</p>
 <p>Women's Aid</p>	<p>Provides support and information to women and their children who are being physically, emotionally and sexually abused in their homes. www.womensaid.ie 1800 341 900 0879597980 helpline@womensaid.ie</p>
<p>ADAPT Domestic Abuse Services</p> 	<p>Rosbrien, Limerick 1800 200 504 www.adaptservices.ie</p>
<p>Ascend Domestic Abuse Service</p> 	<p>Helpline: 0505-23999 Coordinator: 087-9501299 E-mail: ascend@ntdc.ie Facebook: https://www.facebook.com/AscendDomesticAbuse/ or CLICK HERE Twitter : https://twitter.com/AscendAbuse or CLICK HERE Instagram : https://www.instagram.com/ascend_domesticabuse/ or CLICK HERE</p>
<p>Cuan Saor Women's Refuge & Support Services Clg</p> 	<p>Clonmel, Co. Tipperary Office 052/6127557 Helpline: 1800 57 67 57 www.cuansaor.org</p>

<p>Clare Haven Services</p> 	<p>Abbey Lodge, Limerick Road, Ennis, Co Clare</p> <p>0656822435</p> <p>www.clarehaven.ie</p>
<p>Esker House</p> 	<p>Esker House Domestic Abuse Support Services</p> <p>Athlone</p> <p>0906474122</p> <p>www.eskerhouse.ie</p>