

**A – Zee
of
ADHD**

Z - Zealous

R - Resourceful

W - Witty

J - Jovial

I - Imaginative

C - Courageous

F - Flexible

U - Unconventional

X - eXtraordinary

H - Hard working

N - Non-linear

A - Adventurous

O - Outgoing

V - Versatile

D - Dedicated

K - Kind

M - Multi-tasker

P - Problem-solver

L - Listener

G - Goal-oriented

Y - Youthful

S - Spontaneous

E - Empathic

T - Tenacious

Q - Quick thinker

B - Broad focus

Carmichael House, North Brunswick Street, Dublin 7
Phone: (01) 8748349 Email: info@hadd.ie Web: www.hadd.ie



Acknowledgements

This guide has been written and produced by Kate-Carr Fanning, on behalf of HADD, based on her experiences of living with the condition, and also on many years of work and research in the area of ADHD. Please note that in an attempt to make this accessible to a wide audience very little technical jargon has been used and no reference to specific research made. ADHD is one of the best researched conditions in the world and so anything included here represents only a brief overview of an enormous storehouse! In addition, while research findings and best practice guides have influenced the construction of this booklet, in no small way so too have the practical experiences of those in and associated with HADD. Kate has drawn on the wealth of knowledge and experiences (some more than 20 year) of colleagues at HADD, who work tirelessly with individuals, families, and professional around Ireland making lives and systems better. This booklet would never have been published if not for the support, contributions, and ideas of the HADD Committee. In particular, the tremendous efforts of Stephanie Mahoney, the organizations co-founder, behind the scenes investigating and coordinating. Furthermore, experts in the area, such as Dr David Carey, Prof. Fiona Mc Nicholas, Prof. Michael Fitzgerald, and Frances Fitzgerald T.D., the Minister for Children, and also many others, have contributed their time and expertise to this endeavour. As such, a debt of thanks is owed to everyone mentioned here, and also the countless others involved in this project.

Kate Carr-Fanning

Vice Chairperson, HADD.

Ph.D. Candidate, the School of Education, Trinity College Dublin

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Foreword

I welcome this Directory which provides a much needed easy to follow guide for parents of a child with ADHD.

We are only all too aware that the economic context in which health services are delivered has changed radically, with resources now certain to be severely constrained for the foreseeable future.

We must do everything possible to ensure that those who depend on our health service, regardless of age, continue to be cared for, that standards are maintained and enhanced.

This is particularly so when it comes to the care of our children. We place them in strangers' hands, whether they be a nurse or a doctor and trust them to look after them as if they were their own. It is perhaps the biggest leap of faith one can ever take, trusting the care of one's child with another.

The child with ADHD can place an enormous strain upon the relationship between parents. Yet, in order to manage and help the child, it is necessary for parents to present a united loving front and work together as a team.

Equally, life for a sibling of a child with ADHD can be difficult, with constant interruptions, nagging and teasing which can lead to sibling resentment through a lack of understanding of the condition. But how can you ask a child to understand why his or her brother acts the way they do.

While many children have limitless energy and can find it hard to concentrate, a child with ADHD will display this behaviour constantly and the problem is much more extreme. As a result they may find it difficult to fit in at school. They may suffer from low esteem which can all too often be a factor in later behavioural difficulties.

Consequently, it is imperative that families of children with ADHD receive support, and in this regard I highly commend the HADD Family Support Group for producing such a valuable resource as this Directory.

The launch of this Directory is a very welcome addition for families, particularly those who are may be experiencing ADHD for the first time, and don't know how best to avail of the mental health services and supports to help their child. This directory eliminates that fear of the unknown.

I am deeply appreciative of the work which went into the publication of this Directory and I'm sure that it will be used for years to come, not only by families affected by ADHD but by all families who require an easy to follow guide for their local health services.

Minister Francis Fitzgerald

Foreword

ADHD affects many aspects of people's lives and this means that children, adolescents and adults often require a number of different types of treatment from a variety of different specialists.

HADD frequently receives calls to our national advice and information phone-line asking what services are available. For some time we have recognised the need for a guide to accessing all the different types of services. I am delighted to present the A to Zee of ADHD which we hope will help you or the person you care for get all the treatment you or they need.

HADD is a charity run by a dedicated team of skilled, knowledgeable and experienced volunteers. We have done our best to include established best practice and contact details for specialists working with ADHD. We will update this directory each year and so please contact us if you are a specialist working in the field and wish to be included.

ADHD is a complex condition which has many positive features. HADD works to make life better for people with ADHD so that these positive aspects are realised.

Elli Mc Mahon

Chairperson

Introduction

The first part of the directory includes a step-by-step guide to getting assessed and advice about what your possible needs might be, and what your options are in regards to treatment; i.e., what services might meet your needs, and where to go to find them. This is followed by a listing of services and/or links. However, there are gaps in service availability and provision around Ireland; so you might not find what you need locally. We understand that this can be frustrating and tough to deal with. That's why it's so important that we work together on this, we can't change the system, but we can make a real difference for some now, and hopefully make the future brighter for everyone. Things are getting better, and will continue to get better, we don't have everything we need YET but that's what we're working towards.

Unfortunately, although Irish legislation states that both needs assessment and service provision are a right under law, they are often not so in practice. Despite significant advancements in the awareness of and the services provided for ADHD, there continues to be serious problems. These issues are not unique to ADHD, research into parents of children with special needs, recently published by the National Council for Special Education (NCSE) stated they experienced problems getting their children assessed, and was often responsible for finding and co-ordinating services. Such evidence echoed what we at HADD already realised for some years, in particular Stephanie Mahony (co-founder of HADD) and Deirdre Van Looy (Hon. Secretary) who speak with people with these issues on the HADD helpline continuously for years. So this compilation grew organically out of our tireless volunteer's direct experience with individuals and their families.

Moreover, since ADHD is probably best understood as a difference in the workings of an individual's brain, which is observable through behavioural symptoms; it affects all (or at least many) aspects of a person's life. Because, our brain and behaviour is involved in everything we do socially, academically / occupational, and emotionally. Professionals tend to specialize in one or a few related areas, and so treating ADHD will often require a few different practitioners and services; this is what we call multimodal (or many different types of) treatment. Some clinics have a multi-disciplinary team, but most don't. Even if they do there might be something they don't offer. The individual or their parents often are responsible for finding and co-ordinating all the different services they need; and so this booklet is designed to guide you through this process.

Step (1)

Getting Assessed

At this stage you are concerned about you or someone you know, and you think you / they might be struggling at home, in school, and/or in their job; and you think that this is due to symptoms of inattention (unfocused, forgetful, day dreaming, etc.), and/or hyperactivity (excessive and inappropriate movement / speech) and impulsivity (self-control).

What Do I Need to Know About Assessment?

Why do you need it?

- To find the solution you have to first know what the problem is.

Who can do it?

- Psychiatrists, medical doctors (e.g., GP), clinical psychologists, and also some educational psychologists.

Who is best at what and why?

- Psychiatrists and medical doctors can prescribe and monitor medication.
 - However, not all medical doctors diagnose and prescribe.
 - But they should be your first port of call; they can always refer you to a specialist, and your family GP will have more detailed information on the individual and family than a psychiatrist will.
- Psychologists can assess your academic and cognitive (information-processing) abilities to identify strengths and weaknesses, which can be very helpful for planning treatments.
- What is the difference between psychiatrists and psychologists?
 - Psychiatrists are medical doctors, who specialize in mental health, and so they spend a lot of time focusing on diagnosing specific disorders and medication management.
 - Psychologists tend to be more focused on the social and emotional side of the individual, as well as assessing specific internal attributes of the person, and they work in treatments using behavioural and psychological methods.

What is included in the process? (it depends)

- A clinical interview would be required from any professional; even for referrals this would be necessary.
- Differential diagnosis (i.e., ruling out other disorder and/or misdiagnosis issues) and assessing the emotional and mental well-being of the individual should be included in any assessment, but how it is assessed varies.
- Behavioural rating scales and assessment of cognitive (information-processing systems) or executive function deficits, and academic skills can be done by clinical or educational psychologist. However, it's best if you check with them before hand if you feel this is necessary.

What do you need to know before you go?

- What are their qualifications and experience with diagnosing and treating ADHD?
- What will be included in the assessment and how much will it cost?
- What do you need to bring with you, and what should you expect on the day?

What do you need to know for when you're there?

- Be open and honest. Keeping secrets because you're embarrassed or you don't think it is important might prevent them/you getting the help that they/you need.
- If you don't understand - speak up, and ask all the questions you can think of.

Some questions you might need to ask when you're there:

- Is there another explanation for the behaviour?
 - *Check for misdiagnosis or overlooked additional or coexisting problems.*
- What are my/their strengths?
 - *Don't just look at problems and weakness.*
- What are the treatment options?
 - *Not only medication.*

Don't leave without:

- 1) A diagnosis (if it applies).
- 2) An explanation of that diagnosis and how it applies to you.
- 3) Recommendations for treatment (not only medication).

Can I get an Assessment through the Public System?

Although this is included in legislation, it is not yet a right in practice! So you might have difficulty getting diagnosed, or even on a waiting list to be assessed. However, you should contact the below organisations.

Pre-school Age (under 5 years)

- This age group may apply under the *Disability Act (2005)* (pg 19).
- Get an application from your GP, pharmacies, hospital, or your local HSE office (pg 14).

Primary and Secondary School

- A psychological assessment is an entitlement under the *Education for Persons with Special Educational Needs (EPSEN) Act (2004)* (pg 19), however, it is not yet a right in practice.
- Your child's school Principal will have to apply for an assessment to the National Educational Psychological Services (NEPS) (pg 17).
 - There is a psychologist assigned to most schools. If your child's school does not have an assigned one then they might be eligible for a private assessment but these must be pre-approved for reimbursement.
 - All schools have limited number of assessments per year: so you may have to go on a long waiting list or you might be rejected.
- 1st you/your school needs to contact your local SENO (Special Education Needs Organiser) in the NCSE (National Council for Special Education) (pg 17).
 - The NCSE under the Minister's direction is responsible for assessment and resource provision.
 - SENOs are individuals who work within the NCSE, there is one assigned to every region in Ireland, and they will work directly with the school to provide supports for children's learning needs.
 - They're a great source of information about rights, entitlements, and resources.
 - You can also contact them directly if you're having trouble getting an assessment.

Adults (18 years +)

- A needs assessment is technically an entitlement under the *Disability Act (2005)*, however, it is not yet always a right in practice (pg 19).
- Get an application from your GP, pharmacies, hospital, or local HSE office (pg 14).

Step (2)

Know Your Needs & Options

By this stage you have received a diagnosis of ADHD, and any related or coexisting issues. So you are wondering what to do and where you should go from here.

What Kind of Treatment Do I Need?

First, ask yourself this - 'How does my ADHD affect me?'

- ADHD affects everyone differently:
 - How it affects you will depend on other personal traits and your environment.
 - It is also likely to affect more than one area of your life, and most people have some degree of difficulty in all areas (i.e., academic / occupational, social, emotional, and behavioural).

Some key areas often affected by ADHD:

- Cognitive (e.g., thinking, learning, solving problems).
- Communication (e.g., talking, listening, understanding).
- Life skills (e.g., organisation, time management, etc.).
- Behavioural (e.g., impulsivity, violence, disruptive, etc.).
- Emotional dysregulation (e.g., highly sensitive, anger / aggression, etc.).
- Emotional well-being (e.g., depression, anxiety, etc.).
- Social / emotional (e.g., playing, feeling happy and accepted, etc.).

It is very important that all aspects affected are identified and treated.

How can you identify the problem areas?

- It's important that you get as much information as you can from the assessment.
- Getting insights from others can be very helpful in identifying the problem areas.
 - Talk to: other parents or individuals through support groups; staff in the school or trusted work colleagues; friends and family, and also anyone who regularly observes your / their behaviour.
- **Remember:** Don't try and do too much at once.
 - Pick the most pressing issues first - and then take it one small step at a time.

What Treatment Options Do I Have?

Here is a list of some of the common treatments:

- (a) Medication
- (b) Behaviour Therapy
- (c) Coaching
- (d) Speech and Language Therapy (SLT)
- (e) Occupational Therapy (OT)
- (f) Cognitive Behavioural Therapy (CBT)
- (g) Talk Therapy
- (h) Play Therapy
- (i) Anger Management
- (j) Solution Focused Brief Therapy (SFBT)
- (k) Educational Supports

Understanding Multi-modal Treatment:

ADHD affects many aspects of people's lives and this means that children, adolescents, and adults often require a number of different types of treatment from a variety of different specialists.

- Multi-modal: means many different types of treatment.
- Treating your symptoms will probably require more than one professional and/or treatment - so that you can manage you ADHD and get on the road to success!
 - Treatments / services usually target specific areas / behaviours.
 - A professional tends to specialise in one or a couple of related areas.

How Do I Know What Treatment is Right for My Needs?

(a) Medication Treatment:

This is one of the most common forms of treatment for ADHD; it is also one of the most widely discussed. We have included some information here to help you make that decision, but ultimately, it is your decision to make.

What is ADHD medication & what does it do?

- There are stimulant (methylphenidate) forms (e.g., Ritalin), and non-stimulant (atomoxetine) forms (e.g., Stratera); that are both aimed at regulating the brain chemicals (Neurotransmitters) believed to underlie ADHD (e.g., Dopamine, Serotonin).
- These drugs are reported to be the most successful in treating the symptoms of ADHD: people often report that it calms them down, helps them to focus, and get more control over their thoughts and actions.
- However, they alleviate behaviour / symptoms and do not cure ADHD, and they may not be helpful in treating coexisting disorders or issues (e.g., oppositional behaviour).
- These are not magic pills: (if used) they should be only one part of a multi-modal treatment plan.

What do you need to know?

- Speak to your GP or psychiatrist (pg 17).

- It affects everyone differently: finding the right type and dose is important - this can take time and needs to be monitored.
- You might need a medical examination to ensure there are no pre-existing conditions.
- Some of the side effects include headaches, nausea, dizziness, loss of appetite, sleeping problems, etc. All of which will stop once the drug leaves your system within 24hours.

Is medication right for you?

- It's not right for everyone, but it can be very helpful for many.
- You might need it to help manage in the short term, but it doesn't have to be a permanent solution.

(b) Behavioural Therapy:

- This type of therapy has a broad range of applications.
- By changing the causes (antecedents / stressors) and effects (consequences / rewards) you can shape any behaviour, from developing good study and social skills to reducing or eliminating aggressive behaviours.
- This therapy is used by parents and teachers, it can also be supported by a professional, and you may need to get some training in its use in school / at home.

Where do you go?

- Some professionals are behaviour specialists, other professionals (e.g., psychologists, CBT, etc.) may also specialise in the area (pg 18-19).

Does it work?

- Yes - the research suggests that this is the second most effective treatment (after medication), as long as it is used consistently.
- The downside is that the behaviour may not change long-term once the incentives are removed. But using positive rewards (and telling them what they should do not only what not to do) may lead to more permanent changes than punishment or consequences.

(c) Coaches:

- If you are struggling with day-to-day living, or just some aspect of it, and/or you're not achieving your potential, you might need a coach to get you on the right track.
- This is less focused on emotional well-being and more practical help: but self-esteem, confidence, and motivation should be part of the aim here.
- Developing life skills (e.g., social skills, organisation, problem-solving, etc.), and occupational skills (e.g., goal setting, planning, etc.).

Where do you go?

- These can be called coaching psychologists, executive or life coaches, and by other names.
- There is no professional body as such that we're aware of. Many psychologists, psychotherapists, and occupational therapists, may have the skills you need (pg 17-19).
- Ask about qualifications / experience because some may not be properly train and/or understand ADHD.
- That doesn't mean it doesn't work / isn't helpful, you should just be aware and careful.

Does it work?

- We include these professionals because they can be very helpful for some, particularly older adolescents and adults.
- Specialist ADHD Coaches don't yet exist in Ireland, as they do in other countries. We at HADD hope that this will come to Ireland in the near future.

(d) Speech & Language Therapy (SLT):

- These communication specialists might be helpful to you if you're:
 - Having difficulties understanding or processing language.

- Having difficulties finding the right words, putting thoughts into words, limited vocabulary, constructing logical sentences or sequencing sentences / information, and/or an inability to use language in a socially appropriate way.

Where do you go?

- Sources for nationwide professionals are included (pg 18).
- These services are available under the HSE and other mental health services (pg 14).
- Not all SLT are familiar with ADHD so make sure to ask about qualifications, expertise, AND your unique needs.

Does it work?

- SLT has a good scientific basis - (as usual) the earlier difficulties are identified the better.

(e) Occupational Therapy (OT):

- OTs can help you with difficulties that you're having in functioning in daily activities at home, in school, and/or on the job.
- They are focused on what is getting in the way of you in term of your performance skills - they can help you break down complex sequences and figure out where you're going wrong.
- e.g., organisation, time /financial management, study skills, planning, etc.

Where do you go?

- We have a few and sources (pg 18).
- These services are available through your local health services (pg 14). Even if you don't qualify for services under the HSE they will have local listings many of which will also take private clients.
- But, again, not all OTs are familiar with ADHD so make sure to ask about qualifications, expertise, AND your unique needs.

Does it work?

- OT can be very helpful in learning manage difficulties with daily life demands, however, as with other treatments the individual needs to follow the plan developed for them.

(f) Cognitive-Behavioural Therapy (CBT):

- This type of therapy might be right if there are difficulties in cognitive (mental information-processing) and/or behavioural (environmental) systems.
- Its aim is to change unhelpful thought patterns or problem-solving strategies, motivation difficulties, self-esteem, social skills, anger management, anxiety, depression, etc.

Where do you go?

- Psychologists (pg 17-18), psychotherapists (pg 18), CBT therapists (pg 19), etc. it varies different professionals specialise in different areas, talk to your doctor and/or other professionals.

Does it work?

- Less well established in research than behavioural, some people do find it very helpful, particularly older adolescents and adults.
- It is well supported for its use with coexisting issues such as low self-esteem, motivation, anxiety, etc.

(g) Talk Therapy:

- Also known as psychotherapy this requires the individual(s) to speak openly about their feelings in a confidential, safe, and non-judgmental environment.
- It can be individual (one-to-one), family, couples, or in group.
- The goal is to develop self-awareness, insights into relationships, develop personal skills (e.g., communication), and all around positive growth in emotional and psychological well-being.

Where do you go?

- Psychologists and psychotherapists (pg 17-18), CBT (pg 19), and others offer forms of talk therapy.

Does it work?

- It can be very helpful for many people (with and without ADHD).
- People with ADHD might benefit from talk therapy because: they might be coming to terms with a diagnosis; overcoming past experiences of failure; have difficulties with social skills and communication; and young people often experience sadness / anger a result of having to manage adolescence with ADHD.
- It's also helpful for dealing with coexisting issues (e.g., low self-esteem, anxiety, depression, etc.).
- Family / Couples Therapy: because ADHD can have a negative impact on relationships and families, it can help to talk things through, to develop understanding and communication.

(h) Play Therapy (ages 3-11):

- Children with ADHD often have difficulties with social interaction, emotion, and behaviour regulation.
- Some children benefit from treatment that involves them engaging in self-directed play as a means of working through their feelings and experiences.
- It's a way for them to get to know themselves and develop positive social skills; and can help parents to interact positively with their child.

Where do you go?

- Professional play therapists (pg 19), others such as psychologists and psychotherapists (pg 17-18), etc. it varies different professionals specialise in different areas.

Does it work?

- It depends like some other therapies - it can be very effective for some and inappropriate for other, discuss your unique situation with a professional.

(i) Anger Management:

- Anger is normal, but how it's expressed can get people into trouble. People with ADHD can have problems suppression their thoughts and feelings, so they might need some help getting control of their emotions.
- This process teaches someone new skills: that help them recognise the signs that they're becoming angry, and how to deal with it in a positive way.

Where do you go?

- This is a specific type of psychotherapy, so professionals such as psychologists (pg 17-18), psychotherapists (pg 18), and CBT (pg 19), etc. may offer, speak with the professionals to find a specialist.

Does it work?

- It can be very helpful, however, like everything it depends. Motivation and the right attitude are important.

(j) Solution Focused Brief Therapy (SFBT):

- This approach to therapy is practical and simple, and it's also very positive, as the name says, it's about focusing on solutions rather than on problems.
- It's not about identifying what is wrong or missing in the individual, and teaching them to be better. It is about focusing on the skills and resources they already have and building on them.
- The idea is that small changes have a knock-on effect leading to bigger ones.
- It's also brief - so a few short sessions might be enough.

Where do you go?

- Psychologists / psychotherapists (pg 17-18), social workers (contact HSE or CAMHS pg 14-15), etc. it varies different professionals specialise in different areas so you need to ask.

- HADD has developed a program specifically for use with individuals with ADHD; contact us for more information (pg 16).

Does it work?

- Yes it has been found to be effective for a variety of problems in numerous settings.

Who's who and what do they do?

Many of the therapies included here (anger management, CBT, coaching, SFBT, talk therapy, behaviour therapy), and other such as social skills development can be offered by a range of professionals.

- For example, there are those who specialize in behaviour therapy, however, these services are often provided by CBT, psychologists, and OTs, in addition, other professionals like Social Workers might also have expertise in the area.

Is there a difference between services provided by Psychologists & Psychotherapists?

By and large the lines between the two are often blurry, because they both engage in caring relationships and aim to develop skills, self-awareness, and enhance well-being.

- Clinical (ClinPsych) and Educational (EdPsych) Psychologists (pg 17-18):
 - These professional will be trained in a number of different methodologies, and their education is likely to be broader and more scientifically based. They tend to offer a number of different psychotherapies, but often still specialize in one more than others.
- Counsellors / Psychotherapists (pg 18):
 - These professionals have more of a practical training experience, and they tend to specialize in a specific area (e.g., CBT) or apply a specific approach (e.g., psychoanalytic).
 - There are a lot of different types so shop around for one that's right for you.

There are a lot of highly skilled and qualified professionals in these areas, however, there are some people out there who are calling themselves psychologists or therapists when they probably shouldn't. So be aware and ask for qualifications and experience; and call HADD if you have questions.

(k) Educational Needs and Support Services:

Remember: there's a difference between the having the ability to succeed and having the skills to.

Learning Problems:

- If someone has a problem with learning (reading, spelling, writing, comprehension, information-processing, etc.), then they might have a learning disability (e.g., dyslexia); or they might just need a little extra support.

Who can help?

- Get a psychologist (clinical or educational) to assess cognitive (mental / information-processing) abilities to identify the areas which need some support, and identify strengths (pg 17-18).
- Learning new things depends on having learnt things before, so you might need to make sure the basic foundation skills are there (e.g., you need to be able to talk before you can read).
- Additional or special education supports:
 - Resource teachers, tutors, and other educators, also learning centres (pg 17).
 - SLT if it is a verbal / language issue, whereas, OTs can help with writing skills (pg 18).
 - Talk to an educational psychologist (pg 17-18) or call HADD (pg 16) for further information.

Academic Performance & Study Skills:

- Often people with ADHD are well able to learn, but they achieve below their potential because they lack certain academic and study skills.
- For example: getting to class on time, paying attention, writing notes, getting the work done and in on time, being organised and managing time, etc. are all needed to achieve (or get good results / marks).

Who can help?

- Speech and Language Therapists could help with some problems, such as understanding what the teacher says and/or keeping notes (pg 18).
- Occupational Therapists can assess an individual's skills, and then help to develop the: areas like organisation, study skills, structure / routine, planning projects, managing time, etc. (pg 18).
- Behaviour Therapy: develop skills, getting into a structured routine and keeping it (pg 18).
- Coach: motivation, getting organised, setting goals and achieving them (see pg 5 for more information).
- Tutor / special education instructors can help with developing good academic habits and skills (pg 17).
- Teachers can help by giving assistance in class, like using aids or break up instruction to hold attention.
- Medication helps with concentration (pg 14-15; 17).

HADD's Resource for Teachers: "ADHD and Education"

- Our own comprehensive guide to teaching children with ADHD is very helpful (also good for parents).
- You can download a free copy from our website at <http://www.hadd.ie/userfiles/file/ADHD-and-Education.pdf> or contact our office (pg 16).

Step (3)

Accessing Treatment & Supports

Hopefully by this stage you have identified a couple of priorities which need to be addressed at home, in school, and/or on the job. Now you need to know where you can go to get the help you need.

Treatment Begins at Home!

Knowledge is power and self-awareness is key!

- Read books and magazines, go online, go to meetings and talks, and also try to speak with the professionals, ADHD experts, and others in the same boat.
- One of the many good things about ADHD is there's loads known about it.
- But you should be careful - there are sources out there that are not only unhelpful but could be damaging.

Be positive:

- Being ADHD in a non-ADHD world means that there are going to be some things that are very difficult, but other less ordinary things you have in spade!

- People with ADHD can be very:
 - *Creative, enthusiastic, forgiving, passionate, loving, romantic, inquisitive, generous, outgoing, spontaneous, happy-go-lucky, inventive, resourceful, exciting, fun, and many many more ...*
- Some people with ADHD have focused on these positive gifts and been very successful:
 - *BONO, Albert Einstein, Winston Churchill, Richard Branson, JFK, Oscar Wild, Leonardo da Vinci, Jim Carey, Tom Cruise, Bill Gates, Picasso, Prince Charles, John Lennon, Elvis, Michael Phelps, Mozart, Yeats, and many many more ...*

Be proactive:

- You might have to go out there and find the services, the information, and the help you need.

Be organized, structured, and consistent:

- The ADHD brain is an exciting, disorganised, and unpredictable place. So try and make the environment in which you/they live as calm and predictable as possible.
- Have a routine and stick to it!

Be creative and resourceful:

- Often even small changes to the environment can make a big difference in how someone feels and/or behaves.

Be understanding and accepting:

- Life isn't easy for people with ADHD. They have probably had a lot of experience with failure and rejection.
 - So give them a break if their beds not made or you have to tell them something more than once.
- This does not mean someone has a free pass. If you all ways give in, then you're hurting them in the long run.
 - It might be your job to teach them how to manage and live with their ADHD.

What is Available Publicly?

This does not represent a comprehensive list of services available publicly, but is only an indication of what you may be entitled to, which you can apply for, and how to apply for them.

(a) Education

Primary & Secondary School

It is important that teachers are all aware of your child's difficulties so it is advisable to disclose that your child has ADHD. If necessary, you can request that they keep this information confidential, which they are required to do. However, having ADHD is nothing for you or your child to be ashamed of.

- Contact NCSE through your local SENO (pg 17) to apply for:
 - Resource teaching hours.
 - Special Needs Assistant (3.5 hrs/wk).
 - Other resources (exam accommodations, language exemptions, etc.).
- Contact the Department of Education and Science (DES) (pg 17) for:
 - Home Tuition Scheme: if your child cannot go to school and/or has been excluded, you might qualify.
- Contact the Appeals Administration Unit (pg 17):
 - You can appeal any decision made by your school of outside organisation (e.g., refusal to enrol, expulsions, suspensions, and assessment refusal / result); under Section 29 of the *Education Act (1998)* (pg 19).
- Special Education Support Services (SESS) (pg 17):

- This service provides resources and subsidised education for teachers and SNA, it's very important that your child's teacher understand your child's condition and how best to deal with them in school.
- Refer to HADD's Resource Book for Teachers (available on request) (pg 16).
- National Behaviour Support Services (NBSS) (pg 17):
 - For school experiencing persistent and serious disruptive behaviour.

Not available in every school, but ask yours about these helpful interventions:

- Individualised Education Plan (IEP):
 - Developed for the child by school staff, parents, and child (as appropriate).
 - Target behaviour, social, and academic needs.
 - Guidelines in HADD's resource book (pg 16).
 - The NCSE also have guidelines: http://www.ncse.ie/uploads/1/final_report.pdf
 - An entitlement according to the *EPSEN Act (2004)*, however, they are not yet a right in practice.
- Mentor / councillor:
 - Many schools don't offer this, but you can see if a teacher or older student would act as one.

Third Level Education

- All applications are made through the Central Applications Office (CAO); but there are specific schemes for students with special needs.
 - DARE (Disability Access Route to Education) (pg 17).
 - This scheme is under the CAO and you may be entitled to point's reduction based on disability.
 - AHEAD (Association for Higher Education Access and Disability).
 - Charity organisation with information and guidance (pg 17).
- Disability Liaison Officer:
 - Most third level education institutions have one.
 - They can help with access and also advise you of the resources and accommodations you are entitled to in the institution.

HADD's Third Level Guide for Student with ADHD:

- Our own resource has been developed for students entering third level with all the information they might need to getting through college and self-advocating for themselves and their needs.
- You can contact the HADD office (pg 16) or download a free copy on our website at: <http://www.hadd.ie/userfiles/file/HADD%203rd%20Level%20Guide%20for%20Students%20with%20ADHD.pdf>

(b) Employment

Rehabilitation, Vocational, Occupational, and other Life Skills Training

- FAS (Foras Aiseanna Saothair) (pg 17).
 - This is the Training & Employment Authority.
 - This organisation can help with a range of training, qualifications, and specific skills (e.g., C.V. writing).
 - Courses are taught, vocational, online, evening, and blended to suit the needs of individuals with a variety of needs and interests. They can lead to university if that's where you want to go!
 - They can also help with apprenticeships and placements to gain experience.

(c) Disability Subsidies

Contact your local HSE (pg 14) or Welfare (pg 18) office for information on these schemes.

- Drugs Payment Scheme: prescription medication above €120 is subsidised (Medical Card almost all).
- Disability Benefits (provided to cover costs of treatment, medication, etc.):
 - Domiciliary Care Allowance: under 16yrs.
 - Disability Allowance: over 16yrs if you cannot work due to problems arising from your disability (i.e., ADHD or coexisting condition).
- Carers Benefits:
 - Carers Allowance: in the event that you can't work due to issues arising from your child's disability.
 - Respite Care Grant: annual payment (June) to carers.

(d) Mental Health Services

These services are available through the HSE and subject to needs assessments, which are not a right for those over five years of age. There can be very long waiting lists to get a public needs assessment, and you might not be approved (Go to pages 14 - 15 for contact information for mental health services).

Child & Adolescent Mental Health Services (CAMHS)

(Birth - 6yrs)

- Based on your needs assessment - early intervention can include:
 - Medical (e.g., paediatrician), nursing, nutrition, psychologist, social worker, occupational therapist, speech and language therapist, home support, counselling, and family training.

(6 - 16 years)

- If your child qualifies you may have access to similar services to early intervention team (see above).
- These vary considerably across the country, and the availability of and your rights to access these services are never guaranteed. You need to speak with your local HSE office (pg 14).

(16- 18 years) ?????

- There are no services for young people in this age group.
- 75% of mental illnesses appear during these critical years, and early identification and intervention are crucial.

Treatment Abroad:

- If services are not available in Ireland for a required treatment, the HSE can approve an application for treatment to be covered abroad. Contact your local HSE office (pg 14).

Adult Mental Health Services (18 years +)

- Individuals tend to be referred to mental health services by their GP, so your doctor should be your first port of call. Visit your local HSE office (pg 14) for more information.
 - The HSE offers some services: you may be entitled to addiction counselling, psychologist, social worker, and occupational therapists. Again - you are never guaranteed.
- Contact the Mental Health Commission:
 - For more information of about your legal rights under the *Mental Health Act (2001)* (pg 19).

What is Available Privately?

All services included in this reference are available privately; we have indicated which are private in the directory.

The HSE (pg 14) will have lists of local Speech and Language Therapists, Social Workers, Psychiatrists, Psychologists, Occupational Therapists, and Counsellors (many will also see patients privately).

There are also additional services, which we have not included, because they are not included in any guides to the best practice in the diagnosing and treatment of ADHD.

Other Therapies:

Some people consider these to be controversial because the research doesn't support it as an effective treatment, there isn't research, the research is inconclusive, or it treats co-existing conditions and not ADHD.

Talk to your psychologist, GP, psychiatrist, or other professionals in the area about the below:

- Sensory integration therapy.
- EEG biofeedback / Neuro-retraining.
- Dietary manipulation, megavitamins, & mineral supplements.
- L-tyrosine (it's an amino acid that's supposed to increase dopamine in brain).
- Craniosacral therapy or cranial therapy.
- Optometric vision training.
- Treatment of yeast infections.
- Medicine for motion sickness.
- Anti-depressant medication.
- Meditation.
- Yoga.

The Directory (Part 1)

Organizations, Groups, & Services

Mental Health Services (Public)

Health Service Executive (HSE)

- Helpline: 1850 24 1850
- HQ, Oak House, Millennium Pk., Naas, Co. Kildare.
Tel: 045 880 400
Web: www.hse.ie
- Dr. Steevens' Hospital (Hosp.), D. 8
Tel: 01 635 2000

Nationwide HSE Local Health Offices:

- Carlow:
Community Care, Athy Rd. (Tel: 059 913 6520).
- Kilkenny:
Community Care, James's Green (Tel: 056 778 4600).
- Cavan & Monaghan:
Cavan PCCC Office, Lisdaran, (Tel: 049 436 1822).
Monaghan PCCC Office, Rooskey (Tel: 047 30400).
- Clare:
St. Josephs Hosp., Ennis (Tel: 065 686 3555).
- North Cork:
Gouldshill House, Mallow (Tel: 022 30200).
- Cork North & South Lee:
Flr. 4, Abbeycourt House, Georges Quay (Tel: 021 496 5511).
- West Cork:
Coolnagarrane, Skibbereen (Tel: 028 40559).
- Donegal:
Isaac Butt House, Ballybofey (Tel: 074 913 1391).
- Dublin North:
Coolock Health Cntr., Cromcastle Rd., D. 5
(Tel: 01 816 4200).
- Dublin North Central:
Civic Cntr., Ballymun, D. 11 (Tel: 01 846 7000).
- Dublin North West:
Rathdown Rd., D. 7 (Tel: 01 882 5000).
- Dublin South:
Carnegie Cntr., 21-25 Lord Edward St., D. 2 (Tel: 01 648 6500).
- Dublin South East:
Vergemount Hall, Clonskeagh, D.6 (Tel: 01 268 0300).
- Dublin South West:
Old County Rd., Crumlin, D. 12 (Tel: 01 415 4700).
- Dublin West:
Cherry Orchard Hosp., Ballyfermot, D. 10 (Tel: 01 620 6300).
- Dun Laoghaire:
Tivoli Rd., Dún Laoghaire (Tel: 01 284 3579).
- Galway:
25 Newcastle Rd. (Tel: 091 523 122).
- Kerry:
Rathass, Tralee, Co. Kerry (Tel: 066 718 4500).
19 / 24 Denny St., Tralee (Tel: 066 718 4500).

- Kildare & West Wicklow:
St. Mary's, Craddockstown Rd., Naas (Tel: 045 873 2000).
- Laois & Offaly:
Dublin Rd., Portlaoise. (Tel: 057 862 1135).
Arden Rd., Tullamore (Tel: 057 934 1301).
- Limerick:
Ballycummin Ave., Raheen Business Pk., (Tel: 061 326 677).
- Longford & Westmeath:
Health Cntr., Mullingar (Tel: 044 939 5111).
- Louth:
Dublin Rd., Dundalk, Co. Louth (Tel: 042 933 2287).
- Mayo:
Westport Rd., Castlebar (Tel: 094 902 2333).
- Meath:
County Clinic (Tel: 046 902 1595).
- Roscommon:
Golf Links Rd. (Tel: 090 662 7140).
- Sligo, Leitrim, & West Cavan:
Carrick-on-Shannon (Tel: 071 965 0300).
- Tipperary & North East Limerick:
Your local health cntr. or call 1850 24 1850.
- Waterford & Wexford:
Your local health cntr. or call 1850 24 1850.
- Wicklow:
Glenside Rd., Wicklow Town (Tel: 0404 68 400).

Child & Adolescent Mental Health Services (CAHMS)

Nationwide CAMHS Services

Easter Region:

Linn Dara CAMHS:

- South Kildare: The Manse, Woodstock St., Athy (Tel: 059 8632461).
- Mid Kildare, Main St., Kill (Tel: 045 877 731).
- North Kildare: Celbridge Health Cntr., Maynooth Rd., Celbridge (Tel: 01 630 3188).
- St James's Hosp., D. 8 (Tel: 01 416 6600).
- Clondalkin; 96 Monastery Rd. (Tel: 01 464 2580).
- Castleknock Rd., D. 15 (Tel: 01 821 4245).
- Ballyfermot Rd., D. 10 (Tel: 01 626 5676).
- Blanchardstown Rd N., D. 15 (Tel: 01 824 8520).
- Lucan: 2 Village Weir (Tel: 01 621 7250).

Lucena CAMHS (St. John of Gods):

- 59 Orwell Rd., Rathgar, D. 6 (Tel: 01 492 3596).
- Sessa House, Vevay Rd., Bray, Co. Wicklow (Tel: 01 2866 8866).
- Century Court, 100 Upper Georges St., Dun Laoghaire (Tel: 01 280 9809).
- Exchange Hall, Belgard Sq. N., Tallaght, D. 24 (Tel: 01 452 6333).

Mater CAMHS:

- Dept. of Child Psychiatry, Mater Hosp., Eccles St., D. 7 (Tel: 01 803 4793).

- St. Frances Clinic, Children's Hosp., Temple St., D. 1 (Tel: 01 878 4293).
- Swords Health Cntr., Bridge St. (Tel: 01 813 8260).
- Ballymun Health Care, D. 9 (Tel: 01 846 7219).
- Darndale / Belcamp Health Cntr., D. 17 (Tel: 01 877 1600).

Midland Region:

- Dept. of Child & Adolescent Psychiatry, Midland Regional Hosp.:
 - Portlaoise, Co. Laois (Tel: 057 869 6152).
 - Mullingar, Co. Westmeath (Tel: 044 939 4219).

Mid-Western Region:

- Child & Adolescent Services, 90 O'Connell St., Limerick (Tel: 061 483 388).
- East Limerick; Merriott House, 5-6 Henry St. (Tel: 061 412 247).
- Clare; Merriott House, 5-6 Henry St., Limerick (Tel: 061 412 247 / 065 686 3687).

North-Eastern Region:

- St. Mary's Hosp., Drogheda, Co. Louth (Tel: 983 0990).
- Trim Primary Care Cntr., Knightsbridge Village, Longwood Rd., Trim, Co. Meath (Tel: 046 942 0803).
- Hazel House, Kennedy Rd., Navan, Co. Meath (Tel: 046 907 9350).
- Dept. of Child & Adolescent Psychiatry, Rooskey, Co. Monaghan (Tel: 047 74220).
- Dept. of Child & Adolescent Psychiatry, Drumalee Cross, Co. Cavan (Tel: 049 437 7344).

North-Western Region:

- 1st Floor, Pk. House, Rossan College Building, Ballyraine, Letterkenny, Co. Donegal (Tel: 074 912 0340).
- Malloway House, The Mall, Sligo (Tel: 071 917 4775).

South-Eastern Region:

- Slaney House, Newtown Rd., Wexford (Tel: 053 912 3522).
- Waterford Regional Hosp., Dunmore Rd., Waterford (Tel: 051 842 146).
- Dept. of Child Psychiatry, Community Care HQ, James's Green, Kilkenny (Tel: 056 778 4754).
- Coleville House, Coleville Rd., Clonmel, Co. Tipperary (Tel: 052 618 9204).

Southern Region:

- North Lee East & West, & Youghal - City General Hosp., Infirmary Rd., Cork (Tel: 021 492 7825 / 492 7822).
- Child & Family Clinic, 31-33 Fair St., Mallow, Co. Cork (Tel: 022 44970).
- Brothers of Charity, Ave. de Rennes, Mahon, Blackrock, Cork (Tel: 021 435 7447).
- Brothers of Charity, South Lee, 3 Westbourne Villas, Western Rd., Cork City (Tel: 021 422 6501).
- Brothers of Charity, Lota, Glanmire, Cork (Tel: 021

482 1012).

- Brothers of Charity, 7 Greenview Terrace, Tralee, Co. Kerry (Tel: 066 714 4081).

Western Region:

- Mayo General Hosp., Castlebar (Tel: 094 904 2656).
- St. Anne's, Taylor's Hill, Galway (Tel: 091 521 755).
- University College Hosp., Galway (Tel: 091 544 080).
- Castlecourt House, Castle St., Roscommon (Tel: 090 663 0350).

Mental Health Services (Private)

The Connolly Counselling Centre (Dr David Carey)

Counselling, Therapy, & Education
297 Beechwood Court, Stillorgan, Co. Dublin
Tel: 01 210 0600
Web: www.counsellor.ie

The Deans Clinic

- Chapel St. (Dr Jessica Bramham)
St. Patrick's University Hospital, D. 8
Tel: 01 249 3535
Email: thedeanclinics@stpatsmail.com
- Lucan (Dr. Paddy Power)
Old Lucan Rd., Lucan, Co Dublin
Tel: 01 651 5212

MyMind Therapy Centre (Charity - some fees but sliding scale)

- South Dublin: 1 Chelmsford Road, D. 6
- North Dublin: 86 Amiens Street, D. 1
Website: <http://mymind.org>
Tel: 01 443 3961
Email: info@mymind.org

See also:

- Psychiatrists (pg 17)
- Psychologists (pg 17-18)
- Psychotherapists (pg 18)

Support Groups



The HADD Family Support Group

National ADHD Organization

Carmichael House,
North Brunswick Street, Dublin 7

Tel: 01 874 8349

Web: www.hadd.ie

Email: info@hadd.ie

ADHD Support Groups Umbrella Organisation

Irish National Council of ADHD Support Groups
(INCADDS)

Unit 17a, Ballybane Enterprise Centre,
Galway

Tel: 091 755 090

Web: www.incadds.ie

Email: info@incadds.ie

-Dublin-

- **The North Fingal ADD/ADHD Parent and Adult Support Group**
c/o FADE CIL, Unit 5E Fingal Bus. Pk., Railway St., Balbriggan
Tel: 01 841 7685
Web: www.adhd.ie
Email: info@adhd.ie
- **Dublin North East ADHD Support Group**
Artane/Coolock Resource Cntr., 55 Gracefield Rd., Artane, D. 5
Tel: 01 851 2289
Email: donmar11@yahoo.co.uk
- **Clondalkin ADHD Support**
Camac House, Oakfield Industrial Estate Clondalkin, D. 22
01 457 6433
- **Blanchardstown ADHD Information**
NYP Blakestown Shellerin & Mountainview Clonsilla
Tel: 01 820 5253
- **Tolka Area Partnership ADHD Information**
Finglas Cabra Partnership
27/28 Annamoe Terrace, Cabra, D. 7
Tel: 01 868 3806
- **Ballyfermot ADHD Support Family Scope,**
De La Salle Primary School, Ballyfermot Rd., D. 10
Tel: 01 620 7176

-Outside Dublin-

- **Tipperary ADHD Information**
68 Griffith Ave., Clonmel, Co. Tipperary
Tel: 052 612 7057
- **Tipperary ADHD Information**
Knockenrawley Resource Cntr., Tipperary Town
Tel: 062 52688
- **Leitrim ADHD Information**
Tel: 086 817 4599
- **Drogheda ADHD Information**
Drogheda Disability Resource Group
Unit 7, Mayoralty St., Drogheda, Co. Louth
Tel: 041 984 6614
- **Mid-West ADD Support**
Unit 11, Limerick Enterprise Dev. Pk., Roxboro Rd., Limerick
Tel: 061 312 621
- **South Kerry ADHD Support**
Iveragh Pk. Resource Cntr., Killorglin, Co. Kerry
Tel: 066 976 2933
- **HADD Child & Family Group (Cork)**
Sacret Heart Convent, Bessborough, Blackrock, Co. Cork
Tel: 021 451 5032
- **Waterford ADHD Support**
Quarrymount, Polerane, Mooncoin, Co. Kilkenny
Tel: 051 894 206
- **North West ADHD**
St Micheals Family Life Cntr., Sligo
Tel: 071 30554
- **Galway ADHD**
Tel: 091 798266

-Northern Ireland-

- **ADD NI Children's Charity**
86 Eglantine Ave., Belfast,
Co. Antrim
BT9 6EU
Tel: +44 2890 200110
Web: www.addni.net
Email: hello@addni.net

Education Services (Public)

Department of Education and Science (DES)

Marlborough St., D. 1
Tel: 01 889 6400
Web: www.education.ie

Appeals Administration Unit

c/o DES, Portlaoise Rd., Tullamore, Co. Offaly
Tel: 0506 24377

National Council for Special Education (NCSE)

Head Office, 1-2 Mill St., Trim, Co. Meath
Web: www.ncse.ie

- Information on Local NCSE offices:
Tel: (046) 948 6442 / 948 6432 / 948 6431
Email: ops@ncse.ie
- Information on Accommodation & Services:
Tel: (046) 948 6411 / 948 6412
Email: accommodationandservices@ncse.ie

Special Education Needs Organiser (SENO)

c/o Pobalscoil Neasáin, Baldoyle, D. 13
Tel: 01 816 7732
Listings online:
www.ncse.ie/contact_us/SENO_List.asp

National Educational Psychological Services (NEPS)

- Frederick Court, 24/27 Nth Frederick St., D. 1
Tel: 01 889 2700
Email: neps@education.gov.ie
- List of regional offices:
http://www.education.ie/servlet/blobServlet/neps_regional_contacts.pdf?language=E

National Behavior Support Services (NBSS)

Navan Ed. Cntr., Athlumney, Navan, Co. Meath
Tel: 046 909 3355
Web: www.nbss.ie
Email: nbss@ecnavan.ie

Special Education Support Service (SESS)

c/o Cork Ed. Support Centre, The Rectory, Western Rd., Cork
Tel: 1850 200 884
Email: info@sess.ie
Website: www.sess.ie

Association for Higher Education Access and Disability (AHEAD)

Newman House, 86 St. Stephen's Green, D. 2
Tel: 01 475 2386
Web: www.ahead.ie

Disability Access Route to Education (DARE)

Web: www.accesscollege.ie/dare
Contact your university / college to see if they offer this scheme.

FAS (Foras Aiseanna Saothair)

Training & Employment Authority:
27-33 Upper Baggot Street, D. 4
Tel: 01 607 0500
Web: www.fas.ie

Education Services (Private)

SMART Education

Galway
Tel: 091 555 230 / 087 929 5635
Web: www.smarteducation.ie

The Learning Clinic

Carbury, Co. Kildare
Tel: 046 973 2770 / 086 857 5626
Web: www.thelearningclinic.ie

The Homework Club

Main St., Blanchardstown, D. 15
Tel: 085 112 9660
Web: www.homeworkclub.ie
Email: naoiseoreilly@homeworkclub.ie

National Learning Network Ltd.

Roslyn Pk., Sandymount, D. 4
Tel: 01 205 7200
Web: www.nln.ie

See also:

- The Connolly Counselling Centre (pg 15)
- Contact HADD (pg 16) for a list of current tutors.
- Educational psychologists (pg 17-18)

The Directory (Part 2) Professionals & Specific Services

Psychiatrists

Prof Michael Fitzgerald

The Medical Cntr., The ground floor, unit 3
Main St., Blancherstown, D. 15
Tel: 01-8211796

See also:

- Local HSE office / CAMHS (pg 14-15)
- MyMind Therapy Centre (pg 15)

Psychologists

Dr David Carey (ClinPsych)

(HADDs resident expert in all things ADHD)
Owen Connolly Counselling Centre
297 Beechwood Court, Stillorgan, Dub.
Tel: 01 210 0600 / 086 811 5764
Email: davidcarey48@gmail.com

Maeve Halpin (Counselling Psychologist)

Appletree Health & Wellness,
126 Ranelagh, Ranelagh Village, D. 6

Tel: 087 287 7837

Web: www.maevehalpincounselling.com

Email: maeve@maevehalpincounselling.com

Ms. Aine M Smyth (EdPsych)

Feabhra', Ballyglasheen, Kilsheelan, Clonmel,
Co. Tipperary
Tel: 086 835 3215

Dr. Anita Prunty (EdPsych)

8 Aubrey Pk., Shankill, D. 18
Tel: 01 282 5140

Ms. Marian Naughton (EdPsych)

Polar Square, Naas, Co. Kildare
Tel: 087 694 0060 / 045 883 380

Dr. Rosalind Bishop (EdPsych)

R.K. Bishop & Co. Educational Psychologists,
1st Flr. Irish Nationwide Bldg.,
276-278 Lower Rathmines Rd., D. 6
Tel: 01 496 6994

Ms. Fiona Kelly Meldon (ClinPsych & EdPsych)

Cul na Greine, Marlborough Rd., Glenageary, Co. Dub.
Tel: 01 280 7877

Dr. Alison Rooney (ClinPsych)

Seabury Medical Cntr., 1 Seabury Parade,
Malahide, Co. Dub.
Tel: 087 270 6382

Dr. O'Domhnaill (for adult assessment)

Tel: 087 262 6196

Dr W. Wilkinson

Galway
Tel: 091 528 076

Dr Edel Mcandrew

Drumask, Turlough Rd., Castlebar, Mayo
Tel: 087 246 0411
Email: edelmccandrew@eircom.net

Psychological Society of Ireland (PSI)

- Complete listings of psychologists available on the PSI website www.psihq.ie
- HQ Flr. 2, Grantham House, Grantham St., D. 2
Tel: 01 472 0105

See also:

- Jessica Bramham, Deans Clinic (pg 15)
- MyMind Therapy Cntr. (pg 15)

Counsellors & Psychotherapists

Irish Assoc. for Counselling & Psychotherapy (IACP)

Tel: 01 273 5006

Web: www.irish-counselling.ie

Irish Council of Psychotherapy (ICP)

Tel: 01 902 3819

Web: www.psychotherapy-ireland.com

Northern Ireland Counselling Directory

Tel: 0844 8030 240 (Surey, UK)

Web: www.counselling-directory.org.uk

See also:

- Psychologists (pg 17-18)
- The Connolly Counselling Cntr. (page 15)
- Deans Clinic (pg 15)
- MyMind Therapy Cntr. (pg 15)
- Local HSE office (pg 14)

Speech & Language Therapists

Irish Assoc. of Speech & Language Therapists (IASLT)

Tel: 01 878 0215

Website: www.iasltp.com

Listings: www.iasltp.com/find.html

See also:

- Local HSE office (pg 14)

Behaviourists

Behaviour Analyst Certification Board (BACB):

- Web: www.bacb.com/index.php?page=100155
- Tel: 0011 850 765 0905 (USA).

ABA Home Tutors:

- Web: www.abasupport.ie

Webster Lawlor & Associates

72 Rockville Drive, Blackrock, Co. Dub.

Tel: (087) 222 3504 / 967 8149

Web: www.websterlawlor.ie

See also:

- Psychologists (pg 17-18)
- Occupational Therapists (same page)
- Cognitive Behaviour Therapists (pg 17-18; 19)
- Psychotherapists (pg 19)
- The Connolly Counselling Cntr. (pg 15)
- Deans Clinic (pg 15)
- MyMind Therapy Cntr. (pg 15)

Occupational Therapists

Ailish Kelly

Kelly McFadden Ltd., Rye Lodge, The Maws, Kilcock,
Co. Kildare.

Tel: 01 610 3787 / 087 980 3490

A. T. L. A. S. Training:

St Fintan's, Nrth. St., Swords, Co. Dub.

Tel: 01 890 0119

Web: www.OTIreland.ie

See also:

- Local HSE office (pg 14)

Play Therapists

Irish Play Therapists Association (IPTA)

Web: <http://www.ipta.ie>

Sarah Rush

Owen Connolly Counselling Centre
297 Beechwood Court, Stillorgan, Co Dub.

Tel: 01 210 0600 / 087 218 0070

Email: sarah@counsellor.ie

See also:

- Psychologists (pg 17-18)
- Psychotherapists (pg 18)

Anger Management

See also:

- Psychologists (pg 17-18)
- Cognitive Behaviour Therapists (same page)
- Psychotherapists (pg 18)
- The Connolly Counselling Cntr. (pg 15).

Cognitive Behaviour Therapist

Ruth Adams

Cognitive Therapy Ireland, Kilmainham, Co. Dub.

Tel: 087 665 5952

Web: www.cognitivetherapyireland.org

Email: ruth09adams@gmail.com

Tom Creaven

Wexford

Tel: 086 817 4599

See also:

- Psychologists (pg 17-18)
- Psychotherapists (pg 18)
- The Connolly Counselling Centre (pg 15)
- Webster, Lawlor, & Associates (pg 18).
- Deans Clinic (pg 15)
- MyMind Therapy Centre (pg 15)
- Contact your local HSE office (pg 14)

Information

Citizens Information Centre

58 Dublin Rd., Swords, Co. Dub.

Tel: 01 840 6877

Web: www.citizensinformation.ie

Email: swords.cic@comhairle.ie

National Disability Authority (NDA)

25 Clyde Rd., D. 4

Tel: 01 608 0400

Web: www.nda.ie

Email: nda@nda.ie

National Education Welfare Board (NEWB)

16-22 Green St., D. 7

Tel: 01 873 8700 / 1890 363666

Web: www.newb.ie

National Parents Council

• *Post-Primary:*

Unit 5, Glasnevin Bus. Cntr., Ballyboggan Rd., D. 11

Tel: 01 830 2740

Web: www.npcpp.ie

• *Primary:*

12 Marlborough Court, D. 1

Tel: 01 887 4034 / 887 4477

Web: www.npc.ie

Help Me to Parent

Tel: 087 6890582

Web: www.helpme2parent.ie

Email: info@helpme2parent.ie

Disability Benefits

Department of Social, Community, and Family Affairs

Social Welfare Services Office, Gov. Bldg.,

Ballinalee Rd., Longford

Tel: 01 704 3000 / 043 45211

Web: <http://www.welfare.ie>

See also:

- Local HSE office (14)

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Answers That Matter.

