

## **Counselling Services Available** (V 02 16.06.23)

We have put in place facilities with the following service providers of which you can avail. Should you decide to avail of these, you need to contact them to book a therapist and inform them it is for St John Ambulance Ireland.

### **MyMind**

MyMind has created a unique movement for community-based mental health services that work towards giving every person in Ireland equal access to mental health support early, affordably, directly, without stigma or delay.

<https://mymind.org/>

+353 818 500 800

### **OneinFour**

Since 2003, One in Four has been a listening ear. We have been a support, a refuge, a lifeline. We provide professional counselling to adult survivors of childhood sexual abuse.

<https://www.oneinfour.ie/>

+353 1 66 24070

### **Your own counsellor**

If you have your own counsellor and wish to continue using them, please ask them to contact our Safeguarding team at [child.protection.team@stjohn.ie](mailto:child.protection.team@stjohn.ie) so as we can arrange covering the fees.

### **Ruth Dixon**

BA (Hons) in Counselling & Psychotherapy

Professional Membership: IACP, MII; Psychotherapist In Private Practice

I provide one to one psychotherapy with a focus on trauma recovery. I specialise in the therapeutic approaches of Somatic Experiencing Therapy and EMDR. I develop and facilitate workshops in the area of stress management and trauma informed care. I have trained with leading experts in the field of trauma including Babette Rothschild and Bessel van der Kolk. I am a Somatic Experiencing Practitioner, having trained for 3 years in the SE module of trauma therapy, developed by Dr. Peter Levine. I am fully qualified in the EMDR modality of trauma therapy.

[rdixonpsychotherapy@outlook.com](mailto:rdixonpsychotherapy@outlook.com)

+353 86 014 1513



## Other contact numbers

**Rape Crisis Centre** 1800 77 8888

**Samaritans** 116 123

**Emergency Services** 112/999

**Text 50808** Text HELLO to 50808, anytime day or night  
50808 is a free, anonymous, 24/7 messaging service providing everything from a calming chat to immediate support where you're listened to by a trained Volunteer.

**Aware Mental Health** Freephone 1800 66 66 66 – 10am to 10pm

Reports can be submitted in confidence to our Safeguarding Team  
by emailing [child.protection.team@stjohn.ie](mailto:child.protection.team@stjohn.ie)