Introduction

What community supports are available to me after release from prison or while on probation?

Depending on your circumstances, there are relevant organisations that can help you get back on your feet, these include:

- Women services
- Addiction services
- Housing services
- Young people's services
- Young adult services
- Families and young parent services
- Children in care/living with relatives: what do I do?
- Education

Some examples of organisations are provided below.

1. Did you know there is an interactive map listing drug and alcohol treatment services around the country? Click here to access it.
2. Did you know there is an interactive map of mental health services around the country? Click here to access it.
3. Did you know there is an interactive map listing a lot of services and facilities available in the North East Inner City of Dublin? Click here to access it.

Women's Services

Organisation name	Service type	Target Group	Location	Entry requirements	Funding Source (private or public)
Aiséirí Céim Eile	Residential drug treatment: Drug, alcohol and gambling addiction	Aiséirí Céim Eile	Waterford (women only) Cahir (men and women) Wexford (men and women)	Referral and assessment info@aiseiri.ie	Private
Aftercare Recovery Group	Community day programme: Support for recovering drug & alcohol addiction	Adult men and women	Dublin 1	Any referral but must be drug free info@acrg.ie	Public
Ana Liffey Project	Community based treatment for drug and alcohol use: • Detox • Syringe exchange Medical care	All ages and genders	Dublin Clare Limerick North Tipperary	Self-referrals Staff numbers: https://www.aldp.ie/about-us/who-we-are/	Public
Ballymun Youth Action Project	Community addiction support: • Counselling • Case management • Treatment • Prison related supports Family supports	All ages and genders	Ballymun	Referrals related to substance issues info@brace.ie	Public (some course fees apply)
Bushypark	Community and residential support for addictions: • Drug, alcohol and gambling Counselling	All ages and genders	Clare	Self-referrals accepted bushyparkhouse@clarecare.ie	Public and private

Churchfield Community Trust	Community programme for addiction or criminal justice system contact: • Counselling • Education Social enterprise activities	Men and women	Cork City	Self-referrals accepted (021) 4 210 348	Public
Coolmine Therapeutic Community	Residential drug & alcohol treatment, detox and reintegration	Men, women and women with children	Coolmine Blanchardstown Limerick (women and children)	Referral 0871229307 admissions@coolminetc.ie	Public but client contribution may be necessary
Cornmarket Project	Community programme: • Addiction, criminality and homelessness • Practical support	Men and women	Wexford	Self-referrals and referrals from agencies. Clients must be drug free. +353 (053) 9155817	Public
Cuan Mhuire	Residential and community service: Addiction (gambling, drug and alcohol)	Men and women	Athy (Women) Farnanes (Women) Bruree Coolarne Newry	Self-referrals accepted admission@cuanmhuire.ie coolarne@cuanmhuire.ie bruree@cuanmhuire.ie farnanes@cuanmhuire.ie newry@cuanmhuire.ie	Private and public funding
Deonach	Community based programme – training, education and therapeutic support	Adults Women's only services available	Tallaght, Dublin	Referral from probation project@deonach.ie	Public
Donegal's women centre	Community based programme: • Domestic abuse • Counselling	Women	Donegal	Self-referrals accepted donegalwomenscentre@gmail.com	Public with some low-cost optional services

	Sexual health				
Fusion CPL	Community programme: • Addiction • Contact with CJS • Counselling • Group training Family support	Men and women	Ballyfermot Chapelizod Palmerstown	Self-referrals accepted **Telephone:** (01) 623 1499 **Mobile:** 087 961 3272 **Email:** info@fusioncpl.ie	Public
Matt Talbot Community Trust	Community based service: • Addiction • Contact with CJS • Education • Mentoring • Therapy Family support	Adults	Ballyfermot	Self-referrals accepted info@MattTalbot.org 0857650019 0857650021	Public
Merchant's Quay	Community: • Gender specific healthcare • Wellbeing • Counselling Medically supervised injecting	Adults with women's only service	Arklow Carlow Cavan Dublin 2 Dublin 8 Dublin 9 Dublin 12 Dundalk Laois Longford Monaghan Offaly Westmeath Wicklow	Self-referrals accepted Women's services: janesplace@mqi.ie 0861975117 0861078384 General queries: 015240160	Public
PALLS	Addiction recovery support	Women	Dublin 8 Wicklow Town Co. Westmeath Co. Longford	Referral from the probation service enquiries@palls.ie 061 608180	Public

			Dundalk		
SAOL Project	Community day service: • Addiction • Trauma • Domestic violence Education	Women	Dublin 1	Referral from social or healthcare worker admin@saolproject.ie 01 8553391	Public
Tallaght Probation Project	Community service: • Training • Education • Sporting • Therapeutic support Social and development	Women specific programmes available	Tallaght, Dublin	Referral from probation (01)4270600 project@deonach.ie	Public
Tus Nua	Residential: • Support plans Accommodation	Women	Finglas	Referral from prison or probation tusnua.lmt@depaulcharity.net	Public

Young people specific services

Organisation name	Service type	Target Group	Location	Entry requirements	Funding source (public or private)
Aislinn Youth Project Programme	Residential and community programme: • Drug, alcohol and gambling addiction • Detox • Counselling Two-year recovery support	Young people (15-21)	Kilkenny	Referral and assessment info@aiseiri.ie 052 7441166	Private
Ballyrunners	Community service: • Personal development • Community involvement Activity modules	Young adults	Ballymun	Self-referrals accepted info@brace.ie 01 8667000	Public
Ballinasloe Training Workshop	Community service: • Accredited and certified education, training • Mentoring Counselling and health	Young adults	Galway	Self-referrals accepted canalhouse@eircom.net 090 9643231	
Belvedere Youth Club	Community service: • Empowerment • Seasonal programmes • Outreach • Sport activities	Ages 7-24 years old	Dublin 1	Self-referrals accepted info@belvedereyouthclub.ie 01 8550282	Public
Candle Community Trust (YPP)	Community service: • Training • Development Holiday programmes	Ages 10-25 years old	Ballyfermot	Self-referrals accepted info@candletrust.ie 01 6269111	Public

Céim ar Chéim (YPP)	Community service for young people in: • Probation • Education Training day centre	Young adults	Moyross	Referrals through Probation, TUSLA, Gardaí, Detention Centres, Education & Welfare officers elaine@mya.irish 061 322122	Public
Crinan (Youth Project)	Community services: • Support groups – drug & alcohol • Awareness/prevention Training	Ages 14-21 years old	Dublin city	Self-referrals are accepted info@crinanyp.org 01 8558792 0857358581	
Daughters of Charity Community Services (YPP)	Community programmes • Accredited and non-accredited course Education services from 15 months to 5 years	Age dependent on programme	Dublin city	Referral from probation, Garda or Tusla info@daughtersofcharity.ie 01 2882669	Free
Dóchas don Óige (YPP)	Community services: • Guidance • Personal development • Education Substance misuse	Ages 15+	Galway city	Referral from probation admin@dochasdonoige.ie	Free
Children & Young People's Services Committees	• Counselling • Psychotherapy	Ages 12-18	Kerry	Self-referrals accepted but parental permission required for under 18s **CYPSC.knc@tusla.ie**	Public
Kilkenny Employment for Youth	Accredited courses for future employment	Ages 16-21	Kilkenny	Self-referrals accepted. Criteria: unemployed, left school early, aged 16-21 info@keyctc.ie	Public

Le Chéile Mentoring	• Youth mentoring • Parent mentoring • Restorative justice Family support	Ages 12-24	Dún Laoghaire	Referral from probation or youth diversion project info@lecheile.ie 01 2144350	Public
Matt Talbot Adolescent Services	Residential and community service: • Drug & alcohol • Counselling • Harm reduction • Family support • Prevention	Young males	Cork	Self-referrals accepted info@MattTalbot.org 0857650019 0857650021	Public
Rutland Youth Service	Community service: • Social and personal development • Education • Employment • Wellbeing Recreation and community building	Ages 10-24	Dublin 1	Self-referrals are accepted info@rutlandyouthservice.ie 0861989992	Public
Treo	Community service: • Further education • Training Employment	Aged 16 and over	Waterford	Referral via CJS or youth agency admin@treoportlairge.ie 051 379740	Public
Westview Young Persons Probation Project	Community service: • Diversion from crime • Early intervention Prevention	Ages 8-24	Blackpool, Cork	Referral via probation	Public

Addiction services

Organisation name	Service type	Target Group	Location	Entry requirements	Funding source (public or private)
Aftercare Recovery Group	Community day programme: • Support for recovering drug & alcohol addiction	Adult men and women	Dublin 1	Any referral but must be drug free info@acrg.ie 01 8878861	Public
Aislinn Youth Project Programme	Residential and community programme: • Drug, alcohol and gambling addiction • Detox • Counselling • Two-year recovery support	Young people (15-21)	Kilkenny	Referral and assessment info@aiseiri.ie 052 7441166	Private
Ana Liffey Project	Community based treatment for drug and alcohol use: • Detox • Syringe exchange • Medical care	All ages and genders	Dublin Clare Limerick North Tipperary	Self-referrals. Staff phone numbers: https://www.aldp.ie/about-us/who-we-are/	Public
Ballymun Youth Action Project	Community addiction support: • Counselling • Case management • Treatment • Prison related supports • Family supports	All ages and genders	Ballymun	Referrals related to substance issues info@brace.ie 01 8467980 01 8467981	Public (some course fees apply)
Ballyrunners	Community service: • Personal development • Community involvement • Activity modules	Young adults	Ballymun	Self-referrals accepted info@brace.ie 01 8667000	Public

Ballinasloe Training Workshop	Community service: • Accredited and certified education, training • Mentoring • Counselling and health	Young adults	Galway	Self-referrals accepted canalhouse@eircom.net 090-9643231	
Belvedere Youth Club	Community service: • Empowerment • Seasonal programmes • Outreach • Sport activities	Ages 7-24 years old	Dublin 1	Self-referrals accepted info@belvedereyouthclub.ie 01 855 0282	Public
Bushypark	Community and residential support for addictions: • Drug, alcohol and gambling • Counselling	All ages and genders	Clare	Self-referrals accepted bushyparkhouse@clarecare.ie 065 684 0944	Public and private
Candle Community Trust (YPP)	Community service: • Training • Development • Holiday programmes	Ages 10-25 years old	Ballyfermot	Self-referrals accepted info@candletrust.ie 01-6269-111	Public
Céim ar Chéim (YPP)	Community service for young people in: • Probation • Education • Training day centre	Young adults	Moyross	Referrals through Probation, TUSLA, Gardaí, Detention Centres, Education & Welfare officers elaine@mya.irish (061) 322 122	Public
Churchfield Community Trust	Community programme for addiction or criminal justice system contact: • Counselling	Men and women	Cork City	Self-referrals accepted (021) 4 210 348	Public

	• Education • Social enterprise activities				
Cornmarket Project	Community programme: • Addiction, criminality and homelessness • Practical support	Men and women	Wexford	Self-referrals and referrals from agencies. Clients must be drug free +353 (053) 9155817	Public
Crinan (Youth Project)	Community services: • Support groups – drug & alcohol • Awareness/prevention • Training	Ages 14-21 years old	Dublin city	Self-referrals are accepted info@crinanyp.org (01) 8558792 0857358581	
Daughters of Charity Community Services (YPP)	Community programmes • Accredited and non-accredited course • Education services from 15 months to 5 years	Age dependent on programme	Dublin city	Referral from probation, Garda or Tusla info@daughtersofcharity.ie 01 2882669	Free
Dóchas don Óige (YPP)	Community services: • Guidance • Personal development • Education • Substance misuse	Ages 15+	Galway city	Referral from probation admin@dochasdonoige.ie	Free
Fusion CPL	Community programme: • Addiction • Contact with CJS • Counselling • Group training • Family support	Men and women	Ballyfermot Chapelizod Palmerstown	Self-referrals accepted **Telephone:** (01) 623 1499 **Mobile:** 087 961 3272 **Email :** info@fusioncpl.ie	Public

Kerry Adolescent Counselling	• Counselling • Psychotherapy	Ages 12-18	Kerry	Self-referrals accepted but parental permission required for under 18s 0667181333	Public
Kilkenny Employment for Youth	• Accredited courses for future employment	Ages 16-21	Kilkenny	Self-referrals accepted. Criteria: unemployed, left school early, aged 16-21 info@keyctc.ie 056 7762774	Public
Le Chéile Mentoring	• Youth mentoring • Parent mentoring • Restorative justice • Family support	Ages 12-24	Dún Laoghaire	Referral from probation or youth diversion project info@lecheile.ie 01 2144350	Public
Matt Talbot Adolescent Services	Residential and community service: • Drug & alcohol • Counselling • Harm reduction • Family support • Prevention	Young males	Cork	Self-referrals accepted info@MattTalbot.org 0857650019 0857650021	Public
Matt Talbot Community Trust	Community based service: • Addiction • Contact with CJS • Education • Mentoring • Therapy • Family support	Adults	Ballyfermot	Self-referrals accepted info@MattTalbot.org 0857650019 0857650021	Public

Tabor Group	Residential addiction treatment: • Counselling • Mindfullness • Recovery programme	Adults	Cork	Assessment and completion of primary treatment info@taborgroup.ie 021 4887110	HSE grants and insurance
Aiséirí Céim Eile	Residential drug treatment: • Drug, alcohol and gambling addiction	Adult men and women	• Waterford (women only) • Cahir (men and women) • Wexford (men and women)	Referral and assessment info@aiseiri.ie 052 7441166	Private
Coolmine Therapeutic Community	Residential drug & alcohol treatment, detox and reintegration	Men, women and women with children	Coolmine Blanchardstown Limerick (women and children)	Referral admissions@coolminetc.ie 0871229307	Public but client contribution may be necessary
Cuan Mhuire	Residential and community service: • Addiction (gambling, drug and alcohol)	Men and women	Athy (Women) Farnanes (Women) Bruree Coolarne	Self-referrals accepted admission@cuanmhuire.ie coolarne@cuanmhuire.ie bruree@cuanmhuire.ie farnanes@cuanmhuire.ie newry@cuanmhuire.ie	Private and public funding
Deonach	Community based programme – training, education and therapeutic support	Adults Women's only services available	Tallaght, Dublin	Referral from probation project@deonach.ie 01 4270600	Public
Donegal's women centre	Community based programme: • Domestic abuse • Counselling	Women	Donegal	Self-referrals accepted donegalwomenscentre@gmail.com 074 9124985	Public with some low-cost optional services

	• Sexual health				
Merchant's Quay	Community: • Gender specific healthcare • Wellbeing • Counselling • Medically supervised injecting	Adults with women's only service	Arklow Carlow Cavan Dublin 2 Dublin 8 Dublin 9 Dublin 12 Dundalk Laois Longford Monaghan Offaly Westmeath Wicklow	Self-referrals accepted Women's services: janesplace@mqi.ie 0861975117 0861078384 General queries: 015240160	Public
PALLS	Addiction recovery support	Women	Dublin 8 Wicklow Town Co. Westmeath Co. Longford Dundalk	Referral from the probation service enquiries@palls.ie 061 608180	Public
Restorative Justice in the Community	Restorative justice project	Mostly with ages 18-25	Nenagh Tipperary Munster Midlands	Court referral, admission of guilt, voluntary participation info@rjc.ie 067 4165	Public
Rutland Youth Service	Community service: • Social and personal development • Education • Employment • Wellbeing • Recreation and community building	Ages 10-24	Dublin 1	Self-referrals are accepted info@rutlandyouthservice.ie 0861989992	Public

SAOL Project	Community day service: • Addiction • Trauma • Domestic violence • Education	Women	Dublin 1	Referral from social or healthcare worker admin@saolproject.ie	Public
SOLAS - Compass	Post-release support: • Emotional support and guidance • In prison activities • Personalised post release plan • Key worker	Ages 18-24	Dublin 8	Voluntary participation info@solasproject.ie 01 5520683 0860234836	Public
Southill Outreach	Preventative and support service: • Key working • Case management • Family support • Education • Training and employment • Health • Personal development • Counselling • Resettlement • Restorative justice	Ages 18-25	Southill, Limerick	Self-referrals accepted admin@southilloutreach.ie	Public
Tabor Group	Family support service: • 1-to-1 family meetings • Family programme • Support groups • Intervention advice	Those with family members in addiction/recovery	Cork	info@taborgroup.ie 021 4887110	Public

Tallaght Probation Project	Community service: • Training • Education • Sporting • Therapeutic support • Social and development	Women specific programmes available	Tallaght, Dublin	Referral from probation (01)4270600 project@deonach.ie	Public
Tivoli Training Centre	Training services: • Fetac • Supported progression • Outdoor pursuits • Groupwork • Certified modules • Personal development	All	Dun Laoghaire	Self-referrals accepted info@tivolitrainingcentre.ie 01 2841028	Public
Treo	Community service: • Further education • Training • Employment	Aged 16 and over	Waterford	Referral via CJS or youth agency admin@treoportlairge.ie 051 379740	Public
Tus Nua	Residential: • Support plans • Accommodation	Women	Finglas	Referral from prison or probation tusnua.lmt@depaulcharity.net	Public
Westview Young Persons Probation Project	Community service: • Diversion from crime • Early intervention • Prevention	Ages 8-24	Blackpool, Cork	Referral via probation (021) 4557628	Public
Wexford Centre Project Limited	Residential centre: • Social programmes • Recreational programmes • Training programmes	Under 18s at risk of further offending	Dublin City Wexford	wexfordcentre@eircom.net (053) 912 7171	Public

WHAD	Community programmes: • Social skills training • Key worker • Activities	Males aged 14-18 at risk or on probation	Dubin 10	WHAD.ypp@gmail.com	

Services

TOSÚ – Nationwide support in prison and in the community

The Linkage Service

Ask your probation officer or community service supervisor to refer you to the linkage service.

The linkage service is a free service which can help you with career development (including work experience, employability aid, on the job training, job placement and apprenticeship placement) and education skills development (such as writing support and higher education access).

GATE Service

The GATE Service operates within each prison in Ireland. It can provide guidance counselling and help you with finding training or employment after your release from prison.

You need to have less than 18 months left on your sentence and you need to be referred to the service by someone from the prison, such as the Governor, Chief Officer, Chaplain, etc.

Resettlement Service

The Resettlement Service can provide help with planning for life after prison, accessing health services and emergency accommodation, and applying for housing, medical cards and social welfare benefits.

You need to have less than 18 months left on your sentence and you need to be referred to the service by someone from the prison, such as the Governor, Chief Officer, Chaplain, etc.

Other post-release supports

You may get additional support from the Probation Service. They refer offenders to community projects around Ireland, to help them to reintegrate and resettle in the community. You can find contact details for local Probation Services.

Know your rights

Did you know you can:

1. Ask for help finding housing or accommodation
2. Apply for a medical card and access healthcare
3. Get help accessing social services and benefits
4. Take part in education, training and work programmes
5. Get support finding a job or continuing education

Wider supports linked your rights

Housing	**Health Care**	**Social Welfare**
Housing First works with Irish Prisons	Medical card – based on income (HSE payments, social welfare payments or other allowances are not counted as income)	PPSN – proof of identity, address, reason for need Apply online through MyGovID account. Must attend an appointment at your closest PPSN allocation centre
Peter McVerry Trust	GP visit card	Benefits include: Illness benefit, disability allowance, invalidity pension, injury benefit, disablement benefit, partial capacity benefits

Simon Community	Emergency medical card – for people with terminal illnesses, end-of-life treatment or urgent ongoing care	State pension: if older than 66 and pass the means test
		Education: Back to Education Allowance, Springboard+ if you are unemployed. Vocational Training and Opportunities Scheme if you are 21 years old or older, unemployed and getting social welfare payments for at least 6 months
		Supplementary Welfare Allowance if you do not have enough income to meet your needs or the needs or your family