

# Counselling

Counselling is available for victims/survivors of Spiritan child abuse as follows:

1. ***Towards Healing*** – Its website, ([www.towardshealing.ie](http://www.towardshealing.ie)), gives an overview of the service they provide. Important to note that, even though it is funded by the Catholic Church, it is totally confidential – the only information we get from *Towards Healing* is a bill at the end of the year for X number of counselling sessions that they have provided to Y number of clients.

Counsellors working in *Towards Healing* have a lot of experience in dealing with people who have been abused by priests/religious. They can be contacted at [info@towardshealing.ie](mailto:info@towardshealing.ie) and by phone: 1800 303416.

2. ***National Counselling Service*** – this is a HSE-funded service with centres dotted around the country. See their website for contact details of local centre.

***Connect Counselling*** – also funded by the HSE. It is an out-of-hours service Wednesdays to Sundays. Phone 1800 477 477.

3. ***Private Counsellor*** – If you want to work with a counsellor separate from those organisations, this can be arranged. It will be funded by the Congregation, provided the counsellor:

- a) Provides evidence of qualifications

and

- b) Provides evidence of accreditation by a national accrediting body.

Details of the above to be sent to [liam.lally@spiritanplt.ie](mailto:liam.lally@spiritanplt.ie)

4. ***Towards Peace*** - The vision of Towards Peace is to provide a safe, supportive space, where people who have been affected by abuse in a Church context can be accompanied as they seek their own experience of spiritual peace, one step at a time.

Contact details: [towardspeace@iecon.ie](mailto:towardspeace@iecon.ie) Phone: 353 (0) 1 5053028 or +353 (0) 86 7710533

5. ***One-in-Four*** – provide a safe place for men and women to explore the impact childhood sexual abuse has had on their lives. Contact details: [info@oneinfour.ie](mailto:info@oneinfour.ie) or phone 01 6624070.